**Activities Extra January 2021**

**Name ……………………………………..… Email Address ………….………………………………………………..…………. Tel No …………………………**

Our online Social and Leisure activities are back for the New Year. You need to have access to the internet and an email address, and have Zoom downloaded to your computer, tablet or whatever device you use. Choose the activities you would like to do and tick the ‘Yes Please!’ boxes and get the form back to the ECHO office – you can email it if you like to echo.info@echoherefordshire.co.uk. We will send you the Zoom link to the activity shortly before it starts.

If you are new to Zoom, we can help you through the set up process, just let us know. Most activities have a small charge to cover our costs but some are free as they have separate funding. We will keep a list of who joined which activity and we will send you an invoice at the end of this programme of events. Some activities have limited numbers, so make sure you get back to us as soon as possible!

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| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Monday 4****January** | **Catch Up Coffee Morning…**So, how was your Xmas & New Year? Any resolutions? And how are you feeling about 2021? Grab yourself a cuppa and come and join some friends to catch up, have a chat and start the ECHO year with a relaxed social get-together | 11am - midday | £3.00 |  |
| **Tuesday 5****January** | **Big Quiz of the Week**It’s back! Fancy meeting up with your friends, joining a team and having a fun time? Then Quiz of the Week is for you. There will be questions anyone can answer or guess at and ones that no one can know the answer to except you! | 2.00 – 3.00pm | £3.00 |  |
| **Thursday 7****January** | **New Year House Party!** *A New Year disco in your living room…*As not everyone gets to celebrate New Year’s Eve with their friends, we’re going to have our party on the 7th. Be there to welcome in 2021! | 7.30 – 9.00pm | £3.00 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Friday 8****January** | **The Rough Mix** (formerly Yam Jams Online) *A fun music and percussion workshop…*Renamed by the session members, Aidan is back to lead your percussion - something from a kitchen that can be hit, scraped, pinged, or otherwise make a reasonable noise with, and it has to be some item that you feel comfortable with, and are safe and comfortable handling. Aidan will then help the group play their ‘instruments’ together. | 10am – 11am | Free!  |  |
| **Friday 8****January** | **Friday Club Online**Like Friday Club itself there will be games, music, quizzes, chat and general silliness. I’m afraid you’ll have to provide your own tea and biscuits but we’ll do the rest. Wind down the week with a laugh! | 1.00 – 3.00pm | £3.00 |  |
| **Monday 11****January** | **Catch Up Coffee Morning…**So, how was your weekend? What’s happening this week? And how *are* you? Grab yourself a cuppa and come and join some friends to catch up, have a chat and start the week with a relaxed social get-together | 11am - midday | £3.00 |  |
| **Monday 11****January** | **The Rendezvous Online** *Young Person’s Get Together..*The Rendezvous is a night out in a bar in your own house. Join Nick and Letty for fun, music, quizzes and challenges. We even have our own theme tune! If you want a cool and enjoyable evening, The Rendezvous is for you. | 7.00 – 9.00pm | £3.00 |  |
| **Tuesday 12****January** | **Big Quiz of the Week**Can you Name That Tune? Tell if it’s True or False? Think you know your General Knowledge? Just fancy meeting up with your friends, joining a team and having a fun time? Then Quiz of the Week is for you. There will be questions anyone can answer or guess at and ones that no one can know the answer to except you! | 2.00 – 3.00pm | £3.00 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Friday 15 January** | **The Rough Mix** (formerly Yam Jams Online) *A fun music and percussion workshop…*Renamed by the session members, Aidan is back to lead your percussion - something from a kitchen that can be hit, scraped, pinged, or otherwise make a reasonable noise with, and it has to be some item that you feel comfortable with, and are safe and comfortable handling. Aidan will then help the group play their ‘instruments’ together. | 10am – 11am | Free!  |  |
| **Friday 15 January** | **Friday Club Online**Games, music, quizzes, chat and general silliness. Get yourself a tea and some biscuits and wind down the week with a laugh! | 1.00 – 3.00pm | £3.00 |  |
| **Tuesday 19 January** | **Big Quiz of the Week**Can you Name That Tune? Tell if it’s True or False? Think you know your General Knowledge? Just fancy meeting up with your friends, joining a team and having a fun time? Then Quiz of the Week is for you. There will be questions anyone can answer or guess at and ones that no one can know the answer to except you! | 2.00 – 3.00pm | £3.00 |  |
| **Tuesday 19 January** | **Women’s Social Evening**Join Letty for a girl’s night in, where we can catch up and share our hobbies and passions. From crafts to knitting or even creative writing, if you love doing something and want to share your skills this is the perfect place for you! | 6.00 – 7.30pm | £3.00 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Tuesday 21 January** | **House Party!** *A disco in your living room…*Push back the furniture, turn down the lights, dress to impress and get ready for an big night out in your own home! Nick will DJ live and Letty will be there to get you up and moving. You can even send in requests! All the usual fun of Boogie Nights… | 7.30 – 9.00pm | £3.00 |  |
| **Friday 22 January** | **The Rough Mix** (formerly Yam Jams Online) *A fun music and percussion workshop…*Renamed by the session members, Aidan is back to lead your percussion - something from a kitchen that can be hit, scraped, pinged, or otherwise make a reasonable noise with, and it has to be some item that you feel comfortable with, and are safe and comfortable handling. Aidan will then help the group play their ‘instruments’ together. | 10am – 11am | Free!  |  |
| **Monday 25****January** | **Catch Up Coffee Morning…**So, how was your weekend? What’s happening this week? And how *are* you? Grab yourself a cuppa and come and join some friends to catch up, have a chat and start the week with a relaxed social get-together | 11am - midday | £3.00 |  |
| **Monday 25****January** | **The Rendezvous Online** *Young Person’s Get Together..*The Rendezvous is a night out in a bar in your own house. Join Nick and Letty for fun, music, quizzes and challenges. We even have our own theme tune! If you want a cool and enjoyable evening, The Rendezvous is for you. | 7.00 – 9.00pm | £3.00 |  |
| **Tuesday 26****January** | **Big Quiz of the Week** Fancy meeting up with your friends, joining a team and having a fun time? Then Quiz of the Week is for you. There will be questions anyone can answer or guess at and ones that no one can know the answer to except you! | 2.00 – 3.00pm | £3.00 |  |
| **When** | **Activity** | **Time** | **How Much?** | **Yes Please! (✓)** |
| **Friday 29 January** | **The Rough Mix** *A fun music and percussion workshop…*Join Aidan to shake, rattle and roll! Be ready with something from a kitchen that can be hit, scraped, pinged, or otherwise make a reasonable noise with. Aidan will then help the group play their ‘instruments’ together. | 10am – 11am | Free!  |  |
| **Friday 29 January** | **Friday Club Online**Games, music, quizzes, chat and general silliness. Get yourself a tea and some biscuits and wind down the week with a laugh! | 1.00 – 3.00pm | £3.00 |  |

**Please note:** we are planning new activities to add to our programme, do let us know if there are things you would like to try. Also, there is the possibility of having another Yam Jams Online session on a different day of the week. If Friday is difficult for you but you would like to try this session, get in touch and let us know which day would suit you. If we think we have enough to make a new group, we’ll let you know.

Meanwhile, if you’re looking to improve your health & fitness in the New Year or need to work off some turkey and mince pies, don’t forget ECHO’s sports activities:

**Monday:** Badminton, Leominster Leisure Centre, 6.15 – 7.15pm, £2.50

**Tuesday:** Open Court Tennis, Bridge Street Courts Leominster, 5.00 – 6.00pm, £2.00

**Wednesday:** Walking for Health, 6.25pm, contact the ECHO office for information.

**Wednesday:** Inclusive Football, The Point 4, Hereford, 5.50 – 6.40pm, £4.00

**Thursday:** ECHO Football Club training, Leominster Leisure Centre, 5.00 – 6.00pm, £3.50

Details, ECHO Office, 01568 620307, email echo.info@echoherefordshire.co.uk.