

## Liverpool Carers Centre Online Activities

### MONDAYS

- 10:00 am - *Yoga with Mytime at Home pre-recorded on Facebook*
- 11:00 am - *Lets Cook with Maryam on Facebook*
- 12 noon - *Carers Coffee & Chat with Paul on Zoom*
- 7:00pm - 8:00pm- *Evening Book Club on Zoom (every First Monday of the month)*

### TUESDAYS

- 10:00 am - *10 min Exercises for all abilities with Mytime at Home Live on Facebook*
- 11:00 am - *'Look Who's Cooking' 6 week Online cooking course on Zoom*
- 12 noon - *Quiz time with Paul on Zoom*
- 7:00 pm -8:00 pm - *Evening Coffee & Chat with Paul on Zoom (every third Tuesday of the month)*

### WEDNESDAYS

- 1:30pm - *Carers Coffee & Chat with Caroline & Sandra on Zoom*
- 4:00 pm - *'Look Who's Cooking' 6 week Online cooking course on Zoom*
- 7:00pm - 8:00pm- *Creative Writing with Mytime at Home on Zoom (every Wednesday evening)*

### THURSDAYS

- 10:00 am - *10min Exercises for all abilities with Mytime at Home- Live on Facebook*
- 11:00 am - *Virtual Calming Craft with Maryam on Zoom*
- 12:30 pm - *Caveman Coffee with Paul and Rob on Zoom*

### FRIDAYS

- 10:00 am - *Yoga with Mytime at Home Live on Facebook*
- 11:00 am - *Digi Hub on Zoom*

If you are registered with Liverpool Carers Centre as an unpaid carer please join us on zoom. If you are not registered please call: 07803 200 476 to register.