

# 2021 Supportive Living Calendar of Events Planning Guide



## “Life is a Journey” Travel Begins Today!

This year, our Supportive Living activities will focus on traveling the world virtually. The following is a suggested calendar of events for each month beginning in February. Over the months ahead we hope you and your residents will “travel” to different locations throughout the world, participate in a variety of fun activities, learn new languages, and enjoy tasty food & treats.

It’s up to each community where you will go, how often you’ll travel, and what activities you decide to do!

All we ask is that you to post your activities on Facebook and tag @AALCIllinois when you do. Use the hashtags #LifeisaJourney and #SpiritofSupportiveLiving to help us track all the places you go to.

Our *Life is a Journey* travel theme will also be tied to our annual photo and testimonial contests along with other events throughout the year.

So, while we can't travel right now, we can still “get out” and explore the world in other ways.

**Get started today!**

**Ask your residents where they want to travel in 2021, and let their adventures begin!**

### 2021 KEY DATES

#### Feb. 1, 2021

Product Ordering Opens  
Life’s a Journey Travel Begins!

#### July 1 – Aug. 31

Photo & Testimonial Contest

#### Oct 1 – Nov. 30

Best of Our Abilities &  
Centenarian Contest

#### October TBD

AALC Annual Conference

**Post photos of your travels to Facebook!**

#SpiritofSupportiveLiving #LifeisaJourney Tag: @AALCIllinois

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## February 2021

Visit New Orleans! Celebrate Mardi Gras & Valentine's Day!

### New Orleans Activity Ideas:

- [Visit New Orleans Virtually](#) and celebrate the fun of Mardi Gras
- Decorate with [beads](#)
- Make the drink cart a Mardi Gras float
- Have a [New Orleans Food Night](#): Jambalaya, Gumbo, Beignets, Red Beans & Rice, Etouffee, & Muffaletta
- Take your residents on a virtual [swamp tour](#)
- Make [Voodoo Dolls!](#)
- [Learn more](#) about the city and its history

### Valentine's Day & President's Activity Ideas:

- Hold a [craft day](#) to prepare for **Valentine's Day** (Feb. 14)
- Have everyone dress in red or pink
- Decorate sugar cookie hearts
- Hold a Valentine's Day luncheon
- Take photos and post on social media!
- Elect a Valentine's Queen & King. Have them wear crowns throughout the day.
- **President's Day** (Feb. 15) hold a [trivia contest!](#)

## March 2021

Visit Ireland! Celebrate St. Patty's Day!

### Ireland Activity Ideas:

- [Visit Ireland Virtually](#)
- **Celebrate St. Patrick's Day** (March 17)
- Serve [Green Beer!](#)
- [Decorate shamrocks!](#)
- Learn some Irish! Dia Duit = Hello / Slan = Goodbye  
Le do thoil = Please / Slainte = Cheers
- Hold a [limerick writing contest](#)
- Dress in green
- Serve Lucky Charms for breakfast!
- Host an [Irish food dinner](#). Serve Irish Stew, Corned Beef & Cabbage & Colcannon Potatoes

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## April 2021

Visit Spain! Celebrate Easter & Earth Day!

### Spain Activity Ideas:

- [Visit Spain Virtually!](#)
- [Learn some Spanish!](#) Buenos días = Good morning / Buenas noches = Good evening / Por favor = Please / Adiós = Goodbye / Hola = Hello
- Make Homemade [Maracas](#)
- Host an [Italian Food Night](#). Serve Spaghetti, Ravioli & Pizza

### Easter & Earth Day Activity Ideas:

- **Celebrate Easter Sunday** (April 4)
- [Get Creative with Easter Crafts!](#)
- Dye Easter Eggs, Decorate Cookies, Make Easter Cards
- Decorate Easter Bonnets and hold a hat parade! Take pictures and post on social media.
- **Earth Day Celebration** (April 22)
- Plant a flower garden! Plant a tree!
- Take a walk outside! [Hold a scavenger hunt!](#)

## May 2021

Visit Mexico! Celebrate Cinco De Mayo, Mother's Day & Memorial Day!

### Mexico Activity Ideas:

- [Visit Mexican Museums Virtually](#)
- Learn Some Spanish: Adios = Goodbye / Hola = Hello / Buenas Dias = Good Day / Gracias = Thank you
- Celebrate Cinco De Mayo with a Fiesta! Serve Tacos, Rice, Beans
- Play Mariachi Music and dance!
- Arts & Craft Night: Decorate Sombreros, [Create Mexican Tissue Paper Flowers](#), [Painted Cactus Rock Garden](#)

### Mother's Day & Memorial Day Ideas:

- Celebrate **Mother's Day** (May 9) by holding a Mother's Day Lunch
- Hold Zoom calls with family
- Make Mother's Day Cards for all the moms
- Celebrate Memorial Day (May 31)
- Take a virtual tour of the [White House](#)
- Have resident Veteran's share stories
- Write letters to soldiers
- Hold an art day where residents draw/paint U.S. Flags or decorate your community in red, white & blue

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## June 2021

Visit Italy! Celebrate Father's Day & Flag Day!

### Italy Activity Ideas:

- [Visit Italy Virtually!](#)
- Host an [Italian Dinner!](#) Pizza & Spaghetti
- Tour Italian Museums, Talk about famous pieces of art
- Hold an [Italian Trivia](#) night!
- Learn some Italian! Buon giorno= Good morning / Grazie= Thank you / Prego=You're welcome / Mi scusi = Excuse me

### Father's Day & Flag Day Activity Ideas:

- **Flag Day (June 14):** Have residents paint flags from the countries they have visited!
- Hold a "[Match the Country with the Flag](#)" Contest!
- **Father's Day (June 20):** Zoom calls to Family
- Print and color [cards for dads](#)
- Take photos of all the dads and post on Facebook!

## July 2021

**Note: Photo & Testimonial Contest Begins on July 1**

Visit the USA! Celebrate 4th of July!

### USA Activity Ideas:

- [Visit the National Parks Virtually!](#)
- Explore each [state's zoos, museums and more virtually!](#)
- Write memories of about a favorite trip across the U.S.
- [Get out a map and chart](#) where your residents have lived or visited in the U.S. over their lifetimes
- Hold a [USA Trivia contest](#)

### 4th of July Activity Ideas:

- Hold a BBQ & picnic
- Decorate in red, white & blue
- Ask residents to dress in red, white & blue
- Ice cream socials are always fun!
- Plan a parade! Decorate walkers or walking sticks, wear silly hats, have fun!
- Hold a 4th of July [Scavenger hunt!](#)

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## August 2021

Note: Photo & Testimonial Contest Ends on Aug. 31

Visit France! Celebrate National Root Beer Float Day!

### France Activity Ideas:

- [Visit France Virtually](#)
- Learn some French! Bonjour = Hello / Au revoir = Goodbye  
Bonne journée = Good Day / Merci = Thank you / Bonsoir = Good Evening
- Have a French food day – [Crepes](#), [French Onion Soup](#), [Quiche & Macarons](#),
- Watch some fun films with French themes – The Hunchback of Notre Dame, Ratatouille, An American in Paris, La Vie En Rose
- Celebrate **National Root Beer Float Day** (August 6)
- [Host a French themed party](#)
- Have everyone wear berets!

## September 2021

Visit Amsterdam/Netherlands! Celebrate Labor Day & Grandparents Day!

### Amsterdam Activity Ideas:

- [Visit Amsterdam Virtually](#)
- Tour the [tulip gardens virtually](#)
- Make a [bouquet of paper tulips](#)
- Ask the kitchen to hold a Amsterdam dessert night with [apple pie](#) and [Stroopwafels!](#)
- Learn some Dutch! Hallo = Hello / Hoi = Hi / Goedemorgen – Good morning / Bedankt = Thanks
- Celebrate **Labor Day** (Sept. 6) with a picnic or BBQ
- Celebrate **Grandparent's Day** (Sept. 12) with a show & tell of family photos
- Post photos of grandparents holding pics of grand kids to social media

## October 2021

Note: BOA & Centenarian Contest Begins Oct. 1

Visit Germany! Celebrate Halloween!

### Germany Activity Ideas:

- [Visit Germany Virtually!](#)
- Learn some German! Hallo = Hello / Guten Morgen = Good morning / Nein = No / Danke = Thank you / Auf Wiedersehen = Goodbye
- Hold an Oktoberfest celebration & serve foods such as [Curry Wurst](#), [Schnitzel](#), Sauerkraut, [Strudel](#)
- Create a Germany based trivia game – [here are some questions to get you started](#)

### Halloween Activity Ideas:

- Celebrate **Halloween** (Oct. 31). Ask everyone to dress up!
- Paint & [decorate on miniature pumpkins](#). Hold a [Halloween Craft Day!](#)
- Have a Parade! Take photos of all the fun outfits and post to social media

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## November 2021

Note: BOA & Centenarian Contest Ends on Nov. 30

Visit India! Celebrate Veterans Day & Thanksgiving!

### India Activity Ideas:

- [Explore India Virtually](#)
- Purchase [temporary henna tattoos](#) for residents
- Cook traditional Indian food such as [Tika Masala](#), [Butter Chicken](#) or [Chana Masala](#) (Chickpea stew)
- Hold a [Diwali Party](#) with Bollywood or Punjab music

### Veterans Day & Thanksgiving Activity Ideas:

- Hold a hall parade for veterans to thank them on Veteran's Day (Nov. 11)
- Celebrate veterans at dinner. Take a photo for Social media!
- Hold a flag raising ceremony
- Decorate tables for Thanksgiving (Nov. 25)
- Have residents make [Fall crafts](#) like wreaths and painted gourds
- Have fun making [decorated turkey cookies!](#)

## December 2021

Visit Norway! Celebrate Christmas & Winter Solstice!

### Norway Activity Ideas:

- [Visit Norway Virtually](#)
- **Learn some Norwegian!** Hallo = Hello / Ha Det = Goodbye  
God Morgen = Good Morning / God Dag = Good Day / Nei = No /  
Thank you = Tusen Takk / Please = Vær så snill
- Eat a traditional Norwegian meal such [risengrynsgrøt](#); a hot rice pudding served with sugar, cinnamon and butter, [Skillingsboller](#) (Norwegian cinnamon rolls) or [Sodd](#) (Norway's national dish is a soup with meat and vegetables)

### Christmas Activity Ideas:

- [Paint Christmas ornaments](#)
- [Make a Gingerbread House](#)
- Sing Christmas carols
- Make [Christmas wreaths, decorate cookies, make cards](#)

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