

Older Women's Day Centre Programme
APRIL 2026

ACTIVITIES

MON
06/04/26

Easter Monday – Bank Holiday



TUES
07/04/26

Conversation, Exercise, Walk in the Park and Board Games



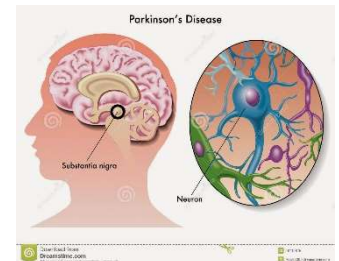
MON
13/04/26

Conversation, Exercise, Walk in the Park and Board Games



TUES
14/04/26

Parkinson's Disease – Dr Ryan Sowden



MON
20/04/26

Women's Culinary Cooking Session – Krishna and Sheila

TUES
21/04/26

Stroke Talk & Kidney Hits – Bristol Health Partners – Heidi Andrews



MON
27/04/26

Conversation, Exercise, Walk in the Park and Board Games



TUES
28/04/26

Deaf and Hard of Hearing – Operations Manager Alpa Bhudiya



Note: If you are unable to attend any of the sessions, please call the office for transport and catering purposes - Tel 0117 9146671 or 9146677