

# PLANNING YOUR ACTIVITY CALENDAR

*A quick guide for success*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# PLANNING GUIDE:

## UNDERSTAND YOUR AUDIENCE:

Begin by understanding the interests, preferences, and abilities of the seniors you're working with. This will help you tailor activities to their needs and ensure they are engaged and enjoying themselves.

## DIVERSE ACTIVITY SELECTION:

Offer a variety of activities that cater to different interests and physical abilities. Include options like games, crafts, outings, exercises, educational sessions, and entertainment to provide a well-rounded calendar.

## THEMES AND HOLIDAYS:

Incorporate monthly themes and holidays to make the calendar more engaging. For instance, you can plan activities around national holidays, seasonal changes, or special awareness months.

## DAILY SCHEDULE:

Create a balanced daily schedule with a mix of morning, afternoon, and evening activities. Consider the seniors' energy levels and plan more active activities earlier in the day.

## REGULAR FAVORITES:

Include activities that the seniors enjoy regularly, such as card games, bingo, movie nights, or book clubs. Consistency helps establish routines and gives participants something to look forward to.

## NEW EXPERIENCES:

Introduce new activities to keep things exciting and encourage seniors to try something different. This could be a cooking class, art workshop, group discussion with [newscurrentsr.com](http://newscurrentsr.com), or guest speaker session.

## PHYSICAL AND MENTAL ACTIVITIES:

Incorporate both physical and mental exercises to support overall well-being. Gentle exercises, yoga, brain games, and puzzles can help keep seniors active and engaged mentally.

# PLANNING GUIDE:

## **GROUP AND INDIVIDUAL ACTIVITIES:**

Plan a mix of group activities that encourage social interaction and individual activities that offer personal engagement. Some seniors may prefer more one-on-one attention.

## **OUTINGS AND SPECIAL EVENTS:**

Organize outings to local parks, museums, concerts, or restaurants. These experiences provide a change of scenery and a chance to socialize outside the facility.

## **COMMUNICATION:**

Keep participants informed about upcoming activities through newsletters, bulletin boards, or regular meetings. Gather feedback and suggestions from seniors to ensure their preferences are considered.

## **EVALUATION AND IMPROVEMENT:**

At the end of each month, evaluate the success of your activities. What worked well? What could be improved? Use feedback to refine your future calendars.

## **PERSONAL CONNECTIONS:**

Take time to build personal connections with the seniors. Understanding their life stories, hobbies, and preferences will help you create more meaningful and enjoyable activities.

## **INCLUSIVITY AND ACCESSIBILITY:**

Ensure that activities are inclusive and accessible to all participants, regardless of their physical or cognitive abilities.

Remember, the goal is to create a calendar that provides a range of enjoyable and enriching experiences for seniors, promoting their well-being and fostering a sense of community.