



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

info@chinesewellbeing.co.uk

Room F08 (Toxteth TV), 37-45
Windsor Street, Liverpool, L8 1XE
Charity Registration No 1001288
Company Registration No.2446695

Grant Funded by



P. H. HOLT
FOUNDATION





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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

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

British
Gymnastics
Foundation
Love to Move

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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