

OLDER AMERICANS MONTH



CONNECT, CREATE, CONTRIBUTE MAY 2019

Connect

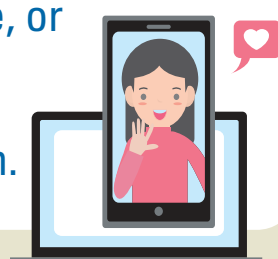
WITH FRIENDS, FAMILY, AND SERVICES THAT SUPPORT PARTICIPATION.

JOIN A SENIOR CENTER and participate in the social activities and programs they offer.

PLAN A GAME NIGHT or crafting activity that brings people together in the name of fun.

VISIT ELDERCARELOCATOR.GOV for services and support to help you stay independent.

Stay connected with family and friends around a dinner table, by phone, or through other methods of communication.



CREATE



THROUGH ACTIVITIES THAT PROMOTE HEALTH AND PERSONAL ENRICHMENT.



Engage in creative activities like gardening, dance, music and art.

TAKE A CLASS or workshop and learn to paint, dance, or navigate social media.

CREATE A FITNESS PLAN that involves physical activity and maintaining a healthy diet.

GO ONLINE to learn a new language, write a blog, or earn a college degree.

Contribute

TIME, TALENT, AND LIFE EXPERIENCE TO BENEFIT OTHERS.

VOLUNTEER by participating in fund raisers, food drives, and community cleanups.

JOIN a local neighborhood organization to be heard and participate in community planning.

SHARE STORIES about history and culture with family and friends.

Provide support to those who need help with chores, trips to the store, and companionship.

