

Activity Planner - October 2026



Mon

Tue

Wed

Thurs

Fri

Sat

Sun

Key Dates:



1 World Vegetarian Day
Share and enjoy your favourite vegetarian dishes

2 Black History Month
Celebrate reggae, jazz, soul, gospel, and Motown Black British artists

3 Oktoberfest Oompah Singalong
Invite a musician or create a playlist with familiar German songs

4 Grandparents Day
Create a simple family tree using names and photographs

5 World Space Week
Watch archive footage of the 1969 Moon Landing, where were you at the time?

6 School-days Reminiscing
Share memories of teachers, playground games and favourite lessons

7 Oktoberfest Seated Movement
Use scarves and simple movements accompanied by polka music

8 Harry Potter Book Day
Serve themed cakes, "butterbeer" mocktails and colourful drinks

9 Music Requests
Each select your favourite song to be played

10 World Mental Health Day
Enjoy some gentle movement, calming music, and a hand massage

11 Soup-making
Choose ingredients and help prepare a seasonal soup

12 Harvest Flower Arranging
Arrange seasonal flowers in warm autumn colours

13 Local History Afternoon
Explore old photographs and stories from the surrounding area

14 Mystery Object Quiz
Identify familiar household items from previous decades

15 Shwmae Su'mae Day
Celebrate the Welsh Language by learning some popular phrases

16 Bird Feeder
Use suitable ingredients and hang feeders in the garden

17 World Singing Day
Invite residents, relatives and staff to perform

18 Gameshow Afternoon
Recreate a popular gameshow to play

19 Nature Walk
Head outdoors to see how the seasons have changed

20 Autumn Wreath Making
Create decorations using leaves, ribbons and artificial berries

21 What's in the news?
Read a newspaper article from a significant date in your life

22 Favourite Autumn Television
Watch clips from classic programmes and discuss them

23 Breast Cancer Awareness Month
[Wear pink to raise awareness for this important cause](#)

24 Hot Chocolate Bar
Add cream, marshmallows, cinnamon and other toppings

25 British Summer Time Ends
Join in on trivia based on famous clocks from around the world

26 Lantern Making
Decorate battery-operated lanterns or jars

27 Birthday Celebration
Celebrate all the birthdays from this month

28 Seasonal Baking
[Bake an autumnal, cozy treat](#)

29 Spooky Movie Night
Choose a light-hearted halloween classic

30 Pumpkin Painting
Use paint, stickers or découpage

31 Halloween
Include fancy dress, themed music, games and spooky mocktails

- World Vegetarian Day
- Black History Month
- Oktoberfest
- National Grandparents Day
- World Space Week
- World Mental Health Day
- Shwmae Su'mae Day
- Breast Cancer Awareness Month
- British Summer Time Ends
- Halloween

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

