

# Virtual Inspire Events

## Virtual Events December 2020

Date	Activity Session	Available Times
<b>Tuesday 1st</b>	Makaton Choir, Bake Winter Cookies	11am (Choir), 4pm (Baking)
<b>Wednesday 2nd</b>	Work It Wednesday	11am
<b>Thursday 3rd</b>	Meditation, Line Dancing	11am (Meditation), 4pm (Dancing)
<b>Friday 4th</b>	Fit Like Fridays, Music Bingo	11am (FLF), 1pm (Bingo)
<b>Monday 7th</b>	Move it Mondays	11am, 4pm (suitable for all levels)
<b>Tuesday 8th</b>	Makaton Choir, Interactive Story	11am (Choir), 4pm (Story)
<b>Wednesday 9th</b>	Work It Wednesday	11am
<b>Thursday 10th</b>	Meditation, Cook Along - Winter Soup	11am (Meditation), 5pm (Cook)
<b>Friday 11th</b>	Fit Like Fridays, Bingo	11am (FLF), 1pm (Bingo)
<b>Monday 14th</b>	Move it Mondays	11am, 4pm (suitable for all levels)
<b>Tuesday 15th</b>	Makaton Choir (Christmas Edition)	11am
<b>Wednesday 16th</b>	Work It Wednesday	11am
<b>Thursday 17th</b>	Meditation, Make Mince Pies	11am (Meditation), 4pm (Baking)
<b>Friday 18th</b>	Fit Like Fridays, Christmas Music Bingo	11am (FLF), 1pm (Bingo)
<b>Saturday 19th</b>	Christmas Disco with Dj Millar	7pm till 8pm
<b>Monday 21st</b>	Move it Monday	11am
<b>Tuesday 22nd</b>	Cuppa, Pie and Catch-up	11am
<b>Wednesday 23rd</b>	Work It Wednesday	11am
<b>Monday 28th</b>	Move it Monday	11am
<b>Tuesday 29th</b>	Pyjama Party Disco	7pm - 8pm
<b>Wednesday 30th</b>	Work It Wednesday	11am

