

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

Movement Mondays



Tai Chi - 6 places

Join our master Tai Chi instructor **weekly on Monday afternoons** for a gentle session packed full of movement, balance and breathing exercises. Tai Chi is a traditional Chinese martial art which is proven to improve strength, flexibility, and balance. Classes are suitable for all levels including complete beginners. **please note there will be no session on 6th and 27th May due to Bank Holidays**

Coffee & Chat



Thursday 9th May - 16 places

Pop in for a coffee! An opportunity to meet with friends old and new, have a brew and a biscuit and a member of staff will be on hand for any questions or information you might need. We also have puzzles and games if anyone fancies their hand at a game of Scrabble.

Warm-hearted Wednesdays



Holistic Harmonies - 10 places

Bring some joy to the middle of each week with a sing and dance! Facilitated by expert musicians, get involved in group singing, vocal warm ups, movement and exercise with scarves and props. It's loads of fun! This class is suitable for all levels including complete beginners.

Social & Help Out



20th May - 12 places

Back by popular demand! After the roaring success of our previous packing parties, we need your help once again! We're supporting the LGBT Foundation to provide people with free contraception by creating condom packs to be distributed across the region for adults and young people. Taking place in our Frances Suite activity room, **12 places available!**

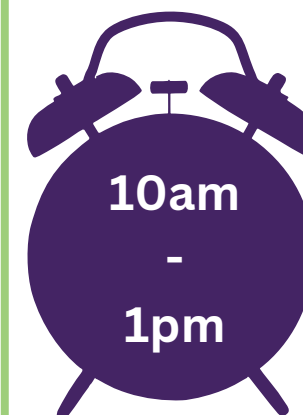
Paint on Canvas



Thursday 2nd May - 6 places

Join our resident artist Christine and learn some simple but effective techniques for painting your own landscape on canvas. Perfect for absolute beginners as well as seasoned artists, Christine is passionate about sharing her creative painting journey to produce beautiful artwork. Of course there will also be plenty of time for tea and biscuits. **LIMITED PLACES** so don't miss out!

Orchestra Rehearsal



Friday 24th May - 10 places

Come with us to hear the Royal Liverpool Philharmonic Orchestra rehearsing 'A Celebration of Puccini' conducted by Domingo Hindoyan. Meet us at the main entrance on Hope Street for refreshments from 10am and the rehearsal itself will be from 11am-1pm. **10 spaces available and booking is essential** so don't miss out! Call our office to book your place.

Please call Age Concern Liverpool and Sefton on [0151 330 5678](tel:01513305678) to book your place



Liverpool Hope University tour, lunch and activities

Thursday 30th May

11am - 3pm

Join us for a day trip to the stunning Liverpool Hope University Childwall campus, where you can be involved in shaping the future of the city's undergraduates.

You have been invited to contribute to the development of the Physiotherapy and Sports Rehabilitation courses and the university would like to host our group for the day! With a campus tour, free lunch and discussion groups, finished off with an expert exercise session delivered by current students; come along and be part of creating a dynamic degree course for our future Physiotherapists and Sports Therapists.

Call us to secure your place! 0151 330 5678

Travel with us - Age Concern staff will be travelling on public transport from the city centre so if you want to travel with us, please meet at: **Liverpool One Bus Station, stand 9 at 9:30am**

Travel independently - if you'd like to meet us there, please be at **the fountain outside the Gateway Building on Taggart Avenue at 11am.**

