

Activity Planner – April 2025



Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 April Fools Fun Gentle pranks & jokes sharing	2 Autism Awareness Educate residents on autism for understanding & inclusivity	3 Stress Awareness Month Practice deep breathing & mindfulness to reduce stress	4 National Pet Month Therapy animal visits bring comfort & companionship	5 Tea & Talk Casual conversations over tea and snacks	6 Music & Movement Host a classic songs session for fun & participation
7 World Health Day Host gentle yoga & stretching to promote physical activity	8 Bingo & Games Traditional British bingo session	9 Movie Day Screen a classic movie with popcorn and snacks for relaxation	10 Siblings Day Encourage residents to share stories about their siblings	11 Parkinson's Day Share info on Parkinson's to raise awareness & understanding	12 Crafting Day Making Easter cards for family & residents	13 Memory Care Picture quiz from past decades
14 Shopping Day A day for Easter Shopping	15 Heritage Day Local history sharing	16 Pain Awareness Gentle hand massage & relaxation	17 Games Day Host a board game tournament with Easter gifts	18 Good Friday Offer a quiet space for reflection & spiritual practices	19 Cooking Day Cook something for Easter & Share recipes	20 Easter Sunday Encourage family members to join for a special Easter meal.
21 Easter Host a special meal with traditional Easter dishes	22 Gift Reveal Reveal your Easter gifts that your loved ones gave you	23 St. George's Day Share St. George stories with English snacks & décor	24 Mobility Day Indoor walking club with support	25 Garden Dreams Window box planting session	26 Nutrition Focus Healthy snack making session	27 Sensory Session Texture exploration & aromatherapy
28 Sleep Health Educate about dementia-friendly activities and support	29 Int. Dance Day Watch and discuss traditional dances from around the world	30 Physical Therapy Balloon volleyball sitting				