

Activity Planner – March 2025



Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Self-Injury Day Positive Affirmations & Relaxation Techniques for Healing	2 Music Appreciation World music exploration with instruments and cultural songs
3 World Hearing Day Sound bingo & communication workshop	4 Zero Discrimination Share kindness stories & create unity wall	5 Senior Wellness Chair tai chi & breathing exercises	6 World Book Day Organize a storytelling session or book club discussion.	7 Art Expression Finger painting with spring colors	8 Women's Day Celebrate women's achievements with a themed tea party	9 Barbie Day Residents share style memories, fun!
10 Tea & Talk Casual conversations over tea and snacks	11 Plant a Flower Day Mini indoor garden creation	12 Girl Scout Day share stories, craft, and celebrate memories	13 Math Fun Engage in simple math puzzles and enjoy a pie-making session	14 World Sleep Day Learn about the benefits of naps and create a cozy nap	15 Movie Day Screen a classic movie with popcorn and snacks for relaxation	16 Consumer Rights Smart shopping tips discussion
17 St. Patrick's Day Celebrate with green-themed decorations and Irish music.	18 Wellness & Nutrition Discuss healthy eating tips and prepare a nutritious snack	19 Board Game Fun Organize a friendly competition with classic board games	20 Let's Move Chair dancing and gentle exercise	21 World Poetry Day Poetry reading and creation session	22 World Water Day Learn hydration's importance and enjoy infused water tastings.	23 Cooking Workshop Simple recipe preparation session
24 World Tuberculosis Day Health awareness with positive activities	25 Pet Therapy Animal interaction and relaxation session	26 Purple Day (Epilepsy) Awareness session with gentle activities	27 World Theater Day Drama activities and short plays	28 Dementia Awareness Educate about dementia-friendly activities and support	29 Open Mic Day Residents share talents, stories, or songs	30 Doctors' Day Appreciate healthcare workers with handmade thank-you cards
31 Cultural Exchange Share traditional customs and stories						