




# Programme of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Morning</b></p> <ul style="list-style-type: none"> <li>• Workshop and maintenance</li> <li>• Choir - sing and sign</li> <li>• Games</li> </ul> <p><b>Afternoon</b></p> <ul style="list-style-type: none"> <li>• Comedy club</li> <li>• Workshop and maintenance</li> <li>• Games</li> </ul>	<p><b>Morning</b></p> <ul style="list-style-type: none"> <li>• Workshop and maintenance</li> <li>• Arts and crafts</li> <li>• Doggy day care</li> <li>• Event planning</li> <li>• Green fashion</li> </ul> <p><b>Afternoon</b></p> <ul style="list-style-type: none"> <li>• Arts and crafts</li> <li>• Doggy day care</li> <li>• Dance and singing</li> <li>• Workshop and maintenance</li> <li>• Therapies (fortnightly)</li> <li>• Green fashion</li> </ul> <p><b>Evening</b></p> <ul style="list-style-type: none"> <li>• Choir, 5.30-7pm, £5 per person</li> <li>• Comedy club, 7-8pm, £5 per person</li> </ul>	<p><b>Morning</b></p> <ul style="list-style-type: none"> <li>• Plot to plate</li> <li>• Light exercise</li> <li>• Allotment project</li> <li>• Duke of Edinburgh</li> </ul> <p><b>Afternoon</b></p> <ul style="list-style-type: none"> <li>• Woodwork and maintenance</li> <li>• Floristry, textiles and crafts</li> </ul>	<p><b>Morning</b></p> <ul style="list-style-type: none"> <li>• Workshop and maintenance</li> <li>• Relaxation and mindfulness</li> <li>• Doggy day care and grooming</li> <li>• Musical theatre</li> <li>• Arts and crafts</li> </ul> <p><b>Afternoon</b></p> <ul style="list-style-type: none"> <li>• Workshop and maintenance</li> <li>• Doggy day care and grooming</li> <li>• Stage makeup, beauty and grooming</li> <li>• Orienteering and bushcraft</li> <li>• Arts and crafts</li> </ul> <p><b>Evening</b></p> <ul style="list-style-type: none"> <li>• Drama club, 7-9pm, £5 per person</li> </ul>	<p><b>Morning</b></p> <ul style="list-style-type: none"> <li>• Doggy day care and grooming</li> <li>• Drama</li> <li>• Alternative therapies</li> </ul> <p><b>Afternoon</b></p> <ul style="list-style-type: none"> <li>• Workshop and maintenance</li> <li>• Doggy day care and grooming</li> <li>• Quiz and karaoke</li> </ul>	<p>10am to 12 noon (all ages)</p> <ul style="list-style-type: none"> <li>• Pottery class £3 per person</li> </ul> <p>     mylifecharity  <a href="http://www.my-life.org.uk">www.my-life.org.uk</a> </p>

Full or half-day sessions - support can be provided, if needed. Morning session: 10am to 12.30pm. Afternoon session: 1.30pm to 4pm. All sessions held at My Life, Thompson House Equestrian Centre, off Pepper Lane, Standish, Wigan, WN6 0PP. Bring your own lunch or buy from our cafe.

To book, phone **01257 472900** or email **info@my-life.org.uk**