

Activity Planner - October 2025



Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Key Dates:
6 Autumn Walk Head outdoors & look how the leaves are changing	7 National Grandparents Day Share memories with your grandparents, and your grandchildren!	8 Mosaics Create mosaics using magazines cut outs, jewel stickers or coloured squares	9 Autumn Wreaths Use real or artificial leaves, acorns, and twigs to create some autumnal décor	10 Mental Health Day A problem shared is a problem halved! Check in with those around you	11 Oktoberfest Enjoy German music, pretzels, non-alcoholic beer tasting and folk dancing	12 Scarecrow Making Using straw, old fabrics, and recycled materials, make your own scarecrows	<ul style="list-style-type: none"> • World Vegetarian Day • National Poetry Day • Black History Month • World Space Week • National Grandparents Day • World Mental Health Day • Oktoberfest • World Singing Day • Diwali • Breast Cancer Awareness Month • Daylight Saving Time Ends • National Cat Day • Halloween
13 Game, Set, Match! <u>Get involved in some seated or walking tennis</u>	14 Soup Making Commemorate the harvesting season with homemade soup	15 Pamper Take some time to look after and pamper yourself	16 Spooky Trivia Get in the seasonal spirit with some Halloween themed trivia	17 National Pasta Day Enjoy an Italian themed evening with some classic pasta dishes	18 World Singing Day Sing your favourite tunes at karaoke night!	19 Conkers Head outdoors, perhaps to a nearby park, and collect some conkers	
20 Diwali Create colourful paper lanterns to hang around the home	21 Book Club Listen to some short stories or the first chapters of a new book	22 Head Outside If possible, head to a local park or walking spot to enjoy a hot drink or two	23 Decorations Prepare for Halloween by making some spooky decorations	24 Wear Pink Day Dress in your pinkest outfit to raise awareness for Breast Cancer	25 Apple Day Bake an Apple Pie for a sweet, autumnal treat!	26 Turning Back Time Turn back the clocks and listen to music from back in the day!	
27 Pumpkin Patch Head out for the day to a pumpkin patch	28 Movie Night Watch a spooky film with your favourite Autumn snacks	29 Cat Day If possible, bring in some furry friends for a visit!	30 Hallow-eve Prepare for Halloween by baking some fun, festive treats!	31 Halloween It's the spookiest day of the year! Time for a party!			

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