

From: [Minister Seniors and Accessibility \(MSAA\)](#)
To: [Minister Seniors and Accessibility \(MSAA\)](#)
Subject: June is Seniors Month 2024 | Juin est le Mois des aînés 2024
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Minister Cho Op-ed for Seniors' Month – 2024

June is Seniors Month: Keeping seniors fit, active and socially connected

Seniors Month has been celebrated in the month of June since 1984, and this year marks 40 years celebrating Ontario's outstanding seniors and recognizing the positive impact they have made in our lives.

Across this great province, seniors have made enormous contributions in building the Ontario we all enjoy today, and they are the fastest growing demographic group. By 2046, [the number of adults aged 65 and over is projected to increase significantly from over 2 million, since 2021, to 4.4 million.](#)

This year's Seniors Month is another wonderful opportunity for celebrating our aging population with the theme, **'Working for Seniors'**. It's a theme that emphasizes the continued importance of supporting older adults through the right programs and initiatives that provide wellness, social engagement and education in communities across the province.

I am proud of the work we have done - and continue to do - to address the needs of an aging population while helping seniors contribute to all aspects of community life.

Our programs and services across our government will always be guided by the health and well-being of our senior population. And we will continue to invest in the supports that all seniors need and deserve so they can live life to the fullest.

For example, [The Seniors Active Living Centre \(SALC\) Program](#) is a program that promotes wellness, social interaction, education, and support services with the goal of keeping seniors healthy and independent through approximately 316 programs across the province.

Each year, our [Seniors Community Grant Program](#) funds local not-for-profit community groups and organizations to deliver projects, supports and resources that help older adults by offering a wide variety of activities to promote engagement, reduce isolation and promote healthy living.

Our new website at ontario.ca/seniors and our [Guide to Programs and Services for](#)

[Seniors](#) offers a wealth of information for seniors and caregivers about health, finances, housing, security and more.

It is also a priority for me to honour the knowledge, experience, and contributions that Ontario's older adults have made to the province through the [Ontario Senior Achievement Awards](#) and [Ontario Senior of the Year Awards](#).

Our government knows that Ontario's communities are strengthened, and everyone benefits when our aging population can stay active and connected with local supports.

Over the course of Seniors Month, we are working with municipalities and our community partners to provide resources that promote the health and well-being of Ontario's seniors, help reduce social isolation and make sure they have opportunities to thrive in their communities.

Not just during Seniors Month, but always, I encourage everyone to take some time to reach out and acknowledge a senior in your life.

Together, let's recognize our seniors and help keep them active, fit and socially connected.

For more information about programs and services for seniors, visit: www.ontario.ca/seniors.

Raymond Cho
Ontario Minister for Seniors and Accessibility

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Working for Seniors

Information for Seniors in Ontario

The [Ministry for Seniors and Accessibility](#) works with community organizations to offer supports and services to help seniors stay active, well, safe and socially connected through a range of programs and services. This year, the theme for Seniors Month is Working for Seniors.

Seniors Community Grants

This program funds local not-for-profit community groups and organizations to deliver projects, supports and resources for seniors that provide opportunities for greater social inclusion, volunteerism and community engagement.

Find information about the [program online](#).

Seniors Active Living Fairs

Seniors can find information about government programs and services, as well as information about healthy aging and active lifestyles to keep them active and engaged.

Learn more about [seniors fairs in your community](#).

Seniors Active Living Centre programs

Seniors Active Living Centre programs help local seniors stay active, become more involved in their community, and meet new friends in person or online. These programs include:

- unique social activities
- learning and educational opportunities
- recreational programming
- the Seniors Centre Without Walls virtual program
- online video sessions.

There are 316 programs across the province serving seniors annually.

To find a Seniors Active Living Centre program, please:

- visit the [Seniors Active Living Centre locator map](#)
- contact your municipality
- call 2-1-1.

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Working for Seniors

Age-friendly communities

Age-Friendly Communities are inclusive, accessible environments with programs and services that help seniors stay connected. These communities can include improved transit and housing, as well as opportunities for civic and social participation.

Learn more at ontario.ca/agefriendly.

Health811

Health811 is a free, secure and confidential service Ontarians can call or access online 24 hours a day, 7 days a week to receive health advice from qualified health professionals, such as a registered nurse, locate local health services and find trusted health information.

This service is available in both English and French, with translation support offered in other languages.

- Call: 811
- Toll-free TTY: 1-866-797-0007
- Chat live online
- Visit ontario.ca/Health811

Seniors Safety Line

Seniors Safety Line is a 24/7, confidential and free resource. It provides counselling, information, safety planning and referrals in 240 languages for seniors in Ontario who are experiencing, or are at risk of, any type of abuse or neglect.

Call Toll-free: 1-866-299-1011 or
TTY: 1-866-299-0088.

More information

Learn more about:

- Seniors Month at ontario.ca/SeniorsMonth.
- ministry programs and services at ontario.ca/seniors.
- resources for seniors with the updated [Guide to Programs and Services for Seniors in Ontario](#).
- other programs and services available in your area at: 211ontario.ca.
- Seniors' INFOline
Call: 416-326-7076
Toll-free: 1-888-910-1999
TTY: 1-800-387-5559

Follow us on social  [@SeniorsON](https://twitter.com/SeniorsON)  [@SeniorsOntario](https://facebook.com/SeniorsOntario)  [@Seniors and Accessibility](https://linkedin.com/company/Seniors)

Ministry for Seniors and Accessibility
ontario.ca/SeniorsMonth

Ontario 

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Working for Seniors

Tips on how you can support Seniors Month 2024

Thank the seniors in your life for all their hard work and show them just how much they are appreciated:

- Send a "Thank You" message, either in person, over the phone, by mail or email, or on social media.
- Nominate a senior in June for an Ontario Senior Achievement Award.
- Post a message on your social media channels and tag us on **X (Twitter):** [@SeniorsON](#) or **Facebook:** [@SeniorsOntario](#).

Tell us what you are doing during Seniors Month

- Join our Seniors Month conversation on Twitter and Facebook by using **#SeniorsMonth2024**.
- Post photos or videos of your Seniors Month celebrations and tag us on **X (Twitter):** [@SeniorsON](#), and **Facebook:** [@SeniorsOntario](#)
- Seniors volunteering and helping in their neighbourhood? Tell us about it! Tag us on **X (Twitter):** [@SeniorsON](#), and **Facebook:** [@SeniorsOntario](#)

Promote Seniors Month to your friends and family

- Share health and fitness tips for seniors.
- Post info about seniors' events taking place during Seniors Month (via link to community centres/municipalities)
- Feature topics of interest to seniors (retirement, financial scams and fraud, elder abuse, housing, driving, health and well-being) in your posts.
- Provide Seniors Month resources to celebrate the month: poster, factsheet, or ideas to celebrate Seniors Month.