

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