



WISDOM ACTIVITIES™

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Your hands-on guide to seasonal themes & awareness events in 2026 relevant to aged care, wellbeing & community engagement.

MONTH	EVENT	2026 DATES	ACTIVITY THEME IDEAS
JUNE	King's Birthday	8 June	British music and memories, crown crafts, royal trivia
	Men's Health Week	15 - 21 June	Social connection, movement, hands-on activities
	World Elder Abuse Awareness Day	15 June	Respect, dignity, inclusion
JULY	NAIDOC Week	5 - 12 July	Cultural learning, storytelling, art activities
	Christmas in July	July	Social events, music, winter crafts
AUGUST	Loneliness Awareness Week	3 - 9 August	Conversation starters, group games
	Daffodil Day	20 August	Morning tea fundraiser, wear yellow, craft
SEPTEMBER	Father's Day	6 September	Family BBQ lunch, craft
	Dementia Action Week	21 - 27 September	Cognitive engagement, reminiscence
	Healthy Ageing Month	September	Wellness, movement, nutrition
	Footy Finals Season	September - October	Sporting games, trivia, team spirit
	Oktoberfest	September - October	German food and wine, live entertainment
OCTOBER	International Day of Older Persons	1 October	Celebrating ageing, connection
	Daylight Savings (NSW, VIC, SA, TAS, ACT)	4 October	Change clocks reminder
	Mental Health Month	October	Mindfulness, relaxation, sensory, wellbeing
	National Carers Week	11 - 17 October	Appreciation, self-care, thank you activities
	Halloween	31 October	Themed games and crafts
NOVEMBER	Melbourne Cup	3 November	Sweep, happy hour, quiz
	Remembrance Day	11 November	Reflection, storytelling, history
	Diwali	8 November	Light, colour and cultural celebration
DECEMBER	Hanukkah	4 - 12 December	Dreidel, craft, food
	Christmas Activities	December	Crafts, music, gifts, decorations
	New Year Celebrations	31 December	Reflection and celebration



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