

September Activity Calendar

1st Floor, The Frances Suite, 151 Dale Street, Central L2 2JH

www.seansplace.org.uk



City tree and nature walk with Andrea Ku

Meet us at Open Eye gallery 11:50am for a guided walk from the waterfront, to one of the newest parks in the city - Chavasse Park and ending at the city's oldest building, The Bluecoat. We will visit the new and old and see why certain plants and trees have been planted and why and why nature is important in the city centre. Feel free to bring your camera on the walks as Andrea will also will teach about composition in the natural world. This activity will involve moderate levels of walking so please wear appropriate footwear and weather appropriate clothing

Reccuring Weekly Activities

Tuesdays at Sean's Place 211 Linacre Ln, Bootle L20 6AD



Mindfulness Sessions with A Quiet Place

Come and explore different mindfulness techniques designed to help you relax. Proven to improve sleep, reduce anxiety and help with pain management , you'll leave feeling happy and light! It's free to attend but places are limited so reserve today to secure your place.

Wednesdays in The Frances Suite Age Concern Activity Room



Holistic Harmonies

Holistic Harmonies is back! Join us in to bringing a little joy to your day through group singing and movement. Together you will sit together, sing songs from the past and present and dance with scarves and props. This class is suitable for all levels including complete beginners. There are only 12 places available so book now!



Comedy Sessions with The Comedy Trust

Join us for these weekly sessions where you will 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. Places are limited so call today to book on.

Staying for the whole day? Bring a packed lunch and you can enjoy it with us in between sessions.

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