

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

## Movement Mondays

**Tai Chi - 6 places - 2nd, 9th & 16th only**



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.

## Meditation and relaxation

**Wednesday 11th & Friday 20th - 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 4th - 10 places**



Rehearsal visits give you the opportunity to watch the Royal Liverpool Philharmonic Orchestra rehearsing for an upcoming concert. The music will be Tchaikovsky's Christmas classic The Nutcracker. Meet between 1pm and 1:30pm for a 2pm start. Finishes at 3:30pm.

## Digital support session

**Friday 13th - 6 places**



Volunteers from Include-IT Mersey help with basic digital skills such as using email, social media and the internet. Bring your own smart phone, tablet or lap top. Refreshments will be provided. You will be allocated a 45 minute time slot which should be enough time for help with two or three issues.

## Christmas buffet with games

**Thursday 5th - 16 places**



Join us to celebrate the coming festive season. There will be a Christmas bingo and quiz with small prizes, a finger buffet and traditional games.

## Christmas Closure



Please note our office will close for the festive season at 5pm on Monday 23 December and reopen on Thursday 2 January 2025.

We wish you a peaceful Christmas and look forward to seeing you again in the New Year.

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 volunteers Philip Hayden and Precious Ukwajunor.

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

NEW CLIENTS MUST COMPLETE AND RETURN REGISTRATION FORMS IN ADVANCE.

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

### **Wednesday 18th December, 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 and was cancelled in November because of ice. Hopefully it will be third time lucky!

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