



Step Out Monthly Activities Calendar - September 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1st AM – Music in Mind PM -Dominos/Board Games	2nd AM – Armchair Exercise & Morning Sing Along PM – Floor Games & Parachute	3rd AM -60s & 70s Music Quiz PM -Colour by Numbers & earbud Painting	4th AM -Music or Ball Bingo PM -Afternoon Karaoke	5th AM - Who Wants To Be A Millionaire Quiz PM - Afternoon Movie, members choice
7th AM - Lets make Music Together PM - Colour by Numbers	8th AM - Music in Mind PM - General Knowledge Quiz & Table Games	9th AM - Music Bingo PM - Group Puzzle session & Reminiscing	10th AM - Karaoke sing Along PM - Autumn Arts & Crafts	11th AM - Armchair Exercise & Sing Along PM - Afternoon Movie, Members Choice	12th AM - Floor Games & Reminiscing PM - Crossword & Who Am I Quiz
14th AM - Lets make Music Together PM - Autumn Arts & Crafts	15th AM - Music in Mind PM - Making our own Book Marks & Table Games	16th AM - Crosswords & 60s/70s Quiz on Music PM - Afternoon Karaoke	17th AM - Making our own Book Marks PM - Armchair Exercise & Name that TV Tune	18th AM - Autumn Arts & Crafts PM - Group Puzzle Session & Table Games	19th AM - Armchair Exercise & Crossword PM - Colour by Numbers
21st AM - Lets make Music Together PM - Afternoon Karaoke	22nd AM - Music in Mind PM - Autumn Arts & Crafts & Dominos	23rd AM –Armchair Exercise & Crossword/Quizzies PM - Fish & Chip Day Making your own Book	24th AM - Who Am I Quiz & Name that Tv show Tune PM - Afternoon Sing Along	25th AM - Morning Karaoke PM - Colour By Numbers	26th AM - Parachute & floor games PM - Autumn Arts & Crafts
28th AM - Lets make Music Together PM – Reminiscing & Crossword/Quizzes	29th AM - Music in Mind PM – Dominos & other Table Games	30th AM – Colour by Numbers & Crosswords PM - Autumn Arts & Crafts			