





Grange Hill House July Activity Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1st <i>All Day Hairdressing with Melanie</i> 10.30AM – Armchair Exercises with Sue 2:00PM – Sweet Trolley Hand & Foot Massages	2nd 10.30AM – Skittles 1.00PM – Minibus Outing to TBC 2:00PM – Music from the Musicals	3rd 10:30AM – Movement & Music 2:00PM – Live Entertainment with “Suzie Law”	4th 10.30AM – Scrabble/Dominoes 1:00PM – No minibus Trip today 2PM – Black Country Gaz	5th 10.30AM – Play Your Cards Right 2:00PM – Movie Afternoon	6th 10.30AM – Board Games 2PM- Songs of Praise
TBC7th 10.30AM Armchair Exercises with Sue 2:00PM – Sweet Trolley World Chocolate Day	8th <i>All Day Hairdressing with Melanie</i> 11.00AM – Singalong with “Phil Sayer in the Lounge” 2:00PM – Flower Arranging	9th 10.30AM – Play Your Cards Right 1.00PM – Minibus Outing to Rowberry’s 2:00PM – Sing-along with Staff in the Lounge	10th 10:30AM – Magnetic Darts 2:00PM – Cupcake Decorating	11th 10.30AM - Animal Quiz 1.00PM – Minibus Trip to Hodgehill 2PM – Exercise class with JJ Dance in the lounge	12th 10.30AM – Bingo 2:00PM – Movie Afternoon	13th 10.30AM – Music from the Movies 2.00PM – 5.45PM – Join in with Life Central Church in the Lounge
14th 11:00AM – ‘Song Stories’ with Henry in the lounge 2:00PM – Pamper Afternoon	15th St Swithin’s Day <i>All day Hairdressing with Melanie</i> 10.30AM – Armchair Exercises with Sue 2:00PM – Manicure/Nail Painting	16th 10.30AM – Classical Music Morning 1.00PM – Minibus Outing to Tenbury Wells (packed lunch) 2:00PM – Colouring/Puzzles	17th 10:30AM- Exercise Session with Sue 2:00PM – Sweet Trolley Music Quiz	18th 10.30AM – One to One chat With Sue 1:00PM – Minibus Trip to Little Lakes 2PM – Skittles	19th 10.30AM – Skittles 2:00PM – Movie Afternoon	20th 10.30AM – Songs from the 60’s 2.00PM – Live Music with “Glam Sparrow” (Duet Russell & Andrea) in the Lounge
21st 10.30AM - Armchair Exercises with Sue 2:00PM – Sing-along with Clive Bond World Ice-cream Day	22nd <i>All day Hairdressing with Melanie</i> 10.30AM – Cards & Dominoes 2:00PM – “Sit Up and Go” Exercises with Amanda in the Lounge	23rd 10.30AM – Play Your Cards Right 1.00PM – Minibus Trip to Hartlebury Castle 2.00PM – Movie Afternoon	24th 10.30AM – Party Exercises with Sue 2.00PM – Sweet Trolley Black Country Gaz	25th 10.30AM – Arts & Crafts 1.00PM – Minibus Trip to Dudley Canal Trust 2PM – Exercise class with JJ Dance in the lounge	26th 10.30AM – Bingo 2:00PM – Puzzles/Spot the Difference	27th 10.30AM – Music from the Musicals 2.00PM – Songs of Praise

28th 11:00AM – ‘Song Stories’ with Henry in the lounge 2:00PM – Armchair Exercises with Sue	29th <i>All Day Hairdressing with Melanie</i> 10.45AM – Velcro Darts/Magnetic Darts 2:00PM – Singalong with “Phil Sayer” in the Lounge	30th 10.30AM – Music from the 40’s & 50’s 1:00PM – Minibus Trip to Lickey Hills 2:00PM – Wordsearches	31st 10.30AM – Movement to Music 2.00PM – Crafts			
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