

MPP Kevin Holland Helping Ontario Seniors Stay Fit, Healthy and Active

Increasing our investments in Seniors Active Living Centres bringing resources and activities closer to home in Thunder Bay – Atikokan.

NEWS**June 11, 2024**

Thunder Bay - Atikokan — Today MPP Kevin Holland announced that the Ontario government is helping more seniors stay fit, healthy and active in their community by investing up to \$15 million to support all current Seniors Active Living Centres (SALC) programs across the province that connect seniors with resources and activities.

“Our Senior Active Living Centres are an important part of the community,” **said Kevin Holland MPP Thunder Bay - Atikokan**. “They bring seniors and the whole community together with services, activities and programs that make sure our seniors stay connected all year long.”

The up to \$15 million investment is an increase of close to 10 per cent from last year, resulting in a majority of SALC programs getting a funding increase from **\$42,700** to up to **\$50,000** to deliver a variety of programs such as book clubs, fitness classes, health and wellness services, social groups, and other special events.

“Senior Active Living Centres help build healthier, safer communities by providing a community hub for older adults,” **said Raymond Cho, Minister for Seniors and Accessibility**. “Our government’s expansion and investment in Seniors Active Living Centre programs will help even more older adults, including those in remote areas, get the supports they need to live healthy, independent lives.”

Due to the overwhelming success of Ontario’s more [than 300 Seniors Active Living Centres](#) being delivered by municipalities, new changes to the *Seniors Active Living Centres Act, 2017* came into effect as of June 1, 2024 that enable more types of organizations to deliver Seniors Active Living Centre programs.

A call for proposals for organizations to deliver SALC programming will open later this summer. In addition to municipalities, other local and community-based organizations such as Legions, Lion’s Clubs, and other social and recreational clubs are now welcome to apply.

Organizations that deliver SALC programming contribute 20 per cent of the cost of delivering the program, with the province providing the remaining 80 per cent.

This announcement comes as Ontario marks Seniors Month, a time to celebrate the accomplishments of older people in the province.

QUICK FACTS

- The number of seniors aged 65 and over is projected to increase significantly, from 2.8 million or 18.4 per cent of population in 2022, to 4.4 million, or 20.3 per cent by 2046.
- While more seniors live in large urban centres, smaller or rural regions tend to have a higher proportion of seniors in their communities.
- There are now 316 Seniors Active Living Centre programs across Ontario.
- Seniors can use the online [search tool](#) to find a program near them.

ADDITIONAL RESOURCES

- [Seniors Active Living Centres](#)
- [Guide to Programs and Services for Seniors](#)

MEDIA CONTACTS

Disponible en français

Wallace Pidgeon

Minister's Office

Wallace.Pidgeon@ontario.ca

Media Desk

Communications Branch

MSAA.Media@ontario.ca