

Activity Planner – June 2025



Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 Volunteers' Week Celebrate care home volunteers with thank-you cards
2 Story Time Residents share childhood stories over tea	3 Nature Walk Gentle walk to admire summer blooms in garden	4 Reminiscence Hour Share memories about first jobs and career stories	5 World Environment Day Plant flowers to honour World Environment Day	6 Baking Session Make traditional British scones for afternoon tea	7 Music Session Live or recorded classics for sing-alongs	8 Sunday Social Relaxed gathering with tea and classical music
9 Men's Health Week Health checks and men's wellbeing discussion	10 Art Therapy Painting session to boost creativity and joy	11 Carers' week Thank family carers with special afternoon tea	12 Pet Therapy Visit from therapy dogs to lift spirits	13 Nutrition Day Healthy eating workshop with nutritionist	14 Bingo Night Fun and prizes at evening bingo game	15 Father's Day Celebrate dads with cake and music
16 Memory Games Word games and picture association activities	17 Fish & Chips Day Classic British meal with seaside theme	18 Book Club Reading group discussing short stories	19 Yoga Day Gentle yoga to relax body and mind	20 Talent Show Residents showcase their hidden talents	21 Summer Solstice Celebrate longest day with garden party	22 Care Home Open Day Welcome visitors for care home tours
23 Hydration Day Learn about hydration with fruit-infused water tasting	24 Gardening Club Tend to veggies in the care home garden	25 Movie Night Classic film screening with popcorn	26 PTSD Awareness Mindfulness and reflection activities	27 Camera Day Photo session capturing residents' portraits	28 Tea Party Casual conversations over tea and biscuits	29 Picnic Day Indoor/outdoor picnic with traditional foods
30 Puzzle Hour Solve jigsaw puzzles or crosswords together						