

# November Activities

DATE	TIME	ACTIVITY	INFORMATION	COST
03/11/2022	1pm - 3pm	<b>Comedy Session</b>	Learn how laughter makes you feel and the associated health benefits. How humour can build resilience and help you problem solve. It will provide the opportunity to make new friends	Free
07/11/2022	3pm - 4pm	<b>Tai Chi</b>	Join our master Tai Chi instructor for a fun session packed full of movement, balance and breathing exercises. Tai Chi is a traditional Chinese martial art which can be practised in a slow dance form and has been proven to improve strength, flexibility, and balance. 8 places available. Classes are completely free and held in our Age Concern Activity Room. Classes are suitable for all levels including complete beginners.	Free
08/11/2022	2pm - 4pm	<b>Tea Dance</b>	Bring your dancing shoes and step back into an age of elegance to have tea with a twist! There will be foxtrots, quicksteps, cha cha chas and many more. Make new friends or meet up with old ones in a lovely tea room atmosphere. Everyone is welcome, with or without partners, of all ages and abilities	Free
10/11/2022	1pm - 3pm	<b>Help Using Your Phone</b>	If you struggle using your phone or tablet come along and learn how to do the basics. Calls, tesxting or searching the internet. Group setting but Individual support available	Free
15/11/2022	1pm- 3pm	<b>Knit &amp; Natter with Tea &amp; Biscuits</b>	Bring your sewing or crochet and come along for a chat whilst knitting. Everyone is welcome and even if you don't knit, join us for a tea/coffee, biscuits and good old chat. This is held in our Age Concern Liverpool & Sefton activity room and is free to attend. 12 spaces available, book now!	Free

**Please telephone Age Concern Liverpool and Sefton on 0151 330 5678 to reserve your place**

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DATE	TIME	ACTIVITY	INFORMATION	COST
17/11/2022	1pm - 3pm	<b>Comedy Session</b>	Learn how laughter makes you feel and the associated health benefits. How humour can build resilience and help you problem solve. It will provide the opportunity to make new friends.	Free
22/11/2022	1pm-3pm	<b>Games Afternoon</b>	What's your game? Cards, dominoes, frustraion, connect four or do you want to be a bit more active with Boccia? Or just join us for a coffee, tea and chat	Free
30/11/2022	9.30am - 4pm	<b>Mini Bus Trip</b>	What better way to spend an afternoon than visiting Bury Market, voted the best market in Britain for a number of years including 2022. An open air market with a large market hall and extensive amount of stalls outside. Minibus transport is included which will pick you up and drop you off at a number of meeting points across the city.. There is a small cost of £4 and spaces are limited to 15 people. Call now to reserve your place.	£4

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