



Municipality of Strathroy-Caradoc Awarded \$25,000 Grant to Launch Active Days Program for Seniors

FOR IMMEDIATE RELEASE

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The Municipality of Strathroy-Caradoc is pleased to announce that it has been awarded \$25,000 through the Ontario Government's Seniors Community Grant program to support the new Active Days program.

The Seniors Community Grant program helps older adults stay active, healthy, and socially connected within their local communities.

"The Seniors Community Grant will help our Active Days program to foster wellness, connection, and engagement among our older adults," said Paul Lattimore, Manager of Recreation and Culture. "This program will create a safe and stimulating environment for seniors to participate in physical and cognitive activities."

Active Days is designed to support the physical, cognitive, and emotional well-being of seniors in the Strathroy-Caradoc community. Programming will primarily take place at the Caradoc Community Centre and will offer a diverse range of physical, creative, social, and culinary activities.

"We are proud to introduce a program that will have a lasting impact on our residents," said Rob Lilbourne, Director of Community & Development Services. "Active Days reflects our commitment to building an inclusive community where residents of all ages can stay active and connected."

The Active Days program is anticipated to launch in late September 2026 and is expected to serve between 750 and 1,500 seniors each week, depending on the programs offered. The program will be supported by a dedicated full-time Seniors Program Coordinator.

For updates, please visit [strathroy-caradoc.ca](https://www.strathroy-caradoc.ca).

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