

A photograph of four senior citizens (two men and two women) smiling and clinking wine glasses in a toast. They are in a kitchen setting with a brick wall and shelves in the background. A small Christmas tree is visible in the center.

NATIONAL SENIOR CITIZENS DAY

21 AUGUST 2021

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On August 21st, National Senior Citizens Day recognizes the achievements of the more mature representatives of our nation. The day provides an opportunity to show our appreciation for their dedication, accomplishments, and services they give throughout their lives.

Their wealth of knowledge, skill, and experience offer so much to the next generation. As technologies advance, these are the people who've experienced each step of change. Not only have they contributed to it, but they understand first-hand the benefits and the drawbacks. They know life without the advancements that exist today.

By the time you're eighty years old you've learned everything. You only have to remember it. ~ George Burns

Our senior citizens are pioneers of science, medicine, psychology, civil rights and so much more. Their valuable contributions to our communities create better places to live. They deserve the respect and dignity their achievements earn them. The day encourages supporting senior citizens to live their lives to the fullest and as independently as possible.

HOW TO OBSERVE – Senior Citizens Day

Spend time with the senior citizens you know. Let them know they are appreciated and loved. It may also be a good day to volunteer at a retirement home. Share your smile with those who may not otherwise get a visitor today.