

Activity Planner - July 2025



Mon

Tue

Wed

Thurs

Fri

Sat

Sun

Key Dates:

1 Joke Day

Gather round for some riddles and joke-telling

2 Garden Club

Plant some flowers or herbs in the garden

3 Chair Yoga

Do some gentle stretching in a seated yoga class

4 American Independence Day

Host a BBQ style lunch in the garden

5 Tour De France

Gather to watch the start of the Tour de France

6 Paint and Sip

Enjoy some guided painting with a drink of choice

- International Joke Day
- American Independence Day
- St Swithin's Day
- World Chess Day
- National Cousins Day

7 World Chocolate Day

Bake some chocolate cakes, muffins, or cookies

8 Colour with Altra's Art

Using Altra's template, get creative with some colouring.

9 Bingo

Organise a fun evening of Bingo for everyone!

10 Petting Zoo

Enjoy a visit from some furry friends

11 Summer Crafts

Using materials from nature, like shells, create some summer themed art

12 Tennis

Play some tennis games in the garden with friends

13 Wimbledon

Gather round to watch the finals of Wimbledon 2025

14 Sing-a-long

Sing-a-long to some familiar, classic tunes

15 Afternoon Tea

Celebrate St Swithin's Day with an afternoon tea

16 Nature Walk

Enjoy the outdoors with an enjoyable stroll in nature

17 Altra's Ice Cream Puzzle

Solve Altra's ice-cream themed puzzle

18 Mocktail Making

Get mixing and start your weekend with a delicious mocktail!

19 Live Music

Spend the afternoon enjoying some live music

20 World Chess Day

Time to show off your chess skills

21 Fun in the Sun

Play some garden games

22 Geography Quiz

Explore the UK's summer holiday destinations with a quiz

23 Fruit Platter

Discover new, or forgotten, flavours by creating an exotic fruit platter

24 National Cousins Day

Share tales of times spent with your cousins, aunts, and uncles

25 Wreath Making

Using plants and decorations, create some summer wreaths

26 Summer Fair

Celebrate the summer with a summer fair, invite friends or some family

27 French Trivia

Celebrate the end of Tour de France with some french-themed trivia

28 Mystery Movie Night

Gather round to watch a classic mystery movie

29 Bake with Altra

Get baking with Altra's walnut cake recipe

30 Who am I?

Using clues, guess the celebrity or famous person

31 Dance Therapy

Stand or sit to enjoy some dance therapy with your favourite tunes!

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