



# City of Peterborough

## Media Release

### **FOR IMMEDIATE RELEASE**

May 31, 2010  
Peterborough, ON --

### **The Peterborough Public Library presents Senior's Month – June 2010**

June is Seniors' Month in Ontario and the Peterborough Public Library is reaching out to the many senior citizens of Peterborough. The Library will host several programs specifically targeted to older adults in our community. Seniors and adults of all ages are invited to attend a two-part Memoir Writing Workshop on Thursday, June 3 and Thursday, June 10. Author and instructor, Dianne Taylor will lead these workshops designed to help seniors explore their personal histories.

In order to promote health and wellness, the Library is also hosting an introduction to tai chi, led by local instructor, George Kerr. Tai chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements — connecting the mind and body. Tai chi can be practiced regardless of age or physical ability — it emphasizes technique over strength. Because tai chi is low impact, it may be especially suitable for older adults.

In addition to these special events, the Library offers many programs that will appeal to seniors, including our Adult Book Club, Scrabble Night, Life Management workshops, and Kniterary Nights. There's a lot to read and do at the library in June and throughout the year.

### **About Seniors' Month (from the Ontario Seniors Secretariat)**

Seniors' Month is an opportunity for all Ontarians to recognize and value the contributions made by seniors every day in communities across the province. Seniors' Month is an annual celebratory tradition in which the contributions of seniors are acknowledged and honoured throughout the province. Ontario's population aged 65 and over is projected to more than double from 1.8 million, or 13.7 per cent of the population in 2009 to 4.1 million, or 23.2 per cent, in 2036. The growth in seniors' share of the population will accelerate after 2011 as baby boomers begin to turn age 65. Seniors' Month events include award ceremonies, recognition events, socials and seniors' information fairs.

Ontario is one of the best places in the world to grow older. Ontarians across the province are encouraged to join in the celebrations taking place in their local community to recognize and thank older Ontarians who have worked hard and continue to contribute to the prosperity that we all enjoy today.

This information is also available on our City of Peterborough website at [www.peterborough.ca](http://www.peterborough.ca).

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