

**"And do not be grieved for the joy of the Lord is your strength."**



**Nehemiah 8:10**

# MARDI GRAS



*"Let the good times roll!"*

**ACTIVITY: Mardi Gras & Monthly Birthday Celebration**

## **SUPPLIES NEEDED:**

- *Mardi Gras Decorations (Save from year to year)*
- *Live Band That Plays Cajun Music*
- *Birthday Cake Using Mardi Gras Theme- (All birthdays for this particular month celebrated simultaneously. (A birthday celebration is held each month)*
- *Vanilla Ice Cream*
- *Bowls and spoons*
- *Masks for residents also fun*

**Directions:** Since almost every resident is familiar with the celebration of Mardi Gras, it is fun to use it as another way of inviting the residents to smile. The band members are dressed for the occasion and full of mischievous fun. The songs are familiar and easy for the residents to sing. If you have a large screen TV, the words to the songs can be flashing on the screen to promote greater participation. The Activity Director and Assistant Activity Director move around the room clapping and singing as a way of encouraging the residents to engage in the fun. You will even notice dancing in the picture. This is not uncommon! Many times during celebrations, the staff members will join the party and dance with the residents willing to kick their heels up with joy. Sometimes, they even dance with people that are in wheelchairs. So much fun!

**History of Mardi Gras:**

*Mardi Gras (/ˈmɑːrˈdiːɡrɑː/), also called Shrove Tuesday,<sup>[1]</sup> or Fat Tuesday,<sup>[2][3][4][5][6]</sup> in English, refers to events of the Carnival celebrations, beginning on or after the Christian feasts of the Epiphany (Three King's Day) and culminating on the day before Ash Wednesday. Mardi Gras is French for "Fat Tuesday", reflecting the practice of the last night of eating richer, fatty foods before the ritual fasting of the Lenten season.*





*“Let the party begin!”*

*(Garry brings out his costume every year for this special party)*



*The 3 piece band rocks the house with Cajun music!*





*Is there any question as to how these residents feel about the music?*

**Party**



**Time!**



**"Put on your dancing shoes!"**





**Yum! Cake!**

**"We've got a little Cajun in our souls!"**