

Incurably Wonderful

Timetable September 2025

Spaces Limited, Booking Advisable
Email: admin@incurablywonderful.org
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Phone number
07955 702 960

Monday	Tuesday	Thursday	Friday
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	John Archer Hall, L8 1YR 10.00 am - Weekly Chair Yoga 11.30 am - Weekly Chair Pilates	Life Bank, 23 Quorn Street, L7 2QR To Book Call 0151 300 8420 10.00 am - Weekly Chair Yoga (over 60's)	Sefton Park, L17 OES Park Rambles 11.00 am - Weekly Walk N Talk
	Age Concern Liverpool and Sefton 151 Dale St, L2 2HJ To Book Call 0151 330 5678 12.00 pm - Weekly Chair Yoga	Nuffield Health Cafe, L3 4EN	
The Reader Organisation, L18 3JD 5.30 pm 1st Sept - Book Club 8th Sept - Express Writing 15th Sept - Shared Reading	Online - Zoom 2nd Sept - Book Club 5.30 pm 9th Sept - Express Writing 5.30pm 16th Sept - Live Meditation 5.30 pm	WHISC, 1 Tithebarn St, 3rd Floor L2 2ZN - Ladies only, 1.00 pm 4th Sept - Warriors Unite 11th Sept - Incurably Crafty 18th Sept - The Stitching Hour	1.00 pm - Slim 'N' Swim 12 Week Course
Calderstones Park, L18 3JD 7.00 pm - Weekly Walk 'N' Talk		CLPCN, 81 London Rd, L3 8JA, 3.00 pm 4th Sept - Book Club 11th Sept - Incurably Crafty 18th Sept - Coffee 'N' Natter 25th Sept - The Health and Wellness Club	:©2025 Incurably Wonderful