



1960s Hippy Day

A Practical Aged Care Activity Guide



A Simple 1960s Theme Day

A 1960s Hippy Day is an easy theme to build around familiar music, bright colour, simple props, afternoon tea, and relaxed conversation. Keep it small for a gentle group session or add a few more elements for a larger themed day. There is no need to turn the room into a stage set—music, a little colour, and one shared activity are enough.

Quick Plan at a Glance

Preparation

Allow 15–30 minutes, depending on your decorations.

Session length

A relaxed 45–90 minutes works well.

Keep it simple

Music, colourful table items, afternoon tea, and the quiz.

Add more if you wish

A small dress-up basket, photo corner, or tie-dye craft.

What You Will Need

Item	What to use	Practical tip
Music	A familiar 1960s playlist and a small speaker	Keep the volume comfortable for conversation
Simple decorations	Paper flowers, bright table runner, bunting, and a few peace signs	Keep tables and walkways clear
Optional dress-up	Scarves, flower headbands, large sunglasses, or paper necklaces	Offer items—never make them a requirement
Printable activity	The Memory Lane Therapy 1960s Quiz and pens	Read questions aloud and allow plenty of time
Afternoon tea	Items approved for your group	Follow usual dietary and texture requirements

Keep it comfortable: Make a quieter table or space available for anyone who prefers to listen, look at the props, or join you one-to-one.

Set Up Before the Group Arrives

- 1 Start the music.** Put on a familiar 1960s playlist at a comfortable volume.
- 2 Lay out the activity.** Place the quiz, pens, and simple props where they are easy to reach.
- 3 Add a little colour.** Use a bright runner, paper flowers, or a few handmade signs.
- 4 Set out the dress-up basket.** Keep it small and optional, with scarves or headbands.
- 5 Prepare refreshments.** Serve only when ready, following your usual food routines.
- 6 Keep the room clear.** Leave space for chairs, wheelchairs, and staff support.



Run Your 1960s Hippy Day



A Simple Session Program

- 1 Welcome with music.** Play two or three familiar songs while residents settle in. Point out the colour and decorations without rushing the group.
- 2 Offer optional dress-up.** Invite residents to choose one item, several items, or none at all.
- 3 Share afternoon tea.** Keep conversation light. Ask about favourite colours, bands, fashions, or places people liked to go.
- 4 Bring out the quiz.** Read each question aloud, give people time, and welcome any chat that follows.
- 5 Finish gently.** End with one familiar song, a quiet chat, or a look at any photos taken with appropriate consent.

Keep It Flexible

For a small group Use one table, a small speaker, a few paper flowers, and the quiz. That is enough.

For a larger day Set up one small photo corner or add the tie-dye activity as a separate station.

For residents who prefer less noise Offer a quieter seat, lower the music, or enjoy the props and music together one-to-one.

For the quiz Read questions aloud, repeat when helpful, and leave out scoring if it does not suit the group.

A Few Easy Conversation Prompts

“Did you have a favourite singer or band?” “What colours did you enjoy wearing?” “Did you ever make or wear tie-dye?”
“What music do you like listening to today?”

The 1960s Quiz & Tie-Dye Activity

1960s Quiz for Seniors

A ready-to-print group quiz that is easy to read aloud during the session.
memorylanetherapy.com/1960s-quiz-for-seniors-in-aged-care/

Tie-Dye Fun Activity

A colourful craft option for groups that would like to add a separate hands-on activity.
memorylanetherapy.com/tie-dye-fun-activity-for-seniors/

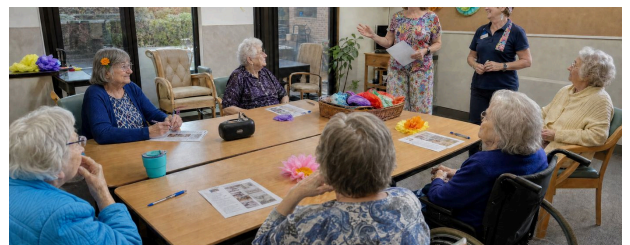
A Note for Staff

Some residents may have plenty to say, while others may simply enjoy the music, colour, and activity around them. Both are a good outcome. Keep the day relaxed, offer choices, and let each person take part in the way that feels comfortable.

A Simple Photo Corner

Keep it low-key

One bright wall, a few paper flowers, and one simple prop are enough. Invite people to join only if they wish, and take photographs only where appropriate consent is in place.



More Practical Resources

This is one practical activity guide. Memory Lane Therapy Members can access the full library of printable activity books, themed resources, daily engagement ideas, and calendar-planning tools.
memorylanetherapy.com/product/premium-membership/