STAFF ARTICLE

Grey Cup week: team colours, snacks, and stories

Updated October 2025

Late November brings Grey Cup energy into common rooms from Regina to Hamilton. Residents who grew up with CFL on radio want camaraderie, shared snacks, and road trip stories. Recreation staff can centre team colours, soft volume, and inclusive prompts so everyone can join. This article is for Canadian long-term care teams planning a week of sport memories with dementia-safe, welcoming tone.

Centre team colours and stories

Some residents enjoy friendly picks. Others carry family history around gambling. Policies vary by province and by operator. Ontario long-term care homes often screen fundraising raffles carefully. Alberta lodges may welcome jersey day and keep cash pools off the table. Read your organization’s social event policy before you print a **pick the winner** sheet.

Use sensory and story frames: team colours on a tablecloth, vintage helmet photos, halftime snack trivia with scores kept private.

Program ideas that stay inclusive

Colour day. Ask residents to wear east or west colours, or their hometown high school colours when CFL is less familiar. Provide scarves and pins that are easy to remove.

Soundscape. Play short CFL theme clips at low volume. Pair with **Tell me about a game you attended in person.**

Snack board. Mini sliders, veggie tray, and labelled allergens. Call it **stadium snacks.** Serve alcohol only if your home already serves wine on schedule.

Halftime chair march. Mark a safe loop with cones. Stop while people still want more.

Map table. Laminated map of Canada with team cities marked. Residents place a sticker on a town they visited.

Photo wall. Print historic Grey Cup photos from licensed archives. Caption with year and city only. Choose calm crowd shots.

Memory care adjustments

Keep sessions under twenty minutes. One object per prompt: a foam football, a pennant, a ticket stub replica. Use soft crowd ambience at low volume. If a resident becomes agitated, move to a quiet room with tea.

Invite open stories. Save stats for fans who bring them up.

Women’s and sport histories

Many residents cared more about halftime shows, marching bands, or the kitchen party after the game on TV at a neighbour’s house. Invite those stories. Offer a parallel craft table with harvest colours or tea for residents who prefer that pace.

Volunteers and family day

Brief families: keep visits friendly, with team colours optional. Offer a sign-in sheet for a donation to recreation supplies if fundraising is approved, separate from game outcome.

Volunteers should wear name tags and follow infection control if serving food.

After the game

Monday debrief can be a photo collage on the bulletin board. Thank participants by name when possible. Archive materials labelled **Grey Cup 2025** for next year.

Policy checklist before posters go up

Read sections on gambling, alcohol, and fundraising. Confirm whether team-branded clothing fits gift rules. Check if televised games in common rooms need a second staff person for behavioural support. Note start time and length. Late games tire residents who still wake at 6:00 for breakfast.

If your lounge cannot show the broadcast, plan a recap circle the next afternoon with still photos only.

Interprovincial rivalry with room for everyone

East versus west framing can tease gently. Watch for residents who feel left out if they moved often. Offer a third column: **I cheered for the local high school instead.** Stamp stickers on a map of towns.

Staff can wear neutral colours if rivalry jokes get sharp. Model calm sports talk.

Tie-in with men’s groups and music therapy

Men’s bench circles may want ten minutes on first jobs at stadium concessions. Music therapy can drum at halftime pace seated. Keep tempo slow. Coordinate so each resident gets one loud event per day at most.

Post-game Monday

Discuss the halftime show or the snack first. Follow the resident’s lead if they mention the score. Offer a collage table with scissors adapted for grip. Thank volunteers by name in the newsletter.

Sample poster language

Grey Cup week: team colours, stadium snacks, and road trip stories. Everyone welcome.

Short posters read well in halls.

Residents who prefer quiet weeks

Keep a parallel quiet room with nature photos and tea. Post a small sign: **Tea and photos open during Grey Cup.** Staff should know the quiet room exists so everyone has a choice beside the lounge TV.

Invite feedback after the week. One comment can reshape next year.

Your next step: read your gambling and fundraising policy, choose two colour-and-snack activities from this list, and schedule them for the Thursday before the game when energy is high but residents are still rested for bedtime.

BetterCare printable recreation resources for Canadian long-term care, personal care homes, and retirement residences. Share with your team. Adapt for local policy and clinical direction.