



Face to Face Learning Sessions



December 2021 Bootle Face to Face Timetable									
Monday 29 November		Tuesday 30 November		Wednesday 1 December		Thursday 2 December		Friday 3 December	
What's on at Life Rooms Bootle in December	10am to 4pm	Mental health matters	10 am	Basic IT and internet access	10am	Let's chat – coffee morning	10am	Journeys through Christmas films	10am
Walking group with Canal & Rivers Trust	10am	Confidence through drama with Liverpool Everyman	2pm	Taste of Christmas	2pm	Table tennis and board games social	2pm	Ted Talks discussion group	2pm
Monday 6 December		Tuesday 7 December		Wednesday 8 December		Thursday 9 December		Friday 10 December	
Walking group with Canal & Rivers Trust	10am	Mental health matters	10am	Basic IT and internet access	10am	Let's chat coffee morning	10am	Christmas wreath making	10am
		Christmas crafts	2pm	Taste of Christmas	2pm	L20 Salon @ The Life Rooms	10am	Journeys through Christmas films	2pm
Monday 13 December		Tuesday 14 December		Wednesday 15 December		Thursday 16 December		Friday 17 December	
Walking group with Canal & Rivers Trust	10am	Mental health matters	10am	Basic IT and internet access	10am	Let's chat – coffee morning	10am	Journeys through Christmas films	10am
Christmas concert with Chris	2pm	Christmas crafts	2pm	Taste of Christmas	2pm	Liverpool Philharmonic Orchestra	1pm	Sharing stories with Liverpool Everyman	2.00pm
Monday 20 December		Tuesday 21 December		Wednesday 22 December		Thursday 23 December		Friday 24 December	
CLOSED FOR CHRISTMAS HOLIDAYS									
Monday 27 December		Tuesday 28 December		Wednesday 29 December		Thursday 30 December		Friday 31 December	
CLOSED FOR CHRISTMAS HOLIDAYS									





Face to Face Learning Sessions



December 2021 Southport Face to Face Timetable									
Monday 29 November		Tuesday 30 November		Wednesday 1 December		Thursday 2 December		Friday 3 December	
Shared reading with The Reader	10:30am	What's on at Life Rooms Southport in December	10am to 4pm	Walking group	10.30am	Mindful stretching	10am	Let's chat – coffee morning	10am
Mental health Monday	2pm	Basic IT and internet access	10am	Journeys through Christmas films	2pm	Taste of Christmas	2pm	Sharing stories with Liverpool Everyman	2pm
Monday 6 December		Tuesday 7 December		Wednesday 8 December		Thursday 9 December		Friday 10 December	
Shared reading with The Reader	10:30am	Basic IT and internet access	10am	Walking group	10.30am	Mindful stretching	10am	Christmas crafts	10am
Christmas wreath making	10am	Confidence through drama with Liverpool Everyman	2pm	Journeys through Christmas films	2pm	Taste of Christmas	2pm	Music appreciation	2pm
Monday 13 December		Tuesday 14 December		Wednesday 15 December		Thursday 16 December		Friday 17 December	
Shared reading with The Reader	10:30am	Basic IT and internet access	10am	Walking group	10.30am	Mindful stretching	10am	Christmas crafts	10am
Mental health Monday	2pm			Journeys through Christmas films	2pm	Taste of Christmas	2pm	Liverpool Philharmonic Orchestra	1.00pm
Monday 20 December		Tuesday 21 December		Wednesday 22 December		Thursday 23 December		Friday 24 December	
Shared reading with The Reader	10:30am	Basic IT and internet access	10am	Walking group	10.30am	Mindful stretching	10am	Let's chat - coffee morning	10am
Mental health Monday	2pm	Christmas concert with Chris	2pm	Christmas quiz	2.00pm	Taste of Christmas	2pm		
Monday 27 December		Tuesday 28 December		Wednesday 29 December		Thursday 30 December		Friday 31 December	
CLOSED FOR BANK HOLIDAY		CLOSED FOR BANK HOLIDAY		Taste of Christmas: leftovers	11am	Table tennis and games social	1pm	Let's chat - coffee morning	11am





Face to Face Learning Sessions



December 2021 Walton Face to Face Timetable									
Monday 29 November		Tuesday 30 November		Wednesday 1 December		Thursday 2 December		Friday 3 December	
Basic IT skills	10am	Gardening group	10 am	Healthier you	10am	Introduction to self esteem	10am	Body fit	10am
		Chess for beginners	11.30am					Crochet group	11.30am
Super Sing with Liverpool Philharmonic	1pm AND 2.15pm	Women's mental health	2pm	Walking group	2pm	Ukulele for Beginners	2pm	Music appreciation	2pm
Monday 6 December		Tuesday 7 December		Wednesday 8 December		Thursday 9 December		Friday 10 December	
Basic IT skills	10am	Gardening group	10am	Healthier you	10am	Introduction to self esteem	10am	Body fit	10am
		Chess for beginners	11.30am	Liverpool Philharmonic feedback session	11am			Energy information quiz with National Energy Action	11.30am
Super Sing with Liverpool Philharmonic	1pm AND 2.15pm	Men's mental health	2pm	Walking group	2pm	Ukulele for beginners	2pm	Crochet group	11.30am
								Story Sharing with Liverpool Everyman	2pm
Monday 13 December		Tuesday 14 December		Wednesday 15 December		Thursday 16 December		Friday 17 December	
Basic IT skills	10am	Gardening group	10am	Life Rooms Christmas celebrations		Managing anxiety	10.00am	Body fit	10am
		Chess for beginners	11.30am					Crochet group	11.30am
Christmas crafts	1pm	Confidence through drama with Liverpool Everyman	2pm			Ukulele for beginners	2pm	Energy information quiz with National Energy Action	12.30pm
								Music appreciation	2pm
Monday 20 December		Tuesday 21 December		Wednesday 22 December		Thursday 23 December		Friday 24 December	
5 ways to wellbeing	10am	Gardening group	10am	Christmas around the world	10am	Christmas music appreciation	10am	Christmas coffee morning	10am
		Chess for beginners	11.30am						
Christmas crafts	1pm	Tom's big Christmas quiz	2pm	Walking group	2.00pm	Ukulele for beginners	2pm		
Monday 27 December		Tuesday 28 December		Wednesday 29 December		Thursday 30 December		Friday 31 December	
CLOSED FOR BANK HOLIDAY		CLOSED FOR BANK HOLIDAY		Journey through film	10am	Mental health resilience	10am	What's on in January? – coffee morning	10am



 **Face to Face Learning Sessions** 

