

Activity Planner - December 2024



Mon	Tue	Wed	Thurs	Fri	Sat	Sun
						1 First day of Advent Time to get out the Christmas decorations!
2 Cyber Monday Look into new technology that could help your home	3 International Day of People with Disabilities A day to celebrate and support people with disabilities	4 Altra Snowflakes Use Altra's handy guide for making resist snowflakes	5 International Volunteer's Day Spread the Christmas cheer with a local volunteer organisation	6 St Nicholas Day Share some small gifts and riddles this St Nicholas Day	7 Christmas Jumper Day Host a Christmas Jumper Day with activities	8 National Brownie Day Make some brownies as a group and enjoy
9 Green Monday Host a vegetarian lunch and learn about sustainability	10 Human Rights Day Exchange your experiences and ideas as part of this year's 'Equality' theme	11 Shopping Do the people you support want to go Christmas shopping or shopping for themselves?	12 Altra Partridge Make some cute decorations with Altra's Partridge design	13 Gift Wrapping Wrap gifts for people in need using donations from everyone in your care service	14 Christmas Wish Create a Christmas wish tree to share your Christmas wishes	15 Decoration Making Make decorations with the people you support for the season
16 Musica Warm-up Stay limber and warm with Altra's Musica Warm-up video guide	17 Card Exchange Organise a card exchange within your care service or another local service	18 Find the Elf Hide an elf around your care service and see who can spot it first for a prize	19 Carolling Either go carolling or invite carollers to perform at your care service	20 Festival of Winter Walks Enjoy the winter scenery and go for a walk in the scenery	21 Winter Solstice Stargaze on the shortest day of the year	22 Wreath Decorating Decorate wreaths to decorate communal or bedroom doors
23 Festivus Watch Sienfeld and other classic sitcoms and stay cozy	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 First Day of Hanukkah Learn about the history of Hanukkah	27 Tidy After Christmas is a good time for a clear out	28 Cheese Boards Celebrate with a cheese and wine/non-alcoholic wine board	29 Altra Gentle Workout Work off some of the Christmas treats with Altra's Gentle Seated Workout
30 Culture Share Learn about other cultures traditions and celebrations throughout December	31 New Year's Eve Hold a New Year's Eve party to ring in the new year					

Key Dates:

- First Day of Advent
- International Day of People with Disabilities
- St Nicholas Day
- Human Rights Day
- Christmas Eve
- Christmas Day
- Hanukkah
- New Years Eve

ALTRA+

Check out exclusive content from our wellbeing and engagement partners, Altra. To access a library of 1000+ Altra wellbeing resources and easily gather feedback from the people you support and their circle of care book a demo today.

BOOK A DEMO

E hello@nourishcare.com
 T 023 8000 2288
nourishcare.com