

EXPECT LTD BOWERSDALE RESOURCE CENTRE ACTIVITY PROGRAMME AUGUST – OCTOBER 26

MONDAY 10AM –4PM	TUESDAY 10AM—4PM	WEDNESDAY 10AM-4PM	THURSDAY 10AM-4PM	FRIDAY 10AM-4PM
<u>AM SESSION</u> Learn to Paint 10am-12pm	<u>AM SESSION</u> Staying Health Project (GYM) 12pm—1pm Followed by a healthy meal 1pm – 2pm	<u>AM SESSION</u> Fermentation Project (August) 11am – 12pm From September Cookery Sessions (MUST BOOK ON) 11am – 1pm	<u>AM SESSION</u> Gardening Project 11am-3pm	<u>AM SESSION</u> Drumming Session (Last Friday of the month) 11am-12pm
<u>PM SESSION</u> Quiz 1pm—2pm Bingo 2pm-3pm	<u>PM SESSION</u> Gardening Project 1pm –4pm Strolling Group (S.U lead) 3pm-5pm	<u>PM SESSION</u> Mindfulness Steps Walking Group 1:30pm-3pm Crafts 2pm—3pm	<u>PM SESSION</u> Mental Health Group 1pm-2pm Self-Care 2pm – 2:30pm	<u>PM SESSION</u> Bingo 1:30pm—2:30pm