

# Activity Planner - December 2025



Mon

Tue

Wed

Thurs

Fri

Sat

Sun

Key Dates:

## 1 First Day of Advent

Time to Decorate!

## 2 Visitors

If you can, arrange to visit, or have a visit from a local school

## 3 Showing Support

A day to celebrate, learn about, and support people with disabilities

## 4 Decoration Making

Make some handmade Christmas decorations

## 5 Breathing Exercises

[Try out these useful breathing exercises courtesy of Altra](#)

## 6 Everyday is a School Day!

Learn about how animals adapt during winter- hibernation, migration, etc.

## 7 Winter Walk

Head out on a walk, admire the decorations and how the seasons are changing

- First Day of Advent
- International Day of People with Disabilities
- Human Rights Day
- Christmas Jumper Day
- Hanukkah
- Winter Solstice
- Christmas Eve
- Christmas Day
- Boxing Day
- New Years Eve

## 8 Christmas Card Making

Design, make & write Christmas cards to send to loved ones

## 9 Cheese Board

Make and enjoy your own delicious cheeseboard

## 10 Human Rights Day

Discuss & outline the basic rights of older people & care home residents

## 11 Christmas Jumper Day

Host a Christmas Jumper Day with activities and raise money for Save The Children

## 12 Shopping

Take a Christmas shopping trip

## 13 Gift Wrapping

Wrap gifts for people in need using donations from everyone in your care service

## 14 Hanukkah

Enjoy eating Hanukkah treats, such as latkes, sufganiyot & applesauce

## 15 Christmas Wreaths

Using plants from the local area, create your own Christmas wreaths

## 16 Find the Elf

Hide a toy elf somewhere in the home and see who can spot it first!

## 17 Altra Workout

[Work off some of the festive treats with Altra's Gentle Seated Workout](#)

## 18 Quiz Night

Participate in a Christmas-themed quiz

## 19 Giving Back

Visit a local charity and donate your time to help others at christmas!

## 20 Christmas Baking

Bake some festive treats, such as mince pies or cookies

## 21 Carolling

Either go carolling or invite carollers to perform at your care service

## 22 Winter Solstice

Make simple solstice-themed crafts: pinecone decorations, evergreen wreaths, or sun catchers.

## 23 Movie Night

Before the celebrations begin, relax with a festive film

## 24 Christmas Eve

If possible, head to a local Christmas eve service or event

## 25 Merry Christmas!

Enjoy the day with those around you

## 26 Boxing Day Guess the Gift

Wrap mystery objects in boxes and have residents guess what's inside

## 27 Name that Tune!

Play some festive songs, first to guess the title wins!

## 28 Drinks Bar

Make a festive bar (hot chocolate, mulled cider etc.) to enjoy throughout the day

## 29 Resolutions

Prepare to bring in the new year by discussing resolutions

## 30 Reflection

Reflect on the year passed and share your favourite memories

## 31 New Years Eve

Bring in the new year with a party!

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