

Ten Ideas for Church Groups Observing Older Adults Month (May)

Collected from churches around the country

Form a “Young at Heart” choir.

Hold a storytelling program: Share stories in a group setting about people who have helped to deepen faith and connection to the church.

Honor individuals who are the “Mighty Prayer Warriors,” for their commitment to their faith and the work of the church in community.

Start a monthly discussion and support group for older adults and caregivers.

Present a self-paced virtual conference featuring experts in local subject matter.

Hold an information fair and offer speakers who are area experts on aging.

Print a collection of the congregation’s memories shared by members who are 75 and older.

Include a Sunday morning class to explore topics on aging, faith, thereby building relationships with each other.

Reach out to people in the eldercare field in the area, asking them, “Who needs to be included?”

Celebrate residents’ birthdays every month at the area care facility, with a cookie or cupcake.