



GRANDPARENTS DAY

August 28th

Today is a very special day as we celebrate Grandparents Day. It is time to appreciate with honor and love the wisdom, and guidance that grandparents provide to families.

On this Grandparents Day, let's take the time to appreciate and celebrate the invaluable contributions of grandparents in our lives. Whether near or far, their love and wisdom continue to enrich our lives in countless ways.

Celebrating Our Grandparents:

- **Spend Quality Time:** Take this opportunity to spend quality time with your grandparents, whether it's sharing stories, playing games, or simply enjoying each other's company.
- **Express Gratitude:** Take a moment to express your gratitude for their love, support, and the valuable lessons they've taught you.
- **Create Memories:** Capture precious moments with your grandparents by taking photos, recording videos.
- **Reach Out:** If you're unable to be with your grandparents in person, reach out to them with a phone call, video chat, or handwritten letter to let them know you're thinking of them.

But please, there are some grandparents without the opportunity of sharing this day with their loved ones so consider volunteering at a local nursing home or senior center to spend time with elderly residents who may not have family nearby. Your presence and kindness can brighten their day.

Wishing you all a heartfelt and joyous Grandparents Day!