




Senior Citizens Day

Every year on **August 21st**, we celebrate National Senior Citizens Day.

From the Presidential Proclamation: "Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of America's senior citizens."

"And more than **4.5 million** senior citizens are serving as volunteers in various programs and projects that benefit every sector of society. Wherever the need exists, older people are making their presence felt—for their own good and that of others."

The last two decades have seen the country grow continuously older.

 **Did you know?** Since 2000, the national median age has increased by **3.4 years** according to recently released [2021 Population Estimates](#) from the U.S. Census Bureau.

Visit our Stats for Stories page at [census.gov](https://www.census.gov) to learn more about this and other notable observances.