

Incurably Wonderful

Timetable September 2025

Spaces Limited, Booking Advisable
Email: admin@incurablywonderful.org
Website: <https://incurablywonderful.org>

Phone number
07955 702 960

Monday

The Reader Organisation, L18 3JD

10.30 am - Weekly Chair Yoga

WHISC, 1 Tithebarn St, 3rd Floor
L2 2ZN **Ladies only**

12.00 pm - Weekly Lunchtime Yoga

1.30 pm - Weekly Chair Yoga

**3.00 pm - Weekly Qigong
Wellness from the Orient**

The Reader Organisation, L18 3JD

5.30 pm to 7.00 pm

1st Sept - Book Club

8th Sept - Shared Reading

15th Sept - Express Writing

22nd Sept - Shared Reading

Calderstones Park, L18 3JD

7.00 pm - Weekly Walk 'N' Talk

Tuesday

John Archer Hall, L8 1YR

10.30 am - Weekly Chair Yoga

11.30 am - Weekly Chair Pilates

Online - Zoom

2nd Sept - Book Club 5.30 pm

9th Sept - Express Writing 5.30pm

16th Sept - Live Meditation 5.00 pm

Thursday

Life Bank, 23 Quorn Street, L7 2QR

To Book Call 0151 300 8420

**10.00 am - Weekly Chair Yoga
(over 60's)**

Age Concern Liverpool and Sefton
151 Dale St, L2 2HJ

To Book Call 0151 330 5678

12.00 pm - Weekly Chair Yoga

WHISC, 1 Tithebarn St, 3rd Floor
L2 2ZN

1.30 pm Ladies only

4th Sept - Warriors Unite

11th Sept - Incurably Crafty

18th Sept - The Stitching Hour
Needle point and crochet

CLPCN, 81 London Rd, L3 8JA

3.00 pm to 4.30 pm

4th Sept - Book Club

11th Sept - Incurably Crafty

18th Sept - Coffee 'N' Natter

**25th Sept - The Health and
Wellness Club**

Friday

Sefton Park, L17 OES

Park Rambles - With optional
extended walk through Princes Park

11.00 am - Weekly Walk N Talk

Nuffield Health Cafe, L3 4EN

**1.00 pm - Slim 'N' Swim
Motivation, education, and fun.
(12 Week Course)**



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