

Celebrating Seniors Month: Honouring, Connecting and Thriving

June is Seniors Month, a time to celebrate the wisdom, resilience and contributions of older adults in our communities. Let's ensure seniors feel valued, engaged and supported.

Social connections are essential. Studies show that staying engaged improves mental and physical health, enhances cognitive function and fosters a strong sense of belonging. Engaged seniors experience lower stress levels and greater fulfillment. Health span is the new life span and our age-friendly approach in Caledon makes a difference.

That's why Caledon Community Services (CCS) goes above and beyond to ensure older adults remain active, connected and thriving. Through wellness and learning activities, accessible transportation, community initiatives and in-home assistance, CCS is dedicated to enriching the lives of seniors.

A special event at Evolve Thrift Store, 4 Industrial Rd. in Bolton will celebrate seniors by bringing all the best practices together under one roof. On June 9, between 10:00 a.m. and 12:00 p.m., CCS is opening our store especially for seniors, hosting an exclusive 50% off sale; enjoy the thrill of the find and other fun activities. Mix & mingle and experience the magic of sharing food with friends and refreshments that increase the warmth and welcome.

And transportation? CCS has it covered! For registered seniors 60+, our Specialized Transportation is here to ensure a seamless and stress-free experience. If you're a senior who is not already registered and would like to explore transportation available through CCS, do so today, so you are ready to roll for the next event you want to attend in Caledon.

And this month CCS is also offering the opportunity to take action that can benefit seniors while having family fun. Consider joining the fun for all ages Velocity fundraising bicycle ride on June 14. Your participation will help seniors right here at home.

This Seniors Month 2025, let's come together to celebrate, support and uplift the wise adults who enrich our lives. Let's recognize their incredible contributions and ensure they continue to feel engaged. Community thrives when we take action!

Visit CCS today to register for transportation, learn more, or sign up for Velocity or call (905) 584-2300 ext. 218 for transportation or 260 for Velocity. Hope to see you on June 9 and June 14!