



national day activity guide

200+ activities for seniors on the most popular national days of the year





we help activity professionals provide better engagement by addressing hearing loss

Who we are

Eversound provides advanced listening systems to senior living communities to address untreated hearing impairment that limits resident engagement and participation. Activity professionals use our wireless headphone systems to help hearing-impaired seniors engage in activities, discover new interests and connect to their peers, loved ones and communities. By breaking down the communication barriers caused by hearing loss, activity professionals can provide better care to residents through social connectedness and a sense of purpose. At Eversound, we believe life is worth hearing in every moment.

Why us?

Better hearing leads to a life worth living. Better hearing also helps activity professionals provide better engagement and care. We relieve the burden of communication barriers from teams and residents to facilitate better communication and understanding during conversations, programs and more. Our data-backed listening systems are proven to increase engagement, understanding and mood. Eversound helps activity teams deliver quality programs more efficiently with access to our library of highly developed multimedia activity programs that residents love.

Learn about our activity package: <https://eversoundhq.com/packages/>

2000+ activity professionals trust eversound



Holidays

- 1-New Years Day
- 21-Martin Luther King Jr. Day

National Month

- National Hot Tea Month
- National Hobby Month

National Days

04

National Spaghetti Day

Spaghetti is a simple, quick recipe your residents can help with. If you're unable to get residents in on the cooking process, allow choice in the noodles or sauce options for their own spaghetti dinner. Bonus points for creating an Italian-themed dining area (think: Red and white table cloths and Italian music playing.)

[Get inspired by this Little Italy themed 70th Birthday Party](#)

04

Trivia Day

Celebrate Trivia day by playing fun games of trivia! Pick one category to focus on or make a tournament out of it by playing different games! The best part about trivia is that it can be on any topic. Another variation that may be fun is to create "trivia" questions about each of your residents as an icebreaker to newcomers to your community. Try our interactive trivia games below which include a recorded video and printouts.

[Free Interactive Trivia Games from Eversound](#)

06**National Technology Day**

Demystify technology with introduction and collaborative technology classes! Call on young staff members to share their favorite technology, and offer simple instructions for new-age technology like cell phones, iPads, and Alexa or Google Home.

[Check out this Youtube Channel for technology tutorials for seniors](#)

13**Korean-American Day**

Dive into history and recognize your Korean-American residents with a day dedicated to their culture. Offer Korean-American identifying residents a part in the day's activities. You may also want to lead up to the celebration by reading books like Korean American Pioneer Aviators: The Willows Airmen by Edward T. Chang and Woo-Sung Han, Korean-Americans: Past, Present, and Future by Ilpyong J. Kim, Memoir of a Cashier: Korean Americans, Racism, and Riots by Carol Park.

[Learn more here](#)

13**National Rubber Duck Day**

Today is National Rubber Duck Day which makes this fun scavenger hunt the perfect day for this game. Hide rubber duckies all over the community or a community common room. Whoever finds the most rubber duckies win. Make sure to keep count of how many you hid. You can also mark the bottom of the duckies with different symbols that correspond to different prizes.

15**National Bagel Day**

If you have a facility of bagel-lovers, this day will be a hit! Offer a variety of bagels and spreads for breakfast, with coffee or tea to pair with it. Step up the celebration with a full day of bagel-related fun. How? Bake bagels, taste different bagels and spread options, or learn about the different ways bagels are prepared across the country!

15**National Bird Day**

Learn about birds, listen to them, and go bird watching! If the weather doesn't allow, find videos on Youtube, and [try this bird-watching resident packet](#) for safe indoor entertainment.

19**National Popcorn Day**

Want to do more than a popcorn machine on popcorn day? Watch a slow-mo video of popcorn popping, or play games using the "popcorn" method! The popcorn method starts with a resident speaking/reading/playing, and when the activity leader says "popcorn," the resident calls another resident's name, they take over. Use this for reading, storytelling, or other games.

21**National Hugging Day**

National hugging day can be about more than the act of hugging, and instead focus on the love and adoration of loved ones. Not only can the day be full of hugging others, recommend residents hug themselves! It's a proven stress-relief and comforting act. Dedicate time during this day to write letters or create art to send to loved ones.

23**National Pie Day**

Pie day can go a few different ways. For the adventurous staff, you may opt for games ending in a pie in the face. Consider bringing loved ones in for this day of pie baking and tasting! Alternatively, a day of delicious pie-tasting is a great option as well.

[Knott County Health and Rehabilitation Center had a successful Pie Day Celebration](#)

25

National Florida Day

Florida Day falls in January, one of the colder months. Northern states can have an enjoyable time bringing sun and summer to facilities for Florida Day! Decorate with suns, and offer residents sunglasses and summer themed-drinks (umbrellas and garnishes encouraged)!

29

National Puzzle Day

Puzzles are an everyday activity in many long-term care communities, but you can put a unique twist on it for National Puzzle Day! Make puzzle day fun and interactive with competitions for the fastest puzzle completion, or do a scavenger with handmade over-sized puzzle pieces around the facility that creates a unique phrase or drawing!

[See the fun of National Puzzle Day at Crystal Lake Healthcare](#)

31

National Inspire Your Heart With Art Day

The purpose of this day is to reflect on and appreciate art. Art projects do wonders for stress relief and fun in long-term care facilities. Use this National Inspire Your Heart with Art Day by showing residents famous artwork and discussing the feelings they evoke. You can also allow residents to share their experiences with art over the years and how it's made them who they are!



Holidays

- 1-Chinese New Year, Korean New Year
- 2-Groundhog Day
- 14-Valentine's Day
- 21-Presidents' Day

National Month

- American Heart Month
- Black History Month
- National Snack Food Month
- Mardi Gras

National Days

01

National Texas Day

If your community isn't located in Texas, a fun way to spend the day is "as a Texan!" Incorporate the things associated with Texas, including: Live music, BBQ food, its history, and NASA!

[Discover the history of Texas and book recommendations here](#)

03

Doggie Date Night Day

Have staff in your community bring in dogs! If there isn't anyone with a dog, invite a local shelter to have an adoption event! Invite families to come and find a pup, and the community gets to see your facility!

05**World Nutella Day**

Keep it simple but delicious for World Nutella Day with tastings of Nutella with various favorite pairings. Nutella can go great with Waffles, pancakes, rice cakes, pretzels, apples, and bread!

[Cooperscroft Care Home celebrated World Nutella Day with dozens of treats](#)

06**Eat Ice Cream for Breakfast Day**

Play this Ice Cream Sundae Bar trivia game for a fun twist on your ice cream party! Teams eat ice cream sundaes every time the group gets an [ice cream trivia question](#) right!

07**National Send A Card To A Friend**

Celebrate the day by helping residents write cards to loved ones, but there's a way to go a step further. For the weeks leading up to this day, contact families or post on social media for families to send cards in the mail for residents to open on this day!

09**National Pizza Day**

Create a pizza-themed day complete with pizza to eat, pizza crafts, and pizza clothes! There's no shortage of craft and activity ideas for residents, including paintings, cooking, and mix and match tastings!

[Choose activities and find printouts here](#)

11**National Inventors' Day**

National Inventor's Day can focus on inventors residents have or haven't heard of! Get into the exciting history of inventions in resident's childhood and new inventions getting created today!

[Find fascinating inventions and stories](#)

13**Global Movie Day**

Dress up as movie stars and watch movies to celebrate Global Movie Day! This day can be fun, glamorous, and interactive. Get staff in on the dress-up, and ask residents their favorite movies to create trivia games about.

[Movie star costume ideas](#)

17**National Random Acts of Kindness Day**

National Random Acts of Kindness is a feel-good day for all involved. Create a jar full of ideas for kind acts and encourage residents to do as many as possible! Some ideas for acts of kindness include: Compliment someone, share your snacks, or give a gift!

[More ideas for activities and gifts on this day](#)

22**National Margarita Day**

Margarita Day is simple: Make margaritas! Offer different flavors, salt or sugar, and use margarita glasses for the complete experience.

[All smiles for mocktails at Superior Residences of Niceville](#)

23**World Spa Day**

Choose from these gorgeous spa day activities to rest, relax and rejuvenate your body, mind, and spirit! Suitable for group and individual spa day activities.

[Spa Day Activity Guide](#)

25**National Chili Day**

Get residents and staff involved for National Chili Day with a Chili cookoff! Residents can vote on their favorite chili, and staff dresses up with chef hats!

[Chili recipes and cook-off inspiration](#)

28**National Floral Design Day**

Create a floral-filled day! From floral pattern clothes to bouquet arrangement activities and a history lesson about the cultural art form of floral design.

[Learn more about Floral Design here](#)



Holidays

- 8-International Women's Day
- 17-St. Patrick's Day
- 20-Earth Day
- 27-Passover Begins
- 28-Palm Sunday

National Month

- Irish-American Heritage
- March Madness
- National Crafting Month
- National Peanut Month
- National Women's History Month

National Days

02

National Read Across America Day (Dr. Seuss Day)

You're never too old for some, Dr. Seuss! Encourage reading this day, and offer reading circles for the famous and feel-good books.

03

National Wildlife Day

Begin the program by reading about some of the world's most rare wildlife. Talk about where they live, how many are left, and any special characteristics they have. After the reading, play your favorite animal planet episodes! If possible, invite a guest speaker from the state's forestry services to discuss different ways to conserve local wildlife. Planet Earth documentaries also give a unique look into wildlife and are available on Netflix

06**National Oreo Cookie Day**

Oreo cookies are the best-selling cookie in the United States! Oreo-cookie lovers will be happy with some Oreos and milk this day, but another fun activity can be a competition for the highest oreo tower!

09**National Meatball Day**

There are tons of types of meatballs, from Swedish to Italian to Spanish! Create a mixture of meatballs, and residents can get their hands in there to create the round meatballs! Follow it up with creating different meatball dishes like meatball sandwiches and pasta with meatballs.

[50 Meatball Recipes](#)

12**National Pancake Day**

There are many ways to make pancakes. You can add chocolate chips, blueberries, bananas, cinnamon, pumpkin, bacon, ginger bread, nutella and more. Get creative with your residents while making different types of pancakes. Let everyone taste test the variety so they can choose their favorites!

14**National Pi Day**

National Pi Day is 3/14 and gets celebrated in various ways. Some opt for a math angle, while others go the "pie" direction. You might do a bit of both! Offer tricky math questions with a side of pie.

[Read more activity ideas here](#)

18**National Sloppy Joe Day**

Celebrating sloppy joe day is simple: Make sloppy joes, and enjoy them! Ask residents for their family recipes and try them out for dinner.

[Delicious sloppy joe's in 20 minutes](#)

21**National Fragrance Day**

How strong is your sniffer? Gather some common scents like, lavender, cinnamon, citrus, basil, eucalyptus... (essential oils can come in handy here). Once collected, have your residents go around and smell each one by one to take a guess at what they are smelling. It may be helpful to use a blind-fold so they don't read any labels. Keep in mind, the sense of smell tends to weaken for residents with dementia, so don't be discouraged if there are some challenges! Pro tip: between scents, have residents smell a small jar of coffee beans. Coffee beans are like a palette cleanser for your nose!

23**National Puppy Day**

National Puppy Day sounds like a dream and could be for your community! Encourage families to bring in their vaccinated, calm dogs for a meet and greet with residents. Know a nearby trainer or local shelter? Invite unique groups for demonstrations. Alternatively, [share this video](#) with your dog-loving residents! Feel free to pause the video and invite your residents to talk about the dogs! Do any of them look like a pet they had?

25**National Medal of Honor Day**

National Medal of Honor Day is a day for recognizing all recipients of the Medal of Honor. The history of this day and information related to the Medal of Honor works as a great lesson and time to recognize residents who may have received it!

[Medal of Honor History and Information](#)

26**Make Up Your Own Holiday Day**

If you could make your own holiday, what would it be? When would it be? Would people have work/school? Is the day to recognize or celebrate something or someone? Ask your residents these questions and see what they come up with.

28**Major League Baseball Opening Day**

Play ball! Did you know this is the earliest Opening Day for the MLB ever? All 30 MLB teams will play on this day, so get your cracker jacks ready!

29**National Vietnam War Veterans Day**

Vietnam War Vets' ages can range from 50 to 90+ years old. Your community likely has a vet or a family member of one. Honor this time in American History and the sacrifices made by veterans with lessons and stories, and even a donation to a local veterans organization.

[More information and inspiration for Vietnam War activities](#)

31**National Prom Day**

Take residents back in time and reminisce about prom! Ask residents and family members for prom through the years, and encourage residents to share stories. For an added bonus, consider hosting a prom at your community, vote on King and Queen and have a silent disco!

Holidays

- 1-April Fool's
- 22-Earth Day
- Easter

National Month

- Jazz Appreciation Month
- Keep America Beautiful Month
- National Garden Month
- National Poetry Month
- Scottish-American Heritage Month
- National Couple Appreciation Month

National Days

02

National PB&J Day

Serving PB&J might be an essential part of this day, but we love the idea of recognizing the "PB to our J!" Residents can create a PB&J themed card for their favorite other half!

[Unique PB&J recipes](#)

02

International Children's Book Day

Kick off International Children's Book Day with a fun intergenerational program to bring smiles and share the joy of books with all. Invite a local kindergarten or elementary school group to read books with residents or ask them to bring books from their local library to present to the residents. Fun fact: On April 2nd, 1805 Hans Christian Andersen was born. He wrote 168 children fairy tales including The Princess and the Pea, The Snow Queen, and The Nightingale.

03**National Find A Rainbow Day**

Somewhere over the rainbow what do you find? Celebrate national find a rainbow day by learning more about the song somewhere over the rainbow. Once you are done, you can make your own rainbow. If you had rain, see if you can find a rainbow!

[Video: Somewhere Over The Rainbow History](#)

05**Deep Dish Pizza**

Have a pizza party! Have your culinary staff create a pizza buffet and/or a topping bar! Allow residents to customize their pizzas to have their favorite toppings! After you enjoy your pizza, take a deep dive into deep dish pizza's history!

[Deep Dive Into Deep Dish Pizza](#)

07**World Health Day**

Celebrate World Health Day by hosting a special exercise class or have a discussion surrounding The World Health Organization (WHO) annual theme. Check the WHO website for the annual theme.

07**National Beer Day**

Have a beer tasting! Collect an assortment of styles of beers for residents to enjoy. Listen to some of your favorite music, and then look behind the scenes in a brewery! Here is a [playlist](#) to get you going!

08**National Empanada Day**

Empanadas are a baked, fried, or deep-fried finger food that originated in Greece, now enjoyed worldwide!

Celebrate with a word search of empanada-related words or empanada ingredients!

[Empanada Vocabulary Words](#)

09**National Winston Churchill Day**

Winston Churchill died in 1965, but his legacy remains. Use this day to educate and entertain with movies like *Winston Churchill: Walking with Destiny* (2010) and *Darkest Hour* (2017) starring Gary Oldman, Ben Mendelsohn, John Hurt.

09**Winston Churchill Day**

Winston Churchill was one of the great Prime Ministers of the United Kingdom throughout the 1940's and 1950's. His many accomplishments had a major impact on the history of the United Kingdom and he played a big role in leading allied forces to victory in World War II. Learn about his accomplishments in a documentary viewing like [Winston Churchill: Walking with Destiny](#). Or have a discussion around his accomplishments and even, his failures.

10**National Farm Animal Day**

Invite cute barnyard babies to visit your residents! Learn about their habits and cuddle the cute creatures. This program provides your residents with the chance to hold, play with, and admire the animals for a few hours. It is a great way to brighten their day!

11**National Pet Day**

National Pet Day is intended to focus on orphaned pets. Use this holiday to learn from and donate to local organizations for orphaned pets. Try out this [sing-a-long](#).

13**National Scrabble Day**

Scrabble day means tournaments across the country, but there is plenty of fun and unique crafts to do instead. From keychains or necklaces using scrabble pieces to letter tile garden markers!

[Find unique activities for Scrabble Day](#)

14**National Gardening Day**

Gardening is therapeutic, and allowing residents to plant easy-to-maintain plants is a gift that keeps on giving. Spend time in your garden! Have a garden party, work in your garden, or learn about a well-known garden!

[Garden Party Performance](#)

[See a Brazilian Garden](#)

16**National Pajama Day**

Today is “wear pajamas to work day!” Have fun with staff and residents, wearing your favorite pajamas! Recreate a childhood sleepover by painting each other’s nails, styling hair, and watching a movie!

17**National Haiku Poetry Day**

Help your residents write the perfect Haiku on National Haiku Poetry day! Read some of the best Haikus for inspiration or hold a workshop with these [how-to instructions!](#)

[10 Best Haikus](#)

26**National Pretzel Day**

Pretzels come in various forms. Create pretzel necklaces with string and pretzel crackers, bake soft pretzels and serve pretzel buns for dinner! Why not celebrate with them all?

27**National Tell A Story Day**

We all have stories to tell. Ask residents questions to get jog their memories for the best stories they want to share with the community.

[A list of 20 questions to ask](#)

28**National Superhero Day**

On this day, make it all about comic books! Residents can share their favorites, and options can be provided for each interested resident. You might also offer comic drawing activities for some creative time.

[Comic Drawing Instructions](#)

28

Pay It Forward Day

Over 80 countries around the world come together for National Pay It Forward Day! Host a discussion around small acts of kindness that your residents have done for others. Have residents volunteer, do a small act of kindness for fellow residents or a staff member and ask that they pass it on themselves. The small act may be picking up something someone has dropped, or telling them their haircut looks nice, or even help a staff member set up for a program.

30

International Jazz Day

Listen to some great jazz music today! Premium members can enjoy this interactive series on the big band swing era. Don't have premium programming? Play [Name that Genre](#) or enjoy this [jazz playlist](#).



Holidays

- 5-Cinco de Mayo
- 9-Mother's Day
- 31-Memorial Day

National Month

- Arthritis Awareness Month
- Asian Heritage and Pacific Islander Heritage Month
- Better Speech & Hearing Month
- Healthy Vision Month
- Jewish American Heritage Month
- Military Appreciation Month
- National Pet Month

National Days

01

Kentucky Derby

Today marks the last day of the Derby! Make prize ribbons to celebrate the race. Decorate the community with them, or award them to the resident who correctly guesses the winner!

[Kentucky Derby Prize Ribbons Craft](#)

02

National Lemonade Day

April showers bring May flowers (and warm weather)! If your community is experiencing sunshine and warm weather, celebrate National Lemonade Day with a lemonade stand. Residents can create signs, run the stand, and be a customer.

04**National Star Wars Day**

Star Wars has many die-hard fans, so there's no surprise they get a day to celebrate. Instead of showing the entire movie(s), consider offering behind the scenes and other exciting videos about Star Wars production and fans.

04**National Bird Day**

Bird Day falls on the same day and offers dozens of ideas for celebration. For bird-lovers, a bird-watching excursion is a perfect way to celebrate. To celebrate indoors instead, try feather crafts or a professional demonstration!

05**Limerick Day**

Celebrate limerick day with poetry! Share your favorite poems or attempt to write your own. Check out all of our Eversound programs related to poetry [here](#).

05**National Space Day**

[Build a model of the Earth, the Moon, and the Sun](#) in the Eversound activity to see how the orbits work! Celebrate Space Day by learning as much as you can about space!

06**National Nurses Day**

The theme of National Nurses Week this year is A Voice to Lead – Health for All. To honor and celebrate nurses as this special week kicks off, find some creative ways to have them share their stories: 1. Have a series of lunch-and-learn sessions where nurses from the community present on their role and responsibilities 2. Invite a nursing leader to present on a topic of interest to colleagues or community gatherings 3. Have residents write thank you notes to each of the nurses on staff at the community!

08**National Have A Coke Day**

Improve coke day by pairing with a meal! Americans have reported loving burgers, pizza, french fries, and chicken wings the most with their Coca-Cola.

[The history of National Have a Coke Day](#)

12**National Limerick Day**

Limericks are a creative and fun type of poem made famous by Edward Lear. Read aloud popular Limerick poems like “There was a Young Lady of Ryde” or “There was an Old Man in a Boat.”

[Examples of Limerick poems](#)

15**National Chocolate Chip Day**

Make delicious chocolate chip cookies or other chocolate chip treats! Try these chewy [S’mores](#) bars that are easy to make!

16

National Honor Our LGBT Elders Day

LGBT rights and acceptance have come a long way, and many elders experienced the turning point of this, starting at the Stonewall Riots of 1969. Discussing this history and celebrating with rainbows is a fun way to commemorate.

[The History of Stonewall Riots](#)

16

Wear Purple for Peace Day

Invite residents, staff, and visitors to wear purple today! Spread peace and work on happiness today.

18

National Armed Forces Day

In 1949, the branches of the military were all brought together under the Department of Defense. On May 20, 1950, the first Armed Forces Day was celebrated! It is not just a holiday celebrated in the USA but 39 other countries from around the world also celebrate this day! If you have residents that once served our great country in the armed forces, celebrate them today! Asked them to share stories or highlight them in some way - like a toast! You can also create care packages for those still serving our country to let them know you're thinking of them and recognize the sacrifice they've made.

[How To Make Care Packages](#)

21

National Endangered Species Day, NASCAR Day

Combine these two National Days with an endangered animal sponsoring NASCAR's! Have residents create drawings or sculptures of cars with photos and facts related to the endangered species on the cars.

22**National Maritime Day**

On National Maritime Day, we honor the women and men who took to the seas. Honor those in your community who served, and watch this [historical video](#) from the museum of maritime pets.

24**National Scavenger Hunt Day**

A scavenger hunt is fun for all. Create a scavenger hunt with a theme like summer, animals, or colors. Allow residents to work in groups and create team names to level up the fun. Or, create a scavenger in resident rooms for an independent activity.

[Scavenger hunt materials and directions by the CDC](#)

[Assisted living scavenger hunt materials](#)

28**National Hamburger Day**

Hamburgers are a staple of America and Summer. Mix the two for a summery American celebration full of red, white, and blue! Offer all the fixings for a hamburger like ketchup, mustard, cheese, and more unique toppings like blue cheese or bacon!

30**Wear A Flower Day**

Celebrating this holiday is easy! All you need to do is wear a flower. Pick a flower from a garden, buy a bouquet from the store, or make your own using tissue paper or fabric. Need flower themed programs? Check out an assortment of programs [here](#).

Holidays

- 6-D-Day, WWII
- 14-Flag Day
- 19-Juneteenth
- 20-Father's Day
- 20-Summer Solstice

National Month

- Pride Month
- National Zoo & Aquarium Month
- National Great Outdoors Month
- National Soul Food Month

National Days

01

World Reef Awareness Day

This day isn't referring to decorative reefs; instead, it draws attention to the fragility of the ocean's coral reefs. Create an underwater scene with statistics and quotes about the ocean and how it's been impacted over the years.

04

National Doughnut Day

Doughnuts make for a perfect breakfast or after-dinner snack. Bring in doughnuts (full size and doughnut holes!), and get to crafting a punny doughnut card! After, consider a round of [trivia](#)!

[10 Doughnut Crafts](#)

06**D-Day**

Remember D-Day and recognize World War II veterans. A few ways to celebrate and honor those involved in this day is offering residents to share and tell stories if they'd like to. Story circles and show and tell offer the opportunities to tell stories, ask questions, and learn.

06**Drive-In Movie Day**

To enjoy this day, set your residents up at the Drive-in! Give them snacks, drinks, and a great show outside under the moon! [This program](#) takes more work to set up but is a huge payoff and lots of fun. Consider inviting families to join in the fun!

08**National Best Friends Day**

Communities can make this day about friendship and the importance of acceptance, understanding, and love for each other! Celebrate by making friendship bracelets for residents' best friends in or out of their community.

10**National Iced Tea Day**

Celebrate this day with a fresh cup of iced tea outdoors! Provide a few options, including sweetened or unsweetened, and some additions for residents to do themselves, including a squirt of lemon or some fruit garnish!

14**Army Birthday, Flag Day**

The Army was founded on June 14th, 1775. Observe this day doing what your residents would enjoy doing, allowing them to share what they would like to share and reminisce the way they would like to. Some great ways to integrate the birthday into your day are merging with Flag Day and raising the American and Army flags.

18**National Go Fishing Day**

Get on the bus and hit the pond for an outdoor fishing day, or turn to the multiple fish-themed crafts there are. One option is creating a fish using [paper plates](#), or [decorating cupcakes](#) like fish!

21**National Selfie Day**

Your residents may not be familiar with the 2000s slang “selfie,” but they’re able to try it! Bring in disposable or polaroid cameras for fun taking photos. Or get family involved with fun photo shoots with phones and silly AR filters!

[Augmented reality apps for fun selfies](#)

28**National Alaska Day**

Use this day to discover the great and unique aspects of the northern state! Read about the heritage and the 24-hour sunlight and darkness of winter.

Holidays

- 4-Independence Day

National Month

- National Ice Cream Month
- World Watercolor Month
- National Hot Dog Month
- National Grilling Month

National Days

01

National Postal Worker Day

Thank your local postal worker on this day by giving them a call, offering a cold beverage on their route, or posting a thank you note on social media from your community!

01

International Joke Day

Got jokes? Make residents laugh by hosting a comedy show where residents can volunteer to participate in the show or join the audience! Have residents come up with skits and show off their improv skills, or they can prepare jokes in advance. For an added bonus, host a mini concession stand at the comedy show or have residents create decorations and props the day before. For some fun jokes to inspire residents, see this joke list from [Reader's Digest](#).

06**National Fried Chicken Day**

Create a spread for National Fried Chicken Day with fried chicken with a [special mix](#) and sides like potato salad, cornbread, greens, and fruit!

07**National Dive Bar Day**

Create your own personal “dive bar” in your community stocked with non-alcoholic beverages. Have a staff member behind the bar to make mocktails, and throw a social hour complete with music and dancing!

[Free music playlist for seniors](#)

[5 fun mocktail recipes](#)

09**Sugar Cookie Day**

Today is the day to make and eat delicious sugar cookies! Try a few different recipes and see which one is your favorite!

[The History of Cookies](#)

10**National Pina Colada Day**

Pina Colada comes in more than a drink-form. Enjoy all forms of Pina Colada, including popsicles, cakes, and drinks!

[Pina Colada Popsicles](#)

11**National Blueberry Day**

Blueberries are super fruits, high in antioxidants and can be used in a variety of dishes. For National Blueberry Day, have residents vote on three dishes to make, one for each meal. For breakfast think blueberry pancakes or muffins, for lunch a salad or smoothie, and for dinner, blueberry glazed meat. Have a local farm or farmers market near you that has blueberries? Take residents out to select (or pick) their own!

14**Shark Awareness Day**

It's easy to identify the shark's teeth, but what about the rest? Check out the parts of a shark and [test your shark ID skills!](#)

17**National Lottery Day**

Play a make-shift lottery with room numbers or names on papers chosen at random. Create or purchase prizes and begin the fun!

18**National Ice Cream Day**

An ice cream cart is a simple yet loved activity. Bring ice cream from room to room and offer additional toppings like sprinkles, chocolate sauce, caramel sauce, banana pieces, and whatever else your residents enjoy!

20

National Ice Cream Soda Day

Few things are as quintessentially summer than [ice cream sodas](#), whether that is root beer or cream soda floats, residents can build their own in this refreshing activity. For a special twist on this activity, have a blind tasting with some of the most popular soda floats including Boston coolers, purple cows or Shirley Temples, to name a few. Extend the activity into a 2-day activity by having residents create their own syrups the day before, such as chocolate and raspberry.

28

National Waterpark Day

If you can't go celebrate this day at a waterpark, build your own in a safe way! Play this fun and clean water game to get the thrill of a waterpark without the mess or danger.

[Solo Cup Water Race](#)

29

National Lasagna

Who loves lasagna? Garfield! Along with the lasagna menu, give residents Garfield comics and play reruns of the Garfield television series.



Holidays

- No major holidays

National Month

- Family Fun Month
- National Golf Month
- National Peach Month

National Days

01

National Friendship Day

The most important part of friendship day recognizes the value of friends and being the best friend you can be. Build friendships within your community through a tie-dye day! Residents can come together to create their shirts and work together to create beautiful designs.

[How to Tie Dye](#)

03

National Watermelon Day

Cool down this summer with this delightful twist on ice cream sandwiches! These snacks consist of a scoop of vanilla ice cream sandwiched between two slices of watermelon. Incorporate this into your scheduled activities to celebrate National Watermelon Day!

04**National Coast Guard Day**

To honor the courageous efforts of Coast Guard members, this day is observed around the country. Like other service-related holidays, it's best to offer residents options to share their stories, reminisce on memories, and share their knowledge.

06**International Beer Day**

Stock up on Non-Alcohol beer and cheers! Add to the fun with activities discussing, teaching, and experiencing beer and beer brewing.

[A List of Non-Alcoholic Beers](#)

[Complete history of brewing in the U.S.](#)

[Story of beer infographic](#)

[Interactive beer style guide](#)

07**Purple Heart Day**

Purple Heart day remembers and honors those who were wounded or lost their lives to serve the country. Observe this day by wearing all purple and allowing for stories to be told!

09**National Book Lovers Day**

National Book Lovers Day is for the casual reader or the bookworm. Residents can choose their favorite book and do a show and tell of their book! All are welcome to recognize books that made a difference in residents' lives, changed their perspective, or got them through tough times.

[Evolve Care Group Recognizes the Importance of Reading](#)

14**National Bowling Day**

Anyone can get involved on Bowling day, no matter the ability. Play bowling down your community buildings' hallways with empty two-liter bottles and a lightweight, blown-up ball!

[Directions and inspiration for bowling activity \(complete with food coloring!\)](#)

17**National Massachusetts Day**

Massachusetts has a long and involved history, including the Mayflower, Boston Tea Party, Paul Revere, and the Boston Tea Party! Celebrate the state by drinking tea and watching a movie about Massachusetts like Patriots Day, or watching a movie set in Massachusetts like Jaws!

24**National Waffle Day**

Ready-to-eat waffles made in front of residents are a fun way to get in the spirit! Waffles are easy to make with a waffle iron and batter! Offer fruit and sugar topics to complete the dish.

[10 waffle recipes with fruit](#)

30**National Beach Day**

Avoid sunburn and sand by bringing the beach to you! Beach day is all about the beautiful beaches across the country and the fun times to be had at them. Bring the beach to your community, filling your outdoor space with beach chairs and towels, beach balls, and ocean sounds (play over a speaker).

[Get inspired by these beach party ideas](#)

Holidays

- 6-Labor Day
- 9 - 9/11 Remembrance
- 15 - Yom Kippur
- 24 - Native American Day

National Month

- National Hispanic-Latino Heritage
- Classical Music Month
- Intergeneration Month
- National Americana Month
- National Sewing Month

National Days

03

National Skyscraper Day

The introduction of skyscrapers along the American landscape are iconic ranging from New York to Chicago, and everywhere around the nation. Ignite architectural curiosity on Skyscraper Day with a discussion of local skyscrapers in your area, or use Eversound with this podcast which teaches how skyscrapers are built. Extend this activity throughout the day with trivia or even a personal discussion between residents on how many they've visited.

[Podcast: How Its Made - Skyscrapers](#)

04

National Wildlife Day

Play live or pre-recorded videos for residents of wildlife and their handlers! Educate and engage residents with unique facts and interesting animals!

[Eversound On-Demand Videos](#)

05**World Beard Day**

For this silly holiday, celebrate beards! Everyone in your community can wear a beard, real or fake! Make fake beards, buy fake beards, or decorate the real ones! Talk about your favorite bearded celebrities and see who has the best beard!

06**Read a Book Day**

Any time is a good time to cozy up with a great book, and what better way to celebrate "Read a Book Day" than to get lost in a story. This activity can work with either either paperback books or audiobooks. To make this activity group friendly, host a book club throughout the month.

[14 Sites With Free Audiobooks](#)

12**National Grandparent's Day**

Welcome family in for a celebration of your residents! Encourage cards and small gifts from loved ones, and recognize residents on this day!

[How to make memories with families while celebrating grandparents](#)

14**National Virginia Day**

Celebrate National Virginia Day with Virginia-related trivia. Some fascinating facts about the state are the first Thanksgiving was there, and about half of the Civil War was fought in Virginia.

[50 Virginia Facts and Trivia](#)

15**Greenpeace Day**

Greenpeace Day marks the day a movement for the environment started. Activists protested testing offshores of Alaska in 1971, and Greenpeace day has gained more steam year after year. Residents who would like to contribute to the observance of this day and share an important statistic or topic on social media. Residents can make and hold up signs, get their photos taken, and get posted online to do their part in spreading the word!

15**Make a Hat Day**

Make your own hats! But why stop there? After making your own hat, have a mad hatter tea party! This program will guide you through making your own hat and having a tea party. For an additional bonus, hold a tea tasting party or a viewing of Alice In Wonderland.

15**Batman Day**

To honor one of the most iconic superheroes of all time, have a day fully devoted to him! Ask your residents what their favorite superhero was. Other topics can include discussions around what their idea superpower would be, what their name would be and even have them decorate a mask to hide their true identity!

17**Constitution Day and Citizenship Day**

These days commemorate the signing of the Constitution on this day in 1787. Observe this day by writing the constitution for your community, complete with rules and signatures of residents.

18**Air Force Birthday**

On this day in 1947, the National Security Act was passed. Honoring this day can include hearing from residents or local Air Force veterans. Residents can also write thank-you cards to be sent out to Air Force members.

20**National Pepperoni Pizza Day**

The most creative pizza wins! Equip residents with an uncooked pizza and allow them to create a design from pepperonis. Residents can create their name, a number, an animal, or anything their mind thinks up!

21**National New York Day**

Celebrate New York Day with a New York City-themed party! New York offers a variety of weather, activities, landscapes, and more. Choose to focus on city inspiration from NYC, or the apple orchards of upstate NY!

[NYC decor, games, and dessert inspiration](#)

[New York state history, activities, and worksheets](#)

[NY themed activities](#)

25**National Comic Book Day**

Get creative with your residents by providing blank comics for residents to fill in with dialogue! Use existing comics and cover the text, or create your own!

[Growing Old Comics](#)

Holidays

- 1 – International Day for Elderly
- 11 – Columbus Day/Indigenous People Day
- 31–Halloween Day

National Month

- National Italian American Heritage Month
- Breast Cancer Awareness Month
- Emotional Wellness Month
- German–American Heritage Month
- Global Diversity Awareness Month

National Days

01

International Coffee Day

How did that cup of morning coffee get to be in your cup? Discover the story behind coffee harvesting and how coffee is processed in this [Eversound program](#).

04

National Taco Day, Golf Lover's Day

Taco day will be a hit with a taco truck (decorated cart)! Create pre-made tacos to bring room to room, or allow residents to create their taco. Couple the taco food with golf-related activities for a double-themed day! Allow residents to put down the hallway or create a mini course in the common room!

[Cambria Care Center's Taco Truck](#)

[Mini golf course](#)

08**National Hero Day**

Not all hero's wear capes! Recognize your staff by assigning a resident to a staff member to thank for being a hero!

[Make Hero-themed Cards](#)

10**World Mental Health Day**

Meditation, journaling, and moving your body are great ways to care for mental health. Schedule a day of relaxing and mental health-focused activities!

[Meditation Techniques for Seniors](#)

12**National Farmers Day**

Bring the farm to your community with animal-themed bulletin boards and games! Recognize this national day with discussion of the range of farms from dairy to bee keepers to ranchers! Bring the farm to your community with relevant activities from bobbing for apples to beeswax to bringing in real farm animals.

[Bring the farm to your community with these events](#)

[Beeswax crafts](#)

[Milk The Cow Activity](#)

14**National Dessert Day**

You can never have too many desserts! Prepare for this day in advance to ensure an arrangement of desserts will be brought in by staff for residents to enjoy! Include dessert decorating stations for cupcakes and cakes!

[Easy Cupcake Decorating Ideas](#)

15**National I Love Lucy Day**

The iconic show I Love Lucy is a fixture in resident's minds. The show was the most-watched show during its time and won many awards! The best way to celebrate? An I Love Lucy marathon!

[A compilation of the best I Love Lucy Episodes](#)

16**National Sports Day**

Get in the spirit for National Sports Day with sport team jerseys, hats, and related apparel! Play table-top games like table-top ping pong, or interactive games with balloons like "don't touch the ground" or baseball.

21**Count Your Buttons Day**

To celebrate this city holiday, count your buttons! Have residents see who can wear the most buttons in their outfits. Have spare buttons lying around? Use them to make this fun and [easy craft](#) from Eversound!

24**United Nations Day**

We honor the United Nations on this day to commemorate the day 51 countries came together for peace. Celebrate with creating crafts of peace signs, paper cranes, and rainbows!

[Peace Craft Ideas](#)

27

Navy Day

This day is in honor of the Navy's birthday. Observe this day by sharing history and learning about the various fleets and ships used by the Navy.

[Navy Reading List](#)



Holidays

- 1-2 Dia de los Muertos Day
- 11 - Veteran's Day
- 13 - Caregiver Appreciation Day
- 28 - Chanukah Begins
- Last Thursday-Thanksgiving Day

National Month

- National American Indian Month
- Military Family Month
- Family Stories Month
- National Alzheimer's Disease Month
- National Gratitude Month

National Days

02

National Deviled Egg Day

Deviled Eggs are a yummy side dish or appetizer and can be made in various ways. Get residents in on the assembling of deviled eggs, and include more than one recipe!

[50 Variations of Deviled Eggs](#)

03

National Sandwich Day

A sandwich a day, keeps the hunger away. For this national day, create a sandwich bar for residents to create their own sandwiches or create tea-sized sandwiches and pass out during a video activity. Encourage residents to share their "secret" ingredients, for example adding butter to PB&J or mayonnaise to the outside of grilled cheese. Collect these tips and make a sandwich cheat sheet to share with families.

04**National Candy Day**

Take your leftover candy from Halloween and celebrate National Candy Day! Create a candy station with a variety of colored candy, chocolate, and cotton candy! In-store candy will be discounted as well.

06**National Nachos Day**

Nachos are more than chips and salsa! Design a day of nacho history, trivia and fun-facts.

[8 things you never knew about nachos](#)

[Fun facts about nachos](#)

[Easy 10 question quiz](#)

10**Marine Corps Birthday**

Celebrate the Marines and your resident veterans on this day! The Marine Corps celebrates their birthday with an annual Marine Corps Birthday Ball. If you have many Marine vet residents, consider a ball of your own! Provide punch, music, and a dress code.

[More information about the Marine Corps Ball](#)

13**World Kindness Day**

Residents can observe World Kindness Day by doing something independently or as a group to better the world. This can be giving an old friend a call, sending flowers to a loved one, or practice a positive attitude.

13**Sadie Hawkins Day**

Today is Sadie Hawkins Day. The day originally came out of the Lil' Abner cartoons but evolved into a day where the girls ask the boys to the dance. Ask your female residents to design their own invites and ask their spouses or friends to the dance.

14**Pickle Day**

Who doesn't love pickles? You? Oh, well maybe this day isn't for you then. For those who love pickles, get an assortment of flavors and set up a pickle bar! Consider making strange pickle treats like frozen pickle juice pops, drinking pickle juice, or pickle flavored chips.

15**National Philanthropy Day**

It's difficult for some to support charities and movements they believe in monetarily. Educate residents about the other ways they can give back and support causes they love. Some methods include spreading the word to friends, posting on social media, passing on a holiday gift to support the cause, and more.

[More about National Philanthropy Day](#)

26**National Native American Heritage Day**

This day is the designated day of the National Native American Heritage Month. This day honors American Indians across the nation. Observe this day by learning the culture or cooking up a Native American recipe like [Pemmican](#) or [Algonquin Wild Nut Soup!](#)

Holidays

- 21-Winter Solstice
- 25-Christmas Day
- 26 - Kwanzaa
- 26 - Boxing Day
- 31-New Years Eve

National Month

- Bingo's Birthday Month
- Operation Santa Paws
- National Human Rights Month

National Days

01

Rosa Parks Day

Rosa Parks is an icon of the American Civil Rights movement. This day honors her for saying "no" to giving up her seat! This incredible story is a highlight of the Civil Rights Movement. Several movies are related to the movement and actions of Rosa Parks, including the movies: Boycott (2001) and Selma (2014).

07

National Cotton Candy Day

If you weren't sure if you'd had enough sweets this holiday season, you are in luck. Today is National Cotton Candy Day, a classic fair treat. To make this culinary activity more festive add green or red food coloring to the mix! If you have extra, have residents pack them into holiday bags and pass them out to visiting family and friends (or even your staff!)

[Cotton Candy Recipes](#)

08**National Brownie Day**

Brownies are a crowd favorite as is, but it couldn't hurt to add a little something! Communities can celebrate Brownie day with a competition for the best brownie recipe! Compete by the hallway, floor, or smaller groups.

[What to add to the classic brownie recipe](#)

10**Nobel Prize Day**

The Nobel Prize is an annual award given for outstanding work in physics, chemistry, physiology, medicine, literature, economics, and promotion of peace. This date recognizes the death of the person who established the Nobel Prize, Alfred Nobel. Celebrate by sharing the work of past Nobel Prize winners.

[All Nobel Prize Winners](#)

12**Poinsettia Day**

These beautiful red flowers are iconic of the holiday season and a festive way to spruce up your common areas. Have residents create poinsettia ornaments to decorate trees or even string together for a unique take on garland. As a bonus, call your local grocer to see if they have any expired flowers they are planning on tossing and host a flower arrangement activity with real poinsettias!

[Make Easy Poinsettia Ornaments](#)

13**National Guard Birthday**

The National Guard is the oldest military organization in America. Observe this day with a cake, just how the National Guard celebrates! It's also a great time to recognize National Guard vets in your community specifically.

[More About National Guard Birthday](#)

13**National Horse Day**

Discover how a horse moves their ears to show you what they are thinking. Try out your new skills and read the thoughts in some pictures of horses in this Eversound program.

[What is a Horse Thinking?](#)

21**Winter Solstice**

While the Winter Solstice marks long, dark days, it can also come with various positives like beautiful snowfall, holidays, and nights by the fire. Celebrate the winter solstice with winter and holiday decorations!

[Create a Winter Wonderland](#)

24**National Eggnog Day**

Eggnog is a seasonal staple. Eggnog makes for delicious ice cream, cookies, or pudding. Celebrate Christmas eve with eggnog-flavored treats!

28**National Card Playing Day**

Many residents enjoy daily card games, but on National Card Playing Day, the stakes can rise! Create a tournament for card players with different games and a bracket to track winners. For those who may not enjoy playing themselves, check out these [magic card tricks](#) from an exclusive Eversound performer.

[List of Card Games](#)