

Activity Planner - May 2026

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
				1 May Day Walk Enjoy the warmer weather on a short walk	2 Jewellery Making Using beads and charms, create some jewellery to keep or gift!	3 World Laughter Day Take to the mic to share your favourite jokes
4 Star Wars Day Watch one of the Star Wars classics	5 Cinco De Mayo Bring Mexico to you with a themed food experience	6 Board Games Bring out your favourite board games	7 Gardening Plant some flowers to brighten up the garden	8 Chair Yoga Do some gentle stretching in a seated yoga class	9 Europe Trivia Take part in some fun, themed Trivia	10 Sing-a-long Sing-a-long to some familiar, classic tunes
11 Movie Afternoon Enjoy a movie showing with snacks and drinks	12 International Nurses Day Show appreciation for the nurses who have supported you	13 Aqua Painting Using an aqua painting kit, see what portraits you can create	14 Picnic Is the weather nice enough for lunch outside?	15 Bingo Enjoy a game of bingo with friends	16 Eurovision Song Contest Dress for the party and watch the contest	17 Smoothie Making Pick out your favourite fruits and blend to make a smoothie
18 International Museum Day Enjoy a virtual tour of the National History Museum	19 National Doughnut Week Decorate and enjoy a delicious doughnut	20 Dance Seated or standing, put on your favourite tunes for a dance!	21 International Tea Day Host a tea party with your favourite cakes	22 Crochet Create crochet squares or animals with the people you support	23 Word Games Play games like hangman, categories and the alphabet game	24 Meditation Relax by following some guided meditation
25 World Africa Day Learn about Africa's cultural and natural heritage	26 Head Outside Head to a local park or walking spot and enjoy a drink	27 Pamper Take some time to look after and pamper yourself	28 Bouquet Arranging With flowers from the garden, create a bouquet	29 Biscuit Baking Spend World Biscuit Day baking delicious treats	30 Book Club What happened in last months book? Choose your next read	31 Birthday Celebrations Celebrate all the birthdays that took place in May

Key Dates:

- May Day
- World Laughter Day
- Star Wars Day
- Cinco De Mayo
- International Nurses Day
- Eurovision Song Contest
- International Museum Day

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