

Printable Senior Activity Calendar

This free printable senior activity calendar provides monthly themes and daily ideas to keep older adults active, engaged, and socially connected throughout the year.

Month	Theme	Sample Activities
January	Winter Warmth	Indoor games, storytelling, cocoa socials
February	Heart Health	Walking clubs, healthy cooking demos
March	Spring Renewal	Gardening prep, flower crafts
April	Creativity Month	Painting, music sing-alongs
May	Outdoor Fun	Picnics, nature walks
June	Memory Boost	Puzzles, trivia contests
July	Summer Socials	BBQ, movie night
August	Wellness Focus	Meditation, chair yoga
September	Learning Month	Guest speakers, book clubs
October	Fall Festivities	Pumpkin crafts, bingo
November	Gratitude Month	Journaling, group discussions
December	Holiday Joy	Caroling, baking parties