


# Incurably Wonderful

## Timetable September 2025

Spaces Limited, Booking Advisable  
 Email: [admin@incurablywonderful.org](mailto:admin@incurablywonderful.org)  
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Phone number  
 07955 702 960

Monday	Tuesday	Thursday	Friday
<p>WHISC, 1 Tithebarn St, 3rd Floor            L2 2ZN - Ladies Only</p> <p><b>12.00 pm - Weekly Lunchtime Yoga</b></p> <p><b>1.30 pm - Weekly Chair Yoga</b></p> <p><b>3.00 pm - Weekly Qigong            Wellness from the Orient</b></p>	<p>John Archer Hall, L8 1YR</p> <p><b>10.00 am - Weekly Chair Yoga</b></p> <p><b>11.30 am - Weekly Chair Pilates</b></p>	<p>Life Bank, 23 Quorn Street, L7 2QR            To Book Call 0151 300 8420</p> <p><b>10.00 am - Weekly Chair Yoga            (over 60's)</b></p>	<p>Sefton Park, L17 OES Park Rambles</p> <p><b>11.00 am - Weekly Walk N Talk</b></p>
	<p>Age Concern Liverpool and Sefton            151 Dale St, L2 2HJ            To Book Call 0151 330 5678</p> <p><b>12.00 pm - Weekly Chair Yoga</b></p>	<p>Age Concern Liverpool and Sefton            151 Dale St, L2 2HJ            To Book Call 0151 330 5678</p> <p><b>12.00 pm - Weekly Chair Yoga</b></p>	<p>Nuffield Health Cafe, L3 4EN</p>
<p>The Reader Organisation, L18 3JD            5.30 pm</p> <p><b>1st Sept - Book Club</b></p> <p><b>8th Sept - Express Writing</b></p> <p><b>15th Sept - Shared Reading</b></p>	<p>Online - Zoom</p> <p><b>2nd Sept - Book Club 5.30 pm</b></p> <p><b>9th Sept - Express Writing 5.30pm</b></p> <p><b>16th Sept - Live Meditation 5.30 pm</b></p>	<p>WHISC, 1 Tithebarn St, 3rd Floor            L2 2ZN - Ladies only, 1.30 pm</p> <p><b>4th Sept - Warriors Unite</b></p> <p><b>11th Sept - Incurably Crafty</b></p> <p><b>18th Sept - The Stitching Hour</b></p>	<p><b>1.00 pm - Slim 'N' Swim</b>            12 Week Course</p>
<p>Calderstones Park, L18 3JD</p> <p><b>7.00 pm - Weekly Walk 'N' Talk</b></p>		<p>CLPCN, 81 London Rd, L3 8JA, 3.00 pm</p> <p><b>4th Sept - Book Club</b></p> <p><b>11th Sept - Incurably Crafty</b></p> <p><b>18th Sept - Coffee 'N' Natter</b></p> <p><b>25th Sept - The Health and            Wellness Club</b></p>	 <p><b>Incurably Wonderful</b>            SUPPORT AND COMMUNITY</p>
			<p>:©2025 Incurably Wonderful</p>