

Calendar of Social Engagement Opportunities

This calendar lists some of the many outreach opportunities that can be used to build awareness of the value that staying active and engaged in the community provides for older adults, people with disabilities, caregivers and communities. Use this tool to:

- Promote social engagement through social media, emails or newsletters to encourage participation in your organization's activities and events.
- Plan virtual or in-person events to celebrate religious, secular and cultural holidays and observances not included on the calendar.
- Reach out to community partners and organizations that have connections to various observances and coordinate your messages to include a focus on older adults, people with disabilities and caregivers.



JANUARY

- **Martin Luther King Jr. Day/National Day of Service**—Take up a service project.
- **National Puzzle Day**—Challenge yourself by trying a jigsaw puzzle with a friend.
- **Universal Letter Writing Week**—Write a letter to a friend or become a pen pal.
- **National Hobby Month**—Learn to paint or play a musical instrument.

FEBRUARY

- **Make a Friend Day**—Get in touch with a friend you haven't seen for awhile.
- **National Caregivers Day**—Take some time for yourself or help a caregiver.
- **Black History Month**—Participate in virtual or in-person events or discussion groups.

MARCH

- **National Plant a Flower Day**—Start a garden project with a friend.
- **National Let's Laugh Day**—Share a joke with a friend or visit a comedy club.
- **National Craft Month**—Try a new craft or visit a craft show with friends.
- **Women's History Month**—Participate in virtual or in-person events or discussion groups.
- **National Nutrition Month**—Plan shared meals, participate in group meal activities.





APRIL

- **National Walking Day**—Take a walk and explore your community!
- **Earth Day**—Participate in a recycling or trash cleanup activity in your community.
- **National Library Week**—Pick up a book and volunteer at your local library!
- **National Volunteer Month**—Explore local volunteer opportunities in your community!



MAY

- **Older Americans Month**—Learn more at acli.org/oam.
- **National Fitness Day**—Try a yoga class, take up Tai Chi or go for a swim.
- **National Do Something Good for Your Neighbor Day**—Commit to a random act of kindness.
- **National Visit Your Relatives Day**—Take some time to check in with your loved ones.
- **Older Adult Mental Health Awareness Day**—Help overcome isolation and loneliness through staying connected.
- **Asian Pacific Islander American Heritage Month**—Participate in virtual or in-person recognition events or discussion groups.
- **National Pet Month**—Want a furry friend? Foster or adopt a pet!



JUNE

- **National Best Friends Day**—Reach out and reconnect to a friend.
- **National Gardening Week**—Volunteer at a community garden.
- **LGBTQIA Pride Month**—Reach out, attend a parade, learn about LGBTQIA history.
- **Great Outdoors Month**—Join a group celebrating the outdoors or help clean up a park.



JULY

- **National Cheer Up the Lonely Day**—Send a card, make a call or plan a visit to someone who you think may be lonely.
- **National Give Something Away Day**—Pay it forward; plan a food drive.
- **Anniversary of the Americans with Disabilities Act being signed into law in 1990 by President George H. Bush**—Participate in a virtual or in-person course or anniversary events.



AUGUST

- **American Family Day/National Friendship Day/National Sisters Day**—Celebrate families of all types by planning an activity or sharing a meal.
 - **National Book Lovers Day**—Join a book club and share your favorites.
 - **National Senior Citizens Day**—Plan a fun day to share with other older adults or visit those who may have difficulty leaving their homes.
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SEPTEMBER

- **National Grandparent's Day**—Plan an intergenerational activity or share stories with others.
- **World Alzheimer's Awareness Day**—Learn the difference between normal aging and Alzheimer's, or become a Dementia Friend.
- **Good Neighbor Day**—Stop and say hello, get to know your neighbors.
- **National Hispanic Heritage Month**—Participate in virtual or in-person recognition events or discussion groups.
- **National Dance Day**—Turn on a favorite song and dance or take a group class.

OCTOBER

- **National Train Your Brain Day**—Challenge yourself with a puzzle, learn a new language or explore a new subject.
- **National Make A Difference Day**—Volunteer in your community.
- **National Arts and Humanities Month**—Attend a concert, visit a gallery, support a local arts organization.
- **Active Aging Week**—Celebrate positive aging and active living by participating in health and wellness activities.



NOVEMBER

- **National Rural Health Day**—Attend or volunteer at a health fair; provide transportation for those who cannot drive.
- **National Family Caregivers Month**—Help plan a respite event for caregivers; participate in a respite program.
- **National Veterans and Military Families Month**—Participate in Veterans Day events; ask veterans to share their stories.
- **Native American Heritage Month**—Participate in virtual or in-person events or discussion groups.

DECEMBER

- **Crossword Puzzle Day**—Challenge a friend to complete a puzzle.
- **Write to a Friend Month**—Handwrite letters to friends, including friends you may not have spoken with in awhile.
- **Connect with family and friends to celebrate the holiday season** and ask your local Area Agency on Aging about its virtual or in-person holiday programming.

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