

## Get ahead of Seniors Month with Library swag

Seniors Month is an annual celebration that is observed across Canada in honor of our seniors and older adults during the month of June. The Town encourages all of our older residents to stay active.

The Town of Caledon and local community support agencies have partnered up to offer a variety of COVID-safe, engaging, and FREE activities for our older residents to participate in. These activities are being offered as self-guided, virtual, or outdoor with accessibility accommodations to encourage participation.

The Town has partnered with the Caledon Public Library and local community stakeholders to provide residents 55+ with a free Seniors Month swag bag.

Residents can register for the bag, which is filled with information, resources and lots of goodies from May 7 until May 21.

?Are you a caregiver? Do you know a senior who is isolated? Maybe they don't have access to a phone, email or a computer. In the spirit of Seniors Month, reserve a bag by May 21 on their behalf.?

To register, visit [Caledon.ca/adult55](https://caledon.ca/adult55).