

Activity Planner - September 2024



Mon

Tue

Wed

Thurs

Fri

Sat

Sun

Key Dates:

1 World Letter Writing Day

Send a missive to someone special

2 World Coconut Day

Make some fun tropical drinks in coconuts

3 Have a Go Month

Learn a new skill for have a go month

4 World Sexual Health Day

Have an open discussion about sex and sexual health if appropriate

5 International Day of charity

Are there any local charities you can engage with today?

6 Read a Book Day

Did you finish last month's thriller? Share your favourite story on Read a Book Day

7 World Beard Day

Organise a fun 'beard' competition, grow or make your own to take part

8 End of the Paralympics

Enjoy the closing ceremony of the Paralympic games

9 Heritage Open Days

[See what historical online and in person events are in your area](#)

10 Sudoku

Train your brain with some fun sudoku puzzles

11 Photo Sharing

Reminisce with photos from the people you support or choose an era to focus on

12 20's Movie Night

Watch some of the best recently released films

13 Roald Dahl Day

Share your favourite Roald Dahl Stories

14 Geography Quiz

Have a quiz using pictures from famous places around the world

15 Mini Golf

Set up a fun and simple mini golf course, increase inclusivity with different types of ball

16 Professional Care Workers Week

[Start of Professional Care Workers Week](#)

17 Balance Awareness Week

Practise Yoga or Tai Chi for balance

18 National Cheeseburger Day

A great time for an American classic

19 Talk Like a Pirate Day

A fun way to chat differently for the day

20 World Gratitude Day

Take some time for your mental health and express what you are grateful for

21 World Alzheimers Day

Help raise awareness and understanding of Alzheimers [#worldalzheimersday](#)

22 Autumn Equinox

Celebrate the start of Autumn with a traditional feast of your own

23 Great British Food Fortnight

Prepare and eat your favourite traditional British food

24 National Day of Arts in Care Homes

[Get involved in the national event](#)

25 Reflexology Week

[Find out and test the benefits of Reflexology.](#)

26 Memory Box

Decorate boxes to display memory items in the bedrooms of the people you support

27 Bird Watching

Can you catch any last sights of some birds before they head south?

28 International Rabbit Day

Learn about our furry friends, maybe even invite some in to visit?

29 World Heart Day

Share what makes your heart tick, and learn how to keep them healthy

30 Autumn Walk

Go out and see how the trees are changing colour

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