

Live Zoom Session Timetable

Click on the session title to register on Zoom.

Monday 11 October	Tuesday 12 October	Wednesday 13 October	Thursday 14 October	Friday 15 October
<p>10am Music and Nature with The Liverpool Philharmonic</p> <p>1pm Mental Health Monday</p> <p>2.30pm Poetry and Life Writing with Maria Isakova-Bennett</p>	<p>11am Movema Session</p> <p>2.30pm Virtual Coffee Afternoon – Journeys Through Film</p>	<p>10am Exploring Music through Art with Liverpool Philharmonic</p> <p>1pm Creative Writing with Liverpool Everyman and the Playhouse</p> <p>2.30pm Home Gym</p>	<p>11am Movema Session</p> <p>2.30pm Confidence through Drama with Liverpool Everyman and Playhouse</p>	<p>11am Mindful Stretching</p> <p>2.30pm Creating and Sharing Stories with Liverpool Everyman and Playhouse</p>
Monday 18 October	Tuesday 19 October	Wednesday 20 October	Thursday 21 October	Friday 22 October
<p>10am Music and Nature with The Liverpool Philharmonic</p> <p>1pm Mental Health Monday</p>	<p>11am Movema Session</p> <p>2.30pm Virtual Coffee Afternoon</p>	<p>10am Exploring Music through Art with Liverpool Philharmonic</p> <p>1pm Creative Writing with Liverpool Everyman and the Playhouse</p> <p>2.30pm Home Gym</p>	<p>11am Movema Session</p> <p>2.30pm Confidence through Drama with Liverpool Everyman and Playhouse</p>	<p>11am Mindful Stretching</p> <p>2.30pm Creating and Sharing Stories with Liverpool Everyman and Playhouse</p>

[Click here for descriptions of our live Zoom sessions.](#)

