



# Senior Nutrition Program Activity Guide: Car Show & Parade

*This activity is a fun way to engage nutrition program participants through a safely distant event. It promotes socialization, which helps to improve physical health, mental health, and nutrition. Socialization is one key to wellness, and it is part of the Senior Nutrition Program mission. This event also makes a connection with other community members who can see the parade – not just those directly involved.*

## Coordination

- Assign a coordinator to plan and manage the event.
- Recruit volunteers to help on event day.
- Select a date and time for the event and create a signup form for cars that want to be in the parade.
- Coordinate with a senior living or other neighborhood for the parade. If its parking lot cannot accommodate a socially distanced post-parade car show, identify another spot like a local business.
- Promote the event on flyers, in newsletters, and on social media.
- Make paper certificates for winners of various categories (e.g., most unique car, most colorful car).
- Assign volunteers to specific event day tasks, like directing parade traffic or handing out certificates.
- Remind participants and volunteers by phone and/or email the day before the event.
- Check in with the community location contact(s) and confirm details one week and one day before.

## Safety First

Be sure that all participants—both in advance and on site—are reminded of all safety rules and tips. These include things like wearing a mask, keeping distance, staying in cars during certain parts of the event, as well as any official local/state guidance and specifics for your event.

Prepare volunteers with guidance and make sure they know what to do if there are any issues.

## Parade

Participants decorate their cars and drive to the parade location. Consider picking a theme (e.g., spring fling, throwback to the 60s, movies and television) for the event to help people come up with ideas for decorating their vehicles.

Cars will line up at a designated starting place, in order of arrival. The cars, led by a coordinator/volunteer car, drive the parade route. You may wish to mark the route with flags or signs if there are several turns to make, or if traveling through more than one neighborhood.

Encourage car occupants to wave and cheer to socially distanced parade viewers. Neighborhoods may have specific advice on honking.

## Car Show

Once the parade has ended, cars park in the predetermined ending location. If awarding winners, judges will walk around and score the cars. Once winners are selected, have a single volunteer place the certificates on windshields for a completely contactless experience!

It will be hard to communicate with a group of participants if everyone is spread out and/or in their cars. Think about ways to make announcements and be creative under the circumstances.