



**Saturday, October 10, 2026**

6–9 p.m. local time

**Show up. Share the table.  
Belong everywhere.**



## **1 Pick your restaurant.**

Go where it's realistic for you, with friends, family, or a group.



## **2 Show up on October 10.**

One day, nationwide. Thousands of small gatherings, all at once.



## **3 Tell us what happened.**

Post a photo, tag @DisabilityNightOut, and add #DisabilityNightOut. Say what worked and what didn't.



Scan to learn more, get notified, and find a group near you.

**DisabilityNightOut.org**

Follow and tag @DisabilityNightOut · #DisabilityNightOut