

## HISTORY OF NATIONAL SENIOR CITIZENS DAY

President Reagan emphasized that older adults have significantly contributed to families, communities, and the country throughout history; he initiated this annual celebration in 1988 by signing Proclamation 5847.

## WHY NATIONAL SENIOR CITIZENS DAY IS IMPORTANT

- **Wisdom and Experience:** Seniors have a wealth of wisdom and life experience. By celebrating this day, we acknowledge their insights and valuable lessons they share with younger generations.
- **Hard Work and Sacrifices:** Throughout their lives, seniors have worked hard, made sacrifices, and contributed to their communities. Recognizing their efforts fosters gratitude and respect.
- **Awareness:** National Senior Citizens Day raises awareness about the needs and rights of older adults. It reminds us to support and advocate for their well-being.

## HOW TO OBSERVE NATIONAL SENIOR CITIZENS DAY

Spend this day embarking in meaningful activities that fill your hearts with joy and create lasting memories.

By spending quality time with loved ones, you can create precious memories through activities such as family gatherings, outdoor walks or picnics, storytelling sessions, and sharing photo albums filled with cherished memories.

Thank you for your wisdom, guidance, and contributions, which have helped shape our lives and community in countless ways. Most of all, thank you for being a source of inspiration!



# NATIONAL SENIOR CITIZENS DAY

**AUGUST 21, 2024**

*Honoring older adults, today and always for their  
wisdom, contributions and experience.*



LOS ANGELES COUNTY

**Aging & Disabilities  
Department**