

# Activity Planner - October 2025



Mon	Tue	Wed	Thurs	Fri	Sat	Sun
		<b>1 World Vegetarian Day</b> Make and share your favourite vegetarian dishes	<b>2 Poetry Day</b> Read your favourite poems, or write your own!	<b>3 Black History Month</b> Celebrate black history with music! Think motown, jazz, gospel, reggae, & blues	<b>4 World Space Week</b> Get creative with some space-themed arts & crafts	<b>5 Meditation</b> Relax and unwind with some meditative music and movement
<b>6 Autumn Walk</b> Head outdoors & look how the leaves are changing	<b>7 National Grandparents Day</b> Share memories with your grandparents, and your grandchildren!	<b>8 Mosaics</b> Create mosaics using magazines cut outs, jewel stickers or coloured squares	<b>9 Autumn Wreaths</b> Use real or artificial leaves, acorns, and twigs to create some autumnal décor	<b>10 Mental Health Day</b> A problem shared is a problem halved! Check in with those around you	<b>11 Oktoberfest</b> Enjoy German music, pretzels, non-alcoholic beer tasting and folk dancing	<b>12 Scarecrow Making</b> Using straw, old fabrics, and recycled materials, make your own scarecrows
<b>13 Game, Set, Match!</b> <a href="#">Get involved in some seated or walking tennis</a>	<b>14 Soup Making</b> Commemorate the harvesting season with homemade soup	<b>15 Pamper</b> Take some time to look after and pamper yourself	<b>16 Spooky Trivia</b> Get in the seasonal spirit with some Halloween themed trivia	<b>17 National Pasta Day</b> Enjoy an Italian themed evening with some classic pasta dishes	<b>18 World Singing Day</b> Sing your favourite tunes at karaoke night!	<b>19 Conkers</b> Head outdoors, perhaps to a nearby park, and collect some conkers
<b>20 Diwali</b> Create colourful paper lanterns to hang around the home	<b>21 Book Club</b> Listen to some short stories or the first chapters of a new book	<b>22 Head Outside</b> If possible, head to a local park or walking spot to enjoy a hot drink or two	<b>23 Decorations</b> Prepare for Halloween by making some spooky decorations	<b>24 Wear Pink Day</b> Dress in your pinkest outfit to raise awareness for Breast Cancer	<b>25 Apple Day</b> Bake an Apple Pie for a sweet, autumnal treat!	<b>26 Turning Back Time</b> Turn back the clocks and listen to music from back in the day!
<b>27 Pumpkin Patch</b> Head out for the day to a pumpkin patch	<b>28 Movie Night</b> Watch a spooky film with your favourite Autumn snacks	<b>29 Cat Day</b> If possible, bring in some furry friends for a visit!	<b>30 Hallow-eve</b> <a href="#">Take your pick at a fun halloween activity</a>	<b>31 Halloween</b> It's the spookiest day of the year! Time for a party!		

## Key Dates:

- World Vegetarian Day
- National Poetry Day
- Black History Month
- World Space Week
- National Grandparents Day
- World Mental Health Day
- Oktoberfest
- World Singing Day
- Diwali
- Breast Cancer Awareness Month
- Daylight Saving Time Ends
- National Cat Day
- Halloween

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