

Host an Intergenerational Mix and Mingle

To mark Global Intergenerational Week 2023, we're asking you to host an 'Intergenerational Mix and Mingle' any day throughout the campaign. Bring together people from all generations and get creative!

Get involved on social media, using **#GIW23**



When: 24-30 April 2023

Where: Wherever you can!

Why: To celebrate intergenerational connections and friendships

How: Register your Mix and Mingle [here](#), and get planning!



Global Intergenerational Week

24-30 April 2023

#GIW23

gwt.scot/giw23

Mix and Mingle Activity Guide

How will you get creative at your Mix and Mingle?
Consider some of the following ideas!

- Physical Activity
- Walk and a Picnic
- Gardening Project
- Creative Writing
- Social Media Skills
- Local History
- Photography
- Cooking or Baking
- Sports
- Arts and Crafts
- Pet Day
- Music and Singing
- Board Games
- Dance
- Chair Games

Global Intergenerational Week

24-30 April 2023

#GIW23

gwt.scot/giw23

