

## Movement Mondays

### Tai Chi



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. Classes are completely free and held in The Frances Suite. Classes are suitable for all levels including complete beginners. **Note : The last Tai Chi before Christmas will be on the 4th of December but it'll be back in the New Year!**

## Thoughtful Tuesdays



### Relaxation & Mindfulness with A Quiet Place

Join us in our Frances Suite to 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. **Note: The last Mindfulness session before Christmas break will be the 12th of December.**

## Warm-hearted Wednesdays

### Holistic Harmonies



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! **Note the last Holistic Harmonies before Christmas will be on the 13th of December.**

## Information Thursdays

### Legal Advice Clinic with LJMU

Liverpool John Moores University Law Department will be joining us weekly in our Frances Suite to offer a legal advice clinic. **Please call our main office to book an appointment** to speak to the team, who can advise on:



- Family issues
- Civil litigation/small claims
- Employment issues
- Wills administration
- Housing issues
- Commercial ventures/issues such as start-ups, entrepreneurs and charity, as well as musician dispute resolution, intellectual property, copyright advice, debt recovery, contracts, music law

**Note: We are only offering phone appointments at this time**

## Tues 5th December Christmas Jazz at The Palm House



**The Palm House, Sefton Park, Liverpool L17 1AP**

A heart-warming festive concert to immerse yourself into the Christmas spirit. Joyful and jazzy improvisation to celebrate the Yuletide. You will be encouraged to get your tinsel in a twist whilst you enjoy the concert. The Jazz afternoon is open to everyone who is in the mood for some jingles and jazz. **There are 10 spaces available so call us to book your spot.**

## Mon 18th December Christmas Afternoon Tea



**The Frances Suite, Age Concern Liverpool and Sefton**

We're getting into the Christmas spirit over at Age Concern Liverpool and Sefton and we want to share that spirit with you! We will spend the afternoon with the usual hot drinks, a sandwiches and cakes and will entertain you with crafts and songs! Our sandwiches will be provided by *Paper Cup Coffee*, a local charity who assist homeless and rough sleepers across Liverpool by providing food and clothing. Did we mention it's free to attend too!! Whether you celebrate the holiday or not everyone's invited into the warmth of The Frances suite! **There are only 15 places are available so call to book whilst there's still space!**

## Thurs 14th December Drop In @ The Old Library



**The Old Library, Green Lane, Old Swan, Liverpool L13 7EB**

Join us at the Lister Library for a cozy chat and a cup of tea! We're here to answer all your questions about Age Concern Liverpool and Sefton and how we can lend a hand.

We'll have games and crafts to keep the fun going, along with free refreshments to keep you fuelled. Plus, we're bringing along valuable information on mental health. See you there!

## Throughout December

**Christmas Appeal - The Frances Suite, Age Concern Liverpool and Sefton**

Over the month of December to we are asking for you to help us support homeless people across Liverpool. If you're coming to any of our activities over the month we would welcome any contributions you can give in the form of non perishable food or clothing donations. We will be donating these to **Paper Cup Coffee** to disperse on December 18th. They are particularly looking for hats, scarves, gloves, socks, and snacks such as crisps and chocolate

*Proud to work in collaboration with local organisations across Liverpool & Sefton*

