



Monday 3 May		Tuesday 4 May		Wednesday 5 May		Thursday 6 May		Friday 7 May	
 <b>We're closed today for Bank Holiday Monday but we'll be back on Tuesday 4 May.</b>		<a href="#">Virtual Coffee Morning</a>	10.00am	<a href="#">Mindful Stretching</a>	10.00am	<a href="#">The Five Ways to Wellbeing</a>	10:00am	<a href="#">Do you want to Quit Smoking with Smoke Free Sefton</a>	10.00am
		<a href="#">Let's Dance With Movema: African Dance</a>	11.00am			<a href="#">Qi Gong and Tai Chi With Movema</a>	11.00am	<a href="#">Home Gym</a>	11.00am
		<a href="#">Mental Health Matters</a>	1.00pm	<a href="#">Creative Writing with Liverpool Everyman and Playhouse</a>	1.00pm	<a href="#">Healthier You</a>	1.00pm	<a href="#">Live at The Life Rooms (Facebook Live)</a>	1.00pm
		<a href="#">New to The #LifeRoomsOnline</a>	2.30pm	<a href="#">Coffee &amp; Concert with The Liverpool Philharmonic</a>	2.30pm	<a href="#">Confidence Through Drama with Liverpool Everyman and Playhouse</a>	2.30pm	<a href="#">Creating &amp; Sharing Stories with The Everyman Playhouse</a>	2.30pm
Monday 10 May		Tuesday 11 May		Wednesday 12 May		Thursday 13 May		Friday 14 May	
<a href="#">Shared Reading with The Reader</a>	10.00am	<a href="#">Virtual Coffee Morning</a>	10.00am	<a href="#">Mindful Stretching</a>	10.00am	<a href="#">Introduction to Confidence Building</a>	10:00am	<a href="#">Journeys through Film Discussion Group</a>	10.00am
<a href="#">Body Fit</a>	11.00am	<a href="#">Let's Dance With Movema: African Dance</a>	11.00am	<a href="#">Introduction to Anxiety</a>	11.00am	<a href="#">Qi Gong and Tai Chi With Movema</a>	11.00am	<a href="#">Home Gym</a>	11.00am
<a href="#">Supersing with The Liverpool Philharmonic</a>	1.00pm	<a href="#">Mental Health Matters</a>	1.00pm	<a href="#">Creative Writing with Liverpool Everyman and Playhouse</a>	1.00pm	<a href="#">Healthier You</a>	1.00pm	<a href="#">Life Rooms Learning Side By Side Session</a>	1.00pm
<a href="#">The Creative Challenge</a>	2.30pm	<a href="#">Liverpool Philharmonic</a>	2.30pm	<a href="#">DIY Desert Island Disks with Liverpool Philharmonic</a>	2.30pm	<a href="#">Confidence Through Drama with Liverpool Everyman and Playhouse</a>	2.30pm	<a href="#">Creating &amp; Sharing Stories with The Everyman Playhouse</a>	2.30pm

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