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FOR IMMEDIATE RELEASE

**Thames Centre Receives Active Living Centre Grant  
from Ontario Government**

*New Funding Will Help to Expand Active Living Activities in Thorndale*

**THAMES CENTRE** – The Municipality of Thames Centre has been awarded a new grant from the Ontario Government that will be used to establish new Active Living activities in Thorndale.

“This funding means more opportunities for seniors to stay active, connected, and involved in their community”, said Rob Flack, MPP for Elgin-Middlesex-London. “It’s all about helping people live well and stay independent as they age. I’m pleased to see Thames Centre moving forward with programs that make a real difference in people’s lives.”

Ontario’s Seniors Active Living Centre programs offer social, cultural, learning and recreational programs for older adults that promote health, well-being and social connections. They allow older adults to stay physically and socially active.

“We’re happy to see the expansion of Active Living services in Thorndale,” noted Ward 1 Councillor Tom Heeman. “This provincial grant funding allows for us to expand Active Living services without having to raise taxes locally.”

This funding was awarded to Thames Centre by the province's Ministry for Seniors and Accessibility, under their Seniors Active Living Centres program. Funds will be used to cover the cost of an additional staff member for one year. The new staff member will start on Monday, April 28<sup>th</sup> and will be based primarily out of the Thorndale Lions Community Centre.

“Promoting Active Living activities is in keeping with the long-term Strategic Plan that was developed by Council and the community,” noted CAO David Barrick. “Residents will also be able to provide suggestions about what kinds of new activities will be available.”

Residents can help shape which programs are offered by e-mailing us at: [activelivingcentre@thamescentre.on.ca](mailto:activelivingcentre@thamescentre.on.ca) with their suggestions for events and activities.

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