

# Activity Planner – September 2025



Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p><b>1 Ginger Cat Day</b></p> <p>Orange cat videos and ginger-themed treats</p>	<p><b>2 Coconut Day</b></p> <p>Coconut macaroons baking session</p>	<p><b>3 Newspaper Carrier Day</b></p> <p>Newspaper reading and current events discussion</p>	<p><b>4 Cheese Pizza Day</b></p> <p>Pizza making workshop with Italian music</p>	<p><b>5 Back to School Fun</b></p> <p>Share school memories &amp; classroom games</p>	<p><b>6 Skincare Day</b></p> <p>Tips for skincare in changing weather</p>	<p><b>7 Literacy Day</b></p> <p>Poetry reading and creative writing session</p>
<p><b>8 Teddy Bear Day</b></p> <p>Teddy bear tea party with childhood memories</p>	<p><b>9 Suicide Prevention Day</b></p> <p>Mental health awareness with gentle activities</p>	<p><b>10 Video Games Day</b></p> <p>Retro gaming with simple video games</p>	<p><b>11 Love Note Day</b></p> <p>Writing appreciation notes to staff</p>	<p><b>12 Coffee Day</b></p> <p>Coffee appreciation morning with different blends</p>	<p><b>13 Pet Day</b></p> <p>Pet visit or show pet photos</p>	<p><b>14 Technology Talk</b></p> <p>Learn tablet basics or photo sharing</p>
<p><b>15 Craft Corner</b></p> <p>Make autumn leaf art and decorations</p>	<p><b>16 Heritage Day</b></p> <p>Share UK traditions &amp; cultural stories</p>	<p><b>17 Chair Yoga</b></p> <p>Gentle seated exercises to boost mobility</p>	<p><b>18 Grandparents Day</b></p> <p>Special celebration with family visits</p>	<p><b>19 Fitness Friday</b></p> <p>Light outdoor exercises with music</p>	<p><b>20 Film Night</b></p> <p>Watch a Classic Movie with snacks</p>	<p><b>21 Alzheimer's Day</b></p> <p>Activities for memory support and empathy</p>
<p><b>22 Autumn Craft Fair</b></p> <p>Market-style event with homemade crafts</p>	<p><b>23 Dancing</b></p> <p>Chair dancing with live music</p>	<p><b>24 Pamper Day</b></p> <p>Hand massages and nail care treatments</p>	<p><b>25 Indoor Bowling</b></p> <p>Friendly competition with indoor bowling set</p>	<p><b>26 Nature Walk</b></p> <p>Garden walk and bird watching</p>	<p><b>27 Tea Party</b></p> <p>Elegant afternoon tea with china</p>	<p><b>28 Karaoke</b></p> <p>Singing favorite songs</p>
<p><b>29 World Heart Day</b></p> <p>Talk on heart health and lifestyle</p>	<p><b>30 Monthly Reflections</b></p> <p>Share September memories and feedback</p>					