

Virtual Inspire Events

Virtual Events October 2020

Date	Activity Session	Available Times
Thursday 1st	Taco Thursday	5pm, 6pm
Friday 2nd	Fit Like Friday, Musical Bingo	11am (FLF), 1pm (Musical Bingo)
Monday 5th	Move it Mondays exercise class	11am, 4pm (suitable for all levels)
Tuesday 6th	Bake Scones	11am, 4pm
Wednesday 7th	Work It Wednesday	11am
Thursday 8th	Bake carrot cake	5pm, 6pm
Friday 9th	Fit Like Fridays, Bingo	11am (FLF), 1pm (Bingo), 4pm (FLF)
Monday 12th	Move it Mondays exercise class	11am
Wednesday 14th	Work It Wednesday	11am
Friday 16th	Fit Like Fridays, Tea and Coffee Catch-up	11am (FLF), 1pm (Tea n' Coffee)
Monday 19th	Move it Mondays exercise class	11am, 4pm (suitable for all levels)
Tuesday 20th	Interactive story session	11am, 1pm
Wednesday 21st	Work It Wednesday	11am
Thursday 22nd	Masquerade craft session	11am, 1pm
Friday 23rd	Fit Like Fridays, Bingo	11am (FLF), 1pm (Bingo), 4pm (FLF)
Saturday 24th	Virtual Sparkles Ball	7pm till 9pm
Monday 26th	Move it Mondays exercise class	11am, 4pm (suitable for all levels)
Tuesday 27th	Interactive story session	11am, 4pm
Wednesday 28th	Work It Wednesday	11am
Thursday 29th	Halloween decoration making	11am, 4pm
Friday 30th	Fit Like Fridays, Halloween Bingo	11am (FLF), 1pm (Halloween Bingo), 4pm (FLF)

