

# Seniors



## AUTUMN 2021

# PROGRAMME PLANNER

Some great activities and ideas to use with your group over the next term:

WEEK	THEME / ACTIVITY	DESCRIPTION	LOCATION	ACTIVITY AREAS / AWARDS
06/09/2021	<b>GAGA BALL</b> Activity	Gaga Ball is a fast paced, high-energy game played in an octagonal pit, combining the skills of dodging, striking, running, and jumping. Fun and easy to play with everyone getting a serious workout.	Indoors	Get Active
13/09/2021	<b>Sort the Programme</b>	It's your Seniors programme. Take a look through the activity cards and come up with ideas of your own, to create a programme of activities that suit your group's interests.	Indoors	Get Involved
20/09/2021	<b>BASKETBALL</b> Themed Programme	Shoot some hoops with this basketball themed programme. Learn about the basics of the sport, get active with a few basketball games, understand some of the referee signals and consider what makes a perfect game plan.	Indoors	Get Active, Get Learning, Get into the Bible, Get Involved
27/09/2021	<b>PLAN AN ADRENALINE RUSH</b> Activity	Take a look at the different adventure activities available in your area and then plan and organise a trip to complete the activity. A great opportunity to try something new.	Indoors or Outdoors	Get Adventurous
04/10/2021	<b>CHICKEN CURRY</b> Activity	Get into the kitchen and cooking a curry bursting with flavour. A fantastic opportunity to improve your cooking skills, whilst also having a great excuse to tuck into a curry. Link with National Curry Week (7 <sup>th</sup> – 12 <sup>th</sup> October 2021).	Indoors	Get Creative
11/10/2021	<b>SHERLOCK HOLMES</b> Themed Programme	Journey to 221b Baker Street and the world of Sherlock Holmes and Dr Watson. Tackle murder mysteries, cryptic puzzles and challenging brain teasers. Have you got the brain power needed?	Indoors	Get Learning, Get Active, Get into the Bible
18/10/2021	<b>UNFAIR MONOPOLY</b> Activity	Use the game of Monopoly to explore and experience advantage, disadvantage and discrimination faced by various groups of people in the UK today.	Indoors	Get Involved

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25/10/2021	<b>Fundraising</b>	Put your heads together and think of a way you could raise some money. This might be for BB funds, to help provide activities for your programme, or it could be for a charity or cause. Plan out a fundraiser and get the wheels in motion, delegating roles and responsibilities amongst the group.	Indoors	Get Involved
01/11/2021	<b>UK PARLIAMENT</b> Themed Programme	Political decisions are made every day that impact our lives. Investigate more about Parliament, hold some debates and consider how you could bring more democracy to your BB group. Link with UK Parliament Week (1 <sup>st</sup> – 7 <sup>th</sup> November 2021).	Indoors	Get Adventurous, Get Learning, Get Involved, Get Creative, Get into the Bible
08/11/2021	<b>IS JESUS WHO HE SAYS HE IS?</b> Activity	Was Jesus real? Was he really the son of God? Did Jesus actually die for my sins? An opportunity to consider who Jesus was and what he means for our lives.	Indoors	Get into the Bible
15/11/2021	<b>Community Project</b>	Take on a project or activity in your community to help make a positive difference. This might be collecting for a foodbank, gardening, volunteering at an event, cleaning up an area – the choice is yours. So, decide what you'd like to do and put your plans into action.	Indoors or Outdoors	Get Involved
22/11/2021	<b>I'M A CELEBRITY</b> Themed Programme	Experience what it is like to be on the TV show 'I'm a Celebrity... Get Me Out of Here', as you take on some Bushtucker trials, face your fears and even have the chance to become Ant and Dec.	Indoors	Get Adventurous, Get into the Bible, Get Creative, Get Learning, Get Involved
29/11/2021	<b>THE COST OF LIVING</b> Activity	Independent living can be expensive. Do you fully appreciate the cost of rent, bills, food and more? Have a go at making some cost predictions and consider exactly how much needs to be budgeted for when you finally move away from home.	Indoors	Get Learning
06/12/2021	<b>Christmas Movie Night</b>	There are hundreds of great Christmas movies. As a group pick your favourite and pop it on. Grab the snacks, get comfy and enjoy a Christmas movie night.	Indoors	Get Creative
13/12/2021	<b>Christmas Party</b>	No one is ever too old to enjoy a Christmas party. Have a think about what activities, games and food you'd like, and put together some plans for celebrating Christmas in style. Cheesy Christmas jumpers are pretty much essential!	Indoors	Get Active, Get into the Bible