

# Virtual Inspire Events

## Virtual Events August 2021

Date	Activity Session	Available Times
<b>Monday 2nd</b>	Chair Exercises, Blankety Blank, Move It Monday, Meditation	11am(CE),1pm (BB), 4pm (MIM), 7pm (Med)
<b>Tuesday 3rd</b>	Makaton Choir, Darts, Hula Hoops Session	11am (Choir), 1pm (Darts), 4pm (Hula)
<b>Wednesday 4th</b>	Strictly Inspire, Boccia, Quiz Night	11am (SI), 1pm (Boc), 7:30pm (Quiz)
<b>Thursday 5th</b>	Scottish Quiz, Awesome Art, Cook Along	11am (Quiz), 1pm (AA), 4pm (Cook)
<b>Friday 6th</b>	Feel Good Friday, Music Bingo	11am (FGF), 1pm (Bingo)
<b>Monday 9th</b>	Move it Mondays, Rock Band	11am(MIM),1pm (RB), 4pm (MIM)
<b>Tuesday 10th</b>	Makaton Choir, Drama, Meditation	11am (Choir), 1pm (Drama), 4pm (Meditation)
<b>Wednesday 11th</b>	Play Your Cards Right, Superhero Bingo	11am (PYCR), 1pm (Bingo)
<b>Thursday 12th</b>	Karaoke Morning, Bake Cinnamon Rolls	11am (Kar), 4pm (Bake)
<b>Friday 13th</b>	Fit Like Friday	11am (FLF)
<b>Monday 16th</b>	Move it Mondays	10am (MIM)
<b>Wednesday 18th</b>	Zooming Zumba, Boccia, Quiz	11am (ZZ), 1pm (Boc), 7:30pm (Quiz)
<b>Thursday 19th</b>	Blockbusters Quiz, Drumming Showcase, Hula Hoops	11am (BQ), 1pm (DS), 4pm (HH)
<b>Friday 20th</b>	Chair Exercises, Music Bingo, Dance Session	11am (CE), 1pm (Bingo), 4pm (DS)
<b>Saturday 21st</b>	Disco with DJ Millar	7pm-8pm (Disco)
<b>Monday 23rd</b>	<b>Move it Mondays, Make Maracas, Meditation</b>	<b>11am (MIM),1pm (Maraca), 4pm (MIM), 7pm (Med)</b>
<b>Tuesday 24th</b>	<b>Makaton Coro, Drama Español, Ibiza Party</b>	<b>11am (Coro), 1pm (Drama), 7pm (Ibiza)</b>
<b>Wednesday 25th</b>	<b>Paint Like Picasso, Make Sangria</b>	<b>11am (PLP), 6pm (Sangria)</b> 
<b>Thursday 26th</b>	<b>Conquistador Story, Paella Cook Along</b>	<b>11am (CS), 4:30pm (Cook)</b>
<b>Friday 27th</b>	<b>Salsa Dancing, Bingo Español, Fun Facts Friday</b>	<b>11am (SD), 1pm (Bingo), 4pm (FFF)</b>
<b>Monday 30th</b>	Chair Exercises, Boccia, Move It Monday	11am(CE),1pm (Boc), 4pm (MIM)
<b>Tuesday 31st</b>	Makaton Choir, Catch Phrase, Meditation	11am (Choir), 1pm (CP), 4pm (Meditation)

