

# 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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- Thanksgiving
- Black Friday
- St Andrew's Day

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