Seniors urged to have an active August

Territory seniors are being urged to participate in Seniors Month celebrations launched today by Deputy Chief Minister Syd Stirling.

Mr Stirling said Seniors Month, now an established event on the Territory’s calendar, was a chance to raise the profile of seniors in the community and promote a health, active lifestyle.

"It is also a chance for Government to say thank you to our seniors for the contribution they have made to the Territory over many years," he said.

"Sterotyped images of older people and discrimination on the basis of age have no place in the 21st Century.

"Keeping health, active and independent, staying on in the workplace or contributing to the community and to family life in a variety of ways are now priorities for many seniors.

"We want to encourage and celebrate their continuing importance to the Territory community and let them know the value Government places on them and their concerns.

"As part of Seniors Month celebrations, this year the Office of Senior Territorians administered a small grants program, with more than $37,000 allocated to 31 seniors groups and other organisations to conduct activities during the month.

"I would like to congratulate the Office of Senior Territorians and COTA National Seniors who have worked hard to coordinate a huge program of events throughout the Territory this month.

"Thanks also to the many volunteers who have contributed to the program.

"I urge senior Territorians to get out and about this month and get involved in some of the fantastic and fun events on offer in their area."