



OCTOBER 2011 'HALLOWEEN'

ACTIVITY PROGRAMME (EXAMPLE)

1st Saturday	Film Afternoon with Popcorn & Sherry / Exercises
2nd Sunday	Pamper Day / Entertainer
3rd Monday	Higher or Lower / Pictionary
4th Tuesday	Bingo / Blanket Ball
5th Wednesday	Sit & Be Fit with Brenda / Charades
6th Thursday	Pamper Day / Aromatherapy with Adele
7th Friday	Board Games / Seafood Tasting Afternoon / Prize Bingo
8th Saturday	Coffee at Little Haven / Film Afternoon
9th Sunday	Pamper Day / Exercises / Play Your Cards Right
10th Monday	Cake Decorating / Physical Motivation
11th Tuesday	Afternoon at Sunderland Greyhound Stadium
12th Wednesday	Sit & Be Fit with Brenda / Empire Seniors Club
13th Thursday	Pamper Day / Aromatherapy with Adele / Tea Dance
14th Friday	Prize Bingo / Exercises / Swimming
15th Saturday	Charades / Talk To Me / Blue Reef Aquarium Visit
16th Sunday	Pamper Day / Fish & Chip Supper / One to One with Ball
17th Monday	Flower Arranging / Quiz
18th Tuesday	Bingo at New Derby / Word Games / I Spy
19th Wednesday	Sit & Be Fit with Brenda / Finish the Saying
20th Thursday	Pamper Day / Aromatherapy with Adele
21st Friday	Chocolate Tasting Afternoon / Prize Bingo
22nd Saturday	Sing-a-Long with Instruments / Armchair Exercises
23rd Sunday	Pamper Day / Jengo / Outing for Sunday Lunch
24th Monday	Board Games / Card Games / Physical Motivation
25th Tuesday	Bingo at New Derby / Arts & Crafts / Target Practice
26th Wednesday	Sit & Be Fit with Brenda / Snakes & Ladders / Empire Seniors Club
27th Thursday	Pamper Day / Aromatherapy with Adele / Tea Dance
28th Friday	Prize Bingo / Do You Know? / Exercises
29th Saturday	Drawing & Painting / Remember When?
30th Sunday	Pamper Day / Halloween Party & Fireworks
31st Monday	Halloween Games / What's in the Box? / Bingo



Happy Halloween