

Activity Planner - September 2025



Mon

Tue

Wed

Thurs

Fri

Sat

Sun

Key Dates:

1 Have a Go!

Try out a new game or activity to start 'Have a Go' month

2 Quiz Night

Pick a team and take part in a fun quiz!

3 Summer Memories

As summer draws to a close, reflect on your favourite summer memories

4 Yoga

Relax and stretch in a guided yoga session

5 International Day of Charity

Check your wardrobe, anything to donate?

6 Read a Book

Trade a book with a friend or carer

7 Crochet

Practice your crochet skills!

- International Day of Charity
- International Literacy Day
- Roald Dahl Day
- Balance Awareness Week
- World Alzheimer's Day
- Autumn Equinox
- Professional Care Workers Week
- Macmillan's World's Biggest Coffee Morning
- Reflexology Week
- World Heart Day

8 International Literacy Day

Write a letter to share words of wisdom with students at a local school!

9 Infused Water

Add fruits to your water for a delicious, hydrating drink!

10 Photo Sharing

Pick one of your favourite photos and share the memories behind it

11 Football

Take part in some football inspired games (in the garden if possible!)

12 National Chocolate Milkshake Day

Enjoy a homemade milkshake with all your favourite toppings!

13 Roald Dahl Day

Share your favourite stories from the famous author, or watch a movie adaptation!

14 Musicals

Share and enjoy your favourite musical tunes!

15 Balance Awareness Week

Improve your balance in a guided exercise class

16 Movie Night

Cosy up for a movie (with snacks of course!)

17 Baking

Bake your favourite treats to enjoy!

18 National Cheeseburger Day

The perfect time for a delicious American classic!

19 Board Games

Bring out your favourite board games

20 Gardening

Plant some flowers that'll brighten up the garden through the colder months!

21 World Alzheimer's Day

Help raise awareness and understanding of Alzheimers
#worldalzheimersday

22 Autumn Equinox

Take a trip outside to see how the seasons are changing

23 Professional Care Workers Week

Share gratitude with your carers to kick off this special week!

24 National Day of Arts in Care Homes

Get creative with some painting, drawing, or sketching!

25 FSC Forest Week

Head outdoors on a walk round your nearest forest!

26 Macmillan Coffee Morning

Invite friends and family to a Macmillan Coffee Morning

27 Reflexology Week

Trial and test the benefits of Reflexology!

28 Great British Food Fortnight

Prepare and share your favourite British meals!

29 World Heart Day

Learn and try some ingredients that support heart health!

30 Choir

Gather round and rehearse some of your favourite choir songs

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E hello@nourishcare.com

T 023 8000 2288

nourishcare.com

