

Step Out Monthly Activities Calendar - July 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1st AM– General knowledge Armchair exercisers PM– World joke day	2nd AM - Crossword & Quiz/ Armchair exercisers PM - Dominos & Music or Ball Bingo	3rd AM– Music Quiz / Armchair exercises PM– Games/Pamper/Film	4th AM– Reminiscence / quiz PM - lets sing along to the 40's
6th AM- Lets make music together., & quiz PM– Music / ball bingo	7th AM - Music in Mind Armchair exercisers PM - World chocolate day	8th AM - Crossword, Quiz Armchair exercisers PM - Karaoke with members and staff	9th AM - Music Quiz Armchair exercisers PM - Earbud painting Pamper	10th AM - Quiz, crossword Armchair exercisers PM - Parachute Group Session & Floor Games	11th AM - General knowledge quiz PM - Ball / music bingo
13th AM - Lets make Music Together PM - Arts & crafts. Pamper	14th AM - Music in Mind PM - Afternoon Karaoke Sing Along with Members	15th AM - Reminiscing, quiz, Crossword Pub lunch PM –Floor games	16th AM - Music quiz/ Armchair exercisers PM - Music or ball bingo	17th AM - Reminiscence, quiz, crossword PM-Ice cream day Board games, film	18th AM - Crossword & Quiz PM - Parachute Group Session & Floor Games
20th AM - Lets make Music Together PM - Parachute Group Session & Floor Games	21st AM - Music in Mind PM - Dominos & other Table Games. Arts & crafts	22nd AM –quiz, crossword, Reminiscing PM - Karaoke with members & staff	23rd AM - Crossword, quiz Armchair exercisers PM - let's paint	24th AM - Reminiscing & Who I'm I Quiz PM - Music / ball bingo	25th AM - Armchair Exercise to Music PM - Sing along & pamper
27th AM– let's make music together. PM-Blackpool themed day.	28th AM-Music in mind. PM– karaoke with staff & members.	29th AM-Name that tune Arm chair exercisers PM– Dominoes & board games	30th AM-Quiz, Crosswords Armchair exercisers PM-Ball / music bingo ball	31st AM– 60's 70's music quiz Armchair Exercisers PM– Board games, film	