Seniors



PROGRAMME PLANNER

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

WEEK	THEME / ACTIVITY	DESCRIPTION	LOCATION	ACTIVITY AREAS / AWARDS
01/01/2024	24 for 24 Suggested Activity	Start 2024 with some conversations around what you'd like to achieve as a group in 2024. Come up with 24 things as a BB group you want to do. This could be activities, games, skills, trips etc. Use these ideas to help shape your programme for the rest of the year.	Indoors	Get Involved
08/01/2024	WOULD I LIE TO YOU? Themed Programme	Can you tell someone who is lying from someone who is telling the truth? Let's find out with these challenges themed around lying, before debating if being untruthful is ever OK?	Indoors	Get Learning, Get Active, Get into the Bible, Get Involved
15/01/2024	SENIORS WEEKEND Activity	Residentials are a great opportunity to take on new activities and make some great memories. Discuss where you could go on a Seniors weekend and start putting plans in place. In partnership with PGL (https://www.pgl.co.uk).	Indoors	Get Adventurous
22/01/2024	Burns Night Suggested Activity	Celebrate the life and work of Robert Burns with a traditional Scottish celebration. This could include a Burns Night supper or activities that explore Scottish culture.	Indoors	Get Learning
29/01/2024	IT'S GOOD TO TALK Activity	Talking about your mental health can be a daunting prospect. It doesn't need to be. Start with some easy conversations and make talking with your mates, about life and all that it throws at us, a natural and comfortable part of your friendships. Link with Time to Talk Day (1st February 2024).	Indoors	Get Active
05/02/2024	THE RIGHT TO PROTEST? Activity	Protests are an important part of our country and how our democracy and freedoms work. However, do protests ever go too far? Should the right to protest impact on the rights of others to go about their every day lives?	Indoors	Get Involved
12/02/2024	AMERICAN FOOTBALL Themed Programme	American Football is one of the USA's biggest sports, with its popularity increasing around the world. Expand your knowledge on this sport and learn some basic skills along the way. Link with the Super Bowl (11th February 2024).	Indoors	Get Active, Get Learning, Get Creative, Get into the Bible



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19/02/2024	Top Team Suggested Activity	Top Team is a national competition run by The Boys' Brigade and is open to groups across the UK & Rol. The challenges will see you take on a range of activities. Submit your results to BBHQ to find your place on our leaderboard. For more information visit https://boys-brigade.org.uk/top-team-challenge	Indoors	Get Active, Get Learning
26/02/2024	YORKSHIRE PUDDING WRAP Activity	Everyone may know a Yorkshire pudding as a popular treat with their Sunday roast. However it is also now a popular street food snack and perfect for using up any leftover Sunday roast food. Give it a try for yourself!	Indoors	Get Creative
04/03/2024	International Women's Day Suggested Activity	Celebrate International Women's Day (8 th March) by learning about influential women of history, debating how equal our society is/isn't, or celebrating important women in your life. For activity ideas, head to https://www.internationalwomensday.com	Indoors	Get Involved, Get Learning
11/03/2024	Commonwealth Day Suggested Activity	Commonwealth Day is on 11 th March 2024. Exploring more about one of the Commonwealth nations, by cooking some traditional food, discovering facts about that country, or learning key phrases in their language.	Indoors	Get Learning
18/03/2024	VAPING Themed Programme	Vaping is becoming a major topic of conversation around the health and habits of young people today. What are the pros and cons of vaping, how does it impact your health, and should it be encouraged with young people? Let's ask the big questions and have an open conversation.	Indoors	Get Learning, Get Involved, Get Active, Get into the Bible
25/03/2024	THE GREATEST COMEBACK? Activity	Everyone loves a comeback – whether that is on the sports field or in a Hollywood movie. But what was the greatest comeback of all and what does that comeback mean for us? An activity centred around Jesus' resurrection.	Indoors	Get into the Bible
01/04/2024	HEROES OF FAITH: ERIC LIDDELL Themed Programme	Eric Liddell was one of the UK's greatest sportspersons, both on and off the track. His Christian values and example helped to ensure his legacy lives on today. 100 years after his famous gold medal, spend time finding out more about his story and how his values still inspire. In partnership with The Eric Liddell Community (https://ericliddell.org/the-eric-liddell-100).	Indoors	Get Learning, Get into the Bible, Get Active, Get Involved
08/04/2024	Community Garden Suggested Activity	Give back to your community by tidying up your Church garden, the ground of a local care home or working with your council to improve a public space.	Outdoors	Get Involved
15/04/2024	CAR MAINTENANCE Activity	Seniors are fast approaching the legal age to drive. Get ready for your licence by learning some valuable car maintenance skills, that will help you to keep your car maintained and safe for you to drive.	Indoors or Outdoors	Get Learning
22/04/2024	Seniors Forum Suggested Activity	Get together as a group of Seniors and discuss the activities, opportunities, trips and awards that you want to experience during the Summer term.	Indoors	Get Involved
29/04/2024	Driving Range Suggested Activity	Celebrate the end of term with a trip out to your local driving range, to put your golfing abilities to the test.	Outdoors	Get Adventurous