

Autumn Programme of Activity



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	AM	AM	AM	AM	AM
Workshop and Maintenance	Workshop and Maintenance	Field to Fork (cooking local produce)	Workshop and Maintenance	Doggy Day Care and Grooming	Pottery Class £3 per person
Choir – Sing and Sign	Arts and Crafts	Light Exercise	Relaxation and Mindfulness	Drama	
Arts and Crafts	Doggy Day Care	Workshop and Maintenance	Doggy Day Care and Grooming	Alternative Therapies (when available)	
Animal Care	Choir – Sing and Sign	Duke of Edinburgh	Musical Theatre	Animal Care	
	Workshop and Maintenance	Animal Care	Animal Care		
	Artist in Residence				
	Upcycle				
	Animal Care				
PM	PM	PM	PM	PM	PM
Comedy	Arts and Crafts	Workshop and Maintenance	Workshop and Maintenance	Creations in Nature	
Workshop and Maintenance	Doggy Day Care	Floristry, Textile, Craft	Doggy Day Care and Grooming	Doggy Day Care and Grooming	
Arts and Crafts	Dance and Singing	Animal Care	Stage Make-up, Beauty and Grooming	Quiz and Karaoke	
Animal Care	Workshop and Maintenance		Orienteering and Bushcraft (depending on weather)	Yoga	
	Upcycle		Artist in Residence	Animal Care	
	Artist in Residence		Animal Care		
	Animal Care				
EVE	EVE	EVE	EVE	EVE	EVE
	5.30-7pm Choir £5 per person		7-9pm Drama £5 per person		
	7-8PM Comedy £5 per person				

Full or half-day sessions – support can be provided, if needed. **Morning session 10.00-12.30, afternoon session 13.30-16.00**
 All sessions held at My Life, Thompson House Equestrian Centre, Off Pepper Lane, Standish, Wigan, WN6 0PP

Bring your own lunch or buy lunch from our café. To book a place call **01257 472 900** or email **info@my-life.org.uk**