

## **Senior Ministries**

**The Senior Ministry will focus on assisting and engaging seniors in the church and community. God has blessed many to live past the three scores and ten and we believe as long as there is life there is purpose.**

**This ministry is affectionately called S.A.L. (seniors are loved). It's our desire to connect a P.A.L. (people assisting in love) with S.A.L.**

**Facilitators are encouraged to recruit individuals willing to serve as a P.A.L. as well as provide opportunities for senior inclusion in various programs. Many are gifted and have talents to be shared in meaningful ways.**

### **Suggested activities:**

**Develop a profile on each senior, including but not limited to birth day, favorite song, favorite food, favorite scripture, and favorite holiday.**

**Compile Emergency contact information for seniors.**

**Establish a Prayer buddy program.**

**Implement Card showers for senior special days, (Mother's Day, Father's Day).**

**Physical activities-walking, chair exercise, gardening**

**Mental stimulation-crossword puzzles, coloring, reading**

## **Intergenerational activities**