

# Activity Planner - January 2026



Mon

Tue

Wed

Thurs

Fri

Sat

Sun

Key Dates:

- New Year's Day
- Twelfth Night
- RSPB's Big Garden Birdwatch
- Burns Night
- International Holocaust Remembrance Day
- National Storytelling Week

## 5 Twelfth Night

Play carols and folk tunes to commemorate the ending of the festive season

## 6 National Shortbread Day

Bake some delicious shortbread, perhaps experiment with flavours!

## 7 Yoga

Join in on some gentle movement and stretching

## 8 Elvis Presley's Birthday

Take part in an Elvis singalong & trivia quiz

## 9 Painting

See where your mind (and a paintbrush!) takes you

## 10 Walk

If possible, head outdoors for a gentle walk

## 11 Bingo

Organise a fun bingo night

## 12 Photo Booth

Create a small photo area with hats, feather boas, and fun signs

## 13 Book Club

Start the year off with a thriller!

## 14 Arts & Crafts

[Use the Altra guide for some creative fun with your community!](#)

## 15 National Strawberry Ice Cream Day

Add your favourite toppings to create a yummy ice cream sundae

## 16 Global Word Search Day

[Complete a word search or two!](#)

## 17 Winter Puzzles

Complete some winter-themed jigsaw puzzles

## 18 Winnie the Pooh Day

Read your favourite Winnie the Pooh stories on A.A. Milne's birthday

## 19 Martin Luther King Day

Celebrate the life and legacy of the civil rights activist

## 20 Blue Monday Uplift

Watch a classic comedy, with some snacks!

## 21 National Hug Day

Show some appreciation for your loved ones

## 22 Storytelling

Create a resident's life story board

## 23 National Pie Day

Channel your inner chef to bake the perfect pie!

## 24 RSPB's Big Garden Birdwatch

[Head outdoors to watch the wildlife](#)

## 25 Burns Night

Enjoy some traditional Scottish dishes

## 26 Rainbow Puzzle

[What Rainbow-themed quote is Altra hiding?](#)

## 27 Holocaust Remembrance Day

Take time to pay respects to victims of the Holocaust and their families

## 28 Lego Day

Get creative and build something fun together

## 29 Dance

Whether you're seated or standing, put on your favourite tunes for a dance!

## 30 Birthday Celebrations

Celebrate the Capricorns and Aquarius' of the group with one big party!

## 31 National Storytelling Week

Read and share your favourite short stories

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