

Australia Day, the official National Day of Australia, commemorates the arrival of the First Fleet into Port Jackson, New South Wales, on the 26th of January 1788. On this special occasion, seniors in aged care facilities embrace the true Aussie spirit by engaging in activities they cherish.



Embracing the Spirit of Celebration



Join us as we share the best tips and ideas to celebrate Australia Day for seniors in aged care, and find joy in the traditions that define this significant day in the nation's history.

This article will give you some ideas to help get your Australia Day celebrations in full swing.

Throw a Barbie



A good Aussie BBQ is a great way to celebrate Australia Day. Some classic Aussie food like sausages and onions, party pies with tomato sauce and vegemite sandwiches will all go down a treat! 😊

It is usually hot in January so some cool refreshments like beer, shandy (beer with lemonade), or soft drinks are a must.

Decorations



Display the Australian flag at your barbecue and decorate your tables with lots of Australian decorations. These are all readily available in the weeks leading up to the 26th Jan and cheaply brought at places like the \$2 shop.

Another option is to print flags and glue them to wooden skewers to stand them up in glass jars on the tables. Collect gum leaves and nuts to spread along your table center pieces.

Enjoy Iconic Aussie Tunes



Elevate the atmosphere by tuning into iconic Australian hits like "I Am Australian"! Seniors are sure to delight in the vibrant sounds as they celebrate the spirit of Australia Day. Let the music add an extra layer of joy to the festivities! 🎵

Here is a playlist we have put together for you to use on Australia Day in aged care:

Don't Dream It's Over - Crowded House

Khe Sanh - Cold Chisel

Down Under - Men at Work

Solid Rock - Goanna

Power and the Passion - Midnight Oil

Tucker's Daughter - Ian Moss

A Pub With No Beer - Slim Dusty

You're the Voice - John Farnham

Reckless - Australian Crawl

Treaty - Yothu Yindi

Sounds Of Then (This Is Australia) - GANGgajang

Great Southern Land - Icehouse

Better Be Home Soon - Crowded House

Working Class Man - Jimmy Barnes

Flame Trees - Cold Chisel

Dress Up for Australia Day



Create a spirited and festive atmosphere by encouraging staff members to don specially designed Australia Day t-shirts adorned with vibrant Aussie motifs.

Take the celebration up a notch by incorporating the quintessential Australian hat, complete with dangling corks, into their attire.

Aussie Games



Infuse your Australia Day celebration with a dose of fun! Engage in classic Aussie games like the rubber thong toss, where the person with the farthest throw takes home the victory and prizes.

Make Australia Day a Day To Remember



Transform the day for the esteemed senior residents in Aged Care into an extraordinary experience, brimming with joy and enduring memories! Infuse every moment with engaging activities, delightful surprises, and genuine camaraderie.

Together, let's craft a day that transcends the ordinary, leaving an indelible mark of warmth and cherished memories for our seniors. 🌞👤❤️

