

**EXPECT LTD BOWERSDALE RESOURCE CENTRE
ACTIVITY PROGRAMME APRIL '24- OCTOBER '24**

<p>MONDAY 10AM –4PM</p>	<p>TUESDAY 10AM—4PM</p>	<p>WEDNESDAY CRAFT DAY 10AM-4PM</p>	<p>THURSDAY 10AM-4PM</p>	<p>FRIDAY 10AM-4PM</p>
<p><u>AM SESSION</u></p> <p>Gardening Project 11am –1pm</p>	<p><u>AM SESSION</u></p> <p>Staying Health Project (GYM) 11m—12pm Followed by a healthy meal 12:30-1:30</p>	<p><u>AM SESSION</u></p> <p>Crafts 11:30am—1pm</p>	<p><u>AM SESSION</u></p> <p>Gardening Project 11:00am-3:00pm</p>	<p><u>AM SESSION</u></p> <p>Drum-a-cize 11:00am-12:00pm</p> <p>Board Games 12pm—1pm</p>
<p><u>PM SESSION</u></p> <p>Quiz (Nick) 1pm—2pm</p> <p>Bingo 2pm-3pm</p>	<p><u>PM SESSION</u></p> <p>Education session Basic English & Maths 1:30-2:30</p> <p>Strolling Group (S.U lead) 3pm-5pm</p>	<p><u>PM SESSION</u></p> <p>Holistic Therapy with Geraldine 12:00pm—2:00pm</p> <p>Relaxation 2:30pm– 3pm</p>	<p><u>PM SESSION</u></p> <p>Mental Health Group 12pm-1:30pm</p>	<p><u>PM SESSION</u></p> <p>Bingo 1:30pm—2:30pm</p>