



Step Out Monthly Activities Calendar - August 2026

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

Step Out will be closed on

31st August 2026

For the Bank Holiday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1st AM - Armchair Exercise . Crossword & 60s Quiz PM - Reminiscing by the Seaside with Fish & Chips
3rd AM - Lets make Music Together PM - Armchair Exercise & Crafts	4th AM - Music in Mind PM - Dominos/Board games & Sing Along	5th AM - Armchair Exercise & Crossword PM - Karaoke With members	6th AM - Crossword & Quiz PM - Karaoke with Members	7th AM - Word Games on the Board & Crosswords PM - Painting Flowers with Earbuds	8th AM - Reminiscing PM - Dominos or Board Games
10th AM - Lets make Music Together PM - Parachute & Floor Games	11th AM - Music in Mind PM - Music Quiz & Dominos / Board Games	12th AM - Reminiscing & Who am I Quiz? PM - Earbud Painting & Reminiscing	13th AM - Arm Chair Exercise Ball Bingo PM - Name that Tune TV Shows	14th AM - Crossword & General Knowledge Quiz PM - Music or Ball Bingo	15th AM - Name that TV Tunes PM - Crosswords & Music Quiz
17th AM - Lets make Music Together PM - Ear Bud Painting & 60s/70s Music Quiz	18th AM - Music in Mind PM - Board Games & Who am I Quiz	19th AM - Stencil Arts & Crafts PM - Parachute & Floor Games. Beatles Quiz	20th AM - Morning Sing Along Session PM - Music or Ball Bingo	21st AM - Armchair Exercise & Reminiscing PM - Afternoon Karaoke with Members	22nd AM - Parachute & floor games PM - Afternoon Movie Members Choice
24th AM - Lets make Music Together PM – Reminiscing the Old Days & Quiz	25th AM - Music in Mind PM – Dominos & Music Bingo	26th AM – Crosswords & Word Games on the Board PM - Flower Painting with Earbuds	27th AM – Karaoke with Members PM –Stencil Painting & Table Games	28th AM - Name that TV Tune & Music Quiz PM – Table Games & Rock/ Sun catches Crafts	29th AM - Music or Ball Bingo PM -Who wants to be a Millionaire Quiz & Crossword