

Activity Planner – January 2025



Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 New Year's Bash Morning tea to reflect on the past year and set new goals	2 Arts & Crafts Create personalized "New Year's Resolution" cards.	3 Movie Day Screen a classic movie with popcorn and snacks for relaxation	4 Gardening Club Discuss winter plants and set up small indoor planters	5 Trivia Challenge Host a fun trivia quiz with general knowledge and facts
6 Mindfulness Activity Guided meditation session with calming music.	7 Fitness Fun Light stretching and chair yoga for gentle mobility.	8 Baking Day Try a simple cookie recipe with the group	9 Book Club Share and discuss favourite books or short stories	10 Music Hour Host a karaoke or sing-along session	11 Human Trafficking Raise awareness, support victims, and fight human trafficking	12 Storytelling Session Share memorable life stories or experiences
13 Indoor Picnic Finalize and mail out Christmas cards.	14 Wellness Workshop Breathing exercises and mental health tips	15 Photography Club Explore photography using mobile phones or cameras	16 Art Therapy Paint winter landscapes or abstract pieces	17 Science Hour Conduct simple, fun science experiments	18 Winter Walk Take a brisk walk in the garden (weather permitting)	19 National Popcorn Day Make fun popcorn flavours and enjoy a popcorn party
20 Board Games Organize a friendly competition	21 Jigsaw Puzzles Work together on completing large puzzles	22 Health Talk Discuss simple health and nutrition tips	23 Music Therapy Enjoy a playlist of nostalgic songs	24 Intl. Education Day Education empowers; share your learning journey with others	25 Nature Day Discuss and draw inspiration from winter wildlife	26 Volunteer Day Write thank-you notes for volunteers or staff.
27 DIY Decorations Create simple winter-themed decorations	28 Tea & Talk Casual conversations over tea and snacks	29 Doc Screening Watch a documentary or inspiring Story	30 Cooking Club Prepare a warm soup or stew together	31 Memory Box Creation Create or share a memory box with personal items and photos		