

Virtual Inspire Events

Virtual Events July 2021

Date	Activity Session	Available Times
Thursday 1st	Meditation, Cosmic Yoga	11am (Meditation), 4pm (Yoga)
Friday 2nd	Tai Chi, Bingo, Mini Olympics	11am (TC), 1pm (Bingo), 4pm (Olympics)
Monday 5th	Move it Mondays, Meditation	11am(MIM),1pm (Meditation), 4pm (MIM)
Tuesday 6th	Makaton Choir, Fun Football Trivia, Boccia	11am (Choir), 1pm (FFT), 4pm (Boccia)
Wednesday 7th	Cuppa Catchup, Zooming Zumba, Afternoon Disco, Quiz	11am (CC), 1pm (ZZ), 4pm (Disco), 7:30pm (Quiz)
Thursday 8th	Art Session, Hula Hoop Challenge, Stirfry Cook Along	11am (Art), 1pm (HHC), 4:30pm (Cook)
Friday 9th	Fit Like Friday, Music Bingo, Dance Session	11am (FLF), 1pm (Bingo), 4pm (DS)
Monday 12th	Move it Mondays, Blankety Blank	11am(MIM),1pm (BB), 4pm (MIM)
Tuesday 13th	Makaton Choir, Drama, Meditation	11am (Choir), 1pm (Drama), 4pm (Meditation)
Thursday 15th	Play Your Cards Right, Rocky Road Bake-along	11am (PYCR), 4pm (Bake)
Friday 16th	Tai Chi, John Harley's 30th Bday Disco, Mini Olympics	11am (TC), 1pm (Disco), 4pm (Olympics)
Monday 19th	Move it Mondays, Boccia	11am (MIM),1pm (Boccia), 4pm (MIM)
Tuesday 20th	Makaton Choir, Story Corner	11am (Choir), 1pm (SC)
Wednesday 21st	Work It Wednesday, Drum Group, Quiz	11am (WW), 1pm (Drum), 7:30pm (Quiz)
Thursday 22nd	Catch Phrase, Healthy Katsu Curry	11am (GG), 5pm (Cook)
Friday 23rd	Fit Like Friday, Music Bingo, Dance Session	11am (FLF), 1pm (Bingo), 4pm (DS)
Saturday 24th	Disco with DJ Millar	7pm-8pm (Disco)
Monday 26th	Move it Mondays, Cinema Club	11am (MIM),1pm (Cinema), 4pm (MIM)
Tuesday 27th	Makaton Choir, Drama, Meditation	11am (Choir), 1pm (Drama), 4pm (Meditation)
Wednesday 28th	Work It Wednesday, Interactive Story	11am (WW), 4pm (Story)
Thursday 29th	Feedback Session, Lets make tarts!	11am (Feedback), 4pm (tarts)
Friday 30th	Tai Chi, Bingo, Mini Olympics	11am (TC), 1pm (Bingo), 4pm (Olympics)

