



Older Americans Month 2018: Engage at Every Age

Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to enrich their communities. They're working and volunteering, mentoring and learning, leading and engaging.

For 55 years, Older Americans Month (OAM) has been observed to recognize older adults and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, every May offers an opportunity to hear from, support, and celebrate our nation's elders. This year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotional well-being.

It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults, and the City of Santa Fe Division of Senior Services provides services and programs that aim to do just that. If you're not familiar with our services – or even if you are – we encourage you to use this month as a time to get involved by visiting one of our senior centers to eat a meal and socialize, begin a new activity or become a volunteer. There is bound to be something of interest to you, so take the time to engage!