

Virtual Inspire Events

Virtual Events January 2023

Date	Activity Session	Available Times
Thursday 5th	Tai Chi, Blockbusters	11am (TC), 1pm (BB)
Friday 6th	Fit Like Friday, Bingo, Darts	11am (FLF), 1pm (Bingo), 2pm (Darts)
Monday 9th	Move It Monday, Bingo	11am (MIM), 6pm (Bingo)
Tuesday 10th	Makaton Choir, Play Your Cards Right	11am (MC), 1pm (PYCR)
Friday 13th	Chair Exercises, Bingo, Darts	11am (CBE), 1pm (Bingo), 2pm (Darts)
Monday 16th	Step N' Groove, Move It Monday, Bingo	11am (SNG), 4pm (MIM), 6pm (Bingo)
Tuesday 17th	Makaton Choir	11am (MC)
Friday 20th	Fit Like Friday, Bingo, Darts	11am (FLF), 1pm (Bingo), 2pm (Darts)
Monday 23rd	Move It Monday, Bingo	11am (MIM), 6pm (Bingo)
Tuesday 24th	Makaton Choir	11am (MC)
Friday 27th	Chair Exercises, Bingo, Darts	11am (CBE), 1pm (Bingo), 2pm (Darts)
Monday 30th	Step N' Groove, Move It Monday, Bingo	11am (SNG), 4pm (MIM), 6pm (Bingo)
Tuesday 31st	Makaton Choir	11am (MC)

