

SPORTS WEEK



A week of competition with the Red & Yellow teams vying for first place!

MONDAY 31ST JULY

11.00am – Alive & Active Exercises

AFTERNOON SPORTS CHALLENGE:

Indoor Balloon Volley Ball & Beanbag throw



TUESDAY 1ST AUGUST

MORNING SPORTS CHALLENGE:

Skittle challenge, who can get the most down in one throw!

Morning – Manicures / Afternoon – Eyes down, Bingo time!

WEDNESDAY 2ND AUGUST

MORNING SPORTS CHALLENGE: Distance throwing challenge

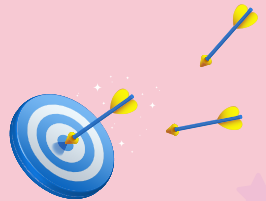
1.30pm A new month, a new quiz!

THURSDAY 3RD AUGUST

Morning – Manicures

AFTERNOON SPORTS CHALLENGE:

Competitive magnetic darts



FRIDAY 4TH AUGUST

11.00am – Alive & Active Exercises

SPORTS DAY 2pm

Residents, Families & Staff joining together to get points for their teams with different activities.

Refreshments available & prizes for the winners!



SATURDAY 5TH AUGUST

Afternoon – Play Your Cards Right, who can get to the end?!

SUNDAY 6TH AUGUST

Afternoon – A sports quiz to round off our Sports Week

FORTHCOMING EVENTS

TUESDAY 15TH AUGUST 11.00am Holy Communion with the Revd Rachael Brooks

MONDAY 21ST AUGUST 2pm

Alton Handbell Ringers

BROOKFIELDS

Private Nursing Home

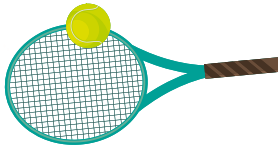




BROOKFIELDS



SPORTS DAY



Come & join us! Friday 4th August from 2pm

This year we have split the residents into two teams (odd room numbers RED team & even numbers YELLOW team). The staff have also been split into RED & YELLOW teams to join in with the residents.

Throughout the week, residents & staff are doing various challenges (see overleaf) culminating in the Sports Day on Friday.

Residents' families and friends are invited to attend and join in with the fun. The families will automatically join the colour of the Residents team.

Events will include: Children's Sack Race, Egg & Spoon Race, Staff Three-Legged Race, room race, Children's Obstacle Race, Bean bag shot putand much, much more!

Refreshments will be available and prizes will be given on the day with the overall champions being announced at the end of the day.

We are raising money for our Residents Fund so all donations are very welcome.

Please do come along and enjoy the fun!

