



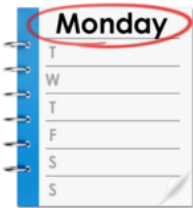







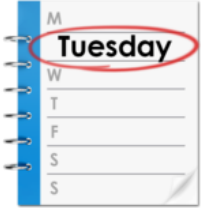


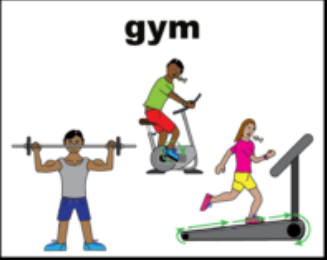
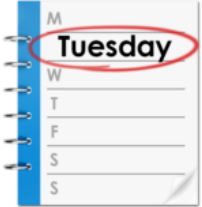


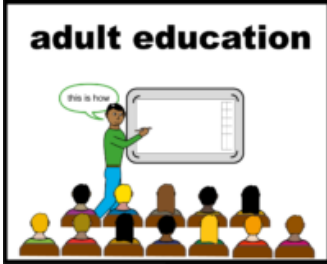
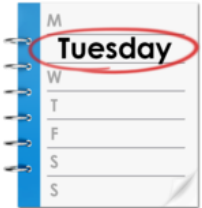
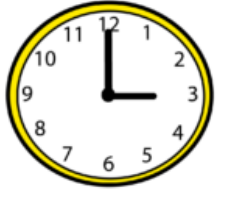


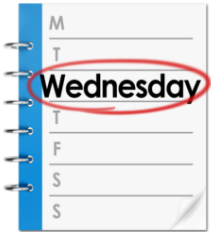



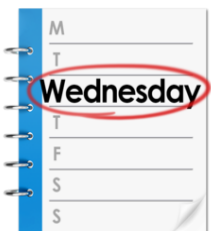



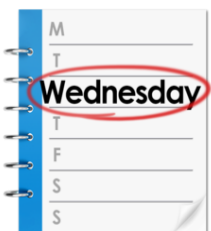



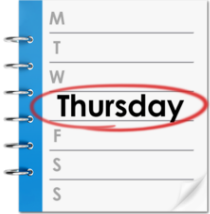



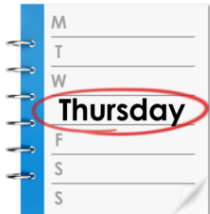
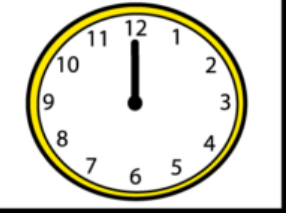




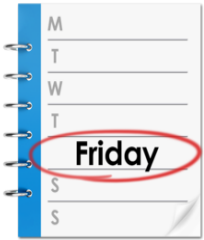







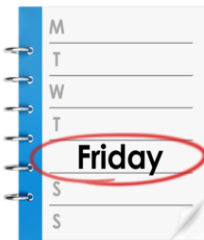



EXPECT Bowersdale Resource Centre Activity Programme April 2024- October 2024

Day	From	To	Activity	Ran by
	<p><b>11:00 AM</b></p> 	<p><b>1 o'clock</b></p> 	<p><b>gardening</b></p> 	Donna
	<p><b>1 o'clock</b></p> 	<p><b>2.00 o'clock</b></p> 	<p><b>QUIZ</b></p> 	Service user Nick
	<p><b>2.00 o'clock</b></p> 	<p><b>3 o'clock</b></p> 	<p><b>bingo</b></p> 	Team

Day	From	To	Activity	Ran by
	<p><b>11:00 AM</b></p> 	<p><b>1.30</b></p> 	<p><b>gym</b></p> 	Alex
	<p><b>1.30</b></p> 	<p><b>2.30pm</b></p> 	<p><b>adult education</b></p> 	Donna
	<p><b>3 o'clock</b></p> 	<p><b>5.00 o'clock</b></p> 	<p><b>walking</b></p> 	Service user led

Day	From	To	Activity	Ran by
	<p><b>11:00 AM</b></p> 	<p><b>1 o'clock</b></p> 	<p><b>art and craft</b></p> 	Alex
	<p><b>12.00 o'clock</b></p> 	<p><b>2.00 o'clock</b></p> 	<p><b>Holistic Therapy</b></p> 	Geraldine Egan
	<p><b>2.30pm</b></p> 	<p><b>3 o'clock</b></p> 	<p><b>relaxation</b></p> 	Team

Day	From	To	Activity	Ran by
	<p><b>11:00 AM</b></p> 	<p><b>3 o'clock</b></p> 	<p><b>gardening</b></p> 	<p>Alex</p>
	<p><b>12.00 o'clock</b></p> 	<p><b>1.30</b></p> 	<p><b>mental health</b></p> 	<p>Cathy</p>

Day	From	To	Activity	Ran by
	<p><b>11:00 AM</b></p> 	<p><b>12.00 o'clock</b></p> 	<p><b>musical instruments</b></p> 	Stephen Drum-a-cize
	<p><b>12.00 o'clock</b></p> 	<p><b>1 o'clock</b></p> 	<p><b>games room</b></p> 	Cathy
	<p><b>1.30</b></p> 	<p><b>2.30pm</b></p> 	<p><b>bingo</b></p> 	Team



We will keep you up to date as more sessions become available

To book onto a session call into the Centre or call us on 0151 257 6370