



Monday 17 May		Tuesday 18 May		Wednesday 19 May		Thursday 20 May		Friday 21 May	
Shared Reading with The Reader	10.00am	Virtual Coffee Morning with the Paperwork Theatre	10.00am	Mindful Stretching	10.00am	Global Accessibility Day: Accessibility Side by Side Meeting	10:00am	Introduction to Depression	10.00am
Body-Fit	11.00am	Let's Dance With Movema: African Dance	11.00am	Mental Health Resilience	11.00am	Qi Gong and Tai Chi With Movema	11.00am	Home Gym	11.00am
Supersing with The Liverpool Philharmonic	1.00pm	Mental Health Matters	1.00pm	Creative Writing with Liverpool Everyman and Playhouse	1.00pm	Healthier You	1.00pm	The Life Rooms Monthly Quiz	1.00pm
The Creative Challenge	2.30pm	Exploring Music Through Stories with Liverpool Philharmonic	2.30pm	DIY Desert Island Disks with Liverpool Philharmonic	2.30pm	Confidence Through Drama with Liverpool Everyman and Playhouse	2.30pm	Creating & Sharing Stories with The Everyman Playhouse	2.30pm
Monday 24 May		Tuesday 25 May		Wednesday 26 May		Thursday 27 May		Friday 28 May	
Shared Reading with The Reader	10.00am	Let's Dance With Movema	11.00am	Creative Writing with Liverpool Everyman and Playhouse	1.00pm	Let's Dance with Movema	11.00am	Life Rooms Advisory Group (LRAG) Meeting ID: 963 3135 0037 Password: LRAG2021@	10.00am
Supersing with The Liverpool Philharmonic	1.00pm	Exploring Music Through Stories with Liverpool Philharmonic	2.30pm	DIY Desert Island Disks with Liverpool Philharmonic	2.30pm	Healthier You	1.00pm	Creating & Sharing Stories with Liverpool Everyman and Playhouse	2.30pm
Poetry and Life Writing with Maria Isakova-Bennett	2.30pm					Confidence Through Drama with Liverpool Everyman and Playhouse	2.30pm		

[Click here for descriptions of our Live Zoom sessions!](#)