

Activities Calendar: December 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2	3
					Advent Calendar Day It's that time of the year! Prepare an advent calendar for each of your residents and enjoy counting down the days. Decorate the home!	Get active day! Host an armchair exercise session with your residents to keep them active and healthy	Christmas Film Day!
	4	5	6	7	8	9	10
	Bird of Prey and Owls 2pm	Christmas Carols from Our Lady of the Wayside School! 2:15pm	Christmas Party!!	Festive Baubles Make festive baubles and decorate your Christmas tree. You could use wool, sequins, or glitter to cover a plastic or paper bauble	Christmas cards. Give the residents help with Christmas cards.	Gingerbread Day Only one way to celebrate this day, by baking and decorating gingerbread men with our recipe!	Cookies day! Bake some Christmas cookies and decorate them with the residents.
	11	12	13	14	15	16	17
	Snowflake making Help your residents make paper snowflakes from cutting up paper or sticking card together.	Holiday Wreath Make a holiday wreath. Get creative by using materials such as candy canes, paper rolls, wine corks, and clothespins. Use your imagination!	Stocking Decorating Decorate and fill festive stockings. Try using felt, paint and a lot of glitter!	Get active day! Host an armchair exercise session with your residents to keep them active and healthy	Festive Tunes Day Ask your residents for their favourite Christmas tunes and have a sing-along with them.	Mince pie day Bake or prepare mince pies together with your residents.	Christmas Film Day!
	18	19	20	21	22	23	24
	Shirley Heath School Choir.	Christmas Photo Memories Create some Christmas photo frames with your residents, to capture those special holiday moments!	Festive traditions day! Ask residents if they have any Christmas traditions that they would normally enjoy doing. Can you help them carry out that tradition this year?	Christmas Quiz Day!	Christmas Hat Day! Why not upgrade the paper crowns to a cardboard party hat this year by making some Christmas party hats.	Get active day! Host an armchair exercise session with your residents to keep them active and healthy	Christmas eve! Get everything ready for the big day, talk to your residents and ask them about their favourite memories of Christmas!
	25	26	27	28	29	30	31
	Christmas Day Relax and Enjoy!	Boxing Day Be thankful over Boxing Day and reflect on your Christmas together with your residents.	Cup cake decorating!	Activities organising! Ask residents what kind of activities they would like to do, like gardening, chess etc.	Music therapy!	Get active day! Host an armchair exercise session with your residents to keep them active and healthy	New year's resolutions! Reflect on your year with residents and make some New Year's resolutions to strive towards in 2024!