





## ACTIVITY PLANNER – OCTOBER 2022

<p><b>Physio with Fiona every Tuesday</b></p> <p><b>Hairdressing with Karen every other Wednesday</b></p>					<p><b>1<sup>st</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 Object association 11:30-12</p> <p>Anagram quiz 2-3 Famous faces 3-4 Scrabble 4-5</p>	<p><b>2<sup>nd</sup></b></p> <p>Church trip 10-11 Daily papers 11-11:30 Armchair exercises 11:30-12</p> <p>Songs of praise Movie afternoon 2-4:30</p>
<p><b>3<sup>rd</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 Famous faces 11-12</p> <p>Musical Bingo 2-3 Hangman 3-4 Jigsaw puzzles 4-5</p>	<p><b>4<sup>th</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 General discussion 11:30-12</p> <p>Snakes and Ladders 2-3 Afternoon Quiz 3-4 Reading 4-5</p>	<p><b>5<sup>th</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 Object association 11:30-12</p> <p><b>Hairdresser 2-5</b> Colouring 2-3 Crosswords 3-4</p>	<p><b>6<sup>th</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 Question ball 11:15-12</p> <p>Alphabet Association 2-3 Tin Knock Down 3-4 Board Games 4-5</p>	<p><b>7<sup>th</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 Reading 11-12</p> <p>Word Wheel 2-3 Card bingo 3-4 Guess the sound 4-5</p>	<p><b>8<sup>th</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 Classic tales of the past 11-12</p> <p>Balloon Tennis 2-2:30 Scrabble 2:30-4 Crosswords 4-5</p>	<p><b>9<sup>th</sup></b></p> <p>Church trip 10-11 Daily papers 11-11:30 Armchair exercises 11:30-12</p> <p>Songs of praise <b>Kevin The Music Man 2-3</b> Finish the Expression 3-4 Guess Who? 4-5</p>
<p><b>10<sup>th</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 Jigsaw puzzles 11-12</p> <p>Board Games 2-4 Music therapy 4-5</p>	<p><b>11<sup>th</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 1:1 lounge 11:30-12</p> <p>Hangman 2-3 Skittles 3-4 Scrabble 4-5</p>	<p><b>12<sup>th</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 General discussion 11-12</p> <p>Wordsearch 2-3 Painting 3-5</p>	<p><b>13<sup>th</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 Balloon tennis 11-12</p> <p>Scrabble 2-3 Musical bingo 3-4 Sketching 4-5</p>	<p><b>14<sup>th</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 Question Ball 11-12</p> <p><b>Residents' meeting 2-3</b> Afternoon quiz 3-4 Colouring 4-5</p>	<p><b>15<sup>th</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 1:1 rooms 11-12</p> <p>True or false quiz 2-3 Tin Knock Down 3-4 Hand massage and Nails 4-5</p>	<p><b>16<sup>th</sup></b></p> <p>Church trip 10-11 Armchair exercises 11-11:30 Daily papers 11:30-12</p> <p>Songs of Praise Movie afternoon 2-4:30</p>
<p><b>17<sup>th</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 Jigsaws: 11.15-12</p> <p>Scrabble 2-3 Guess the sound 3-3:30 Musical bingo 3:30-5</p>	<p><b>18<sup>th</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 1:1 Rooms 11:15-12</p> <p>Skittles 2-3 Hangman 3-4 Balloon tennis 4-5</p>	<p><b>19<sup>th</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 Reading 11-12</p> <p><b>Hairdresser 2-5</b> Hand massages 2-3 Crosswords 3-5</p>	<p><b>20<sup>th</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 Famous faces 11-12</p> <p>Pottery 2-5 1:1 rooms 2-5</p>	<p><b>21<sup>st</sup></b></p> <p><b>Trafalgar Day</b> Daily papers 10-10:30 Armchair exercises 10:30-11 Alphabet Association 11-12</p> <p>Music therapy 4-5</p>	<p><b>22<sup>nd</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 General discussion 11-12</p> <p>Tin Knock Down 2-3 Arts and Crafts 3-5</p>	<p><b>23<sup>rd</sup></b></p> <p>Church trip 10-11 Daily papers 11-11:30 Armchair exercises 11:30-12</p> <p>Songs of Praise Alphabet association 2-3 Famous faces 3-3:30 Scrabble 3:30-5</p>
<p><b>24<sup>th</sup></b></p> <p>Daily Sparkle: 10-10.30 Armchair exercises 10:30-11 Hangman: 11.15-12</p> <p><b>Owl and Bird Visit</b> Music therapy 4-5</p>	<p><b>25<sup>th</sup></b></p> <p><b>Opera Day</b> Daily Sparkle: 10-10.30 Armchair exercises 10:30-11 1:1 Rooms 11-12</p> <p><b>Watching an opera show 2-4</b> Guess who? 4-5</p>	<p><b>26<sup>th</sup></b></p> <p>Daily Sparkle: 10-10.30 Armchair exercises 10:30-11 General discussion 11-12</p> <p>Arts and crafts 2-5 1:1 rooms and lounge 2-5</p>	<p><b>27<sup>th</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 1:1 lounge 11:30-12</p> <p>Snakes and Ladders 2-3 Word wheel 3-4 Reading 4-5</p>	<p><b>28<sup>th</sup></b></p> <p>Daily papers 10-10:30 Armchair exercises 10:30-11 Object association 11:30-12</p> <p><b>Halloween Tea Party 2-5</b></p>	<p><b>29<sup>th</sup></b></p> <p>Daily Sparkle: 10-10.30 Armchair exercises 10:30-11 General discussion 11-12</p> <p>Hangman 2-3 Painting 3-5</p>	<p><b>30<sup>th</sup></b></p> <p>Church trip 10-11 Daily papers 11-11:30 Armchair exercises 11:30-12</p> <p>Songs of praise Movie afternoon 2-4:30</p>