

**EXPECT LTD BOWERSDALE RESOURCE CENTRE  
ACTIVITY PROGRAMME APRIL – JULY 26**

| <p><b>MONDAY</b><br/>10AM –4PM</p>  | <p><b>TUESDAY</b><br/>10AM—4PM</p>  | <p><b>WEDNESDAY</b><br/>10AM-4PM</p>  | <p><b>THURSDAY</b><br/>10AM-4PM</p>   | <p><b>FRIDAY</b><br/>10AM-4PM</p>   |
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| <p><u>AM SESSION</u></p> <p>Gardening Project<br/>10am-12pm</p>           | <p><u>AM SESSION</u></p> <p>Staying Health Project (GYM)<br/>12pm—1pm</p> <p>Followed by a healthy<br/>meal<br/>1pm – 2pm</p> | <p><u>AM SESSION</u></p> <p>Cookery Sessions<br/>(MUST BOOK ON)<br/>11am – 1pm</p> <p>Mindfulness Steps<br/>(MUST BOOK ON)<br/>1:30pm-3pm</p> | <p><u>AM SESSION</u></p> <p>Gardening<br/>Project 11am-<br/>3pm</p>                               | <p><u>AM SESSION</u></p> <p>Guitar Sessions<br/>(1<sup>st</sup> &amp; 3rd Friday of the month)<br/>11am-12pm</p> <p>Drumming Session<br/>(Last Friday of the month)<br/>11am-12pm</p> |
| <p><u>PM SESSION</u></p> <p>Quiz<br/>1pm—2pm</p> <p>Bingo<br/>2pm-3pm</p> | <p><u>PM SESSION</u></p> <p>Gardening Project<br/>1pm –4pm</p> <p>Strolling Group<br/>(S.U lead) 3pm-5pm</p>                  | <p><u>PM SESSION</u></p> <p>Crafts<br/>2pm—3pm</p>  | <p><u>PM SESSION</u></p> <p>Mental Health Group<br/>1pm-2pm</p> <p>Self-Care<br/>2pm – 2:30pm</p> | <p><u>PM SESSION</u></p> <p>Bingo<br/>1:30pm—2:30pm</p>   |