

Alavi



The elderly



CELEBRATING
World Day

FOR GRANDPARENTS & ELDERLY

1 October



**How can the
elderly stay
active?**

**They can take up
on a hobby.**



**To take up on a
hobby**

=

To start a hobby



They can design a planter.



planter

They can play games.



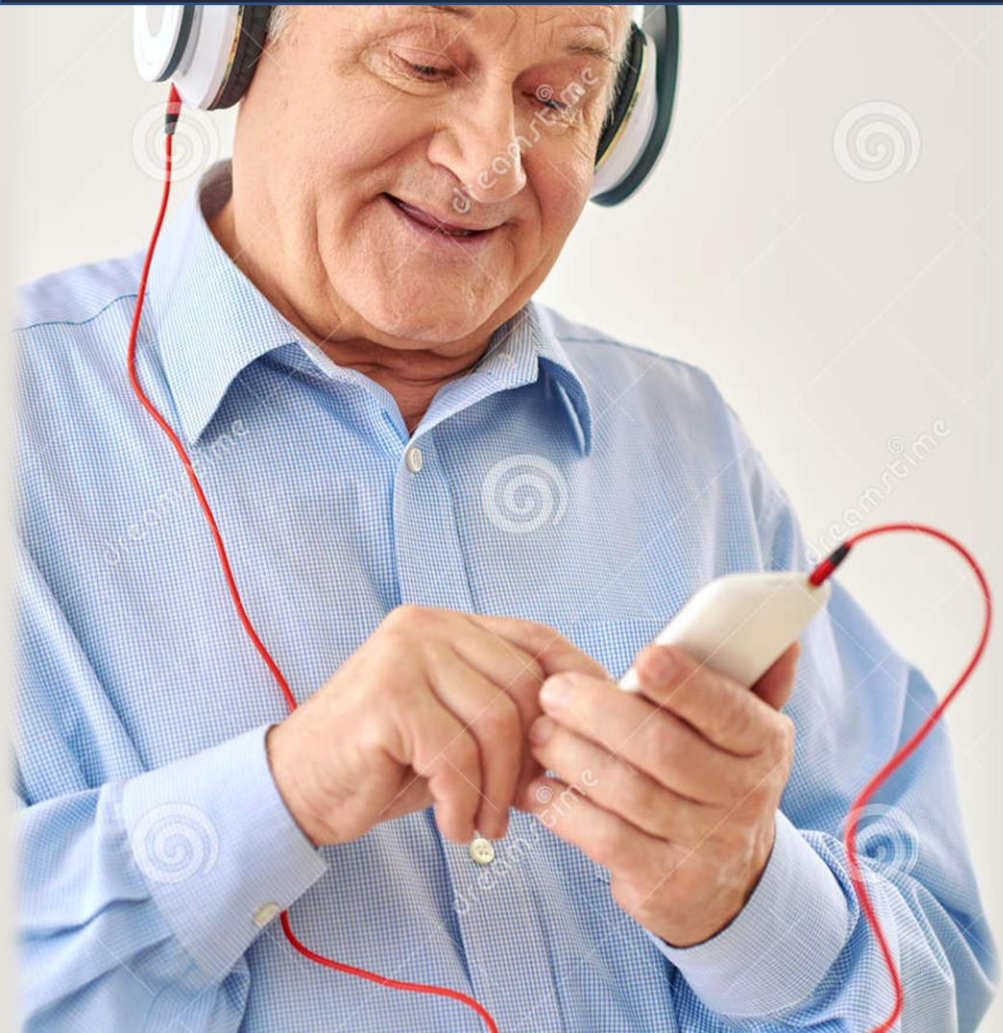


They can do household chores.



household chores

They can listen to podcasts.





They can exercise.

**WHAT
ELSE?**