

Virtual Inspire Events

Virtual Events November 2022

Date	Activity Session	Available Times
Tuesday 1st	Makaton Choir, Play Your Cards Right	11am (MC), 1pm (PYCR)
Friday 4th	Chair Based Exercise, Bingo, Darts	11am (CBE), 1pm (Bingo), 2pm (Darts)
Monday 7th	Step N' Groove, Move It Monday, Bingo	11am (SNG), 4pm (MIM), 6pm (Bingo)
Tuesday 8th	Makaton Choir, The Price Is Right	11am (MC), 1pm (TPIR)
Friday 11th	Fit Like Friday, Bingo, Darts	11am (FLF), 1pm (Bingo), 2pm (Darts)
Monday 14th	Step N' Groove, Move It Monday, Bingo	11am (SG), 4pm (MIM), 6pm (Bingo)
Tuesday 15th	Makaton Choir, Karaoke	11am (MC), 1pm (Karaoke)
Friday 18th	Tai Chi, Bingo, Darts	11am (TC), 1pm (Bingo), 2pm (Darts)
Monday 21st	Move It Monday, Bingo	11am (MIM), 6pm (Bingo)
Tuesday 22nd	Makaton Choir	11am (MC)
Friday 25th	Fit Like Friday, Bingo, Darts	11am (FLF), 1pm (Bingo), 2pm (Darts)
Monday 28th	Move It Monday, Bingo	11am (MIM), 6pm (Bingo)
Tuesday 29th	Makaton Choir	11am (MC)

