

September Activity Calendar

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

Movement Mondays

Tai Chi - Every Monday - 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 CALL AGE CONCERN TO BOOK A PLACE

Digital Support Sessions

Fortnightly on Fridays - 6 places



Volunteers from **Include-IT Mersey** help with basic digital skills such as email, social media and the internet. Bring your own mobile phone, smart phone, laptop or tablet. Refreshments will be provided. You can book a 45 minute slot for one to one support which will allow time to explore 2 or 3 topics.

PLEASE CALL AGE CONCERN TO BOOK A PLACE

Festival Gardens Walk

South Liverpool - 8 places



We will enjoy a relaxed amble along the Mersey promenade, stopping at the Britannia Inn for refreshments, before continuing through the pretty Festival Park with its Japanese Garden, Chinese pagoda, and ornamental lake. We will continue through the Priory Woods to St. Michaels station. Allow up to three hours including travel time. Remember ICE card, water bottle and suitable clothing/footwear!

Please be aware there are very minor inclines through the park and back to the station.

Meeting place: Liverpool Central Railway Station outside the ticket office.

Finish place: St Michael's Railway Station.

Walk distance: Less than two miles.

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Chair Yoga with Incurably Wonderful

The Frances Suite - 8 places



Join the 'Incurably Wonderful' practitioners if you have limited mobility, but would like to improve your flexibility, strength and overall well-being. Whilst remaining safely seated, enjoy improving your balance and joint health.

Please Note: This is a 6-week Programme and places are limited and need to be attended weekly. However, we are hoping to continue as part of our calendar if the demand is there.

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

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Chill Out Tuesdays

The Frances Suite - 6 places



Join us for a relaxing afternoon where we will develop techniques for winding down and help with restful sleep. Refreshments provided.

Please Note: Due to high demand, we are running this session twice! Therefore, please book onto one or the other (not both).

PLEASE CONTACT AGE CONCERN TO BOOK A PLACE

Rimrose Valley Walk

North Liverpool - 8 places



Join us for a relaxed Autumn amble through the wide expanse of the Rimrose Valley Park, before stopping for refreshments, then following alongside the Leeds Liverpool canal. Please allow 4 hours. Remember ICE card, water bottle and suitable clothing/footwear!

Meeting place: Liverpool Central station travelling to Seaforth and Litherland.

Walk length: 2-3 miles.

PLEASE CALL AGE CONCERN TO BOOK A PLACE

Autumn Leaves Watercolour

The Frances Suite - 10 places



Join us for a simple, guided watercolour session to celebrate the beautiful colours of Autumn.

Materials supplied. All abilities welcome.

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Coffee, Quiz & Catch Up!

The Frances Suite - 12 places



Another opportunity to connect, catch up and quiz at our September monthly cuppa and quiz! You will always receive a warm welcome and of course our famous refreshments (who doesn't love a brew and biscuit!) don't miss out, book your place today. We look forward to seeing you!

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Lunchtime Concert

Tung Auditorium

60 Oxford Road L7 3NY
10 places

Take a perfect break from your busy day and relax to the soothing sounds of the one hundred stringed Indian Santoor along with the tabla, performed by Kaviraj Singh and Kousic Sen.

Combining both soulful musicality and a complex rhythm, Singh brings a fresh blend of modern British culture and classical Indian tradition to his music.

Raised in a musical family, he continues to take the legacy further by showcasing the beauty and intricacy of the Santoor; one of India's most treasured stringed instruments.

Meet at the Tung Auditorium ticket office at 12:45pm, show starts at 1:00pm

PLEASE CALL AGE CONCERN TO BOOK A PLACE

A gentle reminder to all registered clients

Please ensure you contact us by phone or email to book a place on any activity you wish to attend.

It is **essential** that we know who is attending each activity so that we can ensure the health, safety and wellbeing of all attendees.

We must ensure we have enough staff to support each activity.

We need to know who is attending in case any clients need specific support which we may not be able to provide if a place has not been booked.

Thank you for your understanding and cooperation

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