

MEDIA RELEASE

Celebrate the Seniors in Your Life - A Week for Seniors

VICTORIA, BC (September 15, 2023)

The entire world recognizes October 1 as the International Day of the Older Person, selected by the United Nations in 1990 as a way of bringing awareness and attention to seniors. Since then it has been a catalyst for people coming together to overcome misconceptions about older persons and aging and has ushered in new policies that benefit seniors across the world.

Globally, there were 703 million persons aged 65 or over in 2019. By 2031, almost one in four people in B.C. (that's more than 1.3 million people) will be over the age of 65. Seniors make important contributions to their families, their communities, the economy, and the province. Older people who stay healthy, active and independent can continue to contribute their skills, knowledge, and experience to society.

Here in Greater Victoria, the Community Response Networks in the Westshore, Saanich Peninsula, Gulf Islands and Victoria are coming together to bring free events for seniors during the first week of October.

These events range from a online presentation on how to keep our seniors safe to an art pop-up event, music and movies, and of course eating! All seniors are invited to participate in any or all activities [a page detailing the events is attached for your use]. They are free of charge, with the exception of Hermanns Jazz Club tickets.

Canada's federal government acknowledges, "seniors contribute in many ways, including by sharing their experiences, expertise, and knowledge with other generations... The contribution of seniors is invaluable and ongoing." "Sadly, many older adults feel invisible and like their thoughts don't matter, and that no one has time to listen or care", says Cari Taylor, Regional Mentor for the South Vancouver Island CRNs. "Combating discrimination based on age and promoting the dignity of older persons is fundamental to ensuring the respect that older persons deserve, and helps ensure they are not vulnerable to experiencing multiple forms of abuse. "

Showing your respect and gratitude to the older adults in your life is simple - from taking time to say hello, making some small talk with a senior in a line up or dropping off a box of Timbits to your local seniors' centre.

BC CRN's intent in connecting to National Seniors Day is to bring awareness to abuse, neglect, and self-neglect among vulnerable seniors. The Greater Victoria CRNs will extend this intention by offering opportunities for seniors to gather, share, laugh, explore their talents and feel inspired.

About BC CRN - A provincially supported not for profit organization working in more than 80 communities across BC to raise awareness of senior abuse, neglect and self neglect. Locally, there are 4 CRNs - Victoria, Westshore, Saanich Peninsula and Gulf Islands. www.bccrns.ca

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Att. - schedule of events

You are invited to join any of the GREAT events listed below to honour and celebrate the seniors and elders in our communities!

Presented by the Community Response Networks of Victoria, Westshore, Saanich Peninsula and Gulf Islands

Date and Time	Event	Location	Registration etc.
Friday September 29, 2023 9am - 10:30 am	Pancake Breakfast Start off your special day with a friendly breakfast	SHOAL Centre 10030 Resthaven Dr. Sidney	Free to attend! Contact SHOAL Centre (250) 656-5537 to save your space!
Sunday October 1, 2023 9:30 - 11:30 am	Bird Magic Bring your binoculars for an easy walk and talk about the fascinating habits of birds, led by a skilled Rocky Point Bird Observatory senior volunteer.	Outerbridge Park 1181 Royal Oak Dr. Saanich	Free to attend! No registration or tickets required. Seniors and their families welcome! Beginner birders welcome!
Sunday October 1, 2023 1:00 pm - 3:00 pm	Jazz Matinee performance see <i>CanUS Red Hot</i> A Traditional Jazz Band at Hermann's Jazz Club	Arts on View Society dba Hermann's Jazz Club 753 Yates St., Victoria 250-388-9166	Tickets available at www.hermannsjazz.com - \$20
Monday October 2, 2023 2 pm - 4 pm	A Movie for the Heart! Romance and comedy flourish at any age! Enjoy an afternoon matinee with <i>Quartet</i>, starring the wonderful Maggie Smith! "It's sweet, gentle, and predictable to a fault, but Dustin Hoffman's affectionate direction and the talented cast's amiable charm make <i>Quartet</i> too difficult to resist."	Vic Theatre 808 Douglas St, Victoria	Free to attend! No registration required. Free refreshments offered.

Monday October 2, 2023 7:30pm - 9:30 pm	Films Create Awareness: <i>Still Working Nine to Five.</i> A screening and presentation on 'Across Generations' in collaboration with the Salt Spring Film Festival. This film features Dolly Parton, Jane Fonda and Lily Tomlin modeling their age defying activism.	ArtSpring Theatre 100 Jackson Ave Salt Spring Island	No registration or advance tickets required. Admission is FREE!
Tuesday October 3, 2023 12pm - 1 pm	See Something Say Something Take this opportunity to learn more about how to create safe communities for seniors	Online	Free event! Please register at: https://us06web.zoom.us/join/register/tZ0rf-2hgjoiHt1GYWszqj1s2Y9SXFiUnl8Q#/registration
Tuesday October 3 10am - 12 pm	Celebrating Aging through Art Whether you have artistic talent or not, you and your friends and family are welcome to join in for a chance to stretch your creative muscles and play with art! Absolutely no experience necessary. It will be a fun time led by an art student. Refreshments will be served.	Esquimalt Rec Centre 527 Fraser Street Esquimalt	Free event! No registration required.
Thursday October 5 1 pm - 2:30 pm	Ageism For seniors on the Westshore, the Metchosin Senior's Resource Center and Westshore CRN are pleased to host the BC CRN presentation on Ageism. Learn what ageism is and how it impacts all of us - fear ageism, not aging!	Metchosin Senior's Resource Center 4495 Happy Valley Road	Free event! No registration necessary - please drop in!