

# Activity Planner - December 2023

Mon

Tue

Wed

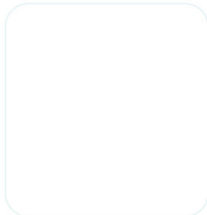
Thurs

Fri

Sat

Sun

Key Dates:



**1 Decorate**  
Get ready for festivities by decorating your care service with the people you support

**2 Shopping**  
Do the people you support want to go Christmas shopping or shopping for themselves

**3 Book Club**  
For New Book Month, enjoy a new book to read

- Christmas Eve
- Christmas Day
- Boxing Day
- Hanukkah
- Christmas Jumper Day
- New Year's Eve

**4 Card Exchange**  
Organise a card exchange within your care service or another local service

**5 Christmas Wish**  
Create a Christmas wish tree for the people you support to share their Christmas wishes

**6 Computer Skills**  
Hold a computer skill class for Computer Literacy Day

**7 Christmas Jumper Day**  
Enjoy the Christmas Jumper Day activities and raise money for Save The Children

**8 Hanukkah**  
Celebrate Hanukkah or learn about the festivity and what the celebration entails

**9 Decoration Making**  
Make decorations that represent the people you support and how they choose to celebrate December

**10 Entertainment**  
Organise some festive entertainment for the people you support

**11 Gift Wrapping**  
Wrap gifts for people in need using donations from everyone in your care service

**12 Wreath Decorating**  
Decorate wreaths to decorate communal or bedroom doors

**13 Cheese boards**  
Celebrate with a cheese and wine/non-alcoholic wine board

**14 Reminiscence**  
Reminiscence about holiday traditions with the people you support

**15 Raffle**  
Hold a raffle with the people you support with donated items from your care teams or local businesses

**16 Find the Elf**  
Hide an elf around your care service and see who can spot it first for a prize

**17 Cake Decorating**  
Decorate cakes, cookies or gingerbread people for the season

**18 Carolling**  
Either go carolling or invite carollers to perform at your care service

**19 Craft Fair**  
Visit a Christmas craft fair to get into the Christmas spirit

**20 Festival of Winter Walks**  
Enjoy the winter scenery and go for a walk to celebrate the Festival of Winter Walks

**21 Culture Share**  
Learn about other cultures traditions and celebrations throughout December

**22 Winter Solstice**  
Celebrate the Winter Solstice and the shortest day of the year

**23 Movie Afternoon**  
Get ready for festivities with a movie afternoon and snacks

**24 Christmas Eve**  
How do the people you support celebrate Christmas Eve typically?

**25 Christmas Day**  
Enjoy the festivities with the people you support and their loved ones

**26 Boxing Day**  
Learn about the history of Boxing Day with a quiz

**27 Tidy**  
After Christmas is a good time for a clear out. Engage the people you support in Activities of Daily Living

**28 Dance**  
Hold a dance session for the people you support to shake away the Christmas blues

**29 Jigsaws**  
Enjoy some calm after the festive period with some winter themed jigsaws

**30 Bingo**  
Hold a game of bingo, themed, musical or traditional with the people you support

**31 New Year's Eve**  
Hold a New Year's Eve party to ring in the new year

E [hello@nourishcare.com](mailto:hello@nourishcare.com)  
T 023 8000 2288  
[nourishcare.com](http://nourishcare.com)

