

Virtual Inspire Events

Virtual Events October 2021

Date	Activity Session	Available Times
Friday 1st	Fit Like Friday, Superhero Bingo, Feel Like Dancing	11am (FLF), 1pm (Bingo), 7pm (FLD)
Monday 4th	Move it Mondays, Meditation	11am(MIM),1pm (Meditation), 4pm (MIM)
Tuesday 5th	Makaton Choir, Watch a Panto (Pt 1), Karaoke Evening	11am (Choir), 1pm (Panto), 7pm (Karaoke)
Wednesday 6th	Play Your Cards Right, National Care Service Chat	11am (PYCR), 4pm (NCSC)
Thursday 7th	Drumming Group, Watch a Panto (Pt 2)	11am (Drum), 1pm (Panto)
Friday 8th	Fit Like Friday, Music Bingo	11am (FLF), 1pm (Bingo)
Monday 11th	Move It Mondays, Boccia, Bingo	11am(MIM),1pm (Boc), 4pm (MIM), 6pm (Bingo)
Tuesday 12th	Makaton Choir, Blankety Blank, Hula Hoop	11am (Choir), 1pm (BB), 4pm (HH)
Wednesday 13th	Zooming Zumba, Meditation, Quiz Night	11am (ZZ), 1pm (Meditation), 7:30pm (Quiz)
Thursday 14th	Drumming, National Care Service Chat, Cook Along	11am (Drum), 1pm (NCSC), 4pm (Cook)
Friday 15th	Tai Chi, Bingo, Got That Friday Feeling	11am (TC), 1pm (Bingo), 4pm (GTFF)
Monday 18th	Move It Monday, Meditation	11am (MIM), 1pm (Meditation), 4pm (MIM)
Tuesday 19th	Makaton Choir, Cosmic Yoga	11am (Choir), 1pm (CY)
Wednesday 20th	Play Your Cards Right	11am (PYCR)
Thursday 21st	Interactive Story, Tai Chi, Chocolate Orange Traybake	11am (IS), 1pm (TC), 4pm (Bake)
Friday 22nd	Chair Based Exercise, Music Bingo, Karaoke Session	11am (CBE), 1pm (Bingo), 4pm (Karaoke)
Monday 25th	Move It Monday, Ghoulish Bowling, Scary Bingo	11am (MIM), 1pm (Bow), 4pm (MIM), 6pm (SB)
Tuesday 26th	Makaton Choir, Pumpkin Carving	11am (Choir), 1pm (PC)
Wednesday 27th	Spooky Cosmic Yoga, Creepy Crafts	11am (CY), 4pm (CC)
Thursday 28th	Funny Bones Story Corner, Halloween Cupcake Baking	11am (SC), 4:30pm (Bake)
Friday 29th	Fright Like Friday, Halloween Bingo, Ghost Stories	11am (FLF), 1pm (Bingo), 7pm (GS)
Saturday 30th	Sparkles Virtual Ball	7pm

