

IDEAS FOR CELEBRATING SENIOR CITIZENS DAY

Thank the senior citizens you know for their contributions

Think about the older adults that you know. Some of them are veterans. They may have fought bravely for our country. Some were teachers who may have assisted you during your formative years.

Regardless of their careers, some older people played an essential role in your childhood. Thank them for it. Tell them about the difference they made in your life.

Visit a nursing home

Do you know someone living in a nursing home or senior living community? Use National Senior Citizens Day as an excuse to visit.

While you are there, take a moment to smile and say “hi” to the residents who don’t have visitors. Listen to their stories and share some of yours.

Volunteer at a local senior citizen center

Most communities have senior citizen centers that offer services and support to older adults. Contact the staff of these centers and ask how you can be of help in your local community.

Perhaps they will encourage you to volunteer with the Meals on Wheels program. Or maybe they will ask that you create toiletry kits to distribute to seniors in need. They might ask you to use your knowledge to teach a class to older people in your community. You can make a difference in a senior citizen’s life in many ways.

Donate to a charity that supports seniors

Think about what charities support senior citizens at a local and state level. Donate your time or money to those charities.

Thank the senior citizens who volunteer in your community

There are plenty of seniors who are using their free time to volunteer in your community. They are reading to kids at local schools, serving meals at funerals, and walking dogs at animal shelters.

Take a moment to say thank you to those people who are making the most out of their retirement. They have worked hard all their lives and could be spending each day on the golf course. Instead, they are giving back to the community.

Encourage others on social media to do something nice for a senior citizen that day

Think of all the silly things you post on your social media accounts. Instead of sharing another silly video, let them know National Senior Citizen Day is approaching. Encourage them to do something nice for a senior citizen. Or post a picture of you and your grandparent(s) with a message of how grateful you are for them.

Interview senior citizens about their life

Think of all the historical events that the seniors in your life experienced. They were around during world wars and assassinations. They saw the invention and development of the car and the telephone. They may have lived in homes without running water or electricity.

Ask your senior friend about their life. No matter how they grew up, you're sure to hear some interesting stories.

Help a senior in need

Do you have a senior citizen living in your community? Do they need rides to the doctor's office? Do your senior neighbors need help with their yard or snow removal?

Maybe the senior living in your neighborhood needs help. They might need items brought down from their attic or someone to take donations to the local Salvation Army. Even completing small tasks can be a big help.

Help an older adult do something special

Is there something that the elderly person in your life had always wanted to do? Help them fulfill their dream. or check something off of their bucket list.

Research your family tree

Do you know the names of your great grandparents? What about your great-great-grandparents? Ask the oldest adults living in your family to share stories about your ancestors.

Start a family tree project. There are many online resources that make it easy to fill in the blanks on your tree. You may even be able to connect with some long lost relatives.

Visit your parents or grandparents

The time that we have with our parents and grandparents is limited. The years go quickly, and it won't be long before your parents have a few more grey hairs. If you are lucky enough to have grandparents or great-grandparents, National Senior Citizen Day is a great excuse to spend time with them.