

October 1

Resilience of
older persons in a
changing world



Ideas for preschoolers

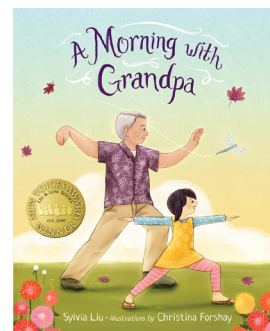
Consider hosting a morning tea in your preschool group and asking families to invite the older people who are special to them.

You might like to read one of these books in your preschool group.

A Morning with Grandpa

By Sylvia Liu; Illustrated by Christina Forshay

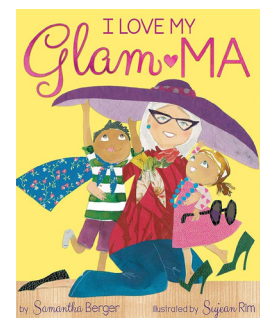
This book depicts a positive intergenerational relationship between a grandparent and grandchild. A curious, active young girl spends the day learning tai chi from her grandfather, and in turn tries to teach him how to do yoga.



I Love My Glam-MA

By Samantha Berger; Illustrated by Sujean Rim

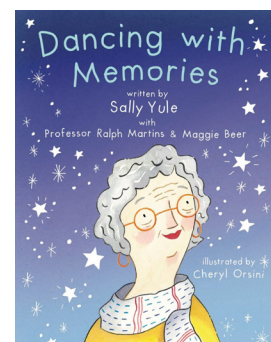
A joyful celebration of grandmothers who are young at heart, adventurous, and find a bit of glamour in everything they do. Whether these glam-mas are building sandcastles, riding with dolphins, or turning blankets into reading forts and super capes, they live each day with a playful spirit – just like their grandchildren.



Dancing with Memories

By Sally Yule, Maggie Beer (As told to), Ralph Martins (As told to); Illustrated by Cheryl Orsini

A moving and heartfelt picture book for young children and their families, to help them navigate the changes that come with living with Alzheimer's disease.



International Day of

Older Persons 2023