Visiting Seniors
This month you learned about donating goods and time to those in need during the holiday season. In addition, there are populations in the community that are often forgotten about during the holidays. One of these groups of people is the elderly. Many times elderly populations are not visited enough, especially if they live in a nursing home or in an assisted living facility. Some families may be out of town during the holiday season and are not there to spend time with their elderly relatives. This month you and your club might organize a visit to a nursing home or an assisted living facility.

You and your club members might use your visit as an opportunity to bring cheer into the lives of senior citizens, but also as an opportunity to learn more about how the senior citizens celebrate the holidays. You and your club members might want to create 3-6 questions to ask the seniors. Below are some ideas for questions to ask.

- What holiday(s) did you celebrate?
- What were some of your favorite holiday foods?
- What was your favorite holiday song(s)?
- Did you and your family have any special holiday traditions?
- Was there any place you and your family would travel to during the holidays?

You and your club members might consider visiting the seniors once to do the interviews and then visit again to put on a skit comparing the holiday celebrations of yesterday and today. Your club might also want to bring holiday refreshments for the seniors to enjoy while they watch your skit.

You and your club might want to think about the following questions after learning more about the senior citizens.

What holiday traditions did you and the senior citizens have in common?

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Did talking to the senior citizens about their holiday traditions change any of your perceptions about the elderly?

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