

News Column for Use Week of August 5, 2024
Jordan Schuette, Adult Development & Aging Agent
River Valley Extension District
August 1, 2024

National Grandparents Day

Mark your calendars for the Sunday after Labor Day. Why? You may ask. The Sunday after Labor Day is better known as National Grandparents Day. Whether you call them your grandpa, grandma, papa, nanna, or something else special. This is a day to celebrate the grandparents in your life!

This year National Grandparents Day falls on Sunday, September 8, 2024. It is a great time to decide how you would like to celebrate your grandparents. A good place to start is to think how you celebrated your grandparents in past years.

This is a day to honor and celebrate our grandparents. However, it is also a great opportunity for grandparents to show appreciation for their grandchildren. It can also be a wonderful opportunity to educate grandchildren and younger generations about the knowledge, strength, and life experience the older generation has to offer (legacyproject.org).

There are several ways you can celebrate your grandparents this year. A few ways may include spending the day with them, having a meal together, or participating in an activity together (i.e. visiting the zoo, playing board games, etc.). If you do not live close enough to celebrate with them in person, there are some other ways you can still celebrate. Perhaps you can color a picture, draw them a picture, or write a letter and mail it to them. Of course, thanks to technology you can also connect with your grandparents via technology and Facetime, call, or Zoom with them.

I hope these suggestions give you some ideas on how you would like to celebrate your grandparents on this upcoming National Grandparents Day. Happy Grandparents Day to all those celebrating in the River Valley Extension District!