

Virtual Inspire Events

Virtual Events November 2021

Date	Activity Session	Available Times
Monday 1st	Move it Mondays, Bingo	11am(MIM), 4pm (MIM), 6pm (Bingo)
Tuesday 2nd	Makaton Choir, Watch a Panto (Pt 1), Meditation	11am (Choir), 1pm (Panto), 4pm (Meditation)
Wednesday 3rd	Play Your Cards Right, Questioning Cashless	11am (PYCR), 4pm (QC)
Thursday 4th	Drumming Group, Watch a Panto (Pt 2), Affirmations	11am (Drum), 1pm (Panto), 4pm (Aff)
Friday 5th	Fit Like Friday, Music Bingo	11am (FLF), 1pm (Bingo)
Monday 8th	Move it Mondays, Quiz, Bingo	11am(MIM), 1pm (Quiz) 4pm (MIM), 6pm (Bingo)
Tuesday 9th	Makaton Choir, Questioning Cashless, Karaoke	11am (Choir), 1pm (QC), 7pm (Karaoke)
Wednesday 13th	Line Dancing, Bake Funky Fudge ,Meditation	11am (LD), 1pm (Bake), 4pm (Meditation)
Thursday 11th	Knitting A Snood, Blankety Blank, Cook-Along	11am (KS), 1pm (BB), 4:30pm (CA)
Friday 12th	Tai Chi, Bingo, Fun Facts Fridays	11am (TC), 1pm (Bingo), 4pm (FFF)
Monday 15th	Move it Mondays, Bingo	11am(MIM), 4pm (MIM), 6pm (Bingo)
Tuesday 16th	Makaton Choir, Scottish Country Dancing	11am (Choir), 1pm (SCD)
Wednesday 17th	Cuppa & Catchup, Boccia	11am (CC), 1pm (Boc)
Thursday 18th	Interactive Story, Tai Chi, Make and Create Playdough	11am (IS), 1pm (TC), 4pm (MC)
Friday 19th	Chair Based Exercises, Music Bingo, Feel Good Friday	11am (CBE), 1pm (Bingo), 4pm (FGF)
Monday 22nd	Move it Mondays ft Belly Dancing, Magic Tricks, Bingo	11am(MIM), 1pm (MT), 4pm (MIM), 6pm (Bingo)
Tuesday 23rd	Makaton Choir, Learn Basic Hindi	11am (Choir), 1pm (LH)
Wednesday 24th	Spiritual Yoga, Elephant Painting	11am (SY), 1pm (EP)
Thursday 25th	Bollywood Dancing, Cook A Mild Curry	11am (SC), 4:45pm (Cook)
Friday 26th	Fit Like Friday, Indian Bingo, Fun Facts Friday Mandala	11am (FLF), 1pm (Bingo), 4pm (FFF)
Saturday 27th	DJ Millar Disco	7pm-8pm
Monday 29th	Move it Mondays, Blockbuster, Bingo	11am(MIM), 1pm (BB), 4pm (MIM), 6pm (Bing)
Tuesday 30th	Makaton Choir, Knitting A Snood	11am (Choir), 1pm (KS)

