

Activity Planner - November 2025



Mon	Tue	Wed	Thurs	Fri	Sat	Sun
3 Pet Therapy Organise a pet therapy session in your care service. What unique animal can you request?	4 Movie Afternoon Enjoy a movie showing with snacks and drinks	5 Guy Fawkes Night Head to a local fireworks display or host your own Guy Fawkes	6 Riddles Keep sharp with brain teasers and riddles	7 Musica Radesty March <u>Dance along with the Radesty March, Musica and Altra</u>	8 Reflection Reflect by listening to wartime songs, and reading poetry based on these times	9 Remembrance Sunday Join in with local events for remembrance Sunday, or host your own
10 Seasonal Crumble <u>Use fruits of the season to make a delicious dessert</u>	11 Remembrance Day Observe the two minutes silence at 11am	12 Hand Massage Use scented lotion and calm music to create a relaxing environment	13 World Kindness Day Create a kindness collage full of handwritten compliments	14 Autumn Crafts Leaf pressing, pinecone wreaths, or decorating pumpkins with paint or stickers.	15 Book Club Read and discuss short stories or poems	16 Autumn Fair Host an Autumn fair with local vendors for residents and their families to enjoy
17 Chair Yoga Enjoy some gentle movement and stretching	18 Mickey Mouse's Birthday The perfect occasion for a Disney film and some Disney-themed trivia	19 International Men's Day Celebrate the positive male influences in your life by sharing stories	20 World Children's Day Spend the day fundraising with/for a local children's charity	21 Cornflour Slime <u>Create slime with cornflour and water for a sensory experience</u>	22 Paint by Numbers Follow a guide to paint a picture	23 Bake & Enjoy Simple baking, such as cookies and cake, followed by a tea party
24 Seated Chair Exercises <u>Lead a session of seated chair exercise alongside Altra's handy video guide</u>	25 Bingo Enjoy a game of bingo with friends	26 Dance Show off your moves!	27 Thanksgiving Show your gratitude to those around you by writing cards	28 Black Friday If you can, take a trip to your local town centre	29 Karaoke Warm up your voice by singing your favourite songs	30 St Andrew's Day Celebrate Scottish heritage with Scottish food, music, and culture

Key Dates:

- Movember
- Guy Fawkes Night
- Remembrance Sunday
- Remembrance Day
- World Kindness Day
- International Men's Day
- World Children's Day
- Thanksgiving
- Black Friday
- St Andrew's Day

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