

Senior Citizens' Month

Ideas for Senior Citizens' Month events in your community

Mark your calendars!

June 1st

Intergenerational
Day

World Elder
Abuse
Awareness
Day

*June
15th*

Event Ideas

- **Awareness Campaign:**

Ask your local radio station to advertise your community event, as well as spread the message about older adult wellness and prevention of abuse of older adults.

- **Story Time:**

Create opportunities for older adults and children to read together; either at school, the library, or in a community centre.

- **Creating Family Trees:**

Activity for family members to learn from their parents, grandparents, and other older people in the community about their ancestry and how they are connected to each other and their community.

- **Community Workshop:**

Host a workshop on family violence and abuse of older adults prevention and responses specific to your community; NWT Seniors' Society can provide information and resources.

- **Making Traditional Foods:**

Opportunity for older adults to teach other community members how to prepare traditional foods in the community.

- **Community Feast:**

Invite the entire community to celebrate local older adults over a meal.

- **Go Outside:**

Organize a walk in the bush for local flora and fauna experts to share their knowledge and discuss traditional uses and harvesting methods of plants and animals.

- **Learn & Teach a Language:**

Organize lessons for intergenerational tutoring - a space to teach and converse in Indigenous languages and English

More ideas & information at: www.nwtseniorssociety.ca