

Pelham celebrates Seniors Month with flag raising, garden unveiling

FOR IMMEDIATE RELEASE

May 27, 2021

Pelham, ON – June is Seniors Month, and the Town of Pelham is celebrating with an entire month of events, including raising the seniors' flag and unveiling a seniors garden at the Meridian Community Centre.

Both the flag raising and the garden unveiling will occur on June 8, the former beginning at 11:30 a.m., followed immediately by the garden ceremony.

"The original inspiration for the garden was that during an unpredictable time, outdoor gatherings and activities are always the first to be allowed during the changing restrictions," said Brittany MacLean, active living programmer. "As many seniors may not be comfortable returning to celebrate indoors, the Pelham Seniors Advisory Committee felt that an outdoor garden to enjoy would be a great way to celebrate the seniors of Pelham."

The garden gives the community an outdoor location to sit distanced to catch up with friends or family, or even sit quietly to enjoy the warm weather and a book once the stay-at-home order lifts. The Town hopes to offer outdoor programs, socials, and events where the garden can be enjoyed when restrictions allow. The garden is in the Pelham Minor Hockey Courtyard, at the front of the community centre. A shade structure will be installed in the coming weeks to help make the outdoor space cooler throughout the summer months.

Seniors are also invited to participate in the Town's 30 for 30 Challenge, running the month of June, encouraging everyone to get active and track their active minutes for a chance to win \$100,000 towards recreation activities in town.

A full calendar of events and programs provided by the Town and local organizations, including virtual Qigong, Alzheimer Society brain wave cafes, free senior swims, and more, can be found at www.pelham.ca/55-programs. Additional Information is available by calling 905-892-2607 x372.

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