

## **October 1 Proclaimed National Seniors' Day and International Day of Older Persons**

**Parksville, BC** — Mayor Chris Burger has proclaimed October 1 as "National Seniors Day" and "International Day of Older Persons" in the City of Parksville.

We can all think of a senior who has made a difference in our lives. They are mentors, teachers, grandparents and loved ones. They are volunteers and role models. Every day, seniors in Parksville make a big difference in our community. Seniors have leadership abilities, energy and skills that can benefit us all. National Seniors Day provides Canadians with an opportunity to honour Canada's seniors and thank them as a nation.

"We are proud to pay tribute to seniors on this day and thank them for the valuable contributions they have made and continue to make in our communities, workplaces and families", said Mayor Chris Burger.

In recognition of this proclamation, Michelle Stilwell, MLA and Parliamentary Secretary for Healthy Living and Seniors will host a Seniors' Tea from 1 pm to 3 pm on October 1 at the Qualicum Beach Civic Centre, 747 Jones Street, Qualicum Beach.

National Seniors Day, which coincides with the United Nations International Day of Older Persons, is an occasion for Canadians to celebrate and appreciate seniors. Visit [www.seniors.gc.ca](http://www.seniors.gc.ca) to learn more about National Seniors Day, government services and benefits for seniors, or tips on staying active, engaged and informed.

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**For more information:**

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