





Grange Hill House July Activity Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1st AM - Exercises, Old Proverbs PM-Entertainment by "Henry" at 2pm	2nd FREE TIME RELAXING DAY	3rd FREE TIME SONGS OF PRAISE CURRENT AFFAIRS
4th American Independence Day AM - Exercises, Cards & Dominoes PM - Minibus Trip	5th <u>NO HAIRDRESSING TODAY</u> AM - Reading Club, Sensory Music PM - Bingo in the Lounge	6th AM - Exercises followed by a Game of Darts PM - Minibus Outing at 1.00pm.	7th World Chocolate Day AM - Chocolate Tasting Morning PM - Sweet Trolley Round	8th 11am - Singalong with Phil Sayer in the Lounge PM -Hoop La Game in the Lounge	9th FREE TIME RELAXING DAY	10th FREE TIME CURRENT AFFAIRS
11th AM - Mini Bus Trip PM - Quiz and singalong with David Danton at 2.00pm	12th 9.00am - All Day Hairdressing with Melanie AM - Exercises followed by Reminiscing in the Lounge PM - Basketball with a Twist!	13th AM- Bingo in the Lounge PM-Minibus Outing at 1.00pm	14th Bastille Day AM-"Play your Cards Right" in the Lounge PM- Sweet Trolley Round	15th St Swithun's Day AM - Exercises in the Lounge PM - Afternoon Cream Tea	16th FREE TIME RELAXING DAY 	17th FREE TIME SONGS OF PRAISE
18th AM - Bingo in the Lounge PM - Mini Bus Trip	19th 9.00am - All Day Hairdressing with Melanie AM - Singalong Music in the Lounge PM- Exercises with Ribbons, Pom Poms and Therapy Balls	20th AM - Quiz in the Lounge PM - Minibus outing	21st AM - Skittles in the Lounge PM- Mobility Exercises with Naomi at 2pm	22nd AM - Exercises with a Ball in the Lounge PM - Cheese & Wine Afternoon	23rd FREE TIME RELAXING DAY	24th FREE TIME SONGS OF PRAISE CURRENT AFFAIRS
25th AM - Mini Bus Trip 2pm - Sing along with	26th 9.00am - All Day Hairdressing with Melanie AM - Snakes &	27th AM - Bingo in the Lounge PM - Minibus Outing to	28th Commonwealth Games 28th July - 8th August 2022 AM - Exercises with Hoops	29th Global Tiger Day AM - Arts & Crafts for Tiger Day	30th FREE TIME RELAXING DAY	31st FREE TIME SONGS OF PRAISE

"Henry" - a belated Happy 90th Birthday Hugh.	Ladders/Dominoes in the Lounge PM-Residents Meeting at 2pm in the Lounge	Butterfly World	PM - Coloured Basketball Throwing 7pm Commonwealth Games Opening Ceremony	PM - Animal Quiz in the Lounge		CURRENT AFFAIRS
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