

A Week at Disney Agenda:

Decoration suggestions for bulletin board: Since you are doing a different theme each day I would set up the board as a Disney Theme park to highlight each daily theme. The marquee "Living a Disney Life Right", "A Week of Disney Dreams" OR "Living the Disney Dream" OR "Fantasy, Fun and Family...A Week of Celebrating the Disney Dream" OR....something more meaningful to your facility.

OR

Decorate the bulletin board like a post card from Disney Land with the text reading "Having fun this week with Disney! Come join the Disney Dream!" OR something more creative that would you would write on a vacation postcard.

Decorate hallways with balloons and streamers for the party celebration all week long. If you just blow up the balloons instead of using helium then they will stay up all week, just cluster with a string to pin them to the wall or tape...which ever you can do.

If you have a camcorder then I highly recommend recording the highlighted events so at the end of the week or maybe a few weeks afterward you can have a "Relive the Disney Experience" as an activity. I think residents and staff would love to see themselves having fun.

Day one: Main Street USA - Celebrate! A Street Party

Main Street, U.S.A., the very front of the park, was where Walt wanted to relive the typical turn of the century city Main Street. He said:

"For those of us who remember the carefree time it recreates, Main Street will bring back happy memories. For younger visitors, it is an adventure in turning back the calendar to the days of grandfather's youth." (<http://www.justdisney.com/disneyland/history.html>)

Make this day a time of fun, family and memories!

Activity 1 – Parade -Invite all residents to see a parade of characters which include staff (department heads would really be great), fun creative family members (children if possible) and Disney characters (You can check with local school drama departments, local drama clubs or costume party rental stores that would volunteer to come dressed as characters for the "Street Party"). This will kick off your Disney week.

- Post a parade route so all residents and staff will know the direction the parade is coming.
- Give balloons to residents so they can stand/sit in their doorway to watch the parade.
- Have fun upbeat music playing while parading down the halls during the parade route.
- Have Disney Characters at the front passing out noise makers/horn blowers so parade watchers can make some noise as the procession passes.
- Have characters pass out candy (or some type of treat) to the parade watchers.
- Have someone at the end of the procession to pass out special invitations to residents for the next activity.

Activity 2 – Memory Refreshment – (invitation suggestion to pass out – lemon shaped/color squeeze balls with a ribbon wrap to hold the tag which has what, when, where info on it.) Have a get together to make lemonade. Have residents to help with making the lemonade and serve. While making/drinking the lemonade ask question:

1. What hometown parade do you remember the most? (Holiday or school event)

2. Was this a family trip to see the parade?
3. What did you do as a family after the parade?

The questions should get them reminiscing about days gone by. The residents can help by rolling the lemons on the table before cutting them (this helps prepares the lemon for easy juicing). The higher functioning residents can cut the lemons in half and some can use a squeezer to get the juice out. Others can measure the sugar/sweetener and add water. This way it is a group effort in making the lemonade.

Activity 3 – Hometown Picnic – What better represents a memory than a good old fashion hometown picnic, which usual follows a main street parade. This could be lunch if your food staff is willing to participate. Use the old time red and white check tablecloths, baskets...etc... Serve picnic foods...fried chicken, potato salad, macaroni salad, or just have sandwiches with chips.

Activity 4 – Game on! – Since you just finished with your hometown picnic, play some picnic related games: horseshoes, badminton, cross in toss, etc...

Activity 5 – Main Street Dance – To get the residents moving have some swing dancers come in to do a dance demonstration and then get the residents up to dance on their own to fun “swing music or maybe the big band sound”. For the residents with restricted movement encourage them with scarves or hats to swing back and forth to the music. Some of the dancers could take their hands to move up and down in a dance type motion or wheel them around if room permits. This should get the residents moving, clapping, cheering or laughing so they will have a good time.

Activity 6 – For an evening activity show a Disney World video so the residents can get ready and hopefully get interested in all the upcoming activities for the Disney theme week. Check your local video rental place or local library for DVD’s they may have on the World of Disney or about Disney himself.

Suggestions: Walt – The Man behind the myth OR Walt Disney Treasures

http://www.amazon.com/s/ref=nb_ss_d_8_6?url=search-alias%3Ddvd&field-keywords=walt+disney+dvd&srefix=Walt+D

Day two - It's a Small World

Experience the joy of childhood.

Activity 1 – Toy World – A resident community project. Clean up and Decorate toys (dolls, cars or trains) for residents to donate to a toy fund. Disney was all about imagination, children, family and community. This can be a project time for your residents to give back to the community. Collect from staff and friends, or check local freecycle website for old toys in need of repairs to donate for this project. Have residents to clean them up and afterwards take refurbished toys to a place in need. NOTE: This could be the beginning of a monthly activity for your residents as part of their contribution to the community.

Activity 2 – Disney Melodies (a name that tune game)

- Play film melodies inspired by Disney including the famous “It’s a Small World”, have residents guess which movie the song belongs.

This site has the words to many Disney songs:

<http://www.fpx.de/fp/Disney/Lyrics/>

You can download songs for \$0.99 each on this site OR check the library for movie CD’s

<http://www.ultimatedisney.com/countdown3/index4.htm>

Activity 3 – Imagine That – A game where you combine Disney characters with resident’s childhood memories. Have pictures of Disney characters and let the residents pick one. Then ask each resident to name a favorite place and something they use to pretend to be when they were a child. Make sure you write down all the information they give you, then instruct them to raise the character picture briefly each time you mention the character’s name they have a picture of. You or someone who is really good at making up stories combine Disney characters along with the resident information to make up a story. Each time you say a characters name the resident will lift up their picture. You can repeat the character names several time through out the story so the resident pay attention and raise their characters’ picture. This can be fun because you will have more residents watching others and telling them when to raise their picture than listening for their own name to be called.

Activity 4 – Disney Match - Play a matching game that list Disney Character names with the movie they are associated with. I would suggest using the older Disney classic movies.

Activity 5 – Show a Disney movie. You may want to see if you can find a copy of the old “Steamboat Mickey” black and white movie....a real classic.

Activity 6 – Story Time - Have someone read a Disney story while residents enjoy a cup of hot tea, decaf coffee or warm coco. This should wind them down for the evening. If no one will read, then maybe try a book on tape. You could play/read for thirty minutes and finish the rest the next day or possible half earlier in the day and finish it in the late evening.

Day three – Disney Prince and Princess

This is based on the Disney Prince and Princess from all classic Disney fairytales:

Activity 1 – Crowning Glory – In this craft activity have residents make their crowns to wear or give to their little prince or princesses. This site gives instructions to make:

http://www.diynetwork.com/diy/ca_crafts_projects/article/0,2041,DIY_13721_2273249,00.html

OR

http://www.makingfriends.com/crown_jewels.htm (This site has really cool easy ideas for crafts of all kinds and it is with stuff you most likely have already in your art room)

Activity 2 – Famous Couples – Matching up the prince with his famous fairytale princess.

This site will help you with the matches:

<http://lnx.ginevra2000.it/Disney/disney%20animated%20couples.htm>

Activity 3 – Fairy Godmothers or Fairytale Friends and Family – The Prince and Princess would never come about if it was not for the wonderful Fairy Godmothers.

This site lists all Disney characters, but you can use it to get the name of the Fairy Godmothers to match up with the Prince/Princess:

http://simple.wikipedia.org/wiki/List_of_Disney_characters

Activity 4 – Royal Ball – Have a royal ball and the entrance to the main room have guest vote to name the facility prince and princess at the ball. This could be a resident vote their favorite male and female to

win the title. Everyone should dress their best for the ball. Play dance music, serve mock champagne punch:

<http://allrecipes.com/Recipe/Mock-Champagne/Detail.aspx>

Day four - Alice in Wonderland

Decorate with hearts, tea cups, flamingos, rabbits, different size doors that range from tall to small (ex: regular size door, small closet or pantry door, cabinet door, doll house door).

Activity 1 – I’m late, I’m late, but I still have time to bake! – Residents help the rabbit bake and decorate cup cakes for the unbirthday party.

Activity 2 – Mad Hatter Hats – A craft time to let residents make a hat to wear to the unbirthday party. Use scrap fabric, buttons, flowers, fake fish, toy cars, lace, sponge balls...anything to glue on a straw hat or baseball hat to make it a “Mad Hatter Hat”.

Activity 3 – Unbirthday Party - Have an “Unbirthday Party” so everyone can sing “The Unbirthday Song” Encourage residents to wear their unbirthday party hat they made to the party.

This site will give you lots of ideas for the Unbirthday Party:

<http://www.alice-in-wonderland.net/mad-tea-party-ideas.html>

This site is a color copy of the comic book:

<http://www.nonsenselit.org/carroll/fc0341/>

This YouTube link has clips of the unbirthday scene of from the movie:

<http://www.youtube.com/watch?v=InSn2BLDwfQ>

Activity 4 – “Off with their head” A game of croquet with the Queen of Hearts, Mad Hatter and Alice.

Activity 5 – Game of Heart - Play card game of Hearts

Activity 6 - Show the movie “Alice in Wonderland”

Day five - Around the World in 80 days (or in 8 hours...lol)

Decorate with air balloons (table top size or pictures), and cultural décor from other countries (poster from travel agents, staff may have items relating to countries or the public library might have items to loan. You could have different rooms set up as different countries. Have an activity in each different room.

Activity 1 - Mexico – make or play drums, maracas – could be a craft or a resident’s music time.

http://www.familycorner.com/family/kids/crafts/9_musical_instruments.shtml

Activity 2 - Hawaii – Body movement class – play music for hula dancing or the pompom shakers to do a hand type dance for the movement of the arms.

Activity 3 - England – Have a royal tea time and show a short travel movie on England.

<http://www.seedsofknowledge.com/teaideas.html>

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Activity 4 - Egypt – Visit the pyramids and read some crypt writings for the residents to figure out.

Site for culture: <http://www.ask-aladdin.com/culture1.htm>

This is a really good site and has the Hieroglyphic alphabet:

<http://www.mnsu.edu/emuseum/prehistory/egypt/>, which is what I was thinking of when I wrote “crypt” ...sorry about that...lol...

Activity 5 - France – Read poems, taste non-alcoholic wine or French decaf coffee with mini croissant.

http://www.famouspoetsandpoems.com/country/France/French_poets.html this site also has a list of the top 50 famous poets which include American poets.

Day Six – Jungle Book

Activity 1 – Jungle Bake – Let residents bake banana bread or monkey bread:

Easy Banana Bread http://www.elise.com/recipes/archives/001465banana_bread.php

Monkey Bread <http://www.cooks.com/rec/view/0,174,145170-229206,00.html>

Activity 2 – Be Like You – Beat your drum and move your feet to the tune of Jungle book tunes.

Website you can download song/lyrics from Jungle Book.

<http://www.stlyrics.com/t/thejunglebook.htm>

Activity 3 – Monkey play – Take a picture of the resident and a staff member dressed up in safari gear so they can put it in their very own monkey picture frame. You could either have them make a frame with scrap booking material or you could order these paintable magnet monkey frames from Oriental Trading

http://www.orientaltrading.com/ui/browse/processRequest.do?demandPrefix=12&sku=48/4954&mode=Searching&erec=4&D=monkey+craft&Ntk=all&Source=MSN&No=32&lpp=16&Ntt=monkey+craft+cm_mmc=msn-otc+sendtec+craft+supplies- -monkey+craft+kits- -monkey+projects&Dx=mode%2bmatchallpartial&searchTerm=monkey+craft&Ntx=mode%2bmatchallpartial&N=0&BP=8996&requestURI=processProductsCatalog&sd=Color+Your+Own%21+Safari+Fuzzy+Magnet+Photo+Frames

Activity 4 – Monkey Garden – Get residents involved in a rock garden where they can plant monkey grass (dwarf would be the best for a small space garden). Here is a link that might help:

<http://www.landscape-solutions-for-you.com/Mondo.html>

I think I would try to plant individual dwarf monkey grass in a container, or if you can find seeds to let them start and later transplant out in a garden area.

Activity 5 – Jungle Hunt – Set up a scavenger hunt for the residents and/or staff.

Activity 6 – Show the movie Jungle Book – you can show the real life version instead of the cartoon if you think the residents would like it better.

Day Seven – Dumbo of the circus (OR see the last suggestion at the end of this list)

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Decorate circus style – might want to invite the residents family, staff and community to a circus hosted by the facility. If not, then here are some suggestions:

Activity 1 – Circus Act – For body movement have residents try their hand at tricks with a hula hoop

Who can keep a hula hoop going the longest?

Who can do the most hula hoops at a time for at least 10 seconds?

Hula Hoop Ring Toss – See who can ring an item 10, 20 or 30 feet away!

Hula Hoop Roll – Who can send a hula rolling the farthest?

This was just an interesting read I thought you might like:

<http://www.globalaging.org/health/us/2006/sundayfever.htm>

Activity 2 – Paint your face – Hey kids do it and some of adults do it when we go to the circus or fair, so why can't a senior? It may not be right for you facility, but it is an idea. Here is another website for circus activities: <http://familycrafts.about.com/cs/mayholidays/l/blmay19th.htm>

Activity 3 – Magic Man – Schedule a magician to come in and entertain your residents.

Activity 4 – **Clown Cones**: Place one round scoop of ice cream into a shallow bowl. Create eyes and a mouth with tubes of icing, nuts, raisins, or chocolate chips. Use a cherry for the nose. Sprinkle the top of the scoop with coconut for hair, and top with a sugar cone and cherry for a hat.

<http://www.freekidcrafts.com/circus.html>

Activity 5 – Show Dumbo movie or circus movie, make sure to offer popcorn or cotton candy as a treat.

OR

A Mickey Mouse Fan Club Day:

Activities for the entire day are reruns of the old Mickey Mouse Club TV shows.

<http://www.ultimatedisney.com/mickeymouseclub.html>

As a treat I would get Mickey Mouse Ear hats for each resident that wants to participate, alone with a certificate confirming them as an official "facility name, Mousketeer"

For those that like to color:

<http://personal.lig.bellsouth.net/m/o/mood/coloring/mickey.html>

Play a trivia game about the club and mousketeer cast. A site that might help with questions:

http://en.wikipedia.org/wiki/Mickey_Mouse_Club

Remember Disney movie can be used as a theme for an activity. Here is a website that has a list all the Disney movies: <http://www.disneymovieslist.com/disney-movies.asp>

The possibilities are endless once you start thinking about your favorite Disney movie and the activities will just pop up once the creative juices start to flow.

Have a great Disney time!!!

Compiled by Christine Jennings, 2009

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