

Example monthly activities planner



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|---|---|--|--|
| | | | 01 Quizzes and puzzles Arts and crafts | 02 Exercise bike Film screening | 03 Coffee morning Sensory games | 04 Drawing & colouring Sunday service |
| 05 Memory games Inflatable skittles | 06 Quizzes and puzzles Live music | 07 Chair yoga & dance Bingo | 08 Card games Singalong | 09 Flower arranging Quiz afternoon | 10 Mindful colouring Gardening club | 11 Logic puzzles Arts and crafts |
| 12 Knit and natter Giant dominoes | 13 Seaside Theme Day | 14 Cupcake decorating Schoolchildren visit | 15 Quizzes and puzzles Arts and crafts | 16 Exercise bike Film screening | 17 Nail care Sensory games | 18 Drawing & colouring Sunday service |
| 19 Memory games Inflatable skittles | 20 Quizzes and puzzles Live music | 21 Chair yoga & dance Bingo | 22 Card games Singalong | 23 Flower arranging Quiz afternoon | 24 Mindful colouring Gardening club | 25 Logic puzzles Arts and crafts |
| 26 Knit and natter Landscape painting | 27 Garden Centre visit | 28 Pizza making Reading & reflection | 29 Quizzes and puzzles Arts and crafts | 30 Exercise bike Film screening | | |