

# girls night in!



## Memories of Karaoke

Karaoke isn't a new party idea, but it's easy to put your own spin on it by playing songs from a favourite musical decade or by holding a "Girls Night In Idol" singing competition. Invite three guests to be your "Idol" judges and let the fun begin. To get started:

- \* Choose a musical theme that your guests know or like best. Electronically add Karaoke images to your *Girls Night In* party invitations.
- \* Find Karaoke software (free versions are available on the web) or rent a machine (check the Yellow Pages or the web).
- \* For the singing competition create fun scorecards that rate each participant on criteria like: most unlikely song choice, highest note reached, most unusual interpretation of a song or longest note held. Create a "trophy" for the winner, such as a toy microphone or CD case with a certificate.
- \* Add special effects like bubble-making machines, disco balls or fog. Visit a local party supply store for more special effects ideas.

## Home Spa Party

Who wouldn't want a day or night at the spa? *Girls Night In* hosts can do the pampering or invite their guests to indulge themselves. The best part is bringing the spa home without having to pay spa prices. Here's how:

- \* Send out invitations with small scented soaps attached with ribbon (if hand delivered).
- \* Set the mood with candles, aromatherapy and new age music.
- \* Purchase inexpensive flip-flops and invite guests to change when they arrive.
- \* Visit a dollar store for pretty glass bottles and jars that are perfect for sampling homemade massage oils, body lotions, body scrubs or facial masks.
- \* Set up pampering stations on tables with manicure supplies.
- \* Make food preparation and serving easy. You can order cheese, fruit or veggie trays with dips or pre-make them yourself ahead of time. Serve mocktails with slices of lime, lemon or orange.

**G**irls Night In is a fun and easy way to support research into cancers that affect women that's flexible enough to fit anyone's busy schedule or lifestyle.

The concept is simple. The program encourages women to host a *Girls Night In* event that can include the entire family, friends, colleagues, or other moms, and to ask guests to make a donation to the Canadian Cancer Society comparable to what they would spend on a night out.

"Women told us they want to support women's health causes more often but find it difficult with busy lives revolving around families and careers," explains Kara Spedding, director, Community Outreach and Innovation, Canadian Cancer Society, Ontario Division. "*Girls Night In* makes it easy for them to support research into cancers that affect women, all while taking some time for themselves and their friends."

You can host your own *Girls Night In* event whenever you like—it doesn't have to take place at night. Your event can be a simple movie night on the couch or a more elaborate affair, depending on your tastes.

Here are just a few of the almost limitless theme possibilities for your own *Girls Night In*:



## The Classic Dinner & a Movie

Combining a favourite movie genre and cuisine is a get-together idea with lots of traditional or exotic options. Here are just a few possibilities that are sure to please and even surprise guests:

**My Italian Restaurant:** Start with some red and white-checked tablecloths and music from your favourite opera or Italian crooner. Serve up antipasti followed by risotto or polenta. Top off the evening with a home screening of *Everybody Wants to be Italian* or *Il Postino*.

**Bogart meets Morocco:** Where do you start when choosing your favourite Humphrey Bogart movie? How about *Casablanca*? Set the mood with Moroccan-inspired lanterns, an indoor tent and bellydancing music. Then serve up a Moroccan feast (to be eaten while sitting on pillows) including tagine chicken, lamb kebabs on couscous and chopped salad with chickpeas and lentils. A web search will yield lots of delicious and easy recipes!

**Stage musicals meet the silver screen:** Some of our favourite musicals are set in locations that conjure up some unconventional get-together ideas. Transport your guests with music from your favourite soundtrack. How about *Fiddler on the Roof*? Start your dinner off with some cold Green Shchi (cabbage soup), followed by Blinchaty pirog (a type of pancake), topped off with some Moscow Ponchiki (pastries).

## Setting Your Goal

As a *Girls Night In* host, setting a fundraising goal for your event is a great way of getting your guests even more involved and enjoying the rewards of achieving a specific target together!

Some hosts decide to host more than one *Girls Night In* and to challenge themselves to surpass previous totals raised. You might even inspire your guests to hold their own event. To set a fundraising goal for your *Girls Night In* event you might want to consider:

- ➔ How much my guests and I usually spend each for a night out multiplied by the number of guests.
- ➔ If you are having a theme party (like a movie night), you could set a minimum donation based on what a guest might pay for a similar night out (for the movie, snack, drinks, after-movie dessert).

Setting a fundraising goal for your event might also generate other ideas for raising funds such as auctions, bake sales or clothing sales.



## For More Information

For more information on *Girls Night In* or to register an event, visit [www.GirlsNightInForCancer.ca](http://www.GirlsNightInForCancer.ca). It features:

- ♥ special *Girls Night In* Host area
- ♥ special *Girls Night In* Guests area
- ♥ event/host locator
- ♥ online video
- ♥ e-boutique to browse and purchase program merchandise

The site also has an interactive community featuring:

- ♥ guest and host video/photo gallery
- ♥ forums to share exciting party ideas, favourite recipes, and much more!

Funds raised through *Girls Night In* go to support leading edge research into cancers that affect women (breast, cervical, ovarian and uterine) and will be collected and allocated by the Ontario Division of the Canadian Cancer Society.