

Incurably Wonderful

Timetable September 2025

Spaces Limited, Booking Advisable
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Phone number
07955 702 960

Monday	Tuesday	Thursday	Friday
<p>The Reader Organisation, L18 3JD</p> <p>10.30 am - Chair Yoga</p>	<p>John Archer Hall, L8 1YR</p> <p>10.30 am - Chair Yoga</p> <p>11.30 am - Chair Pilates</p>	<p>Life Bank, 23 Quorn Street, L7 2QR To Book Call 0151 300 8420</p> <p>10.00 am - Chair Yoga (over 60's)</p>	<p>Sefton Park, L17 OES Park Rambles - With optional extended walk through Princes Park</p> <p>11.00 am - Walk N Talk</p>
<p>WHISC, 1 Tithebarn St, 3rd Floor L2 2ZN (ladies only)</p> <p>12.00 pm - Lunchtime Yoga</p> <p>1.30 pm - Chair Yoga</p> <p>3.00 pm - Qigong Wellness from the Orient</p>	<p>Online - Zoom</p> <p>2nd Sept - Book Club 5.30 pm</p> <p>9th Sept - Express Writing 5.30pm</p> <p>16th Sept - Live Meditation 5.00 pm</p>	<p>Age Concern Liverpool and Sefton 151 Dale St, L2 2HJ To Book Call 0151 330 5678</p> <p>12.00 pm - Chair Yoga</p>	<p>Nuffield Health Cafe, L3 4EN</p> <p>1.00 pm - Slim 'N' Swim Motivation, education, and fun.</p>
<p>The Reader Organisation, L18 3JD</p> <p>5.30 pm to 7.00 pm</p> <p>1st Sept - Book Club</p> <p>8th Sept - Shared Reading</p> <p>15th Sept - Express Writing</p> <p>22nd Sept - Shared Reading</p>		<p>WHISC, 1 Tithebarn St, 3rd Floor L2 2ZN (ladies only)</p> <p>1.30 pm (Ladies only)</p> <p>4th Sept - Warriors Unite</p> <p>11th Sept - Incurably Crafty</p> <p>18th Sept - The Stitching Hour Needle point and crochet</p>	
<p>Calderstones Park, L18 3JD</p> <p>7.00 pm - Weekly Walk 'N' Talk</p>		<p>CLPCN, 81 London Rd, L3 8JA</p> <p>3.00 pm to 4.30 pm</p> <p>4th Sept - Book Club</p> <p>11th Sept - Incurably Crafty</p> <p>18th Sept - Coffee 'N' Natter</p> <p>25th Sept - The Health and Wellness Club</p>	



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