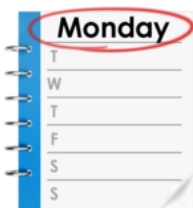
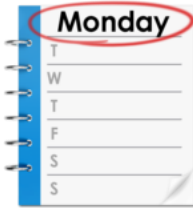
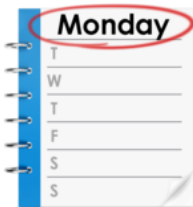
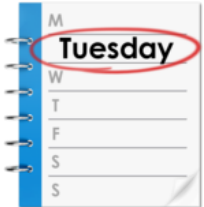
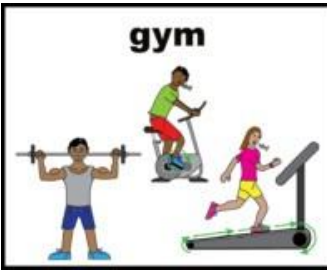
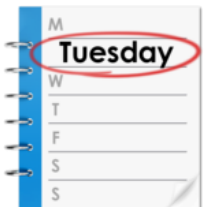
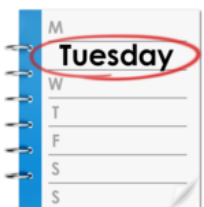
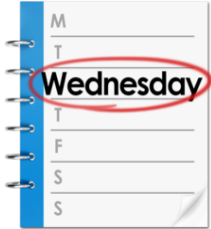
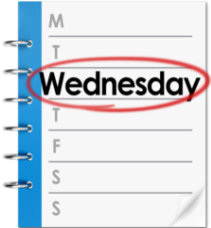
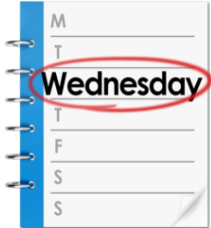
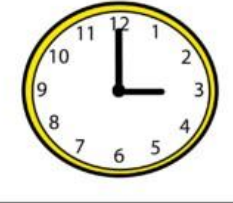
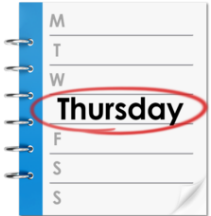
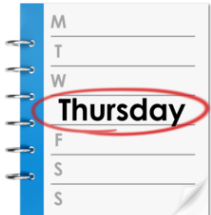
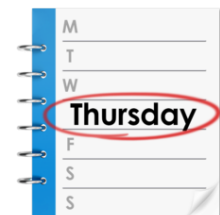


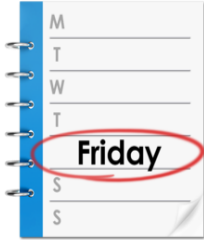
**EXPECT Bowersdale Resource Centre Activity Programme AUGUST –
OCTOBER 26**

Day	From	To	Activity	Ran by
	10.00 o'clock 	12.00 o'clock 	art and craft 	Alex
	1 o'clock 	2.00 o'clock 	QUIZ 	Service user led
	2.00 o'clock 	3 o'clock 	bingo 	Team

Day	From	To	Activity	Ran by
	12.00 o'clock 	2.00 o'clock 	gym 	Alex
	1 o'clock 	3 o'clock 	gardening 	Donna
	3 o'clock 	5.00 o'clock 	walking 	Service user led

Day	From	To	Activity	Ran by
	11:00 AM 	1 o'clock 	cooking 	Donna/Alex Fermentation Project (August) Cooking (September)
	1.30 	3 o'clock 	walking 	Team
	2.00 o'clock 	3 o'clock 	art and craft 	Donna/Cathy

Day	From	To	Activity	Ran by
	11:00 AM 	3 o'clock 	gardening 	Donna
	1 o'clock 	2.00 o'clock 	mental health 	Cathy
	2.00 o'clock 	2.30pm 	being well 	Team

Day	From	To	Activity	Ran by
	11:00 AM 	12.00 o'clock 	musical instruments 	Drumming last Friday of the month - TEAM
	1.30 	2.30pm 	bingo 	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