

# FEBRUARY PROGRAMMING

## IDEAS: Love Is in The Air

By: Krista Fischer

Are you looking for some fun and out of the box activity ideas? Well, February is a wonderful month to celebrate love while getting creative with your activity programs.

### Mock Wedding

One of my most successful programs was a mock wedding. To this day, when I visit my old facility, residents tell me how much fun they had at our mock wedding.



Our facility asked two residents to volunteer as our fake “bride and groom”. Our administrator volunteered to be their fake “officiant” and ended the wedding ceremony with a high five to the bride. Activity assistants wore gowns and stood in as fake bridesmaids. We had champagne flowing, our kitchen made a beautiful three-layer wedding cake and other staff members volunteered to pass out hot hor d’oeuvres. I believe what made it such a fun program was that every department became involved. The theme was fun and uplifting, and everyone was excited to be a part of it.

Not only did we have a lot of assistance from members of our facility, when I posted about our mock wedding online, one woman was kind

enough to donate her old wedding dress for the ceremony! Our beautiful

fake bride looked wonderful in the dress and I can honestly say that I felt like I was at a real wedding.

To add even more excitement to this program, a day prior to the wedding we had a fake bridal shower and bachelor party. For the bridal shower we played the usual games you would play at a shower. Last, we went around in a circle and asked the ladies attending questions about their love lives. How they met their spouse. If they remembered their first date, how they were proposed to, and questions like if they believed in love at first sight. It was a very personal and touching program that brought a lot of our residents closer together. For the men's bachelor party we had a special bbq luncheon and also had the men share stories about their marriages and love life.

I highly recommend all activity directors to have a mock wedding of your own. It is sure to be something you and your residents will never forget!

## Love Advice from the Wise

Nestled in the city of Verona, Italy, known as the hometown of Romeo and Juliet, lies the Casa di Giulietta. In English, it's called Juliet's House. It is located in the center of the city. In a small tunnel connecting to the house lies a tunnel-like wall. This isn't just any wall, but it is a wall of questions. The



questions range from young lovers seeking advice, widowers asking how to cope after their loss, and other love complications. But who answers these letters? The Secretaries of Juliet. They are a volunteer group that write back to the letters left on the wall.

So where do you residents come in on this? Seniors have had so many life experiences, and with age comes wisdom. Wouldn't it be exciting to start your own Letters to Juliet Club? Try contacting your local newspaper and see if they can run a feature that allows your residents to answer to anonymous letters seeking advice. Have your activity team help type out

the advice given back from your seniors. I couldn't advocate how important it is to make our seniors feel like a part of their community. They have so much to contribute, and so much vital life experience.

In the event that your local paper isn't willing to participate, try joining a love advice themed Facebook group. I have tried this activity with seniors at an assisted living and everyone had such a good time responding to love inquiries, and then residents even showed their own experiences.

Krista is the owner of [My Activity Resources](#) which provides premade Program Calendars and Materials for activity professionals.