

**Minister of  
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May 4, 2018

Dear Friends:

June is Ontario's 34<sup>th</sup> annual Seniors' Month. This year's theme, "Now's the time to start something new," highlights how aging does not prevent any of us from leading fulfilling lives. Seniors continue to contribute to our community and we can all benefit from their wisdom, friendship, and experience.

To help spread the word, we have enclosed a copy of this year's poster in English and French. If you would like additional copies, please send an email to [infoseniors@ontario.ca](mailto:infoseniors@ontario.ca) and indicate the quantity you require and your full mailing address. Posters are available while quantities last.

Finally, I continue to encourage everyone to celebrate Seniors' Month by hosting an event in your community. For more information about programs and services that are available to help seniors lead a healthy, active, and engaged life over 65, please visit our new website [ontario.ca/AgingWell](http://ontario.ca/AgingWell).

Thank you for your continued support and for celebrating Ontario's seniors.

Sincerely,

Dipika Damerla  
Minister

Enclosure



# Now's the time to start something new

**June is Seniors' Month in Ontario**

Find programs and services in your community

**[ontario.ca/AgingWell](https://ontario.ca/AgingWell)**