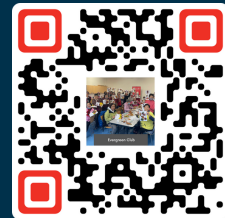




華人身心健康  
CHINESE WELLBEING



# EVERGREEN CLUB PROGRAMME



## ACTIVITY DAY

Join us most Monday's for fun games and activities including Bingo, chair based exercise, Pom Pom dance, Arts & Crafts and to participate in Health talks and workshops.



St Michael in the City  
L1 5BD

## Monday

10am-12pm

## LOVE TO MOVE

Delivered by our certified Love to Move Practitioner Julie. This low intensity programme helps to improve balance, strength and flexibility. Stay active and join us!



## Wednesday

10am - 12pm

(Delivered in Cantonese)

British  
Gymnastics  
Foundation  
Love to Move

## ARTS & CRAFTS SING FOR WELLBEING

Artistic activities are known to improve quality of life and wellbeing. Be creative and lift your spirits and Sing with us!



## Friday

10am - 12pm



If you are 55+, want to make new friends in a safe and fun environment, join Evergreen Club today!



Please Call  
0151 709 2643

Staten Court, Tradewind Square,  
East Village, Duke Street,  
Liverpool L1 5BG  
Charity Registration No 1001288  
Company Registration No.2446695

Grant Funded by



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CHINESE WELLBEING



# EVERGREEN CLUB PROGRAMME



## 中心活動

大家共聚一堂，  
玩Bingo遊戲，  
跳拉拉隊舞蹈，  
做運動，畫畫，做手工藝，  
齊歡唱，  
參加健康講座和研討會活動。



St Michael in the City  
L1 5BD

**每週一**

10am-12pm

British  
Gymnastics  
Foundation  
Love to Move

## 网络微信群愛運動

由認證的 Love to Move 導師  
Julie提供指導。這是適合長者的  
輕度運動有助於提高平衡性、力  
量和靈活性。  
保持活躍和我們一起運動！



**每週三**

10:00am - 12:00pm



## 网络微信群 畫畫，手藝和 齊歡唱

藝術活動可以提高生活質量和福  
祉。快來發揮創造力參與我們，  
大家齊歡唱！



**每週五**

10:00am - 12:00pm

如果您 55 歲以上，想在安全有趣的環境中結  
交新朋友，今天就加入常青俱樂部！



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