

Activity Planner - January 2026



Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Key Dates:
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 <u>Use the Altra guide for some creative fun with your community!</u>	15 National Strawberry Ice Cream Day Add your favourite toppings to create a yummy ice cream sundae	16 Global Word Search Day <u>Complete a word search or two!</u>	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 <u>Head outdoors to watch the wildlife</u>	25 Burns Night Enjoy some traditional Scottish dishes	
26 Rainbow Puzzle <u>What Rainbow-themed quote is Altra hiding?</u>	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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