



# IDEAS FOR PLANNING SENIOR ADULT ACTIVITIES

## BOOMERS

Because the term “senior adult” typically applies to anyone approximately 65 or older, a church senior adult group will reflect a wide range of ages, lifestyles, and needs. Programming for seniors should support this diversity through a wide variety of activities.

Whether your church has an organized senior adult ministry or a loose-knit series of senior programs, it is important for activities to be broad-based and balanced. While every activity may not appeal to every senior, you should strive for balance over a period of time, across ministries and programs.

*Here are 12 months' worth of ideas for broad-based mature adult programming that will help you achieve balance over a calendar year.*

### **January**

- Income Tax Program - Request someone to explain the new tax laws.
- Winter Bible Study - Consider a weekend retreat, several morning meetings, or a daylong meeting.

### **February**

- Love Notes to Missionaries - Provide names and addresses of missionaries and write "love letters" to them.
- Presidents Day Observance - Ask volunteers to give excerpts of famous presidential speeches.

### **March**

- Ides of March - Plan a program based on laughter, including jokes and humorous stories from your own members.
- Gardening - Invite a local gardening expert to give gardening tips.

### **April**

- Picnic - Enjoy the outdoors with a picnic away from the church.
- Book Review - Invite a local author to review and autograph his or her book.

### **May**

- Senior Adult Sunday – plan a Sunday to highlight the impact and influence your mature adults have on your entire church, ministries, and families. Honor, serve, and celebrate them.
- Children's Choir Concert - Invite your children's choir to sing for you. Provide foods children would enjoy.
- Film Festival - In different areas of your church building, show films on subjects such as travel, gardening, history, and more.

### **June**

- Birthdays and Anniversaries - Celebrate by recognizing everyone's birthdays and wedding anniversaries.
- Cooking for One or Two - Invite your area home economist to discuss proper nutrition and to demonstrate cooking for one or two.

### **July**

- Patriotic Observance - Honor veterans for the freedom we have today.
- Vacation Bible School - Have a senior adult VBS. Materials are available from LifeWay Christian Resources.

### **August**

- Ice Cream/Watermelon Fellowship - These foods are always summer favorites. Also plan to have games available.
- Bible Conference - As an outreach activity, invite the community to attend.

### **September**

- School Days - Plan a skit around school activities and serve a box lunch.
- Grandparents' Day - Invite members to bring their grandchildren or photos of them to your meeting. Have fun!

### **October**

- Family Dinner/Talent Show - Ask members to invite their children or grandchildren to share their talents.
- Sing Fest - Plan a gospel sing.

### **November**

- Thanksgiving Feast - Ask seniors to bring favorite dishes and share recipes.
- Veterans Day Theme - Honor those who served in the military.

### **December**

- Carol Sing - Visit and sing for shut-ins and at nursing homes.
- Christmas Party - Plan a program to entertain/inspire your senior adults.