

Activity Planner - January 2025



Mon

Tue

Wed

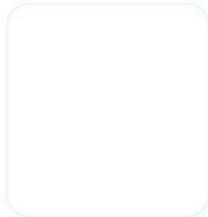
Thurs

Fri

Sat

Sun

Key Dates:



1 New Year's Day
Ring in the new year with a special celebration

2 Sci Fi Day
Are there any sci-fi fans in your care service? Celebrate Science Fiction Day with movies or books

3 Veganuary
[Try out some new vegan and vegetarian recipes this month](#)

4 National Trivia Day
Prepare a fun quiz for your community

5 Twelfth Night
The official end of Christmas is a great chance to redecorate your home

- New Year's Day
- Twelfth Night
- Brew Monday
- St Dwynwen's Day
- Holocaust Remembrance Day
- Lunar New Year

6 Altra Comic Strip
[Stretch your funny bone with this fun comic template](#)

7 Gardening
[Find out what vegetables grow in January and get planting!](#)

8 Escape Room
[Create your own escape room with appropriate mini puzzles](#)

9 Winter Walk
Wrap up and enjoy a brisk Winter walk

10 Mentoring Month
What can you learn from the people you support?

11 Salt Dough Ornaments
[Create salt dough ornaments with this handy guide](#)

12 Reminiscence
Reminiscence about school days. What was the favourite subjects, favourite teachers and memories?

13 Altra Musica Warm-up
[Keep your body loose with Altra and Musica's fun warm-up](#)

14 Book Club
Start the year off with an adventure!

15 Bingo
Organise a fun bingo night for your community

16 Creative Writing
Come up with some stories of your own and share them

17 Altra Meditation
[Follow Altra's guide for their butterfly meditation exercise](#)

18 Winnie the Pooh Day
Read your favourite Winnie the Pooh stories on A.A. Milne's birthday

19 National Popcorn Day
The perfect excuse for some classic movies and snacks

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](#)

20 Brew Monday
[Share stories over some tea and discuss your mental health with those close to you](#)

21 Cornflour Slime
[Create slime with cornflour and water for a sensory experience](#)

22 Winter Puzzles
Complete some colourful winter jigsaw puzzles

23 Altra Breathing Exercises
[Try out these useful breathing exercises courtesy of Altra](#)

24 Big Garden Bird Watch
[What feathered friends are visiting your garden this weekend?](#)

25 St Dwynwen's Day
Celebrate the most romantic day in Wales with gifts and cards

26 Australia Day
Host a travel day for Australia Day. With food tasting, virtual sightseeing and learning facts

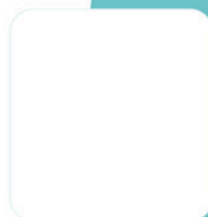
27 Holocaust Remembrance Day
Take time to pay respects to victims of the Holocaust and their families

28 Lego Day
Get creative and build something fun together

29 Lunar New Year
Celebrate the Year of the Snake

30 Dance Party
Put on some tunes and start to boogie!

31 National Hot Chocolate Day
Curl up with some warm hot chocolate to see off January



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