

## Steps for Planning Senior Adult Day

Senior Adult Day is a day to thank senior adults for the following contributions:

1. For their many years of service to the Lord through His church
2. For their happy smiles and positive attitudes
3. For their continued support of the Lord's work through His church
4. For their consistent and regular attendance in the activities of churches
5. For their many years of teaching, serving on committees, and leadership in the life of the church
6. For continuing to run the race and not to faint as they serve

For the debt of gratitude owed to senior adults, many churches set aside an annual day to honor and respect seniors. The first Sunday in May is the official date on the Southern Baptist Convention calendar for celebrating Senior Adult Day. Some churches observe a special day, while other churches plan a Senior Adult Week.

Planning a Senior Adult Day can be the responsibility of the senior adult council or committee, the senior adult coordinator, or the staff member assigned to senior adult ministry. If there is no senior adult council, committee, coordinator, or staff person, the church nominating committee should recommend a Senior Adult Day Planning Committee. This planning committee, which coordinates all of the Senior Adult Activities, should be representative of all senior adults in the church. The committee could become the senior adult committee, which coordinates senior adult activities throughout the year.

## Steps for Planning Senior Adult Day

Secure the date. Determine the schedule and activities for the day. Appoint workgroups or subcommittees to take care of the following details:

1. **Attendance**  
Make it a high attendance in the Senior Adult Sunday School by setting goals and recognizing those reaching them.
2. **Worship Service**  
Some churches invite a guest speaker for the morning service. Many senior adults prefer to include their own pastor and encourage him to preach on the selected theme. Other service/recognitions are: special music, ushering, Scripture reading and testimonies.
3. **Choir**  
Have your senior adult choir provide the music for the worship service. Some senior adult choirs learn and present a musical for the evening worship service.
4. **Ministry**  
Select one or more ministry activities for the day.
5. **Food**  
There are several opportunities for fellowship meals. Some churches have a lunch following the morning worship service. When a Sunday fellowship is not practical, try a Saturday night banquet or a Saturday afternoon outing. A Sunday night after-church fellowship when the senior adults serve and entertain the church members is a good possibility.
6. **Transportation**  
Some senior adults who cannot attend regularly or even frequently may be able to come for this special day with some help. Providing transportation can make the difference for them to enjoy the fellowship and encouragement of the day.
7. **Publicity**  
The activities should be publicized well in advance of the event through church newsletters, Sunday School, and senior adult publications.
8. "What is Senior Day, Steps to Planning and Other Activities that May Be Included"?  
Other Subcommittees may need to be appointed to accomplish the activities that you plan.

## **Additional Senior Adult Week Activities:**

If planning a Senior Adult Week, additional activities could include:

- **Senior Adult Revival**  
Invite the community and neighboring churches. Use outstanding preachers in your area; have a morning meeting, and serve lunch to provide good fellowship.
- **Senior Adult Bible Conference**  
Focus on studying one particular book of the Bible. Schedule a time that is convenient for seniors. Again, use a well-known and respected Bible teacher.
- **Senior Adult VBS**  
This is gaining popularity with seniors. Use the adult materials included in the VBS materials. This is a great learning opportunity. Morning probably would be the best time to have VBS for seniors.
- **Senior Adult Retreat**  
This would provide a time for reflection, fellowship, and just good fun. Time away from a busy world is always refreshing.

A special emphasis each day could be planned with different activities such as a day trip, picnic, recreation, and leaning opportunities. Conclude with the retreat or a fellowship.

This article was adapted from “Planning for Senior Adult Day” in *Mature Living*, January 2002.

### **Related Articles:**

1. A Year of Ideas for Planning Senior Adult Activities
2. Planning Recreation for Senior Adults