



BRIDGE VIEW HOUSE

Activity Planner

JANUARY 2019

May be subject to change/alteration

1 AM – Happy New Year 🎉 PM – New Year's Lunch	17 AM – Board Games PM – Birthday Celebrations/Music
2 AM – One to one PM – Sing Song	18 AM – One to One PM – Birthday Celebration / Quiz
3 AM – Gentle Exercise PM – Manicures	19 AM – Relaxing Watching TV PM – Movie Time
4 AM – Bingo PM – Easy Listening	20 AM – Chair Exercise with Carers PM – Easy Listening
5 AM – Board Games PM – Lets Have A Chat	21 AM – Dominoes PM – Arts & Crafts
6 AM – Down Memory Lane PM – Classic Western	22 AM – Lets Have A Chat PM – Sparkle Quiz
7 AM – One to One PM – Chair Exercise	23 AM – Hairdresser PM – Manicures
8 AM – Sharing Memories PM – Music Appreciation	24 AM – Gentle Exercise PM – Movie Time – <i>Residents Choice</i>
9 AM – Hairdresser PM – Manicures	25 AM – Relaxing TV PM – Outdoor Exercise (weather permitting!)
10 AM – Lets Have A Chat PM – Board Games	26 AM – Chair Exercise with Carers PM – Card Games
11 AM – Gentle Exercise PM – Movie – <i>Mama Mia 2</i>	27 AM – Sunday Papers PM – Sing-A-Long
12 AM – Easy Listening PM – Classic Movie	28 AM – Lets Have A Chat PM – Dancing 😊
13 AM – Relaxing/Watching TV PM – Sing Along	29 AM – Sharing Memories PM – Sparkle Quiz
14 AM – One to One PM – Bingo	30 AM – Hairdresser PM – Gentle Exercise
15 AM – Charades PM – Arts & Crafts	31 AM – Board Games PM – Manicures
16 AM – Hairdresser PM – Music & Movement	