

## Healthy Aging

Letting your grandchildren interview you can be a really fun activity to do together. You may think they are not interested or that they already know everything about you, but this is often not the case. You have a lifetime of experiences and wisdom to share. Click on the link <https://www.care.com/c/questions-to-ask-parents-grandparents-and-older-adults> for 20 questions to answer for your grandchildren.

It is likely that you will have many laughs during this activity. Undoubtedly, you will be closer with your interviewee. They will feel like they know you better and may even discover some secrets or shared interests.

