

## Older Peoples Day

Talk to your residents about how you can give back to them by making their stay at your care home comfortable

1

## Random Acts of Poetry Day

Ask your residents or help them to write a short poem about anything they want

2

## Family History Month

Dive into your residents' history with them and discuss their family's past

3

## World Smile Day

Make sure you try and make your residents smile today

4

## Card Making Day

Set up a craft station in your care home for your residents to make a card for a loved one

5

## Noodle Day

Prepare some noodle soup and other noodle dishes for your residents to try and to eat

6

## Mental Health Month

Talk to your residents about the importance of speaking up about their mental health to either you or another member of staff

7

## World Octopus Day

Put on some sea life documentaries for your residents to learn more about these sea creatures

8

## World Post Day

Mail out the letters that your residents wrote to their family and give any letters you receive back to your residents

9

## World Porridge Day

Prepare some porridge with various fruits and nuts for you residents to eat

10

## Egg Day

Make various egg recipes like scrambled eggs, devilled egg, an omelette etc. for your residents to try

11

## World Arthritis Day

If any of your residents have arthritis, take extra care today to see how to make their life easier

12

## Train Your Brain Day

Set up some mental exercises for your residents to try, to stimulate their mind and help promote and healthy brain

13

## Dessert Day

Bake some interesting and delicious desserts for your residents to eat and enjoy together

14

## Pizza Month

Make pizza with your residents, or order some and have a picnic together, trying new flavours

15

## World Food Day

Ask your residents what their favourite food is and see if you can have some made or bought for them soon

16

## Mulligan Day

Encourage your residents to pick up something again, like an old hobby they forgot

17

## Chocolate Cupcake Day

Bring in plain chocolate cupcakes for your residents to decorate and eat

18

## I Love Yarn Day

Set up a craft station for your residents with multicoloured yarn, card, felt etc. to create some art with

19

## International Sloth Day

Take today to slow down, enjoy the day as it is, and make sure your residents feel calm and relaxed

20

## Apple Day

Make sure your residents eat some kind of apple today, to promote a healthy diet

21

## Nut Day

Make various nut related treats, like roasted nuts, nut doughnuts etc. and have offer them to your residents to try

22

## Event Organisers Day

Find out where your residents would like to go and organise a day out some time this month

23

## Breast Cancer Awareness Month

Make sure to perform a breast cancer test on your residents who need it

24

## International Artists Day

Encourage your residents to make some form of art today, and display the around the care home

25

## Pumpkin Day

Bake some pumpkin pie or other pumpkin treat for your residents to eat as dessert

26

## Navy Day

See if any of your residents served in the Navy, or put on some naval documentaries

27

## Plush Animal lover's Day

Ask your residents to recount their favourite childhood toy and why they loved it so much

28

## Cat Day

Find out if your residents have ever owned a cat, or if another member of staff could bring in their cat to the care home

29

## Sweets Day

Purchase some sweets in preparation for Halloween for your residents

30

## Halloween

Invite your residents to take part in spooky activities for Halloween, like making scary art and decorating

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