

Activity Planner - February 2026



Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Key Dates:
2 Groundhog Day Decorate communal areas to welcome the changing seasons!	3 Chair Zumba Take part in some movement to some fun music!	4 World Cancer Day A day to reflect, hope, raise awareness and inspire action	5 World Nutella Day <u>Bake some delicious Nutella Brownies</u>	6 Winter Olympics Tune into some of the sports going on in the Olympics	7 Charles Dickens Birthday Enjoy a film or radio adaptation of a Dickens' classic	1 Tu Bishvat Celebrate this Jewish holiday with a walk in nature	• Tu Bishvat • Groundhog Day • World Cancer Day • Winter Olympics • LGBT+ History Month • Children's Mental Health Week • Valentine's Day • Ramadan
9 Children's Mental Health Week Come together to support a children's mental health charity	10 Card Making Create valentines cards for your loved ones	11 Movie Night Grab your favourite snacks to enjoy a romance film!	12 Darwin Day Enjoy some science and nature themed trivia	13 Galentines/ Palentines Day Celebrate friendship with a mocktail making class!	14 Valentines Day Spend time with, and remember, your loved ones at a tea party	8 LGBT+ History Month Learn about and celebrate the history of the LGBT+ community	
16 Altra Puzzle <u>Train your brain with Altra's fun Tangram puzzle</u>	17 Shrove Tuesday Take part in a pancake flipping competition!	18 Ramadan Create your own paper lanterns to celebrate and decorate	19 Iftar Foods Enjoy dates, hummus, flatbread, and sweet treats like baklava with those around you	20 Games Afternoon Play some bingo, dominoes, cards, or skittles	21 Musician Invite a local musician to perform	15 World Hippo Day Watch a short nature documentary	ALTRA+ Check out exclusive content from our wellbeing and engagement partners, Altra. To access a library of 1000+ Altra wellbeing resources and easily gather feedback from the people you support and their circle of care book a demo today.
23 Pet Day Invite some furry friends for a visit	24 Altra's Comedy Strip <u>Stretch your funny bone with this fun comic template</u>	25 Clay Sculptures Create some simple designs using clay	26 Book Club Discuss your recent read and move onto a romance!	27 Seed Planting Plant seeds for the season ahead (indoors if it's cold!)	28 Birthday Celebrations Celebrate the February birthdays with one big party		BOOK A DEMO

E hello@nourishcare.com

T 023 8000 2288

nourishcare.com

