



ONTARIO HEALTH TEAM

MEDIA RELEASE

FOR IMMEDIATE RELEASE

May 31, 2021.

Activity Calendar Connecting Seniors to Local Social Activities and Resources

Simcoe County – To celebrate Seniors’ Month in Ontario, the *South Georgian Bay Recreation and Social Activities Calendar for Older Adults* has just launched. The calendar aims to connect older adults and seniors to local recreation or social activities and resources to enhance social connections in our community. COVID-19 restrictions have taken a significant toll on many, and older adults and seniors are particularly vulnerable to isolation during these unprecedented times. This online resource connects older adults and seniors with others in the community to reduce this isolation and promote health and wellness.

“The theme of seniors’ month this year is [*Stay safe, active and connected*](#). To support this theme of connection, we created a resource where seniors and their caregivers could access various activities that support health and wellbeing in one centralized place for the South Georgian Bay community,” says Pam Hillier, Executive Director of Community Connection. “This calendar allows us to share the many different programs and activities that seniors can participate in, in their local community. And we’re here to support anyone who needs help accessing the calendar or any of these services. Just call our 24/7 helpline 2-1-1.”

The calendar is available to view online on the South Georgian Bay Ontario Health Team (SGB OHT) website at www.southgeorgianbayoht.ca/connect-to-resources and includes activities that are free or low-cost, are in South Georgian Bay for in-person activities, or within Simcoe County for virtual activities, open the general public and suitable for older adults and seniors. Local organizations are encouraged and invited to add programming to the calendar by reviewing the inclusion criteria on the webpage and filling out a form.

“While COVID-19 pandemic restrictions have impacted everyone’s ability to connect with friends, family and our community, older adults and their caregivers have been especially impacted with many feeling alone and isolated.” says Sandra Easson-Bruno, Director of the North Simcoe Muskoka Specialized Geriatric Services program.

The *South Georgian Bay Recreation and Social Activities Calendar for Older Adults* has been developed in response to the need to be better connected than ever before and to support you and your loved ones during this time. We encourage you all to sign up for an activity that you are interested in, in your local community!

About the South Georgian Bay Ontario Health Team (SGB OHT)

The SGB OHT is a new model of organizing and delivering health care that better connects patients and providers in their communities to improve patient outcomes. We are comprised of eleven anchor partners and a strong network of supporting community organizations. SGB OHT members collaborate with patients, families, caregivers and the community to co-design the best possible care for our region. To learn more about SGB OHT or get involved please visit www.southgeorgianbayoht.ca or follow us on Twitter [@SGBOHT](https://twitter.com/SGBOHT)

“We strive to be the healthiest community in Canada”

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Cutline: Pictured is Cynthia Strandholt, Human Resources and Information Technology Manager at Bay Haven Care Community in front of the *South Georgian Bay Recreation and Social Activities Calendar for Older Adults*. Strandholt will use the online calendar to encourage physical activity and to connect residents with others in the community. The activity calendar connects older adults and seniors to local social activities and resources within the region that are free or low cost. It is available to view on the SGB OHT website: www.southgeorgianbayoht.ca/connect-to-resources/