

Activity Planner - August 2025



Mon

Tue

Wed

Thurs

Fri

Sat

Sun

Key Dates:



1 Lammas 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

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

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

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