

1st Floor, The Frances Suite, 151 Dale Street, Liverpool 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.

Wellbeing Wednesdays

13th and 27th only - 10 places



Meditation & relaxation help to ease worries, anxiety, stress and low mood, and even promote better sleep. Using a variety of resources, administrator, Emma, will lead this session. Suitable for all including beginners.

Orchestra Rehearsal

Wednesday 6th - 10 places



Rehearsal visits give you the opportunity to watch the Royal Liverpool Philharmonic Orchestra rehearsing for an upcoming concert. The music will be either Rachmaninov's Symphony No.2 or Anna Meredith's Nautilus. Meet from 9:15 for a 10am start.

Digital support session

Friday 15th - 10 places



Volunteers from Include-IT Mersey help with basic digital skills such as using email, social media and the internet. You can use our IT equipment or bring your own tablet, lap top or mobile phone. Refreshments will be provided. You will be allocated a 30 minute time slot but can stay longer for a drink and chat.

Coffee morning & games

Thursday 7th - 16 places



Pop in for a coffee (or tea)! 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.

Christmas Craft

Thursday 21st - 8 places



Using the ancient art of origami we'll make a Christmas Wreath and some miniature Christmas Trees. Art work can be used to decorate the activity room or taken home to display or gift to someone.

Please call Age Concern Liverpool and Sefton on **0151 330 5678** to book your place

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Walking Group

Our walking group is led by volunteer Philip Hayden in the afternoon on the first and third Wednesday of the month.

ADVANCE BOOKING IS ESSENTIAL SO WE CAN PROVIDE WALK DETAILS AND HEALTH AND SAFETY INFORMATION TO ALL PARTICIPANTS

You must read the descriptions below and be confident you can walk unaided for that long.

Walk 1: Wednesday 6th November, 12:15pm - 3pm

A relaxed stroll along Liverpool's Riverside and docks. If the weather is bad we can take shelter in a nearby museum. There will be time to stop off for refreshments.

Walk 2: Wednesday 20th November, 11:45am - 3pm

This walk follows the route of the River Jordan to the Mersey. Points of interest will be vibrant Lark Lane, Sefton Park Palm House and lakes. It will rejoin the Jordan at the much quieter Otterspool Park, a beautiful tree-lined valley, before reaching the Mersey promenade where we will stop for refreshments before finishing the walk.

For those who came in October this is the route that we had to abandon because of rain!

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