

# Activity Planner - November 2024



| Mon  | Tue  | Wed  | Thurs  | Fri  | Sat  | Sun  |
|--|--|--|--|--|--|--|
|  |  |  |  | <b>1 Diwali</b><br><a href="#">Learn about Diwali with Altra's fun word game</a>                               | <b>2 All Souls Day</b><br>Remember old friends and loved ones and share memories                               | <b>3 Movember</b><br>Grow out your best moustaches for the Movember charity                            |
| <b>4 Bingo</b><br>Bring the hall to your home with some Bingo!                                 | <b>5 Guy Fawkes Night</b><br><a href="#">Remember to play this fun Guy Fawkes crossword from Altra</a>                             | <b>6 Origami</b><br>Fold colourful decorations and gifts inspired by the Japanese art                          | <b>7 Board Games</b><br>Break out your favourite board games                                       | <b>8 National Capuccino Day</b><br>Host a coffee morning with pastries   | <b>9 British Pudding Day</b><br>Make a spread of classic British puddings                                      | <b>10 Remembrance Sunday</b><br>Join in with local events for remembrance Sunday, or host your own.    |
| <b>11 Armistice Day</b><br>Observe the two minutes silence at 11am                             | <b>12 Riddles</b><br>Keep sharp with brain teasers and riddles   | <b>13 World Kindness Day</b><br>Share small acts of kindness with other residents and team members             | <b>14 Oil Painting</b><br>Try your hands at oil painting on Claude Monet's birthday                | <b>15 Detective Movie Night</b><br>Watch your favourite Inspectors and intriguing films                        | <b>16 Sandwich Day</b><br>What's the most popular sandwich of the people you support?                          | <b>17 Musica Radesty March</b><br><a href="#">Dance along with the Radesty March, Musica and Altra</a> |
| <b>18 Mickey Mouse's Birthday</b><br>The perfect chance for Disney trivia and classic cartoons | <b>19 International Men's Day</b><br>Celebrate positive male influences and learn about the importance of 'Men's Health Champions' | <b>20 Universal Children's Day</b><br>Pair up with local children's charities and groups for some fun events   | <b>21 Football Reminiscence</b><br><a href="#">Log your fantastic football memories with Altra</a> | <b>22 Cocoa Pyjama Party</b><br>Throw a pyjama party and drink hot chocolate and cocoa for some warm comfy fun | <b>23 Autumn Fair</b><br>Host an Autumn fair with local vendors for your residents and their families to enjoy | <b>24 Stir-up Sunday</b><br>Bake some Christmas puddings for this Victorian tradition                  |
| <b>25 Book Club</b><br>What seasonal stories can you share this month?                         | <b>26 Seated Chair Exercises</b><br><a href="#">Lead a session of seated chair exercise alongside Altra's handy video guide</a>    | <b>27 Mason Jar Decorations</b><br>Get ready for Christmas by decorating some mason jars with Christmas scenes | <b>28 Thanksgiving</b><br>Eat a big meal and share thanks on this North American holiday           | <b>29 Black Friday</b><br>Would anyone like to look for some Black Friday deals?                               | <b>30 St Andrew's Day</b><br>A great day for some Scottish themed fun!   |  |

**Key Dates:**

- Diwali
- All Souls Day
- Movember
- Guy Fawkes Night
- Remembrance Sunday
- Armistice Day
- World Kindness Day
- International Men's Day
- Universal Children's Day
- Stir-up Sunday
- Thanksgiving
- Black Friday
- St. Andrew's Day

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