





## LIVERPOOL CARES

### November Virtual Social Clubs

Here are all of the virtual clubs we have planned this month! The camera symbol  means it's a group video chat on zoom, using the internet. The phone symbol  means it's a group phone chat which you can join in by calling in using your landline or mobile. All of these clubs are free to attend.

Book onto clubs in advance by calling 0151 659 1789 and pressing option 1, or emailing [abbie.beckett@liverpoolcares.org.uk](mailto:abbie.beckett@liverpoolcares.org.uk) and you will be sent the information you need to join the clubs.


#### **Tuesday 3rd November, 6:00pm - 7:00pm: Parlour Games**

This club is all about being silly and most importantly, having fun. Let's play some classic parlour games like charades, twenty questions and I spy, all over zoom from the comfort of your living room!


#### **Wednesday 4th November 6:00pm - 7:00pm: Diwali Dance Class**

Diwali, the Hindu festival of light, is celebrated around the world this month. We've teamed up again with World dance teacher Sheetal from **Movema** to bring you a fantastic Diwali dance class, celebrating dance styles from all over India! Limber up and learn something new, exercise and have fun - all in one! This club is open to all abilities – these moves are equally fun and expressive whether done from a seated or standing position.


Call us on 0151 659 1789 for more information.

 **Friday 6th November, 6:00pm - 7:30pm: Quiz Night!**

This quiz will have something for everyone, with music intros, famous faces and interactive rounds as well as the usual general knowledge! Grab a pen and paper and see how well you do at the fun-filled Liverpool Cares quiz night.

 **Monday 9th November, 2:00pm - 3:30pm: Movies, music and memories**


We will email you some old video clips of places and people from times gone by. We then come together to chat about what memories they inspire in you. This club is great for reminiscence, and teaching younger neighbours about things they may not have even heard of!

 **Wednesday 11th November, 2:30pm - 3:30pm: Origami with North London Cares**

Come and put your paper folding credentials to the test as we learn this wonderful Japanese art form. Larry from the British Origami Society will teach us how to fold a jumping frog and highlight origami skills we might already be using that we aren't aware of! Please bring 5 pieces of square paper, a pair of scissors and make sure you have a flat surface to fold on, in front of your screen. There is very limited space at this club as it's being run by North London Cares, so please let Abbie know if you are interested!


 &  **Thursday 12th November, 6:00pm - 7:00pm: Desert Island Discs**

You can phone in to this social club OR join us on video! Like the radio show of its namesake, come with a song in mind and an anecdote about why it's meaningful to you. This month's theme is **weddings** - share your favourites with us and we will play them aloud for the group!


 **Friday 13th November, 3:30pm - 4:30pm: Phone-in quiz**

Call in for free from your landline or mobile phone and have a go at our quiz! All you need is a pen and paper. We will put you into quiz teams with your younger neighbours over the phone, and read the quiz questions aloud for you to answer.


**Call us on 0151 659 1789 for more information.**

 **Wednesday 18th November, 6:00pm - 8:00pm: The Cares Family Theatre Night!**

For one night only David Benson will be performing his one-man show 'My Life With Kenneth Williams' as a live theatre performance over Zoom for The Cares Family! This classic show unlocks the character of one of Britain's best-loved entertainers. In this hilarious show we see Kenneth Williams at his funniest - and at his most badly behaved. Join neighbours from East/North/South London and Manchester Cares for a night of comedy and intrigue.

 **Friday 20th November, 11:45am - 1:00pm: Chair yoga**

Get comfortable and join in with this beginners chair yoga session from our fantastic instructor Hebe. Yoga can help to increase your flexibility and strength, and reduce stress and pain.

 **Friday 27th November, 6:30pm - 7:30pm: The Cares Family Disco**

Join us for the Cares Family disco - a chance to sing and dance for an hour with a huge group of neighbours from across the country! We provide the music, all you need to do is show up and have fun!

 &  **Monday 30th November, 6:30pm - 8:00pm: Book Club**

To celebrate the launch of **Barack Obama's** new book *A Promised Land*, the lovely people at Penguin will be talking us through some of the important themes his book explores. There are 10 spaces available, and we'll be posting out books to all those who are attending. You can also dial into this club if you don't have the internet and join in over the phone. So please give us a call before the **20<sup>th</sup> of November** to let us know if you'd like to take part, be entered into a lottery and to confirm your address for book delivery if you're lucky enough to get a slot. Please also note that we'll be doing some filming during the club, to help spread the word about our activities.

**Call us on 0151 659 1789 for more information.**