

# Virtual Inspire Events

## Virtual Events January 2021

Date	Activity Session	Available Times
<b>Tuesday 5th</b>	Makaton Choir	11am
<b>Wednesday 6th</b>	Work It Wednesday	11am
<b>Thursday 7th</b>	Meditation, Drama 2021 Auditions	11am (Meditation), 4pm (Drama)
<b>Friday 8th</b>	Fit Like Fridays, Music Bingo	11am (FLF), 1pm (Bingo)
<b>Monday 11th</b>	Move it Mondays	11am, 4pm (suitable for all levels)
<b>Tuesday 12th</b>	Makaton Choir, Feedback and suggestions	11am (Choir), 4pm (feedback session)
<b>Wednesday 13th</b>	Zooming Zumba	11am
<b>Thursday 14th</b>	Meditation, Cook Along - Ultimate Pasta	11am (Meditation), 5pm (Cook)
<b>Friday 15th</b>	Fit Like Fridays, Bingo	11am (FLF), 1pm (Bingo)
<b>Monday 18th</b>	Move it Mondays	11am, 4pm (suitable for all levels)
<b>Tuesday 19th</b>	Makaton Choir, Afternoon Disco	11am, 1pm-2pm
<b>Thursday 21st</b>	Meditation, Fitness Chef - Pancakes	11am (Meditation), 4pm (Baking)
<b>Friday 22nd</b>	Fit Like Fridays, Music Bingo	11am (FLF), 1pm (Bingo)
<b>Monday 25th</b>	Move it Monday	11am, 4pm (suitable for all levels)
<b>Tuesday 26th</b>	Makaton Choir, Burns crafts	11am(Makaton), 4pm (Crafts)
<b>Wednesday 27th</b>	Zooming Zumba	11am
<b>Thursday 28th</b>	Meditation, Drama 2021 Auditions	11am (Meditation), 1pm (Drama)

