

# 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.