

Activity Planner – February 2025



Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Dignity Action Day A day to promote respect, dignity, and kindness in care	2 Groundhog Day Weather predictions & Groundhog Day trivia fun
3 Winter Craft Day Create winter-themed decorations like snowflakes or wreaths	4 World Cancer Day Caregiver & survivor awareness session with gratitude activity	5 Storytelling Hour Share memorable stories or favourite childhood tales	6 Fitness Fun Chair yoga and light stretching exercises.	7 Nature Day Create a small indoor garden or discuss favourite flowers.	8 Trivia Challenge Host a trivia quiz on famous movies, history, or fun facts	9 Music Therapy Host a karaoke or sing-along session
10 Puzzle Hour Solve jigsaw puzzles or crosswords together.	11 Promise day A day to make promises of care, respect, and support	12 Arts & Crafts Create Valentine's Day cards for loved ones	13 Baking Day Bake heart-shaped cookies for Valentine's.	14 Valentine's Day Host a social with music, snacks, and love story sharing.	15 Interactive Reading Read a storybook aloud, followed by discussion	16 Indoor Picnic Organize a themed lunch with cozy decorations.
17 Acts of Kindness Day Write notes or make small gifts for staff and residents	18 Cooking Class Cooking a healthy, simple recipe together	19 Board Games Organize a friendly board game competition.	20 Photography Club Explore photography using mobile phones or tablets.	21 Mother Language Day Discuss native languages, share songs or poems.	22 Health Talk Tips on staying healthy during winter.	23 Movie Day Screen a classic movie with popcorn and cozy seating
24 Tea Party Casual conversations over tea and biscuits.	25 Memory Box Creation Share or create memory boxes with personal items and photos.	26 Indoor Garden Club Plant seeds in pots and discuss plant care.	27 Sports Day Enjoy light activities and friendly competitions like chair races	28 Pet Therapy Day Pet care discussion and relaxation with animals		