



Weekly Activities

Day	Time	Activity	Duration	Location	Postcode
Monday	5.30 pm	Special Event* (L18 Edition)	1 - 1.5 hr	The Reader	L18 3JD
Tuesday	10.30 am	Weekly Chair Yoga (L8 Edition)	1 hr	John Archer Hall	L8 1YR
Tuesday	11.30 am	Weekly Chair Pilates (L8 Edition)	1 hr	John Archer Hall	L8 1YR
Tuesday	5.30 pm	Special Event* (Online Edition)	1 hr	Online - Zoom	N/A
Thursday	10.00 am	Weekly Chair Yoga (over 60's) Call 0151 300 8420	1 hr	Life Bank, 23 Quorn Street	L7 2QR
Thursday	12.00 pm	Weekly Chair Yoga (over 50's) Call 0151 330 5678	1 hr	Age Concern, 151 Dale St	L2 2HJ
Thursday	11.00 am	Weekly Strength Training (L8 Edition)**	1 hr	John Archer Hall	L8 1YR
Thursday	12.00 pm	Weekly Meditation and Chair Yoga (L8 Edition)**	1 hr	John Archer Hall	L8 1YR
Thursday	2.00 pm	Special Event* (City Edition)	1 - 1.5 hr	CLPCN, 81 London Rd	L3 8JA
Thursday	3.00 pm	Special Event* (City Edition)	1 - 1.5 hr	CLPCN, 81 London Rd	L3 8JA
Thursday	5.30 pm	Special Event* (Online Edition)	1 - 1.5 hr	Online - Zoom	N/A
Friday	11.00 am	Walk 'N' Talk - Sefton Park	1 hr	Sefton Park	L17 0ES
Friday	1.00 pm	Slim 'N' Swim - 12 week course	2 hr	Nuffield Health Cafe	L3 4EN
Saturday	11.00 am	Walk 'N' Talk - Calderstones Park	1 hr	Calderstones Park	L18 3JD

*Special Events - Please turn over to see reverse side for detailed timetable of events

**New sessions - First Session Thursday 9th of October onwards

Special Events - October 2025

Website: <https://incurablywonderful.org>

Email: admin@incurablywonderful.org

Tel: 07955 702 960 (Unmanned)



Date	Day	Time	Activity	Duration	Location	Postcode
2nd October	Thursday	2.00 pm	Coffee N Natter (City Edition)	1 hour	CLPCN, 81 London Rd	L3 8JA
2nd October	Thursday	3.00 pm	Warriors Unite (City Edition)	1.5 hours	CLPCN, 81 London Rd	L3 8JA
6th October	Monday	5.30 pm	Book Club (L18 Edition)	1 hour	The Reader	L18 3JD
9th October	Thursday	2.00 pm	Book Club (City Edition)	1 hour	CLPCN, 81 London Rd	L3 8JA
9th October	Thursday	3.00 pm	Stitching Hour Club (City Edition)	1.5 hours	CLPCN, 81 London Rd	L3 8JA
13th October	Monday	5.30 pm	Express Writing (L18 Edition)	1 hour	The Reader	L18 3JD
14th October	Tuesday	5.30 pm	Book Club (Online Edition)	1 hour	Online - Zoom	N/A
16th October	Thursday	2.00 pm	Incurably Crafty (City Edition)	1.5 hours	CLPCN, 81 London Rd	L3 8JA
16th October	Thursday	3.30 pm	Express Writing (City Edition)	1 hour	CLPCN, 81 London Rd	L3 8JA
16th October	Thursday	5.30 pm	Live Guided Meditation (Online Edition)	1 hour	Online - Zoom	N/A
20th October	Monday	5.30 pm	Warriors Unite (L18 Edition)	1.5 hours	The Reader	L18 3JD
21st October	Tuesday	5.30 pm	Express Writing (Online Edition)	1 hour	Online - Zoom	N/A
23rd October	Thursday	2.00 pm	Health and Wellness Club (City Edition)	1.5 hours	CLPCN, 81 London Rd	L3 8JA