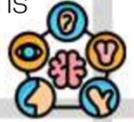


ACTIVITY PLANNER



MARCH 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 World Music Therapy Day Listen to music or bring in a live band/singer for Patrons to enjoy! 	2 Dance Workshop Organise a Dance workshop. Play different genres of music 	3 World Hearing Day Raise awareness on deafness and talk about how important it is to be able to hear 	4 Meditation Have a guided meditation session. Play some calming music and relax 	5 Music Therapy Relax and de-stress to the sound of different music genres. Choose which songs you like best 	6 Denim Day for Dementia Show support by wearing something denim! Raise awareness of Dementia 	7 Movie Night Pick a movie and watch together! Enjoy some snacks or drinks 
8 International Women's Day Celebrate Women's achievements 	9 National Meatball Day Cook homemade meatballs together! 	10 Crocheting Spend the morning crocheting, you could make something for each other 	11 Chair Yoga Do seated yoga! Relax together 	12 Cooking Cook a meal together and enjoy! Have some nice drinks and share stories 	13 Flower Arranging Build some Flower bouquets together. Patrons can display these in their rooms 	14 Bingo! Host a Bingo night! 
15 Mother's Day Invite families to celebrate Mother's Day with you. Have some nice drinks together 	16 Painting Set up a painting workshop. Paint something that is meaningful to you 	17 Saint Patrick's Day Do some Irish dancing together! 	18 Book Club Patrons can share the books they've been reading and what they enjoy about them 	19 Choir Organise a Choir session, and sing some songs together! 	20 Afternoon Tea Host a mini afternoon tea. Enjoy some cream tea and treats 	21 World Poetry Day Read Poems together and discuss how they make you feel 
22 Board Games! Crack out the board games and enjoy some hot drinks 	23 Baking Bake a Victoria Sponge Cake together! 	24 Sensory Experience Setup a sensory experience for Patrons 	25 Relaxation Relax together and enjoy a massage, or some relaxing music 	26 Arts & Crafts Do some colouring or decorate a picture frame together 	27 Pet Therapy Organise a Pet Therapy session. Sit back and relax 	28 Quiz Night Host a Quiz Night, let's see who wins! 
29 Jigsaw and Puzzle Day Get some Jigsaws or Puzzles out and play together! 	30 Mindfulness Colouring Print out some colouring sheets and play some calming music 	31 Gardening Do some indoor or outdoor gardening together. You could even do some bird watching 				