

Theme: Red Hydration Day

For this activity, we will use posters and signs to promote and market the event (name of the event and catchy images and photos will be used to attract people to attend). The posters will give details about the date and location for this event and will be hung in the busiest areas of the residence. Family and friends will also be invited; we will send them invites by email and will also give residents a few paper copies of the invitation for them to invite their loved ones. However, the number of guests will be limited based on our budget. Our menu will include:

Snacks

- Tray with crackers
- Rolled ham slices and cheese cut into small cubes
- Pitted black olives
- Another platter with carrot muffins (with and without gluten), oatmeal cookies and a few fruits

Drinks

- Tea and coffee
- Water with cherries
- Water with lemon juice and mint
- Fruit and yogurt smoothies (apple and strawberries)
- Apple sauce
- Jambon à la canne

The menu will be good for 85 residents who are on a regular diet (with regular consistency) and have no food restrictions. It will also be good for the 10 % of residents who suffer from dementia since it meets their dietary needs and doesn't contain anything dangerous that could be harmful to their health or to the people around them. For the 15 residents who require a chopped food diet, we will modify some of the ingredients by using a grinder (bread, muffins, black olives and jambon à la canne will be chopped) and they will also have a fruit and yogurt smoothie. For the 12 residents who require a mashed-food diet, we will puree the ingredients and modify the texture (pureed muffins, pureed bread made with milk, and pureed jambon en canne , pureed black olives and apple sauce). For the 7 residents who require a thick liquid diet, we will offer a thick yogurt and fruit smoothie, bread with milk thickened in a blender as well as apple sauce. For diabetics, the menu includes a protein ingredient (yogurt with fruits) which is very good for them. In terms of staff, the social staff and volunteers will be enough. Some volunteers will help to decorate the hall where the residents will gather. One volunteer will help the cook prepare drinks and some volunteers will help the residents who need assistance. Budget will be divided as follows: \$50 for promotion and marketing (posters), \$50 for mini-badges for volunteers and staff, \$100 for decorating (balloons, tablecloths, disposable plates, disposable cups, spoons and napkins), and the remaining \$400 for the food. What makes this activity unique is that the residents will have the opportunity to do something different and will be motivated to participate. They will be with other people and some of them will have an opportunity to spend time with family and friends. They will also have a chance to discover that water can be transformed in different ways (water will be one of the drinks offered).