





Grange Hill House August Activity Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 			1st 10.30AM – Skittles 1:00PM – Minibus trip to Willowbrook 2PM- Bingo  World Beer Day 	2nd 10.30AM – Play Your Cards Right 2:00PM – Memory Lane Reminisce	3rd 10.30AM – Classical Music  2PM- Songs of Praise
4th 10.30AM Armchair Exercises with Sue 2:00PM – Sweet Trolley Quiz 	5th <i>All Day Hairdressing with Melanie</i> 11.00AM – Singalong with “Phil Sayer in the Lounge” 2:00PM – Walks around the Garden	6th 10.30AM –  Scrabble 1.00PM –Minibus Trip to Jinney Ring 2:00PM – Colouring Books	7th Chiropody with Gail (All Day) 10:30AM – Movement & Music  2:00PM – Memory Lane	8th Chiropody with Gail (Half Day) 10.30AM – Magnetic Darts & Archery 1.00PM – Minibus Trip to Cherry Lane 2PM – Exercise class with JJ Dance in the lounge	9th 10.30AM – Play Your Cards Right 2:00PM – Music Afternoon in the Garden & Ice-creams	10th 10.30AM – Music from the Movies 2.00PM – Songs of Praise 
11th 10.30AM – Armchair Exercises with Sue 2:00PM –  One to One Chats Sweet Trolley	12th <i>All day Hairdressing with Melanie</i> 10.30AM – Birthday Card Making 2:00PM – Tony Marks  Singer	13th 10.30AM – Board Games 1.00PM – Minibus Outing to Rowberry’s 2:00PM – ‘Song Stories’ with Henry National Prosecco Day	14th 10:30AM- Card’s & Dominoes 2:00PM – Bingo 	15th 10.30AM – Movement to music with Sue 1:00PM Minibus Trip to Hodge Hill 2PM – Bingo	16th 10.30AM – Skittles 2:00PM – Movie Afternoon 	17th 10.30AM – Songs from the 60’s 2.00PM – Live Music with “Glam Sparrow” (Duet Russell & Andrea) in the Lounge
18th 10.30AM - Armchair Exercises with Sue 2:00PM – Flower Arranging 	19th <i>All day Hairdressing with Melanie</i> 10.30AM – Connect 4 2:00PM – “Sit Up and Go” Exercises with Jackie in the Lounge	20th  11.00AM – Clive Bond (singer) 1.00PM – Minibus Trip to  Worcester 2.00PM –	21st 10.30AM – Party Exercises with Sue 2.00PM – Sweet Trolley/Crafts 	22nd 10.30AM – Play Your Cards Right 1.00PM – Minibus Trip to Mary Steven’s Park 2PM – Exercise class with JJ Dance in the lounge	23rd 10.30AM –  Bingo 2:00PM – Puzzles/Spot the Difference	24th 10.30AM – Music from the Musicals 2.00PM – Songs of Praise

		Movie Afternoon	Senior Citizen's Day			
25th 11:00AM – ‘Song Stories’ with Henry in the lounge 2:00PM – Armchair Exercises with Sue Sweet Trolley	26th <i>All Day Hairdressing with Melanie</i> 11.00AM – Singalong with “Phil Sayer” in the Lounge 2.00PM Velcro Tennis 	27th 10.30AM – Scrabble/Board Games 1:00PM – Minibus Trip to Bewdley Cafe 2:00PM – Bingo 	28th 10.30AM – Armchair Exercises with Sue Movement to Music 2.00PM – Quiz	29th 10.30AM Manicures Pamper session 1.00PM – Minibus Trip to Webbs Hagley 2.00PM Sing-along in the lounge 	30th 10.30AM Wordsearches  2.00PM Suzie Law (Singer)	31st 10.30AM Country Music 2.00PM Songs of Praise