

Step Out Monthly Activities Calendar - February 2026

For more information on specific activities, please call 0161 480 0480

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 AM - Lets make Music Together PM - Afternoon Sing Along or Karaoke	3 AM - Music in Mind PM - Dominos & other Board Games	4 AM - Armchair Exercise to Music PM - Parachute Group Session & Floor Games	5 AM - Crosswords & Quizzes PM - Dominos & Music or Ball Bingo	6 AM - Armchair Exercise to Music PM - Valentines Arts & Crafts or Karaoke	7 AM - Reminiscing & Crossword PM - Afternoon Movie or Table Games
9 AM - Lets make Music Together PM - Valentines Arts & Crafts	10 AM - Music in Mind PM - Parachute Group Session & Dominos. Valentine Crafts	11 AM - Name that TV Tune PM - Valentines Arts & Crafts.	12 AM - Crossword & Quiz PM - Valentines Arts & Crafts Dominos & other Table	13 AM - 60s/70s Music Quiz PM - Parachute Group Session & Floor Games	14 AM - Valentine Quizzes & Crossword PM - Music or Ball Bingo
16 AM - Lets make Music Together PM - Afternoon Music Bingo or Ball Bingo	17 AM - Music in Mind PM - Afternoon Karaoke Sing Along with Members	18 AM - Reminiscing & Who I'm I Quiz PM - Afternoon Movie & Group Puzzle Making	19 AM - Ball Bingo PM - Parachute Group Session & Floor Games	20 AM - Crossword & General Knowledge Quiz PM - Music or Ball Bingo	21 AM - Crossword & Quiz PM - Parachute Group Session & Floor Games
23 AM - Lets make Music Together PM - Parachute Group Session & Floor Games	24 AM - Music in Mind PM - Dominos & other Table Games. Wooden/Tiles Art & Crafts	25 AM - Name that TV Tune & Who I'm I Quiz PM - Parachute Group Session & Floor Games	26 AM - Armchair Exercise to Music PM - Group Sing Along or Karaoke Session	27 AM - Reminiscing & Who I'm I Quiz PM - Afternoon Karaoke Sing Along with Members	28 AM - Armchair Exercise to Music PM - Who Wants to be a Millionaire Quiz