























Grange Hill House September Activity Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st 10.30AM- Armchair Exercises with Sue 2.00PM- Quiz/Sweet Trolley	2nd All Day Hairdressing with Melanie 10.30AM- Scrabble/Board Games 2.00PM- Movie Afternoon 	3rd 10.30AM- Velcro Darts/Tennis 1.00PM –Minibus Trip to Rowberry's 2.00PM- Wordsearches	4th 11.00AM- Naomi (Singer)  2.00PM- Exercises with Sue 	5th 10.30AM – Cookie Decorating 1:00PM –Minibus trip to Lizzie's Farm 2.00PM-Bingo	6th 10.30AM- Music from the 50's & 60's  Summer Fete 2.00-4.00PM	7th 10.30AM – National Cinema Day 2.00PM- Songs of praise 
8th 11.00AM Henry 'Song Stories' 2:00PM –Quiz  Sweet Trolley	9th All Day Hairdressing with Melanie 11.00AM – Singalong with "Phil Sayer in the Lounge 2:00PM – Skittles 	10th 10.30AM –  Art & Crafts 1.00PM –Minibus Trip to Little Lakes  2:00PM – Bingo	11th 10:30AM – Movement & Music  2:00PM- Walks in the Garden	12th 10.30AM – Darts 1.00PM – Minibus Trip to Hodge Hill 2.00PM – Knit and Natter with Laura	13th 10.30AM – Play Your Cards Right  2:00PM - Movie Afternoon	14th 10.30AM – Country Music 2.00PM – Songs of Praise 
15th 10.30AM – Exercises with Sheanna 2:00PM –One to One Chats  Sweet Trolley	16th All day Hairdressing with Melanie 10.30AM –Bingo  2:00PM Clive Bond (Singer)	17th 10.30AM – Manicures/Hand Massages 1.00PM – One to Ones 2:00PM – Board Game/Jigsaws	18th Chiropody with Gail (All Day) 10:30AM- Keep Fit with Sue 2:00PM – Suzie Law (Singer)	19th Chiropody with Gail (Half Day) 10.30AM – Manicures 1:00PM One to  Ones 2.00PM –Hoopla	20th 10.30AM – Skittles 2:00PM – Movie Afternoon 	21st 10.30AM – Hangman/Dominoes 2.00PM – Songs of Praise 
22nd 10.30AM - Henry Song Stories	23rd All day Hairdressing with Melanie	24th 10.30AM – Music Quiz	25th 10.30AM – Movement to Music	26th 10.30AM – Macmillan Coffee		28th 10.30AM – Music from the 30's &

<p>2:00PM –</p>  <p>Armchair Exercises with Sue</p>	<p>11.00AM –Singalong with “Phil Sayer” in the Lounge</p> <p>2:00PM – Spot the Difference</p>	<p>11.30PM- Minibus Trip to Clee Hills (Packed Lunch)</p> <p>2.00PM – Skittles</p> 	<p>with Sue</p> <p>2.00PM –Memory Lane Sweet Trolley</p>	<p>Morning</p> <p>1.00PM – Minibus Trip to Willowbrook</p> <p>2PM – Hoopla</p>	<p>27th</p>  <p>10.30AM -Bingo 2:00PM – Puzzles/Spot the Difference</p>	<p>40's</p> <p>2.00PM – Songs of Praise</p> 
<p>29th</p> <p>11:00AM – Armchair exercises with Sue</p> <p>2:00PM – Name that Tune</p>  <p>Sweet Trolley</p>	<p>30th</p> <p>All Day Hairdressing with Melanie</p> <p>11.00AM – Walks in the Garden</p> <p>2.00PM- Black Country Gaz</p> 