



## What's on August 2025 - :©2025 Incurably Wonderful

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### Mondays

@ Otterspool  
Promenade, L3  
4AZ

Every Monday  
at 5.30 pm  
Walk N Talk  
Riverside  
Rambles

We Cannot wait  
to see you on the  
2nd of  
September with  
our brand new  
catalogue of  
activities

Rest assured, our  
commitment to  
your wellbeing  
and connection  
remains as  
strong as ever!

### Wednesdays

Wednesday 6th of  
August at 5.30 pm  
Online Bookworm's  
Haven

Wednesday 13th of  
August at 5.30 pm  
Let's Talk About It

Wednesday 20th of  
August at 5.30 pm  
Creative Haven:  
Express Writing

Wednesday 27th of  
August at 5 pm  
Live Guided  
Meditation

### Thursdays

@Life Bank,  
23 Quorn Street,  
L7 2QR  
Every Thursday  
at 10 am  
Chair Yoga for  
Over 60s

We invite you to  
make the most of  
these opportunities  
to nurture your  
wellbeing and stay  
connected with our  
wonderful  
community.

Even as we take a  
brief rest from some  
activities, there's  
still so much to  
enjoy, explore, and  
share.

### Fridays

@ Sefton Park,  
L17 0ES

Every Friday at 11am  
Walk N Talk  
Park Rambles

Let's make this  
August a month  
of renewal and  
connection.

Phone number  
07955 702 960

