

Activity Planner – July 2025



Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Summer Festival Garden party with entertainment and refreshments	2 Plastic Free Day Craft with recycled materials & eco talk	3 Pamper Day Hand massages and nail care treatments	4 Independence Chat Discuss UK-US history over tea	5 NHS Day Celebrate NHS founding with special thanks to healthcare staff	6 Cinema Sunday Showing of vintage films with ice cream trolley
7 World Chocolate Day Chocolate tasting session and chocolate fountain	8 Mindfulness Day Guided meditation and calm music session	9 Reminiscence Hour Discussing childhood holidays with photos	10 Baking Workshop Making Victoria sponge cakes with fresh jam	11 World Population Day Celebrate cultural diversity with international music	12 Book Club Read and discuss short stories together	13 Sunday Social Family visit day with refreshments and activities
14 Healthy Heart Monday Chair yoga and heart-healthy snacks	15 Gardening Club Water and tend to the home's garden beds	16 Ice Cream Day Ice cream social with multiple flavours	17 Movie Night Watch a classic with snacks	18 Gentle Sports Day Adapted sports activities with prizes for all	19 Summer Quiz General knowledge quiz with summer theme	20 Int. Chess Day Chess tournament and board games social
21 Health Talk Discuss summer hydration and sun safety	22 Travelling Tales Virtual world tour with photos and souvenirs	23 Walking Club Gentle walk outdoors or hallway stroll	24 Cousins Day Family history sharing and creating family trees	25 Art Session Watercolour or sketching afternoon	26 Flower Arranging Creating summer bouquets with florist guidance	27 Strawberry Sunday Enjoy fresh strawberries with cream
28 World Hepatitis Day Health awareness session with nurse visit	29 Dance Therapy Gentle movement to music with professional dancer	30 Int. Friendship Day Write notes to or about friends	31 British Food Day Cooking demonstration of regional British dishes			