



October 1

Resilience of  
older persons in a  
changing world

# 10 ways to celebrate seniors

1. Host a special morning tea during one of your children's programs. Invite seniors in your church community to attend and encourage the children to invite older people who are significant in their lives.
2. Invite older people in your church community to become mentors to younger church members for a month.
3. Ask an older person about the changes they have experienced in life and how God has sustained them through these changes.
4. Invite older people to run a one-hour workshop or seminar to share some of their knowledge and skills.
5. Interview seniors – find out what they have discovered about God's steadfast love. Feature the interview in your special meeting or via social media. You could do this via video, print or photos on a PowerPoint.
6. Visit and deliver small gifts to seniors in your community who are unable to attend gatherings.
7. Provide respite care for a house-bound person, so that the usual carer can have a break or attend a church program.
8. Host an IT workshop for older people. Invite younger members of the corps to train the older people in using technology such as social media and online meetings.
9. Partner a younger person or family with each older person linked with your church. Ask them to pray for each other and find ways to support and encourage each other.
10. As a church, set aside 24 hours to pray for your older adults.

International Day of

**Older  
Persons** 2023