

Online GROUPS & EVENTS



Online CALENDAR

ONLINE GROUPS CALENDAR

EVERYONE IS WELCOME TO JOIN ANY OF OUR WEEKLY SESSIONS ON ZOOM!

Meeting ID: 776 753 8103

Password: enrych2021 except*

*Fun with LCFC: Meeting ID: 998 8926 7465 Password: P85MtB

*Nature & Nurture: Meeting ID: 886 0791 1951 Password: 249050

	MON	TUE	WED	THU	FRI
	Seated Exercise Class 11.30am - 12 Noon <i>(Starts 22nd February)</i>	Coffee Morning 11am - 12 Noon		Art Group 11am-12 Noon	
		Fun with LCFC * (Exercises & Games) 11am - 11.40am	Cyber Soccer 11am - 12 Noon	Crafternoon 12 Noon - 1pm <i>(Starts 18th February)</i>	
		Nature & Nurture * 1pm - 2pm <i>(Starts 23rd February)</i>	General Knowledge Quiz 1pm - 2pm	Afternoon Tea 1pm - 2pm	



Contact Us

enrych.org.uk

hello@enrych.org.uk

01530 234545



MONDAYS

**SEATED
EXERCISE:
TUESDAYS
11.30AM - 12 NOON**

Join our PT Chris and find fun ways to get fit & keep active! Everyone welcome!

JOIN US ON ZOOM!

NEW VIRTUAL SEATED EXERCISE CLASS!

11.30am - 12 Noon
from Monday 22nd February

Meeting ID: 776 753 8103
Password: enrych2021

GET FIT &
STAY ACTIVE!
EVERYONE
WELCOME!



TUESDAYS

**LCFC FITNESS
& GAMES:
TUESDAYS
11AM - 11.40AM**

Join in the fun with Sarah from LCFC every Tuesday and see some other familiar faces!

JOIN US!
FITNESS ACTIVITIES & GAMES
Everyone is welcome!

Every Tuesday
11am - 11.40am

Meet up with old friends from the Boccia Days! It would be great to see some familiar faces!

The sessions are a mix of fitness activities and points/target games suitable for all abilities.

Meeting ID:
998 8926 7465
Password:
P85MtB



Good Morning!

JOIN US ON ZOOM
BETWEEN 11AM & 12 NOON
EVERY TUESDAY FOR OUR VIRTUAL
COFFEE MORNING

Meeting ID: 776 753 8103 Password: enrych2021

COFFEE MORNING: TUESDAYS 11AM - 12 NOON

Join us every Tuesday for a cuppa and a chat. There's nothing nicer than catching up with friends to talk about anything and everything!

TUESDAYS

NATURE & NURTURE: TUESDAYS 1PM - 2PM

We will be joined by Sam & Ben from TCV (The Conservation Volunteers) who will be available to answer questions about gardening, plants & nature.

Discover what's lurking in your garden and understand more about plants, gardening and anything to do with nature!

New! **NATURE & NURTURE**

Starts 23rd February

DO YOU HAVE GREEN FINGERS?
DO YOU LOVE NATURE?
DO YOU WANT TO LEARN ABOUT GARDENING,
PLANTS & WILDLIFE?

**JOIN US WITH SAM & BEN FROM TCV TO
LEARN ABOUT ANYTHING FROM WHAT'S
GROWING AND LIVING IN YOUR GARDEN. &
WHAT TO PLANT & WHEN TO WHAT TO LOOK
OUT FOR ON A WALK!**

Join us on Zoom every Tuesday 1-2pm
Meeting ID: 886 0791 1951 Password: 249050




DO YOU EAT. SLEEP. BREATHE.
FOOTBALL?



NEW

- Look at the premiership table
- Reflect on games from the previous week
- Discuss upcoming games along with any other football news
- Take part in a fantasy football league



Cyber Soccer Join other football fanatics on Zoom every Wednesday 11am-12Noon
Meeting ID: 776 753 8103
Password: enrych2021

For more information call 01530 234545 or email abbie.davies@enrych.org.uk

CYBER SOCCER: WEDNESDAYS 11AM - 12 NOON

Our brand new Cyber Soccer group is perfect for all those footie fans out there. Join one of our amazing PA's and Andrew who she supports to look at the week's football fixtures and news. Work together to create a fantasy football league. Don't forget to wear your favourite footie team shirt!

WEDNESDAYS

ONLINE QUIZ: WEDNESDAYS 1PM - 2PM

Do you love general knowledge, music, sports & nature? If you do, then join us every Wednesday and battle for the winner's title - this can get competitive with lots of fun and laughter along the way!

JOIN US ON ZOOM EVERY WEDNESDAY AT 1PM - 2PM

ONLINE GENERAL KNOWLEDGE QUIZ

Meeting ID: 776 753 8103
Password: enrych2021






**JOIN US ON ZOOM FOR THE
ENRYCH VIRTUAL ART GROUP**
Every Thursday at 11am-12 Noon

Join us on Zoom.
Meeting ID: 776 753 8103
Password: enrych2021



ART GROUP: THURSDAYS 11AM - 12 NOON

Are you creative? Fancy joining a friendly group and showing off your talents? Every Thursday our budding artists get together and show off their master pieces!

THURSDAYS

CRAFTERNOON: THURSDAYS 12 NOON - 1PM

Do you enjoy crafts and having a natter? You do! This is perfect group for you! Join our amazing PA Lorraine and Dannii who she supports to share tips and ideas. Meet up with old friends and make some new ones along the way!

NEW

STARTING THURSDAY 18TH FEBRUARY 12PM - 1PM

VIRTUAL CRAFTERNOON

Do you enjoy crafts? Fancy meeting up with a friendly group to share ideas?

Join us on Zoom. Meeting ID: 776 753 8103 Password: enrych2021

We would be delighted to
have you!

Afternoon Tea!

Join us on Zoom
Every Thursday | 1pm - 2pm

Meeting ID: 776 753 8103
Password: enrych2021



THURSDAYS

AFTERNOON
TEA:
THURSDAYS
1PM - 2PM

Fancy a cuppa and
another catch up? Grab
yourself a fresh brew and
come and join us every
Thursday!



**ENRYCH, Unit 10 Whitwick Business Centre,
Stenson Road
Coalville, Leicestershire LE67 4JP**

**Office Opening Hours:
Monday - Friday 8.30am - 4pm**

**01530 234545
hello@enrych.org.uk**

Facebook: <https://www.facebook.com/EnrychHQ>

ENRYCH
Enabling Independence



CALLING FOR **VOLUNTEERS**

Do you have a few hours to spare and would like to use these to help adults with disabilities engage with a range of activities at home and in the community?

The list of activities our volunteers undertake is endless, from playing board games to visiting places of interest, they work tirelessly to ensure that those we serve can engage with their communities effectively and enjoy leisure and learning activities of their choice.

Visit www.enrych.org.uk for more information.

**For an informal chat call 01530 234545
or email hello@enrych.org.uk**