Seniors' Week

(June 3rd - 9th)

FCSS Family & Community Support Services
www.fcss.ca

Senior's Week is an opportunity to celebrate the seniors in our lives and recognize the invaluable contributions they've made to communities across Alberta.

Small gestures can have a big impact! Here are a few ways to show appreciation for seniors in your community:

- **Foster connection to reduce isolation.** A simple visit, phone call, or an invitation for a walk or to attend a community event can help a senior feel included and valued.
- **Ensure safe and accessible spaces for seniors.** Keeping sidewalks, parks, and paths clear helps them stay active. You can offer your assistance with spring yard clean-up or mowing to make outdoor spaces safer.
- **Support seniors with transportation needs.** Limited mobility can affect their independence. Help by offering a ride to appointments, inviting them for a scenic drive, or picking up groceries when you're at the store.
- **Treat seniors with kindness and respect.** A warm smile, a friendly conversation, or just by acknowledging their presence can brighten their day.

FCSS is celebrating Seniors' Week with a diverse range of events and programs across the region, honoring the contributions of seniors and fostering community connection.

For more information about FCSS programs and services for seniors, please visit our website at www.fcss.ca or contact Renee White at 587-370-8518.

Submitted by:
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