

How to host a 1960s Hippy Day in Aged Care

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The staff and I recently held a 1960's day in our aged care center and it was a huge success with the residents. In this article, I am sharing some of the key points and some photos to help inspire you when holding your own 1960's day.

1. Encourage all staff to dress in 60's fashions
2. Help make dress-up props for your residents e.g. hair bands, beads, peace sign pendants, tie-dye t-shirts
3. Make posters from the 60s, peace signs, words like **Cool & Groovy**. A simple Google image search will bring up many you can print out.
4. Decorate the tables with colourful table cloths and VW Kombi models printed out on the internet
5. Have lots of great music playing from the era.
Some suggestions are: The Beatles, The Beach Boys, Creedence Clearwater Revival, Sonny & Cher, Bob Dylan, James Brown, The Foundations, The Temptations, Neil Diamond, Stevie Wonder, Aretha Franklin, Simon & Garfunkel, The Supremes, Nancy Sinatra and more.
6. Serve 60's popular food. We had french onion dip spread on crackers to serve, chocolate fondue, fruit punch served from a punch bowl, sponge cake, small sandwiches.
7. Make a 60's photo booth. We were lucky enough to have a very creative staff member who cut out a VW Kombi from a sheet of plywood and painted it. You can buy online VW photo props (The VW Kombi was very popular in the 1960s)
8. After nibbles, photos and music. Run a 1960s quiz! [Click here to see our quiz.](#)
9. Encourage residents to talk about their memories of living in the '60s. It was a pretty hip!

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