MEDIA RELEASE **Wednesday, June 4, 2025**

FOR IMMEDIATE RELEASE

City celebrates Seniors Month

(Barrie, ON) – June is recognized as Seniors Month in Ontario. The month is dedicated to recognizing older adults and the contributions they have made to our community. This year will mark the 41st anniversary of celebrating seniors and the tremendous contribution they make to the vibrancy of the City of Barrie.

“Barrie's seniors helped build the beautiful city we’re proud to call home," shared Mayor Alex Nuttall. "Their impact is seen and felt in every corner of our community. They are the backbone of Barrie. Seniors Month is our chance to recognize and celebrate the incredible contributions seniors have made through many of the activities offered by the City to reflect how deeply Barrie values and appreciates the vital role seniors play in our community.”

This year’s Seniors Month **free** activities include:

- **Monday, June 9, 9:30 to 10:30 a.m. (Parkview Community Centre, 189 Blake Street)**
  55+ Try It: Parkview Walking Group
  Join a group and walk along the lakeshore trail leaving from Parkview Centre front doors. Wear comfortable clothing and good walking shoes. Walking poles are provided!

- **Tuesday, June 10, 10 to 11 a.m. (Parkview Centre/Nelson Park,189 Blake Street)**
  Parkview Nature Play
  Join Parks staff in our nature-based program to connect children, parents, grandparents, and caregivers in shared hands-on outdoor experience (Intergenerational).

- **Saturday, June 14, 8 a.m. to 1 p.m. (Parkview Community Centre, 189 Blake Street)**
  Parkview 55+ Trunk Sale
  Stop by this large community outdoor garage sale, open to all. Proceeds go to Parkview 55+ Centre. Rain or shine.

- **Tuesday, June 17, 1 to 2:30 p.m. (Allandale Recreation Centre Main Hall, 190 Bayview Drive)**
  Bone Health 101
  This workshop is led by an Osteoporosis Canada instructor and will include falls prevention, the risk of fracture and maintaining healthy bones.

- **Thursday, June 19, 9:30 a.m. to 1:30 p.m. (Allandale Recreation Centre, 190 Bayview Drive)**
  55+ Active Living Fair
  Vendors, presentations, demos and a BBQ. At 11 a.m., the Honourable Raymond Cho, Minister of Seniors and Accessibility, Barrie-Innisfil MPP Andrea Khanjin and Mayor Alex Nuttall attend the celebration.

- **Monday, June 23, 9:30 to 10:30 a.m. (Parkview Community Centre, 189 Blake Street)**
  55+ Try It: Parkview Walking Group
  Join a group and walk along the lakeshore trail leaving from Parkview Centre front doors. Wear comfortable clothing and good walking shoes. Walking poles are provided.

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- **Tuesday, June 24, 10 to 11 a.m. (Parkview Centre/Nelson Park)**
  Pollinators Week
  Nature Play programming includes nature-based games, urban agriculture, and community-building activities (Intergenerational).

- **Tuesday, June 24, 1:30 to 3:30 p.m. (Allandale Recreation Centre Main Hall, 190 Bayview Drive)**
  55+ Entertainment and Dance Sponsored by Aspira.
  A fun afternoon of live music and dancing, refreshments, prizes and more.

The City encourages individuals 65 years and older to take advantage of free transit on Tuesdays and Thursdays throughout the year. Valid photo ID must be presented upon boarding.

Funding for 55+ Centre events, including events as part of Seniors Month, is provided in part by the Province of Ontario.

Learn more about the opportunities offered for Barrie seniors at barrie.ca/SeniorsCentres.

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