

## David Tilson MP ? Celebrating National Seniors Day in Dufferin-Caledon

We can all think of a senior who has made a difference in our lives.

They are mentors, teachers, grandparents and loved ones. They are volunteers and role models. They deserve our gratitude and recognition for the valuable contributions they have made and continue to make in our communities, workplaces, and families. Every day, seniors right here in Dufferin-Caledon make a big difference in our community.

Oct. 1 is National Seniors Day. Let's take the time to celebrate local seniors and show our appreciation for everything they do. Our government remains committed to improving the well-being and quality of life of seniors and near-seniors through our programs, services and benefits.

To further demonstrate this commitment, the seniors.gc.ca website was recently redeveloped to include a new ?Information for Seniors? portal, bringing together a variety of federal, provincial and municipal resources about relevant programs and benefits. We also support positive and active aging through the collaborative Age-Friendly Communities Initiative, Physical Activity Tips for Older Adults, and falls-prevention initiatives. Information on these initiatives can be found in the ?Active, Engaged, Informed? section of seniors.gc.ca.

Here in Dufferin-Caledon, my offices undertake to offer Senior Information Expos each year, to ensure the local senior community has access to valuable, relevant information on a variety of topics of interest and importance to senior citizens. In fact, my office, together with the Caledon Seniors Council, just hosted the Caledon East Seniors Information Expo Sept. 13. My office, together with the Orangeville and District Seniors Centre, will be hosting the Orangeville Seniors Information Expo Oct. 11 at the Centre, which is at 26 Bythia St. The event will take place from 10 a.m. to noon. For more information and to register, please contact my Orangeville constituency office at 519-941-1832 or by e-mail at david.tilson.c1@parl.gc.ca

If you can't attend the Orangeville Expo, please join me and the Caledon Seniors Centre Nov. 29, when we present the Bolton Seniors Information Expo from 10 a.m. to noon. The event will take place at the Centre, which is at 7 Rotarian Way, in Bolton. For more information and to register, please contact my Bolton constituency office at 905-857-6080 or by e-mail at david.tilson.c1a@parl.gc.ca

We value what seniors have done for our country and they deserve our thanks. National Seniors Day is our time to join together as a nation to honour Canada's seniors.

As your Member of Parliament, I encourage you to find your own unique way to celebrate the seniors in your life. Perhaps make time to visit or send a simple thank-you note to a senior you know.

However you choose to express your gratitude, the message that we value older Canadians will be heard and appreciated.

I am looking forward to celebrating National Seniors Day in Dufferin-Caledon and encourage everyone to celebrate the seniors in this community.

Visit seniors.gc.ca for ideas on how to celebrate National Seniors Day, including a new Do-it-Yourself Guide for planning a National Seniors Day event. You can also find information on programs and services for seniors or tips on how to better stay active, engaged, and informed

