

Virtual Inspire Events

Virtual Events October 2022

Date	Activity Session	Available Times
Monday 3rd	Step N' Groove, Move It Monday, Bingo	11am (SNG), 4pm (MIM), 6pm (Bingo)
Tuesday 4th	Makaton Choir, Play Your Cards Right	11am (MC), 1pm (PYCR)
Friday 7th	Chair Based Exercise, Bingo, Darts	11am (CBE), 1pm (Bingo), 2pm (Darts)
Monday 10th	Step N' Groove, Move It Monday, Bingo	11am (SNG), 4pm (MIM), 6pm (Bingo)
Tuesday 11th	Makaton Choir	11am (MC)
Friday 14th	Zooming Zumba, Bingo, Darts	11am (TC), 1pm (Bingo), 2pm (Darts)
Monday 17th	Step N' Groove, Move It Monday, Bingo	11am (SG), 4pm (MIM)
Tuesday 18th	Makaton Choir	11am (MC)
Friday 21st	Tai Chi, Bingo, Darts	11am (TC), 1pm (Bingo), 2pm (Darts)
Monday 24th	Move It Monday, Bingo	11am (MIM), 6pm (Bingo)
Tuesday 25th	Makaton Choir, Catch Phrase	11am (MC), 1pm (CP)
Friday 28th	Freaky Fit Like Friday, Halloween Bingo, Darts	11am (FLF), 1pm (Bingo), 2pm (Darts)
Monday 31st	Move It Monday, Bingo	11am (MIM), 6pm (Bingo)

