



Monday 26 April		Tuesday 27 April		Wednesday 28 April		Thursday 29 April		Friday 30 April	
<a href="#">This Week at The Life Rooms (Facebook Live)</a>	10.00am	<a href="#">Shared Reading Group with The Reader</a>	10.00am	<a href="#">Mindful Stretching</a>	10.00am	<a href="#">Virtual Coffee Morning</a>	10:00am	<a href="#">Life Rooms Advisory Group (LRAG)</a> Meeting ID: 941 3130 6072 Passcode: LRAG2021@	10.00am
<a href="#">Monday Move It</a>	10.15am	<a href="#">Let's Dance With Movema: African Dance</a>	11.00am	<a href="#">What is Addiction?</a>	11.00am	<a href="#">Qi Gong and Tai Chi With Movema</a>	11.00am		
<a href="#">Mental Health Monday</a>	1.00pm	<a href="#">Coffee and Concert with Liverpool Philharmonic</a>	1.00pm	<a href="#">Creative Writing with Liverpool Everyman and Playhouse</a>	1.00pm	<a href="#">Core and More</a>	1.00pm	<a href="#">Body Fit</a>	11.00am
<a href="#">Monday Creative Challenge</a>	2.30pm	<a href="#">Home Gym</a>	2.30pm	<a href="#">Music Appreciation</a>	2.30pm	<a href="#">Confidence Through Drama with Liverpool Everyman and Playhouse</a>	2.30pm	<a href="#">Side by Side Session with the Liverpool Everyman &amp; the Playhouse</a>	1.30pm
Monday 3 May		Tuesday 4 May		Wednesday 5 May		Thursday 6 May		Friday 7 May	
<p><b>We're closed today for Bank Holiday Monday but we'll be back on Tuesday 4 May.</b></p>		<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="#">Creative Writing with Liverpool Everyman and Playhouse</a>	1.00pm	<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="#">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

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