

MEN'S CLUB SESSION PLANNER

A simple planning sheet for meaningful aged-care activities

DATE: _____

TIME: _____

STAFF: _____

1. PLAN THE SESSION

Theme or activity: _____

Residents' interests to include: _____

2. PREPARE

Materials to prepare: _____

Refreshments: _____

Accessibility or safety adjustments: _____

3. CHOOSE FLEXIBLE ROLES

Participant

Observer

Commentator

Scorekeeper

Helper

Participation does not have to mean winning, speaking, or completing the project.

4. RUN THE ACTIVITY

Main activity: _____

Optional quieter or one-to-one version: _____

5. REFLECT

What residents enjoyed: _____

What to try next time: _____

Follow-up or materials to save: _____