

## Yoga Day

Gather your residents and create a comfortable spot for your yoga practice.

1

## World UFO Day

Gather your residents and watch some classic Sci-Fi films together.

2

## Chocolate Wafer Day

Try making some chocolate wafers from scratch to give to your residents.

3

## Caesar Salad Day

Prepare a nice picnic for your residents with a classic bowl of Caesar salad or perhaps a Waldorf Salad!

4

## BBQ Day

Fire up the grill and gather your residents for a BBQ day!

5

## Meditation Day

Promote resident well-being through meditation - search for meditation sessions on YouTube.

6

## World Chocolate Day

Host a chocolate tasting event and invite residents to bring their best chocolate recipes to share.

7

## Afternoon Tea Day

Have afternoon tea with your residents. Here are some tasty [afternoon tea recipes](#).

8

## Drawing Day

Take your residents outside to the great outdoors and create some landscape drawings.

9

## Pina Colada Day

Make some virgin Pina Coladas for your residents and colleagues to enjoy!

10

## Blueberry Muffin Day

Prepare ingredients to bake a simple blueberry muffin and get your residents to join in.

11

## New Conversations Day

Prepare interesting topics of conversation on cards and get your residents to randomly pick one and have a discussion.

12

## International Rock Day

Bring in a range of rocks and prepare acrylic paint and brushes and get residents to decorate their own rock.

13

## Shark Awareness Day

Gather your residents to watch a shark documentary to celebrate these wonderful creatures. [Watch now](#).

14

## Hot Dog Day

Have a BBQ and serve up different types of toppings and let your residents choose which one they prefer.

15

## Fresh Spinach Day

Add spinach in either a smoothie or a sandwich for your residents and set up armchair exercises to keep your residents strong & healthy!

16

## World Emoji Day

Print a bunch of individual emojis on A4 paper and get residents to colour in their chosen emoji. Share your photos on socials!

17

## Ice Cream Day

Buy all the different ice cream flavours you can find and have an ice cream party. Perfect for a summer's day!

18

## World Watercolour Month

Bring in some watercolours for your residents to experiment with and make some beautiful artwork.

19

## International Chess Day

Set up a few chess boards for your residents to play against each other or carers.

20

## Plastic Free July

Gather your residents to learn more about the detrimental effects of single-use plastics. [Watch the Sky News report](#).

21

## Mango Day

Buy some mangos or mango flavoured food, like ice cream for your residents to taste and enjoy.

22

## Gorgeous Grandma Day

Invite your residents' loved ones so they can celebrate together, like Mother's or Father's Day or organise a virtual meeting.

23

## Cousins Day

Ask your resident's if they have any cousins and reminisce with them about how they grew up together.

24

## Hot Fudge Sundae Day

Try and make some fudge sundae with your residents to all enjoy for dessert.

25

## Holistic Therapy Day

See if there are any holistic physicians who can come to your care home to do holistic therapy with everyone.

26

## Walking Day

Staying active improves sleep, strength, flexibility, and circulation. Head out for a neighbourhood walk with your residents.

27

## Milk Chocolate Day

Gather some ingredients and make some milk chocolate with your residents.

28

## International Tiger Day

Dress up in stripes and watch some wildlife documentaries with your residents. [Watch here](#).

29

## Paperback Book Day

Ask your residents about their favourite paperback book and get them to read a snippet of it to you.

30

## Movie Night

Make some popcorn and have a movie night with your residents.

31

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