



Monthly Activity Calendar

Month: _____ Theme: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Balance the week: one movement session, one social or conversation circle, one learning or creative activity, one outing or visitor.



Planning a Balanced Activity Month

Variety keeps people engaged and reaches people with different interests.

A simple weekly balance

- **Move:** at least one movement session (seated exercise, a walking group, gentle stretching).
- **Connect:** one social activity (coffee hour, conversation circle, games).
- **Learn or create:** one learning or creative activity (a speaker, a class, art, music, a book club).
- **Get out or bring in:** one outing or visitor (a museum, a garden, a school choir, a pet visit).

Planning tips

- Choose a monthly theme to make planning easier: a season, a decade, a country, a holiday.
- Post the calendar in large print where everyone passes, and send a copy home to families.
- Include a few activities that appeal to men, such as woodworking, history talks, sports, cards and projects. Men often join more when there is a task or a goal.
- Ask residents or members what they want. People show up for what they helped choose.

The free True Course Conversation Circle Starters and weekly blog questions make easy, no-prep social sessions. See truecourseliving.com/activity-directors.

Sources and more help: NCCAP (nccap.org); National Council on Aging (ncoa.org).