

# Activity Planner - August 2025



Mon

Tue

Wed

Thurs

Fri

Sat

Sun

Key Dates:



**1 Lammass Day**  
Bake some bread rolls to celebrate the harvest holiday!

**2 Flower Arranging**  
Style and arrange some summery flowers to create a beautiful bouquet!

**3 Smoothie Making**  
Using fruit and yoghurt, mix up some delicious smoothies

**4 Seaside Sing-a-long**  
Sing-a-long to some classic summer holiday tunes!

**5 Puzzle Club**  
Solve a puzzle or two with some friends

**6 Paint By Number**  
Channel your inner artist with some painting!

**7 Meditation**  
Take part in a relaxing guided meditation session

**8 International Cat Day**  
Create and decorate some origami cats!

**9 National Bowling Day**  
Play some bowling in your garden or hallway

**10 Altra's Match Game**  
Head outdoors to enjoy Altra's Natural Match game

**11 National Afternoon Tea Week**  
Enjoy a themed afternoon tea party with cakes and tea!

**12 World Elephant Day**  
Celebrate with a trip to the zoo or by watching a nature documentary

**13 Movie Day**  
Enjoy a movie showing with snacks and drinks

**14 Cheese Tasting**  
Take part in a cheese tasting afternoon with a variety of British cheeses

**15 Pilates**  
Get your muscles working in a guided pilates session (seated where necessary)!

**16 Coffee Morning with Altra**  
Bake Altra's Creamy Caramel Bars and enjoy at a coffee morning with friends or family!

**17 Sports Day**  
Show off your sporty skills!

**18 National Fajita Day**  
Host a mexican-themed dinner party!

**19 World Humanitarian Day**  
Create small items (bookmarks, painted stones etc.) to donate to local community groups.

**20 Make Lemonade**  
When life gives you lemons...

**21 Live Music**  
Enjoy (or create!) some live music in the sun

**22 Sightseeing**  
If possible, get in the car and enjoy a tour of some local sights!

**23 Mini Golf**  
Set up a fun and simple mini golf course, increase inclusivity with different types of ball

**24 Notting Hill Carnival**  
Enjoy a carnival-themed day inspired by the famous London festival!

**25 Summer Bank Holiday**  
Visit the ice cream van or make your own sundae station!

**26 National Dog Day**  
Enjoy a visit from your carer's or family's dog!

**27 Quiz Night**  
Test your knowledge with some trivia!

**28 National Burger Day**  
Build your own burger for a delicious lunchtime meal!

**29 Jewellery Making**  
Using beads and charms, create some jewellery to keep or gift!

**30 National Beach Day**  
Enjoy a trip to the beach, or bring the beach to you!

**31 Picnic**  
Commemorate the end of summer with a picnic

- Lammass Day
- National Afternoon Tea Week
- World Elephant Day
- World Humanitarian Day
- Notting Hill Carnival
- Summer Bank Holiday
- National Dog Day
- National Beach Day

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