

June is Seniors Month

Fit, Active and Healthy Seniors

Tips on how you can support Seniors Month 2025

Thank the seniors in your life for all their hard work and show them just how much they are appreciated:

- Send a "Thank You" message, either in person, over the phone, by mail or email, or on social media.
- Nominate a senior in June for an [Ontario Senior Achievement Award](#).
- Post a message on your social media channels and tag us on X (Twitter): [@SeniorsON](#) or Facebook: [@SeniorsOntario](#).

Tell us what you are doing during Seniors Month

- Join our Seniors Month conversation on X and Facebook by using **#SeniorsMonth2025**.
- Post photos or videos of your Seniors Month celebrations and tag us on X (Twitter): [@SeniorsON](#), and Facebook: [@SeniorsOntario](#).
- Seniors volunteering and helping in their neighbourhood? Tell us about it! Tag us on X (Twitter): [@SeniorsON](#), and Facebook: [@SeniorsOntario](#).

Promote Seniors Month to your friends and family

- Share health and fitness tips for seniors.
- Post info about seniors' events taking place during Seniors Month (via link to community centres/municipalities).
- Feature topics of interest to seniors (retirement, financial scams and fraud, elder abuse, housing, driving, health and well-being) in your posts.
- Provide Seniors Month resources to celebrate the month: poster, factsheet or ideas to celebrate Seniors Month.