


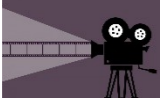















Grange Hill House January Activity Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>31st International Zebra Day</p> <p>AM – Arts & Crafts</p> <p>PM - Exercises in the lounge</p> 					<p>1st New Years Day</p> 	<p>2nd National science fiction Day</p>  <p>FREE TIME SONGS OF PRAISE CURRENT AFFAIRS</p> <p>Brentford v Aston Villa WBA v Cardiff City 2pm</p>
<p>3rd</p> <p>AM – Reminiscing with the Residents</p> <p>PM- Movie Afternoon</p>  <p>Manchester United v Wolves 5.30pm</p>	<p>4th World Braille Day</p> <p>9.00am – All Day Hairdressing with Melanie</p> <p>AM – Mobility in the Lounge</p> <p>PM –Bingo in the Lounge</p> 	<p>5th Twelfth Night</p> <p>AM – Exercises, hand Therapy Morning</p> <p>PM -Music Afternoon</p> 	<p>6th</p> <p>AM – Darts</p> <p>PM – Exercise with Ribbons</p> 	<p>7th</p> <p>AM – Mobility Exercises, Quiz in the Lounge</p>  <p>PM – Sweet Trolley</p>	<p>8th</p> <p>FREE TIME</p> <p>FA Cup 3rd round WBA v Brighton 3pm</p> 	<p>9th</p> <p>FREE TIME CURRENT AFFAIRS</p> <p>FA Cup 3rd round Wolves v Sheffield Utd 2pm</p> 
<p>10th</p> <p>AM –Exercises in the Lounge</p> <p>PM – dominoes,puzzles and boardgames.</p> <p>FA Cup 3rd round Manchester Utd v Aston Villa 7.55pm</p>	<p>11th</p> <p>9.00am – All Day Hairdressing with Melanie</p> <p>AM – snakes & ladders and scrabble</p> <p>PM –Exercises in the Lounge</p>	<p>12th</p> <p>AM- Exercises in the Lounge</p> <p>PM-Pamper and nail care</p>	<p>13th</p> <p>AM -Bingo in the lounge</p> <p>PM- Play your cards right</p>	<p>14th</p> <p>AM – Parachute activity</p> <p>PM – Sweet Trolley</p>	<p>15th</p> <p>FREE TIME RELAXING DAY</p> <p>Wolves v Southampton QPR v WBA 3PM Aston Villa v Manchester Utd 5.30pm</p>	<p>16th Global word search Day</p> <p>FREE TIME SONGS OF PRAISE CURRENT AFFAIRS</p>
<p>17th Martin Luthur King Day</p> <p>AM – Exercise class & Reading club</p> <p>PM – Knitting crochet club</p> 	<p>18th winne the pooh day</p> <p>9.00am – All Day Hairdressing with Melanie</p> <p>AM – Arts & Crafts</p> <p>PM- Animal Quiz</p> <p><i>sometimes the smallest things take up the most room in your heart.</i></p> 	<p>19th</p> <p>AM – Exercises, basket ball</p> <p>PM- Bingo in the lounge</p> 	<p>20th</p> <p>AM – fruit arranging</p> <p>PM- A taste of Italy</p> 	<p>21st Red Squirrel Appreciation Day</p> <p>AM – ExerciseS, Poem reading, Sweet Trolley</p> <p>PM – Name that tune</p>	<p>22nd</p> <p>Hugh's 90th Birthday Celebrations with Henry Liggins 11am</p> <p>Everton v Aston Vill 12.30pm</p> <p>Brentford v Wolverhampton WBA v Peterborough 3pm</p>	<p>23rd</p> <p>FREE TIME SONGS OF PRAISE CURRENT AFFAIRS</p>
<p>24th</p> <p>AM –Exercises in the Lounge & Sensory morning</p> <p>PM Game of Bingo in the</p>	<p>25th Burns Night</p> <p>9.00am – All Day Hairdressing with Melanie</p> <p>AM – exercises, disc throwing,</p>	<p>26th Australia Day</p> <p>AM – Exercises in the Lounge followed by music morning</p>	<p>27th</p> <p>AM – Exercises, famous proverbs</p>	<p>28th International Lego Day</p> <p>AM – Exercises</p>	<p>29th</p> <p>FREE TIME CURRENT AFFAIRS</p> <p>Millwall v WBA 3PM</p>	<p>30th</p> <p>FREE TIME SONGS OF PRAISE</p>

lounge 	bean bag/hoops PM – Burns night activity	PM – Residents meeting	PM – Sweet Trolley	followed by Carpet Boules PM – Lego Quiz 		
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