

Activity Planner - November 2025



Mon

Tue

Wed

Thurs

Fri

Sat

Sun

Key Dates:



1 November
Grow out your best mustaches (or stick one on) for the Movember Charity

2 Music Request
Each request your favourite tunes to be played throughout the day

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 Radeisty March
Dance along with the Radeisty March. Musica and Altra

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
Use fruits of the season to make a delicious dessert

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
Create slime with cornflour and water for a sensory experience

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
Lead a session of seated chair exercise alongside Altra's handy video guide

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

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- St Andrew's Day

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