

Grange Hill House October Activity Planner

Monday	Tuesday	Wednesday	Thursday	Friday International Day for the Elderly	Saturday	Sunday Grandparents Day
				1st AM – Mobility Exercises. One to one interaction with Residents PM- Coffee Afternoon Stoke City v WBA 7.45pm	2nd FREE TIME RELAXING DAY Wolves v Newcastle 3pm	3rd FREE TIME SONGS OF PRAISE CURRENT AFFAIRS Tottenham v Aston Villa 2pm
4th World Space Week AM – Sensory Fidgets, Space Quiz PM- Exercises in the Lounge with Nick	5th World Smile & Teachers Day 9.00am – All Day Hairdressing with Melanie AM – Mobility, Card Games PM- Reading & Knitting Club	6th AM – Update Notice Board PM -Minibus Outing @ 1pm Meet in Reception.	7th National Poetry Day AM – Mobility Exercises, Bingo PM – Poem Reading Afternoon	8th AM – Mobility Exercises, Basketball PM – Cards & Dominoes. Sweet Trolley round.	9th AM- Arts & Crafts FREE TIME RELAXING DAY	10th FREE TIME CURRENT AFFAIRS
11th AM – Disc Throwing in the Lounge PM – Exercises in the Lounge	12th 9.00am – All Day Hairdressing with Melanie AM – Exercises, Music Morning PM –Bingo in the Lounge	13th AM- Exercises. 11am Entertainment with Phil Sayer PM-Minibus Outing @ 1pm. Meet in Reception.	14th National Dessert Day AM -Exercises, Puzzles & Dominoes PM- Quiz in the Lounge, Sweet Trolley Round	15th AM – Exercises, Arts & Crafts PM – Carpet Boules in the Lounge WBA v Birmingham 8pm	16th FREE TIME RELAXING DAY Aston Villa v Wolves 3pm	17th FREE TIME SONGS OF PRAISE CURRENT AFFAIRS
18th AM –Mobility in the Lounge, Knitting & Walking Club PM – Hoop La Game, Reminiscing	19th World Ballet Day 9.00am – All Day Hairdressing with Melanie AM – Mobility in the Lounge, Sensory reminiscing PM- Movie Afternoon with Ice Cream	20th AM – Exercises, Sweet Trolley round. PM- Minibus Outing @ 1pm. Meet in Reception. Swansea v WBA 7.45pm	21st Trafalgar Day & World Singing Day AM – Exercises, Sing-along songs PM- “Name that Tune”	22nd AM – Exercises, Pom Pom Making PM – “Taste of France” Arsenal v Aston Villa 8pm	23rd Make a Difference Day FREE TIME RELAXING DAY Leeds v Wolves WBA v Bristol City 3pm	24th FREE TIME SONGS OF PRAISE CURRENT AFFAIRS
25th World Opera Day AM –Mobility , Classical Music Morning PM – Music Quiz	26th 9.00am – All Day Hairdressing with Melanie AM – Dominoes, Jigsaws and Puzzles PM –“Play your Cards Right”	27th Navy Day AM – Exercises, Reminiscing about being in the Royal Navy PM – Minibus Outing @ 1pm. Meet in Reception.	28th AM –Bingo in the Lounge PM – Residents Meeting 2pm in the Lounge	29th National Cat Day AM –Exercises, Arts & Crafts (Cake Making) PM – Animal Quiz Halloween Raffle to be drawn!	30th AM – Exercises, Darts & Sweet Trolley round. FREE TIME Fulham v WBA 12.30pm	31st Halloween FREE TIME SONGS OF PRAISE CURRENT AFFAIRS Aston Villa v West Ham 4.30pm

