

Activity Planner – May 2025



Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Election Awareness Day Engage residents in fun voting & discussion activities	2 Music Memories Singing session with popular songs from the 1950s and 1960s	3 Garden Meditate Day Host a guided relaxation session in the garden	4 Star Wars Day Watch classic sci-fi films with themed snacks
5 Bank Holiday Special Garden party with light refreshments	6 Wellness Tuesday Chair exercises and gentle stretching for mobility	7 National Walk Month Promote gentle movement with a nature walk	8 VE Day Share war time stories and play patriotic music	9 Creative Expression Watercolour painting session – spring flowers theme	10 Game Day Board games, card games, and puzzles	11 Mother's Day Honouring mothers with gifts, stories, and special treats
12 International Nurses Day Celebrate the nursing staff with a thank-you event	13 World Cocktail Day Make alcohol-free cocktails with fun flavors	14 Baking Day Making and decorating simple scones and biscuits	15 International Family Day Arrange video calls or letter-writing to family members	16 Quiz Challenge General knowledge quiz with small prizes	17 Hypertension Day Teach residents about blood pressure management	18 International Museum Day Share local historical facts & artefacts
19 Poetry Corner Reading and creating simple poems and limericks	20 Nature Connection Sensory garden walk and nature spotting activity	21 Active Living Seated ball games and gentle movement exercises	22 Movie Day Screen a classic movie with popcorn and cozy seating	23 Sing-Along Friday Group singing with lyric sheets and musical instruments	24 Tea Party Casual conversations over tea and biscuits	25 Social Sunday Open visiting with families and friends, with refreshments
26 Spring Bank Holiday Indoor picnic with games and entertainment	27 Fitness Fun Chair yoga and light stretching exercises	28 International Burger Day Host a fun DIY burger meal event	29 Sensory Session Club Aromatherapy and hand massage therapy	30 Storytelling Book reading and discussion group	31 World No Tobacco Day Discuss the benefits of a smoke-free lifestyle	