

ACTIVITY PLANNER



JULY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tea in the Garden Enjoy some tea and cakes in the garden together!	2 Birdwatching Look outside and see how many birds you can spot.	3 Flower Arranging Put together a summer flower arrangement and display them around your service	4 Nature Walk Go on a little walk in a local park or woodland area, and take in the fresh air.
5 Meditation Setup a meditation session and relax together. Play some relaxing music	6 Arts & Crafts Paint and draw together! Enjoy some cold drinks and some snacks.	7 Poetry Reading Read some poetry together and talk about what it means to you.	8 Garden Aromatherapy Setup an aromatherapy session in your outside space. Relax and take in the scents.	9 Mocktail Making Make some summer themed mocktails for those you support and enjoy some music	10 Chair Yoga Setup a Chair Yoga session for those you support.	11 Beach Day Take your Patrons out to the Beach and enjoy some Ice Cream or Fish and Chips
12 Ice Cream Taste Test Get a few flavours of Ice Cream or Sorbet and organise a taste test	13 Bingo! Host a Bingo session! Let's see who wins this time	14 Garden Picnic Have a picnic outside in the Garden! Enjoy some treats and cold drinks together	15 Colouring Session Get the colouring books out!	16 Waterpainting Do some waterpainting together and enjoy the sunshine	17 Strawberries and Cream Enjoy some fresh strawberries and cream together!	18 Summer Quiz Organise a Summer quiz and complete it together!
19 BBQ! Host a summer BBQ! Play some music and enjoy some cold drinks	20 Jigsaw Puzzles Get the Jigsaw puzzles out and complete them together	21 Bunting Making Make some summer themed bunting together for your Summer Party	22 Spa Day Host a Spa Day and relax together. Play some relaxing music and rest	23 Pet Therapy Visit Invite a therapy animal to visit your service	24 Karaoke! Organise a Karaoke session! Enjoy some cold drinks and play some music	25 Book Club Discuss the books that you've been reading recently and choose a book to read together
26 Crosswords Work on some cross words together and enjoy a warm drinks and some snacks	27 Tennis Play some tennis in the garden together	28 Relaxation Day Relax together and rest! Enjoy a face mask or some calming music	29 Biscuit Decorating Decorate some biscuits together!	30 Guess the Song! Play some music and try to guess the song! Whoever guesses first wins	31 Crocheting Do some crocheting together and enjoy some treats	