



What's on July 2025 - :©2025 Incurably Wonderful
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Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
@ Otterspool Promenade, L3 4AZ Every Monday at 5.30 pm Walk N Talk Riverside Rambles	@ The Unitarian Church, L17 2AS Tuesday 1st of July at 10.15 am Taichi and Qigong Tuesday 8th of July at 9.45 am Chair Yoga and Chanting Tuesday 15th of July at 10.15 am Incurably Crafty	@ Home, Online, on Zoom Wednesday 2nd of July at 5.30 pm Bookworm's Haven Wednesday 9th of July at 5.30 pm Let's Talk About It Wednesday 16th of July at 5.30 pm Creative Haven: Express Writing Wednesday 23rd of July at 5 pm Live Guided Meditation	@Life Bank, 23 Quorn Street, L7 2QR Every Thursday at 10 am Chair Yoga for Over 60s Thursdays @ The Unitarian Church, L17 2AS, at 11.45 am Thursday 3rd of July Chair Yoga and Meditation Thursday 10th of July Chair Pilates Thursday 17th of July Chair Yoga and Chanting @ John Archer Hall, L8 1YR, at 11.45 am Thursday 24th of July Chair Pilates	@ Sefton Park, L17 0ES Every Friday at 11am Walk N Talk Park Rambles Fridays @ Nuffield Health Café, L3 4EN at 1 pm Friday 4th of July Health and Wellness @ Greenbank Sports Centre L17 1AG Friday 11th of July Warriors Unite Phone number 07955 702 960

