



Stay social. Meet new people. Sing for fun. Enhance your wellness!

As we age, there is a risk of becoming 'socially isolated' because the number and quality of our contacts with others may reduce. Health challenges, limited mobility or a change in living situation can reduce the number of social roles we now assume and the number of social engagements we say 'yes' to.

Social isolation is different from loneliness which is our personal perception of a lack of interaction or contact with others. Social isolation increases the likelihood of loneliness, but a person can 'feel lonely' even when in the company of others.

The Government of Canada considers social isolation among seniors a significant issue. Seniors who are socially isolated are less likely to participate in, or volunteer with, their community. Yet seniors benefit from volunteering due to a sense of satisfaction and efficacy – and communities benefit from the services and social capital seniors provide.

Socially isolated seniors' social skills can diminish and they can be at an increased risk for depression, anxiety and elder abuse.

Avoid social isolation by taking part in a Silver Song Group near you!

Many community groups, charities and service providers are active across Canada with programming to help seniors stay engaged with others. The Sing For Your Life Foundation, which originated in the UK, facilitates free community-based participatory-singing and musical activities for seniors. With the program's proven wellness benefits, participants enjoy music, singing and reminiscing as they meet new friends.

"When I come to Silver Song Group I feel not alone . . . I feel uplifted and part of our world . . . and I look forward to being with everyone for the singing and fun."

Joy, Silver Song Group participant

Nigel Brown, Executive Director
Sing for Your Life Foundation • www.sfylc.org

Sing for your life

Music for healthy aging!

Silver Song Groups are participatory-singing and musical activities for those 65+

- > Proven wellness benefits
- > Fun, social and FREE!
- > Just drop-in. Family, friends and care givers welcome too

On line calendar for Silver Song Groups in Kelowna, West Kelowna, Vernon and Okanagan Falls at:

sfylc.org or call 250.860.5408



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