

Tuesday, June 1, 2021

MEDIA RELEASE



SENIORS' MONTH: STAY SAFE, ACTIVE AND CONNECTED

Welland, ON – Welland City Council and City Staff are wishing Niagara's older adults a safe and healthy Seniors' Month. This year's theme is Stay Safe, Active & Connected. Seniors are encouraged to explore ways of staying connected to their families, friends, and communities. Now, more than ever, Niagara's seniors need to be celebrated and encouraged to remain emotionally connected while practicing physical distancing.

Seniors' Month is a time to celebrate Niagara's older generation and pay tribute to the benefits they bring to others, in addition to the outstanding contributions they make to enrich communities. Welland's older residents are active committee members, vibrant volunteers, and leaders who offer wisdom and experience for better community development.

The Welland Seniors Citizens Advisory Committee (SCAC) launched Seniors' Month by raising Age-Friendly flags this morning at Welland Civic Square and the Welland Community Wellness Complex.

Carol Sernasie, Chair, Welland Senior Citizens Advisory Committee stated, "It's a time when we recognize our amazing adults and the contribution they've made to our community. Covid-19 has changed our lives and because of it this will not be a normal celebration of Senior Citizens Month, however it is important for seniors to stay safe, remain active and stay as connected with family and friends as is possible."



Throughout June, there are scheduled activities such as Wellness Walks, Tai Chi Tuesdays at Chippawa Park and Senior Centre Without Walls programs that are phone-based. All activities are accessible for seniors to connect and participate in, all of which value the safe and active mandate. Social distancing, mask requirements, and all COVID19 guidelines are to be adhered to.

All content related to Ontario Seniors Month is posted at www.Ontario.ca/SeniorsMonth

For details on Senior Centre Without Walls programs, visit

<https://wellness.welland.ca/seniorsWOW.asp> or call us at 905.735.1700 x 4000

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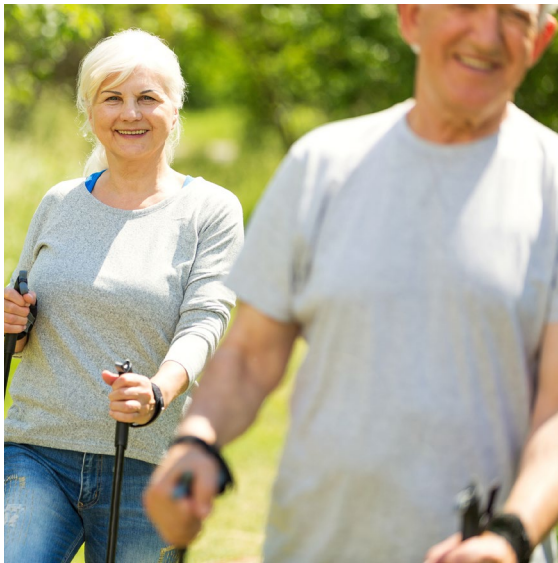
Community Services

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Seniors MONTH

STAY SAFE, ACTIVE & CONNECTED
FREE SENIOR PROGRAMS
ALL MONTH LONG!



MON

TUE

WED

THU

FRI

1

**Seniors Month
Flag Raising**
Civic Square
9:45am

2

SCWW

Call to Calm
11:00am
Songs You Love
1:30pm

3

Wellness Walks
Merritt Island
9:30am

4

SCWW

Guided Meditation
11:15am
Beginner Yoga
1:00pm

7

SCWW

Seated Stretches
11:15am
Only Good Things
1:30pm

8

Tai Chi Tuesday
Find a virtual
class and learn the
basics. Join us in
person next week.

9

SCWW

Call to Calm
11:00am
Trivia: Visit Europe
1:00pm

10

Wellness Walks
Rotary Club of
Welland Park
9:30am

11

SCWW

Guided Meditation
11:15am
Beginner Yoga
1:00pm

14

SCWW

Seated Stretches
10:00am
Coffee/Conversation
with EAPO
1:00pm

15

Tai Chi Tuesday
Chippawa Park
Pavilion #1
10:00am

16

SCWW

Call to Calm
11:00am
Songs You Love
1:30pm

17

**Senior Citizens
Advisory
Committee
Meeting**
9:30am

18

SCWW

Guided Meditation
11:15am
Beginner Yoga
1:00pm

21

SCWW

Seated Stretches
10:00am
BounceBack®
1:00pm

22

Tai Chi Tuesday
Chippawa Park
Pavilion #1
10:00am

23

SCWW

Call to Calm
11:00am
Trivia: Visit Niagara
1:30pm

24

Wellness Walks
WCWC to
Civic Square
9:30am

25

SCWW

Guided Meditation
11:15am
Beginner Yoga
1:00pm

28

SCWW

Seated Stretches
10:00am
Haiku Workshop
1:30pm

29

Tai Chi Tuesday
Chippawa Park
Pavilion #1
10:00am

30

SCWW

Call to Calm
11:00am
Trivia: Canada Day
1:30pm

**WELLAND
RECREATION
& CULTURE**



905-735-1700 X 4000
 registration@welland.ca

**Must pre-register for Senior Centre
Without Walls (SCWW) programs.
For more details, visit:
wellness.welland.ca/seniorsWOW**