

Older Women's Day Centre Programme
MARCH 2026

ACTIVITIES

MON
02/03/26

Conversation and Exercise



TUES
03/03/26

Conversation, Exercise and Board Games



MON
09/03/26

Empathy Project (Dementia Wellbeing – Roxanne & Munazir)



TUES
10/03/26

Conversation, Exercise and Board Games



MON
16/03/26

Conversation, Exercise and Board Games

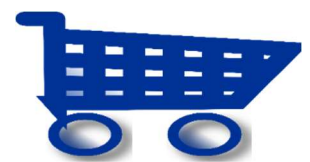
TUES
17/03/26

Conversation and Exercise and Board Games



MON
23/03/26

Conversation and Exercise and Board Games



TUES
24/03/26

Shopping – Rajani

MON
30/03/26

EID PARTY & Healthy Ageing Workshop – Emily Choi & Guest Speaker



TUES
31/03/26

Board Games, Conversation and Exercise



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