

March Activity Calendar

The Frances Suite

1st Floor, 151 Dale Street, Liverpool L2 2JH

Movement Mondays with Tai Chi



Bring your ICE Card

Tai Chi - Every Monday - 8 places

Join our master Tai Chi instructor every Monday afternoon for a gentle, restorative session focused on movement, balance and mindful breathing. Tai Chi, a traditional Chinese martial art, is known to enhance strength, flexibility and overall stability. Classes are open to all abilities, including complete beginners. To secure your place, **clients need to book as soon as they receive their calendars to avoid disappointment.**

PLEASE CALL AGE CONCERN TO BOOK A PLACE

Every
Mondays
3pm

Digital Support Sessions

Fortnightly on Fridays - 10 places

Volunteers are on hand to help you build confidence with essential digital skills, including email, social media and using the internet. Bring along your own mobile phone, smartphone, laptop or tablet and enjoy friendly, one-to-one support in a relaxed setting. Refreshments will be available, and each 45-minute session gives you time to explore two or three topics at your own pace.



PLEASE CALL AGE CONCERN TO BOOK A PLACE

6th March
&
20th March

45min per
session

Time slots
given

Bring your ICE Card

International Women's Day

Wonder Women



Celebrate strength and sisterhood this International Women's Day—share stories, sip a cuppa, and embrace empowerment.—Join us for a friendly cuppa and heartfelt conversation as we celebrate the strength, resilience, and courage of women in our community. Come along to share your own experiences, listen to others, and connect in a supportive, uplifting space. The gathering will conclude with a calming guided meditation designed to inspire empowerment and leave you feeling grounded, energised, and valued.

PLEASE CALL AGE CONCERN TO BOOK A PLACE

Tues 11th
March

9.30am
to
11.30am

Springtime watercolour painting

The Frances Suite - 10 Places

Springtime Watercolour Painting Join us for a bright and joyful craft day as we celebrate the arrival of Spring with a cheerful, floral watercolour painting session.

You can choose to attend **either** Wednesday 17th March or the repeat session on Tuesday 25th March —simply pop your name down for the one that suits you best.

All abilities are warmly welcomed, and all materials will be provided, so you can relax, get creative, and enjoy a refreshing burst of springtime colour.



PLEASE CALL TO BOOK A PLACE

Tue 17th
March

or
Wed 25th
March

11am -
12.30pm

Bring your ICE Card

The Frances Suite

1st Floor, 151 Dale Street, Liverpool L2 2JH

Winter Music and Health Rehearsal Visits at the Philharmonic: Programme: Berlioz Symphonie Fantastique - 5 Places



Liverpool Philharmonic Hall, Hope Street, Liverpool, L1 9BP

Join us for a special morning at the Philharmonic as we open the doors to the rehearsal of Berlioz Symphonie Fantastique. Refreshments will be available from 13:00pm-14:00pm, offering a chance to relax and mingle before the music begins. Rehearsal will take place at 14:00pm-15:00pm, the orchestra will take the stage for an hour-long rehearsal, giving you a rare glimpse into the artistry and preparation behind this magnificent symphony. It's a wonderful opportunity to enjoy great company, fine refreshments.

**Tues 10th
March
1pm
to
3pm**

Bring your ICE Card

PLEASE CALL AGE CONCERN TO BOOK A PLACE

Lunchtime concert: Equilibrium String Quartet 10 places.



The Tung Auditorium - 60 Oxford Street Liverpool, L7 3NY1 - 10 Places

An inspiring, classical concert celebrating works by female composers. Performed by cellist Hilary Browning and her colleagues from the RLPO.

The programme will present selected movements of works from composers such as Fanny Mendelssohn, Imogen Holst, Elizabeth Maconchy, Amy Beach, Florence Price, Charlotte Sohy and Germaine Tailleferre. Equilibrium is supported by The Women's Organisation.

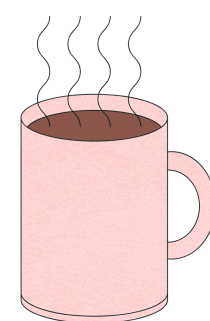
PLEASE CALL AGE CONCERN TO BOOK A PLACE

Bring your ICE Card



Coffee, Quiz & Catch Up!

Join us for a delightful Coffee, Quiz & Catch Up event – Whether you're a trivia enthusiast or just looking to unwind with friends over a warm brew, this gathering promises conversation, and a few brain-teasing surprises. Come sip, chat, and challenge yourself in a relaxed atmosphere where everyone's welcome and no one leaves without a smile.



PLEASE CALL AGE CONCERN TO BOOK A PLACE

**Tues 24th
March
11am
to
12.30pm**

Bring your ICE Card

Easter Craft activity

The Frances Suite - 10 Places

Wed 1st April - 11am to 12.30pm

Easter Craft Activity – 1st April Join us for a relaxed and enjoyable Easter-themed craft session, perfect for welcoming the spring season. Expect a friendly atmosphere with plenty of conversation, along with tea and biscuits to keep the creativity flowing. All abilities are warmly welcomed, and all materials will be provided, so just bring yourself and enjoy a bit of creative fun.

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Bring your ICE Card

March Activity Calendar

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1st Floor, 151 Dale Street, Liverpool L2 2JH

Walk: Port Sunlight River Park - 10 Places



4th March - Midday prompt

Location: Port Sunlight River Park. Today's walk will be through the riverside park which, despite being a former landfill site, is surprisingly pleasant. There are good views over the Mersey to Liverpool and the nature reserve and wetlands are a haven for wildlife. To get to the park we will walk through Port Sunlight, including the delightful dell. The park has a café, if this is not open we will stop elsewhere.

Meeting place: Liverpool Central railway station (in the concourse seating area outside Sainsbury's). **Meeting time:** Midday prompt to catch the next train to Port Sunlight.

Walk start time: Approximately 12.30pm

Finish place: Liverpool Central railway station.

Walk distance: Approximately 3 miles. **Walk duration:** Allow up to three hours plus travel time

Type of walk: Relaxed on good paths. We will always walk at the slowest person's pace.

Train from Liverpool Central to Port Sunlight. Journey time: 10-15 minutes.

Please call to book a place & bring your ICE card

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

Walk: Frodsham Hill and its fantastic views over Merseyside and beyond. - 10 Places

18th March - 11.30am prompt

Location: Today we leave the city behind and head for Frodsham Hill and its fantastic views over Merseyside and beyond. From Frodsham railway station we will walk up the hill where we will stop to rest and admire the views (there is plenty of seating). We will then continue through woodlands along the Sandstone Ridge. We will walk down the famous Baker's Dozen, a series of thirteen stone steps cut into the cliff (don't worry, it is now a safe metal walkway!). We will continue round the hill with good views to the other side, over Cheshire.

Meeting place: Liverpool Lime Street railway station (on the concourse by the Ken Dodd statue). **Meeting time:** 11.30am prompt to catch the 11.47am train.

Walk start time: Approximately midday. **Finish place:** Frodsham railway station. **Walk distance:** Approximately 2 miles.

Walk duration: **This can be a tough walk. However,** it will be relaxed and at the slowest person's pace. **Please only sign up for this walk if you can comfortably walk four miles over uneven paths and up short but steep hills and up/down uneven steps.** We will be taking the Transport for Wales direct service. **Please check** if your pass is valid on services out of the city of Liverpool. **You may need a ticket from the boundary station** (Liverpool South Parkway – about £4.00). A return from Lime Street to Frodsham is about £5.00. Journey time: About 30 minutes.

Please call to book a place & bring your ICE card





Holistic Harmonies

over 65+ only

Bluecoat Studio , School Ln, Liverpool L1 3BX

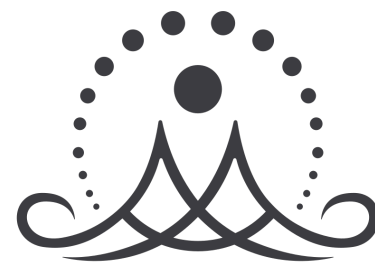
Wednesdays - 11am to 12.30pm

**CALL 0151 330 5678 TO SHOW AN EXPRESSION OF INTEREST.
(Term time only)**

5 Week Holistic Harmonies session is being run at the Blue coat Studio by Rachel. This is for ages **over 65+ only**.

Please call 0151 330 5678 to show an expression of interest in this course. Rachel will be in touch with you direct if you have a place.

Heart-warming event designed to uplift and engage older adults through the power of music, movement, and mindfulness. Blending live musical performances with gentle wellness activities such as guided breathing, light stretching, and sing-alongs, the event fosters emotional connection, cognitive stimulation, and physical well-being.



Blue Badges application appointments

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

Blue Badge application & Renewal appointments can be made via an appointment system.

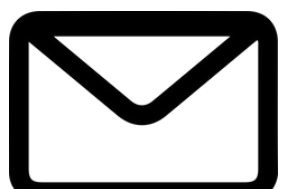
This will be for Blue Badge application & renewals only and applications will need to be paid for on the day..

This is a pre-booked appointment time only
Please call **0151 330 5678** to book your appointment.

Postal Clients ONLY

To help manage ongoing postal costs, we are considering sending our activity calendar by email rather than through the post. If you have an email address and would be happy to receive your monthly calendar this way, please ring the office with your details.

No action is needed if you prefer to continue receiving your activity calendar by post.



NEW Dementia Meeting Room

Every Thursday - 10.30am to 14.30pm Lunch included starting 5th March 2026

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

Cost is £25 per person, and an additional £5 for a carer to attend with the person. The cost of attending can be covered by Direct Payments if the person receives this. Please call 0151 330 5678 to book your place

Our Meeting Centre offers weekly supportive social activities with lunch and refreshments every Thursday 10:30am to 2:30pm.

The Liverpool Meeting Centre is a warm and welcoming social club where people come to have fun, share laughs, chat with others, and get the support that's right for them. We are based in a city centre accessible building, and we offer weekly sessions with warm and friendly support to people with mild to moderate dementia, people at risk of an early dementia diagnosis, their families and carers.

Age Concern and Dementia Action Liverpool are here to help you with every step of the dementia journey. Our Meeting Centre offers weekly supportive social activities with lunch and refreshments every Thursday 10:30am to 2:30pm.

Practical adjustment, We offer cognitive stimulation, physical activities and optimise the choice and control of each member.

Emotional adjustment, We provide lots of opportunities to engage with others in a relaxed environment, make new friends and build confidence.

Social Adjustment Our members offer peer to peer support and offer compassion as they recognise the similar experiences that each other is going through.

We help members:

Deal with the disabilities associated with dementia

Develop relationships with dementia care navigators through our partnership with MerseyCare NHS Trust

By improving members wellbeing it helps to:

Create a positive self-image

Maintain an emotional and psychological balance

Prepare for the future

Please telephone Age Concern Liverpool and Sefton on [0151 330 5678](tel:01513305678)