

#### APRIL 2021 VIRTUAL AND PHONE-IN SOCIAL CLUBS PROGRAMME

Free social events for over 65s

Liverpool Cares social clubs are a space for older and younger neighbours to get together to share time, laughter, learning and experiences. All of our social clubs are free and there's something new every month. And while we can't currently meet face-to-face, the fun is now being had online and over the phone – you'll find instructions on how to join in below, or you can **call 0151 659 1789 and we'll help get you set up.** 

#### Joining virtual and phone-in social clubs

- Online clubs: Join clubs with this computer symbol on a laptop, smartphone or tablet with internet access you just need to download Zoom to take part.
- Phone In Clubs: Join clubs with this phone symbol on your landline or mobile. It's free and your number won't be shared with anyone. All you need to do is call Abbie, tell her you'd like to take part and she will set it all up for you, you just need to wait by your phone for it to ring at the time of the club!

Still not sure how to take part? Call us on 0151 659 1789 and we'll talk you through it.

COMING UP IN APRIL

# ■ Carrier Thursday 1st April, 6:00pm-7:00pm: Quiz night

You can join us on zoom or over the phone for this quiz night! There'll be loads of different rounds from classic general knowledge questions to 'guess the musical melodies'. This quiz is just for fun, and a great way to get to know one another over some friendly competition - all you need is a pen and paper and your thinking cap!

## ■ Wednesday 7th April, 5:30pm-7:30pm: Film Club

Get cosy, we're going to watch a film together! On the night there'll be a choice of 3 films and you can vote for the one you want to watch. There'll be time at the end to chat about whether you liked it or not, who was your favourite and least favourite character and your favourite parts.

### Friday 9th April, 6:00pm-7:00pm: Antonio's Card Games

Younger neighbour Antonio has created an amazing card game for you to play! He will teach you the rules of the game 'Pochen', and we will share a card table on zoom so you can bet virtual coins and see who ends up on top! This will be a new, fun and exciting social club, and complete beginners are welcome - we will all learn together.

### Monday 12th April, 1:00pm-2:30pm: Movies, music and memories

We send you old video clips in an email to watch over the weekend, and then we come together on zoom to discuss them! This is a really chatty club, and we have lots of group discussions about everything from the concerts you've been to, the family holidays you used to go on, what your school days were like and loads more. Come along if you like to share memories and hear other people's stories, too.

### Friday 16th April, 6:00pm-7:00pm: Desert Island Discs

Like the radio show of its namesake, come with a song in mind and the reason behind why you picked it. This month's theme is "Rain". April is known for its showers, so we want songs about rain, rainfall, or anything similar! Share your song with the group and we will play it out loud for everyone to listen to. If you have a landline or mobile you can also join this for free - call us and ask us how if you're interested.

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In this club, you'll come together to read short stories and poems aloud as a group, and analyse the text, sharing what you like and dislike about the story, what you think will happen next, how it made you feel and more! If you want to join in with this club, let Abbie know and she will send you out the stories and poems in the post. You can also join in this club using your landline for free - call Abbie if you'd like to know how!

# Wednesday 21st April, 6:00pm-7:00pm: Boxercise Class

Andy from exercise provider Healthiness is running this brilliant Boxercise Class for you, which combines simple boxing training moves with general keep fit to get you active in your home! This is suitable for all abilities - so why not give it a go? All you need is a bit of space to move around and a drink of water!

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If you come along to this club, you'll receive a "Shiverpool" map in the post, filled with all of the haunted spots in Liverpool city centre. We will then come together on zoom with creepy host **Chiller Black** and her terrifying tour guides to walk you virtually through the streets of our city and tell some spooky true tales - not to be missed!

## Thursday 29th April, 6:30pm-7:30pm: The Cares Family Disco

Put on your party outfit and dancing shoes, and join your neighbours from across the UK at The Cares Family disco! Once a month, we join forces with our sibling charities in London and Manchester for a massive party and a good old boogie together! We provide the music, you just have to turn up and enjoy yourself. If you have a landline or a mobile phone you can call up and listen to the music for free and have a boogie on your phone!

### Friday 30th April, 2:00pm - 3:00pm: Cosy Phone Call

Grab your phone and get comfy, we will pair you up with a neighbour to chat to! This is a great way to talk to new people, have a relaxed gab about anything you fancy, and pass some time. We will be there with prompts if you get stuck on things to talk about with your neighbour. If you've never joined a phone-in social club before, give Abbie a call and she will answer all of your questions.