

# ACTIVITY PLANNER



# MAY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1 Quiz Night</b> Host a Quiz Night and enjoy some snacks together!	<b>2 Spa Day</b> Organise a Spa session! Enjoy a massage and a face mask
<b>3 Knitting</b> Set up a knitting workshop for your Residents!	<b>4 Seated Yoga</b> Engage with some guided seated yoga, play some relaxation music and enjoy	<b>5 Photo Sharing</b> Share Photos of your favourite memories together! Share stories	<b>6 Flower Bouquet Making</b> Make some Flower Bouquets together for Summer!	<b>7 Choir</b> Sing together and enjoy some hot drinks in between songs!	<b>8 Crosswords</b> Work on some cross word puzzles together. Relax and unwind	<b>9 Movie Night</b> Watch a Movie together, have some snacks and laugh together!
<b>10 Pet Therapy</b> Invite some therapy animals to your service. Take this time to focus on your senses	<b>11 Baking</b> Bake some Muffins or Cupcakes together. Play some music	<b>12 Arts &amp; Crafts</b> Do some painting or drawing, and make something! Enjoy some hot drinks too	<b>13 Trivia Afternoon</b> Organise a Trivia Quiz and split residents into teams!	<b>14 Nature Walk</b> Arrange a nature walking session, take in the lovely weather	<b>15 Sing-A-Long</b> Sing some songs together! Turn on the disco lights and have fun	<b>16 Bingo!</b> Play a few rounds of Bingo! Lets see who wins
<b>17 World Baking Day</b> Bake some treats together, try shortbread biscuits and enjoy them with a cup of tea	<b>18 Museum Day</b> Watch a Video Tour of a Museum or visit a Museum together!	<b>19 Pottery</b> Paint some Pottery together or make a Vase and fill it with your favourite flowers	<b>20 Gardening</b> Go outside and do some gardening together! Plant some new flowers ready for summer	<b>21 International Tea Day</b> Host a Tea Taste Test session! Try a variety of Tea flavours	<b>22 Book Club</b> Discuss the books you've been reading and choose a book for everyone to read for next month	<b>23 Puzzles</b> Get the Puzzles out and try to finish them! Enjoy some warm drinks and some snacks too
<b>24 Flower Arranging</b> Arrange some flowers and set them out in Resident's rooms	<b>25 Pampering</b> Set up a pampering session, with facemasks and relaxation music	<b>26 Meditation</b> Have a group meditation session, unwind and relax! Namaste	<b>27 Scrapbooking</b> Make a scrapbook, put your favourite memories in it and get the stickers out!	<b>28 Live Music</b> Invite a Band to perform at your service, enjoy the music and have some warm drinks together	<b>29 Cooking</b> Cook a group meal together!	<b>30 Card Games</b> Host a Card Game competition, enjoy some cake while playing too!