

## “Activities for March 2020 at Grange Hill House”

Sunday 1st <b>St David's Day</b>	Monday 2nd	Tuesday 3rd <b>World Book Day Crufts Dog Show</b>	Wednesday 4th	Thursday 5 <sup>th</sup>	Friday 6th	Saturday 7 <sup>th</sup>
<p>FREETIME</p> <p>11.00am Join in with Romsley Church</p> <p>Songs of Praise on TV early Afternoon</p>	<p>All day Hairdressing with Stacey in the Hair Salon</p> <p><b>Doctors Weekly Surgery</b></p> <p>Am – Puzzles and Board Games in the Lounge</p> <p>Pm – Bingo in the Lounge</p>	<p>Am – Read a Book, Magazine or Newspaper</p> <p>Pm – Pet Quiz in the Lounge</p>	<p><b>Am – Sensory Morning in the Lounge</b></p> <p><b>Pm – Pamper Afternoon</b></p>	<p>Am – Bingo in the Lounge</p> <p>Pm – Watch a Film on the TV</p> <p>Aromatherapy with Gail</p>	<p>Morning Minibus Outing</p> <p><i>Pm – Afternoon exercises with Nick in the Lounge</i></p>	<p>FREETIME</p> <p>Catch up on the weeks News</p>
Sunday 8 <sup>th</sup> <b>International Women's Day</b>	Monday 9 <sup>th</sup> <b>Purim-Jewish Festival Holi – Hindu Festival To 10<sup>th</sup> March</b>	Tuesday 10 <sup>th</sup>	Wednesday 11 <sup>th</sup>	Thursday 12 <sup>th</sup>	Friday 13 <sup>th</sup>	Saturday 14 <sup>th</sup> <b>Albert Einstein born 1879 Mrs Beeton born 1836</b>
<p>FREETIME</p> <p>Songs of Praise on TV Early Afternoon</p>	<p>All day Hairdressing with Stacey in the Hair Salon</p> <p><b>Doctors Weekly Surgery</b></p> <p>Am – Walking Club around the grounds</p> <p>Pm – Religion Quiz in the Lounge</p>	<p><b>11am – Singalong with Phil Sayer</b></p> <p>One to One with Residents in their Rooms</p> <p>Pm – Bingo in the Lounge</p>	<p>10.00am – Olive Hill School Book Reading</p> <p>Pm – Knitting Club in the Lounge</p>	<p><b>Am –Mobility Exercises with Sue.</b></p> <p>One to One with Residents in their Rooms</p> <p>Pm – Listen to some relaxing music</p>	<p>Morning Minibus Outing</p> <p><b>Pm – Bingo in the Lounge</b></p>	<p>FREETIME</p> <p>Reminiscing in the Lounge</p> <p>Watch at Film on the Television</p>

Sunday 15 <sup>th</sup> <b>Red Nose Day</b> <b>Ides of March</b>	Monday 16 <sup>th</sup>	Tuesday 17 <sup>th</sup> <b>St Patricks Day</b>	Wednesday 18 <sup>th</sup> <b>Spring Equinox</b> <b>Vera Lynn born 1917</b>	Thursday 19 <sup>th</sup>	Friday 20 <sup>th</sup>	Saturday 21 <sup>st</sup> <b>World Poetry Day</b>
<p>FREETIME</p> <p>Catch up with the news on the TV</p>	<p>All day Hairdressing with Stacey in the Hair Salon</p> <p><b>Doctors Weekly Surgery</b></p> <p>Am – Reminiscing in the Lounge</p> <p>Pm –Bingo in the Lounge</p>	<p>Am – Quiz in the Lounge</p> <p>Pm – Wordsearches/Puzzles In the Lounge</p>	<p>Am – Listening to Vera Lynn songs. What memories come flooding back????</p> <p>2.00pm – Line/Sequence Dancing</p>	<p>Am – Music Therapy Morning</p> <p>Pm – Skittles in the Lounge</p> <p>Aromatherapy with Gail</p>	<p>Morning Minibus Outing</p> <p>Pm – Exercises with Nick in the Lounge</p>	<p>Relaxing Day.</p>
Sunday 22 <sup>nd</sup> <b>Mothing Sunday</b>	Monday 23 <sup>rd</sup>	Tuesday 24 <sup>th</sup>	Wednesday 25 <sup>th</sup> <b>Waffle Day</b>	Thursday 26 <sup>th</sup>	Friday 27 <sup>th</sup> <b>World Theatre Day</b>	Saturday 28 <sup>th</sup> <b>Earth Hour 8.30 – 9.30pm</b>
<p>FREETIME</p> <p>11.00am Sing with Romsley Church</p> <p>Songs of Praise on TV Early Afternoon</p>	<p>All day Hairdressing with Stacey in the Hair Salon</p> <p><b>Doctors Weekly Surgery</b></p> <p>Am – Listen to some old-time music</p> <p>Pm – Group discussion. What would you like to talk about?</p>	<p>Am – Card Games/Dominoes in the Lounge</p> <p>Pm – Bingo in the Lounge</p>	<p>Am –Olive Hill School Reminiscing &amp; Book Reading</p> <p>Pm – Reminiscing about our School Days</p>	<p>Am – Mobility Exercises with Sue</p> <p>Pm – Pamper Afternoon</p> <p>Chiropody Clinic with Gail</p>	<p>Am – Morning Minibus Outing</p> <p>Pm – Quiz about the Theatre</p> <p>Chiropody Clinic with Gail.</p>	<p>Am- Pamper Morning</p> <p>Pm Read a book/Magazine/ Newspaper</p>

Sunday 29 <sup>th</sup> The Boat Race	Monday 30 <sup>th</sup>	Tuesday 31 <sup>st</sup>				
FREETIME Songs of Praise on TV Early Afternoon	All day Hairdressing with Stacey in the Hair Salon  Am – Wordsearches/Crosswords in the Lounge  Pm –Bingo in the Lounge	Am – Walking Club around the grounds  Pm – Keep those ankles and wrists moving.				

## *Activities at Grange Hill House*

Our Activities Co-ordinator play a fundamental part in delivering our mission of enhancing the lives of our residents by creating a fun and hugely varied program for everyone to participate. A great source of fun and laughter, our range of activities really help each

resident live their life to the full.

Here at Grange Hill House, we take the time to understand each Residents capabilities and plan activities that incorporate their interests.

We actively encourage all Residents to join in with as many activities as possible.

