

FIND YOUR EXTRA • IDEA GUIDE

The 3.21 Community Table

Create a hosted community gathering around food, belonging, and 3.21.

3.21 Week: March 15–21, 2027 • Rock Your Socks Day: Fri, March 19 • WDSD: Sun, March 21 • Register at Celebrate321.org



Businesses

Go big

Create

Cost: \$\$

WHY IT MATTERS

A shared table is one of the oldest ways to say “you belong here.”

HOW TO DO IT

- 1 Pick a date during 3.21 Week and a simple menu.
- 2 Invite neighbors, customers, and local families.
- 3 Use the run of show on page 2.
- 4 Make seating, food, and the space accessible.

WHAT YOU NEED

- Run of show (page 2)

PAIRS WITH THESE KITS

- Restaurant Kit
- Community Event Guide

READY-TO-POST CAPTION

Join us at the 3.21 Community Table! #Celebrate321 #WorldDownSyndromeDay

GOOD TO KNOW

Use person-first language (“a person with Down syndrome”). Celebrate, never pity. Feet photos are great; share faces only with permission.

PLANNING SHEET

Run of show

Your plan for the day. Add a name next to each step.



WHEN	WHAT	WHO	DONE
Three weeks out	Set date, menu, and capacity; invite partners		☐
Two weeks out	Invitations out; ask about allergies and access needs		☐
Arrival	Socks welcome; name tags; host greeters		☐
Meal	Family-style seating; mix tables		☐
Moment	A 2-minute welcome and why-3.21		☐
After	Thank-you post; invite everyone to the 21st of next month		☐

THE BASICS

Date _____ Lead _____

Locations / teams _____ Photo person _____

Budget _____ Give-back (optional) _____

MAKE IT FOR EVERYONE

- Step-free spaces and seating
- Quiet spot to take a break
- Plain-language signs
- Faces only with permission

NOTES
