



## LIVERPOOL CARES

### APRIL 2022 FACE-TO-FACE, 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.

Call us on **0151 659 1789** to book your place, or give Abbie an email on [abbie.beckett@liverpoolcares.org.uk](mailto:abbie.beckett@liverpoolcares.org.uk)

**👥 Face-to-face clubs:** These will be taking place face-to-face around Liverpool.

**💻 Online clubs:** Join these clubs on a laptop, smartphone or tablet with internet access – you just need to download Zoom to take part.

**📞 Phone-in clubs:** Join these clubs on your landline or mobile. It's free and your number won't be shared with anyone. Still not sure how to take part? **Call us on 0151 659 1789 and we'll talk you through it.**

### **APRIL FACE-TO-FACE SOCIAL CLUBS**

Please note, these social clubs may be subject to change depending on government guidance and the ongoing Coronavirus pandemic. Please call to book your place, so we know who is coming to each club. If anything is being cancelled, we can then call you and make sure you're aware!

#### **👥 Thursday 7th April, 1:00pm - 3:00pm: Boxercise class, Lister Steps at the Old Library, Green Lane/Lister Drive, Old Swan, L13 7EB**


Andy from Healthiness will be running this great afternoon exercise class for you, where you'll be using simple boxing moves and methods to keep fit! Absolute beginners welcome, this will be a great, fun way to get your body moving.

**Bus routes: 12, 13, 15, 18, 62, 68**

#### **👥 Thursday 7th April, 6:00pm - 8:00pm: Pizza and catch up, Outpost, 77 Renshaw Street, City Centre, L1 2SJ**


Why not come out for a couple of hours and enjoy getting to know your neighbours over a slice of pizza and a drink at this cool, city centre bar. This venue is known for hosting regular live music in its interesting back room and serving some of the nicest pizza in Liverpool!

**Bus routes: 7, 75, 79, 79C, 79D, 80, 80A, 82, 86, 86A, 86C**

** Monday 11th April, 11:00am - 1:00pm: Photography workshop and 'Liverpool trees' project, Calderstones Mansion House, Calderstones Park, L18 3JB**


This is an opportunity to be a part of 'the story of Liverpool through its trees' project. You'll have some photography tuition from a professional photographer, enjoy a walk around Calderstones park, and take photos as you go of some trees. The work you produce may even become part of an exhibition! Bring a camera if you have one, or use your phone/ipad, or just come along to enjoy the company and walk.

***Bus routes: 61, 75, 76, 86A, 86C, 86Q***

** Thursday 14th April, 6:00pm - 8:00pm: Beer tasting, Black Lodge Brewery, 3 Kings Dock Street, Baltic Triangle, L1 8JU**


Come along to this local, Scouse brewery which was formed in 2015, and enjoy trying out a few different beers with beer expert Sam. He will talk you through the tasting notes and you can chat with your neighbours about which drinks you enjoy and why!

***Bus routes: 26, 500, or this is a ten minute walk from Liverpool One bus station (it's right by the McDonalds on the Dock Road)***

** Saturday 16th April, 1:00pm - 2:30pm: Technology help, Penny Lane Development Trust, 70 Penny Lane, L18 1BW**

People often have simple problems with technology that hold them back from trying new things or feeling like a part of modern life. Do you have a smart phone you never use, a tablet or ipad that you'd like some help with, or a laptop you've never attempted to open? Come along, bring your gadgets that you'd like to know more about and we will pair you up with a younger neighbour who can answer your tech questions. Hopefully you'll leave the session feeling a little more connected!


***Bus routes: 62, 68, 75, 80, 80A, 86, 86A, 86C***

** Tuesday 19th April, 1:00pm - 3:00pm: Shared reading, 92 degrees coffee, 49 Jamaica Street, Baltic Triangle, L1 0AH**

Do you like to read and want to try something new? Or have you always wanted to join a book club but without the pressure of having to read a whole book? Or would


you like to just sit back and enjoy listening to someone else read a short story out loud? Come along to this club, where we will read a short story together and chat about the characters and guess what happens next!

***Bus routes: 26, 27, 82, 82A, 204, 500, X1. Abbie can meet you in Liverpool One to get the bus with you if you're not sure where to go!***

** Wednesday 20th April, 6:00pm - 8:00pm: Paul's quiz night, The Denbigh Castle Pub, 10 Hackins Hey (off Dale Street), City Centre, L2 2AW**


Do you love a quiz, or just fancy coming to the pub to meet new people over a bevvie? Older neighbour Paul will be doing his own quiz night, so get your thinking caps on and turn up for some fun!

***Bus routes: Any bus which takes you into the city centre***

** Thursday 21st April, 6:00pm - 8:00pm: Drawing techniques/sketching class, Kitty's Launderette, 77 Grasmere Street, Everton, L5 6RH**


We're going to learn the basics of sketching and drawing techniques at this beginners class. You don't need to bring anything, as we provide the kit that you can even take home to keep practising. Just come along and prepare to get arty with your younger neighbours!

***Bus routes: 14, 14A, 26, 27***

** Friday 22nd April, 10:15am - 3:30pm: Day trip - behind the scenes visit to the Ombudsman**


A coach will whisk us away to sunny Warrington, where we'll be nosing behind the scenes at the headquarters for the Ombudsman Services. Meet the staff and find out all about what they do, there'll be a fish and chips lunch and even a little quiz and drink in the "office pub". Come along and see what it's like to work in a modern day work space, and use the time to ask questions about how the Ombudsman service may be able to help you!

***The coach will depart from outside the central library/fountain on William Brown Street***

** Saturday 23rd April, 1:00pm - 3:00pm: Technology help, Quaker Meeting House, 22 School Lane, City Centre, L1 3BT**


People often have simple problems with technology that hold them back from trying new things or feeling like a part of modern life. Do you have a smart phone you never use, a tablet or ipad that you'd like some help with, or a laptop you've never attempted to open? Come along, bring your gadgets that you'd like to know more about and we will pair you up with a younger neighbour who can answer your tech questions. Hopefully you'll leave the session feeling a little more connected!

***Bus routes: Any bus which takes you into the city centre***

** Tuesday 26th April, 6:00pm - 8:00pm: Singalong, Ropewalks Bar and Kitchen, Novotel Hotel, 40 Hanover Street, City Centre, L1 4LN**

This is not a choir - total beginners welcome! At this club we come together, gather around the piano and sing some well known songs. We provide the lyrics on song sheets so don't worry about knowing the words! With free bar snacks to nibble on, a drink in your hand and great neighbours for company, what more could you want?


***Bus routes: Any bus which takes you into the city centre***

** Thursday 28th April, 1:00pm - 5:00pm: Line dancing with Lill, The Blue Base, Salop Street, Walton Road, Walton, L4 4BZ**


Let's go line dancing! Older neighbour Lill will be leading this one, so get your dancing shoes out and we'll see you on the floor!

***Bus routes: 19, 20, 21, 310, 345, 68, X3***


## **APRIL VIRTUAL SOCIAL CLUBS**

** Monday 4th April, 6:00pm - 7:00pm: *Fitsteps* class**

Fitsteps is an energetic dance class which includes all of your favourite dances Strictly Come Dancing! You'll be having so much fun, you won't even feel like you're exercising. Beginners and armchair dancers are very welcome.

  **Tuesday 12th April, 6:00pm - 7:30pm, Desert island discs**

Do you like music? April is known for its showers, so this month's desert island discs theme is 'RAIN'. We want songs and artists with rain in their name or lyrics! Come with a song in mind and the reason behind why you picked it. We'll play everyone's choices aloud for the group to enjoy.

 **Monday 25th April, 1:00pm - 2:00pm, Afternoon phone quiz**

Use your landline phone for free to join in with this quiz! Just let Abbie know you'd like to join in and she will call you in to the group phone call. We will ask you all some general knowledge questions over the phone, and you can write your answers down at home using pen and paper. Let's see who can get the most right!