

Activity Planner - August 2026

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
					1 Lammas Day <u>Learn to make bread rolls</u>	2 End of Commonwealth Games Gather round to watch the final events
3 Book Club Select and begin your next book	4 Chocolate Chip Cookie Day <u>Bake and decorate some tasty cookies</u>	5 Sunflower Crafts Make paper sunflowers to decorate with	6 Puzzle Club Solve a puzzle or two with some friends	7 Jewellery Making Using beads and charms, create some jewellery to keep or gift!	8 International Cat Day Bring in some furry friends to mark the day	9 Make Lemonade When life gives you lemons...
10 Movie Day Enjoy a movie showing with snacks and drinks	11 Crochet Practice your crochet skills!	12 Wreath Making Using plants and decorations, create some summer wreaths	13 Painting Paint flower pots to brighten the garden	14 Hook-a-Duck How well can you play?	15 Yoga Relax and stretch in a guided yoga session	16 Window Displays Create sun catchers and paper flowers to brighten up the windows
17 Art from Around the World Explore famous artists from different countries	18 Smoothie Making Using fruit and yogurt, mix up some delicious smoothies	19 World Photography Day Share your favourite photographs with the group	20 Quiz Night Test your knowledge with some trivia!	21 Cheese Tasting Take part in a cheese tasting afternoon with a variety of British cheeses	22 Summer Garden Party Enjoy Pimms mocktails and refreshments	23 Fruit Kebabs Use your favourite fruits to make a snack
24 Karaoke Sing songs from your favourite decades	25 National Banana Split Day Pick your favourite toppings to make a delicious dessert	26 International Dog Day Share stories of family pets	27 Burger Day Build your own burger for dinner	28 Games Afternoon Play games like Ring Toss, Skittles, Bean Bag Throw	29 Reminiscing Look through and share old travel photographs	30 Birthday Celebrations Gather to celebrate all the August birthdays
31 Notting Hill Carnival Remake the iconic carnival with bright, fun décor						

Key Dates:

- Lammas Day
- Commonwealth Games
- International Cat Day
- World Photography Day
- International Dog Day
- Summer Bank Holiday
- Notting Hill Carnival

E hello@nourishcare.com
 T 023 8000 2288
nourishcare.com


