

ACTIVITY PLANNER



JANUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Years Day Enjoy a Roast Dinner, reflect on the past year and spend time together! 	2 Resolution Sharing Share your New Year's resolutions 	3 Veganuary Try some Vegan or Vegetarian dishes 
4 Relaxation and Reflection Take some time to relax and reflect! Have some warm drinks 	5 Crosswords Complete Crosswords together, alone, or as Teams! 	6 Taste Testing Taste Test some world foods and rank them in order of least and most favourite 	7 Cupcake Making Bake and decorate some Cupcakes 	8 Arts & Crafts Set up an Arts & Crafts workshop! Drawing or painting 	9 Pampering Day Patrons can have their hair and nails done, or enjoy a massage! 	10 Bingo! Set up a few games of Bingo! 
11 Movie Day Choose a Movie that everyone can watch and enjoy snacks! 	12 Baking Bake some scones or a cake together 	13 Meditation Meditate together and relax! Put on some peaceful music 	14 Book Club Talk about what books Patrons are currently reading, and what they like about them! 	15 Seated Aerobics Do some seated aerobics and stretches 	16 Jewellery Making Craft some jewellery together, and select charms that you'd like to add 	17 World Religion Day Learn about new Religions and try to understand them together 
18 Afternoon Tea Host a mini Afternoon Tea - serve cream tea and small sandwiches 	19 Scrapbooking Patrons can build a scrapbook and put their favourite pictures/memories together 	20 Board Games Play a range of board games and enjoy some hot drinks or snacks 	21 Flower Arranging Build a flower bouquet! Patrons can keep these in their bedrooms 	22 Singing Sing a range of songs and relax together 	23 National Pie Day Cook a Pie together and enjoy this with some drinks. Watch some TV as well! 	24 Quiz Night Host a Quiz Night! 
25 Bird Watching Get some binoculars out and note down all the different birds that you can see 	26 Guess the Sound Play different sounds and have Patrons guess what the sound is 	27 Holocaust Remembrance Day Pay respects to victims of the Holocaust and their family members 	28 Yoga Do some seated Yoga and have some relaxation time 	29 Painting Paint pictures together or try to paint memories! 	30 Cheese and Drinks tasting Patrons can try some different cheeses and drinks. Rate which ones are the best! 	31 National Hot Chocolate Day Make some Hot Chocolates with all the toppings! Watch a Movie to relax and unwind 