

Virtual Inspire Events

Virtual Events January 2022

| Date | Activity Session | Available Times |
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| Wednesday 5th | Zooming Zumba, Crafty Crafts, Quiz Night | 11am (ZZ), 1pm (CC), 7:30pm (QN) |
| Thursday 6th | Meditation, Blankety Blank, Cook-along | 11am (Med), 1pm (BB), 4:30pm (Cook) |
| Friday 7th | Chair Based Exercises, Bingo, Feel Good Friday | 11am (CBE), 1pm (Bingo), 4pm (FGF) |
| Saturday 8th | Boccia | 11am (Boccia) |
| Sunday 9th | Movie Afternoon | 3:30pm (Movie) |
| Monday 10th | Move It Monday, Bingo | 11am (MIM), 6pm (Bingo) |
| Tuesday 11th | Makaton Choir, Cosmic Yoga | 11am (MC), 1pm (CY) |
| Wednesday 12th | Play Your Cards Right, Bake Brownies, Meditation | 11am (PYCR), 1pm (Bake), 4pm (Meditation) |
| Thursday 13th | Walk N' Groove, Feedback Session, Karaoke Evening | 11am (KS), 1pm (FB), 7pm (Kar) |
| Friday 14th | Tai Chi, Music Bingo, Fun Fact Fridays | 11am (TC), 1pm (Bingo), 4pm (FFF) |
| Saturday 15th | Pyjama Party | 7pm-8pm (Disco) |
| Sunday 16th | Music Bingo | 11am (Bingo) |
| Monday 17th | Move It Monday, Blockbusters, Bingo | 11am (MIM), 1pm (BB), 4pm (MIM), 6pm (Bingo) |
| Tuesday 18th | Makaton Choir, Play Your Cards Right | 11am (Choir), 1pm (PYCR) |
| Wednesday 19th | Crafty Crafts, Quiz, Cookalong | 11am (CC), 1pm (Quiz), 4:30pm (Cook) |
| Thursday 20th | The Price Is Right, Zooming Zumba | 11am (TPIR), 1pm (ZZ) |
| Friday 21st | Chair Based Exercises, Bingo, Karaoke | 11am (CBE), 1pm (Bingo), 4pm (Karaoke) |
| Saturday 22nd | Disco With DJ Millar | 7pm-8pm Disco |
| Monday 24th | Move It Monday, Bingo | 11am (MIM), 4pm (MIM), 6pm (Bingo) |
| Tuesday 25th | Makaton Choir, Pamper Session, Meditation | 11am (Choir), 1pm (Pamp), 4pm (Med) |
| Wednesday 26th | No Virtual Activities | |
| Thursday 27th | Cosmic Yoga, Karaoke Evening | 11am (CY), 7pm (Karaoke) |
| Friday 28th | Fit Like Friday, Travel Bingo | 11am (FLF), 1pm (Bingo) |
| Sunday 30th | Watch a Film - Scoob! (2020) | 10:30am |
| Monday 31st | Move It Monday, RSPB Bird Activity, Bingo | 11am (MIM), 1pm (RSPB), 4pm (MIM), 6pm (Bingo) |

