

Older Women's Day Centre Programme
JANUARY 2026

Welcome 2026

ACTIVITIES

MON
05/01/26

Conversation and Exercise



TUES
06/01/26

Conversation, Exercise and Board Games



MON
12/01/26

Conversation and Exercise



TUES
13/01/26

HoPE Study – Polly Duncan



MON
19/01/26

Intervention Activity (Arts and Crafts) – CCWS Emily Choi



TUES
20/01/26

Risk of Infection for Older Adults – Dr Tingting Zhang and Dr Christie Cabral



MON
26/01/26

Conversation and DB Exercise Video .



TUES
27/01/26

Shopping - Avonmeads



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