

#ChathamLovesSeniors 14 Days of Caring Challenge!



We Love Seniors Month is a great time to practice reaching out and showing love and care to older adults in our community and beyond! Take our 14 Days of Caring Challenge and see how many ways you can express your appreciation.

(With any of these activities, always remember to practice the 3 Ws and #SpreadLoveNotCOVID! Children: Get your parent/guardian's permission before doing any of these activities.)

Day 1 - Make a friendly phone call to an older adult neighbor or family member.

Day 2 - Mail a friendly letter or post card to an older adult.

Day 3 - Pick some flowers and deliver to an older neighbor's doorstep with a kind note.

Day 4 - Ask an older adult what their life was like when they were your age.

Day 5 - Help an older adult by doing some yard work for them.

Day 6 - Eat a virtual meal together via video chat or telephone. Plan a shared menu for extra fun.

Day 7 - Take turns interviewing and being interviewed by an older adult.

Day 8 - Read a book together over the phone or via video chat.

Day 9 - Sing songs together or share your favorite music over the phone or video chat.

Day 10 - Draw or paint a picture to mail or deliver to an older adult from a safe distance.

Day 11 - Participate in the #ChathamLovesSeniors K-12 Art & Essay Contest. (If you're an adult, help spread the word.)

Day 12 - Drop off a day-brightening care package to an older neighbor, keeping a safe distance.

Day 13 - Work a crossword puzzle with an older adult over video chat or the phone.

Day 14 - Check out some of the books from the Chatham Community Library's "We Love Seniors" book lists.

***The 14 Days of Caring Challenge is brought to you
by our 2021 #ChathamLovesSeniors sponsor, Alignment Health Plan!***

