



Timetable of Activities - (October to December 2017)

www.feelgoodfactory.org.uk

Monday	9.30 - 10.30 Line Dancing £3.50	10.00 Walking Group (Meet at the Feelgood Factory)	1.00 - 3.00 Crafting Group (Materials Included) £4.00			<p>New for October</p> <p><i>Activities</i></p> <ul style="list-style-type: none"> * Creative Writing * Book Club * Steps to Health * Cookery Course * Breast Cancer coffee morning * Community Dog event with the Dogs trust <p><i>Fundraising Events</i></p> <ul style="list-style-type: none"> * Ladies night * Quiz Night
Tuesday	10 - 11 Yoga £3.50	12 - 2.30 The Drop-in <i>Informal Mental Health service</i>	12.30 - 2.00 The Reading Group	1.30 - 2.30 Tai Chi £3.50		
Wednesday	9.30 - 10.15 & 10.15 - 11.15 Aerobics 1st Class £3.25 2nd Class £3.50	10.30 - 12 & 5.30 - 7.00 Steps to Health (Healthy lifestyle Course) <i>Evening class starts 4th Oct</i>	11.30 - 12.30 Clinical Pilates £3.50	1.30 - 3.30 Feelgood Learning £2.50	5.30 - 8pm Film Club <i>Last Wednesday of the month</i> £2.50	
Thursday	10.00 Walks for Men (Meet at the Feelgood Factory)	11.15 - 12 Zumba Gold £3.50	1 - 4 G.A.S. (Good Afternoon Social) £3.00			
Friday	9.45 - 10.45 Men's Yoga £3.50	11.15 - 12 Zumba Gold Toning £3.50	12 - 1 Walking Football (Meet at Netherton Activity Centre) £2.00	1.30 - 4.00 Man Cave £1.00		
Saturday	2.00 - 4 Afternoon Tea <i>Once a month</i> (Please call to book your place) £2.00					

Feelgood Factory Health Activities & Services held at other Venues

- Tuesday 10 - 3.00** Allotment - Dunningsbridge Road
We have an organic allotment where volunteers can learn growing skills and get some outdoor exercise. All fruit and vegetables are shared between the volunteers. *The group is very friendly and welcoming to new people.*
- Friday 10 - 12.30** The Drop In *Informal Mental Health service* At Linacre Mission, Linacre Road, Litherland, **Entrance** is in Bowden Street

Please note the timetable and activities may be subject to change.

If you would like more information on any of our activities, events or Feelgood services please give us a call on 291 8010 or 291 8011