











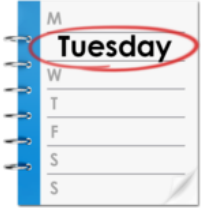


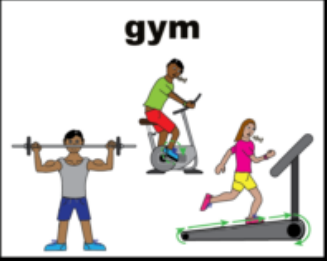
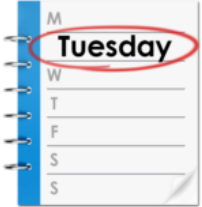


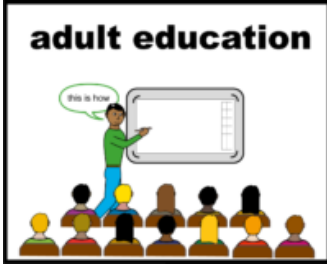
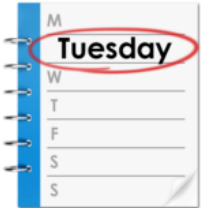

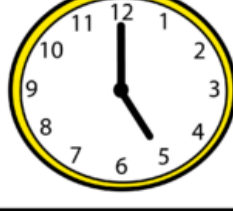

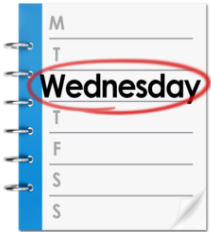



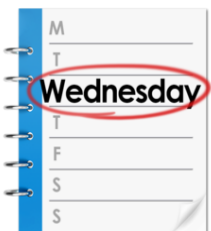



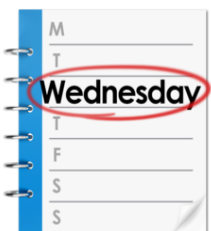



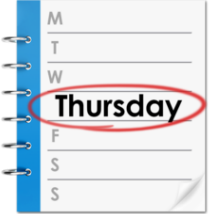

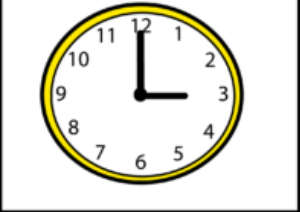

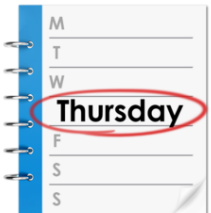





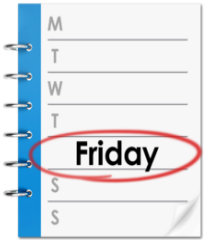







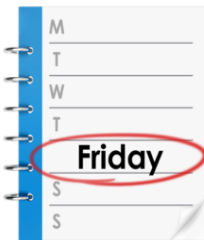



EXPECT Bowersdale Resource Centre Activity Programme Oct 2024- Dec 2024

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

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

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

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

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