

June is Seniors Month

Stay Safe, Active and Connected

Seniors Month 2021 Participation Tips

- Thank the seniors in your life for all their hard work and show them just how much they are appreciated:
 - Send a message saying "Thank You".
 - Send an electronic greeting card (e-card) recognizing the role a senior plays in your life.
 - Post a message on the [Seniors Ontario Facebook page](#).
- Join our Seniors Month conversation on Twitter. Please use #SeniorsMonth, #StaySafe, #StayActive and #StayConnected.
- Post photos of your Seniors Month celebrations and tag us on Twitter: [@SeniorsON](#), [@AinesON](#) and on Facebook: [@SeniorsOntario](#), [@AinesOntario](#)
- Seniors volunteering and helping in their neighbourhood? Tell us about it! Tag us on Twitter: [@SeniorsON](#), [@AinesON](#) and on Facebook: [@SeniorsOntario](#), [@AinesOntario](#)
- Post health and fitness tips for seniors. Find ideas here: www.ontario.ca/page/seniors-stay-healthy-and-active
- Post seniors events taking place during Seniors Month (via link to community centres/municipalities)
- Post daily updates on Twitter of topics of interest to seniors (retirement, financial, elder abuse, housing, driving, recreation, learning) to help inform seniors.
- Provide Seniors Month resources to celebrate the month: poster, factsheet, ideas to celebrate Seniors Month.