

February 2021

Share your activities on social media by tagging Person Centred Software and including the hashtag **#KeepingResidentsActive**

Dignity Action Day

A day to celebrate providing dignified care to your residents. Hold a Digni-Tea event or construct a Digni-Tree.
[Find out more.](#)

1

Crepe Day

Set up a buffet breakfast for your residents with a pile of crepes and lots of different toppings like strawberries & chocolate

2

Carrot Cake Day

Gather ingredients and make a carrot cake with your residents and serve it up with a cup of tea.

3

World Cancer Day

Talking openly about cancer with residents makes a huge difference in increasing understanding and reducing fear.
[Find out more.](#)

4

World Nutella Day

Look up some Nutella recipes, like cookies, cakes, brownies etc. and have a themed meal with your residents.

5

Time to Talk Day

Get residents to draw what makes them happy and have a conversation with them about mental health.
[Find out more.](#)

6

Send a Card to a Friend Day

Have your residents write a card to their friends within the home and pass it on for them. It's always fun to receive a card.

7

Kite Flying Day

Have your residents decorate their own kite with glitter, paint etc. and hang them up in the care home.

8

Pizza Day

Buy some ingredients and have a pizza making party with your residents, and when the pizzas are made, have a nice pizza dinner

9

Umbrella Day

Have a beach-themed party with your residents and have them enjoy a fruity cocktail/mocktail drink with those cute umbrella decorations.

10

Make a Friend Day

Have your residents virtually socialise together when they usually wouldn't, and hopefully create a new friendship.

11

Chinese New Year

Have your residents learn how to make a Paper Chinese Lantern and decorate the care home.
[Learn more.](#)

12

Radio Day

Turn on your residents' radio to a station you wouldn't usually listen, or try and find a new one you would enjoy listening to

13

Valentine's Day

Celebrate with a chocolate fondue party with your residents and decorate your care home in heart-shaped balloons, red roses and bunting.

14

No One Eats Alone Day

Have a communal meal with residents and colleagues, encourage them to get to know someone new.

15

Almond Day

Either buy or make some different almond recipes like roasted almonds or an almond cake.

16

Random Act of Kindness Day

Perform a random act of kindness for any of your residents that would bring a smile to their face

17

Pluto Day

Get your residents to draw the planets in our solar system and decorate the home with stars and anything you can find in space!

18

Care Day

To celebrate young people in care, get your residents together and decorate cupcakes with different toppings like chocolate sprinkles & edible glitter

19

Cherry Pie Day

Bake a simple cherry pie recipe with your residents which they can share and enjoy afterwards.

20

World Whale Day

Gather your residents and watch a documentary about these magnificent creatures e.g. [Our Planet on Netflix, Episode 6 about Humpback whales](#)

21

World Yoga Day

Run a guided yoga session with your residents. This can be done virtually too.

22

Banana Bread Day

Help your residents to bake a loaf of banana bread and serve it up to the rest of the care home

23

Pink Day

Wear pink! Start the day by helping your residents pick out their favourite pink garment to wear and take a group photo and share on social media.

24

Shrove Tuesday

Gather your residents and enjoy pancakes for breakfast with all their favourite toppings i.e. lemon & sugar, honey, fruits!

25

Tell a Fairy Tale Day

Gather your residents' round together and read them a light-hearted fairy tale from their childhood

26

Strawberry Day

Gather a multitude of strawberry items to have a themed meal with your residents. You could have ice cream, crepes, chocolate or cake.

27

Flower Design Day

Arrange a flower arranging day at your care home. Buy some flowers and vases and display your resident's creations in their room.

28

Don't forget to share all your amazing activities on social media using **#KeepingResidentsActive** & tag Person Centred Software on:

Facebook **@PersonCentredSoftware**

Twitter **@PersonCentredSW**

LinkedIn **@Person Centred Software**

Remember to download next month's calendar and checklist for more activities to keep your residents active!

www.personcentredsoftware.com