



Weekly Activities

Email: admin@incurablywonderful.org

Tel: 07955 702 960 (Unmanned)

Day	Time	Activity	Duration	Location	Postcode
Monday	5.30 pm	Special Event* (L18 Edition)	1 - 1.5 hr	The Reader	L18 3JD
Tuesday	10.30 am	Weekly Chair Yoga (L8 Edition)	1 hr	John Archer Hall	L8 1YR
Tuesday	11.30 am	Weekly Chair Pilates (L8 Edition)	1 hr	John Archer Hall	L8 1YR
Tuesday	5.30 pm	Special Event* (Online Edition)	1 hr	Online - Zoom	N/A
Thursday	10.00 am	Weekly Chair Yoga (over 60's) Call 0151 300 8420	1 hr	Life Bank, 23 Quorn Street	L7 2QR
Thursday	11.00 am	Weekly Strength Training (L8 Edition)	1 hr	John Archer Hall	L8 1YR
Thursday	12.00 pm	Weekly Meditation and Chair Yoga (L8 Edition)	1 hr	John Archer Hall	L8 1YR
Thursday	2.00 pm	Special Event* (City Edition)	1 - 1.5 hr	CLPCN, 81 London Rd	L3 8JA
Thursday	3.00 pm	Special Event* (City Edition)	1 - 1.5 hr	CLPCN, 81 London Rd	L38JA
Thursday	5.30 pm	Special Event* (Online Edition)	1 - 1.5 hr	Online - Zoom	N/A
Friday	11.00 am	Walk 'N' Talk - Sefton Park	1 hr	Sefton Park	L17 0ES
Saturday	11.00 am	Walk 'N' Talk - Calderstones Park	1 hr	Calderstones Park,	L18 3JD

*Special Events - Please turn over to see reverse side for detailed timetable of events



Activities Pause for Christmas week ending 20th of December



Special Events - December 2025

Website: <https://incurablywonderful.org>

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Date	Day	Time	Activity	Duration	Location	Postcode
1st December	Monday	5.30 pm	Book Club (L18 Edition)	1 hr	The Reader	L18 3JD
4th December	Thursday	2.00 pm	Coffee N Natter (City Edition)	1 hr	CLPCN, 81 London Rd	L3 8JA
4th December	Thursday	3.00 pm	Warriors Unite (City Edition)	1.5 hrs	CLPCN, 81 London Rd	L3 8JA
8th December	Monday	5.30 pm	Express Writing (L18 Edition)	1 hr	The Reader	L18 3JD
9th December	Tuesday	5.30 pm	Book Club (Online Edition)	1 hr	Online - Zoom	N/A
11th December	Thursday	2.00 pm	Book Club (City Edition)	1 hr	CLPCN, 81 London Rd	L3 8JA
11th December	Thursday	3.00 pm	Stitching Hour Club (City Edition)	1.5 hrs	CLPCN, 81 London Rd	L3 8JA
15th December	Monday	5.30 pm	Warriors Unite (L18 Edition)	1.5 hrs	The Reader	L18 3JD
16th December	Tuesday	5.30 pm	Express Writing (Online Edition)	1 hr	Online - Zoom	N/A
18th December	Thursday	2.00 pm	Incurably Crafty (City Edition)	1.5 hrs	CLPCN, 81 London Rd	L3 8JA
18th December	Thursday	3.30 pm	Express Writing (City Edition)	1 hrs	CLPCN, 81 London Rd	L3 8JA
18th December	Thursday	5.30 pm	Live Guided Meditation (Online Edition)	1 hrs	Online - Zoom	N/A

Activities Pause for Christmas week ending 20th of December

