



## **CELEBRATION OF LIFE™ OUTLINE**

Although there is no specific way your Celebration has to run, we have included some simple guidelines that may make it helpful as you organize your special celebration.

I realize that all celebrations will be different. Therefore I have listed multiple things that we have used in the past. Please review this list and select the items that are of most interest to you. You will also be able to adapt the items below to fit into the time that you have. The most important part of the celebration is to have fun and to do something that you enjoy. This list is also not all inclusive so feel free to add to it those things that bring great joy to you.

1. Food. As a race of human beings we find that we are mostly social. We also find that social settings are most memorable when there is food involved. Following are some suggestions as to the types of food you may want to have.
  - A. Chocolate Covered Strawberries
  - B. Finger sandwiches
  - C. Chips and Dip
  - D. Relish Trays
  - E. Vegetable platters
  - F. Fruit plates
  - G. Fruit punch
  - H. Cookies
  - I. Mints
  - J. Chocolate
  - K. Lunch meat trays
  - L. Banana or specialty breads
  - M. Rolls
  - N. Stew
  - O. Potato Bar
  - P. Desserts
  - Q. Salads
  - R. Cocktail Shrimp
  - S. Crab Legs
  - T. Soups

## 2. Activities

- A. Celebration Discovery Journals or Goal Boards. Local publishers or the Post Office are quite often willing to let you have old, overrun or discarded magazines. To discover how to build your Celebration Discovery Journal, click on the Celebration Discovery Journal download on the download page of this website.
- B. Celebration Gratitude Journals. To discover how to create your own Celebration Gratitude Journal, click on the Celebration Gratitude Journal download on the download page of this website.
- C. Music. CD's, Records, Tapes, Piano, Organ, etc. Some guests may just enjoy sitting down to play an instrument.
- D. Massage. You may want to hire (or get them to donate their time) a massage therapist who will offer chair massages
- E. Manicure/Pedicure. You may want to hire a nail tech to come and "pamper" some of your guests.
- F. Corner for just visiting.
- G. Write your own "Celebration" story and make it available to guests who come.
- H. Flowers. Give one to each guest.
- I. Guest Registry. Have each guest "write" their story of what they are celebrating that particular year.
- J. Have a special Celebration toast.
- K. Live band or musician (or CD deck) with music playing in the background.
- L. Material to make a quilt block (either fabric, yarn, etc.). Then make a quilt to donate to a hospital, children's or woman's shelter, etc. Could be quilted, tied or just sewn together and a message of inspiration written on a block.
- M. Hiking/nature trails.
- N. Books to read.
- O. Movies to Watch.
- P. Actors theatre – create a play and perform it.
- Q. Board/group games.
- R. Hire a Caricaturist to draw pictures of your guests.
- S. Old time photo gallery to create your own memories.
- T. Horse Back rides.
- U. Pottery sculpting.
- V. Story Telling.

These are a few suggestions. Select the ones that best fit your personality and expand it to fit your particular celebration. Add to it any other activities that might fit.

### **SAMPLE OUTLINE**

1. Music playing in the background.
2. Someone at the door to greet your guests. This could be two or three different people. They could greet one guest, take them to the kitchen, help them get settled and then come back to the door. Name tag (optional). You could also have an ice breaker game that they would play.
3. Take your guest to the kitchen (if you have food). Help them to feel comfortable. Introduce them to others, give them an outline of all of the things you have available that day. Take them from station to station and show them what they are able to do.
4. Mingle among your guests and make certain each one is comfortable and knows what to do.
5. Give them a party favor or something such as a flower, gift, or something else as they leave.

### **CELEBRATION OF LIFE**

What began as a debt of gratitude and a way to show appreciation has now grown into an international movement. In the hurry and scurry of life it seems that we never really stop long enough to just pamper ourselves and celebrate the fact that we were born. This website is packed with information, free downloads, pictures, real life stories and music. Thank you for being our guest. Click on the "theme song" button above, sit back, enjoy the music and the information as you navigate around our site and choose the items that mean the most to you.