



Senior Citizen Day - August 21, 2025

Senior Citizen Day is celebrated annually on August 21st to honor the contributions and achievements of older adults. The day was established in 1988 by U.S. President Ronald Reagan, who signed Proclamation 5847 to recognize the role seniors play in communities and to raise awareness about issues that affect them, such as health care, elder abuse, and social isolation. This observance encourages people to show appreciation for the wisdom, experience, and service of older generations. Recognizing Senior Citizen Day helps promote respect and care for seniors, ensuring they remain active, valued members of society.

HOW CAN WE CELEBRATE?

- **Spend time with senior citizens** in your family and community
- **Volunteer** at local senior centers or retirement homes
- Host an **intergenerational event** to bond across generations
- Read ***Being Mortal: Medicine and What Matters in the End*** by Atul Gawande
- Watch TedTalks about aging:
 - **"Life's Third Act"** by Jane Fonda
 - **"Older People Are Happier"** by Laura Carstensen
- Visit the **National Council on Aging** website at www.ncoa.org



THIS YEAR'S DEI THEME IS...

INTERSECTIONALITY

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