

STATEMENT

FOR IMMEDIATE RELEASE

June 1, 2026

BC Seniors' Week 2026: Sharing the value of experience

VICTORIA – “June 1–7 is BC Seniors’ Week, a time to celebrate older adults and the important role they play in communities throughout British Columbia.

“This year’s theme, ‘Experience Matters’, highlights the value of a lifetime of knowledge, perspective and resilience. Seniors continue to make meaningful contributions through their work, volunteerism, caregiving and leadership.

“During BC Seniors’ Week, the Office of the Seniors Advocate invites seniors to share their thoughts and wisdom on our [Facebook page](#). These discussions are an opportunity to highlight the diversity of older adults and encourage intergenerational dialogue. Selected posts will be highlighted throughout the week.

“Older people bring important perspective and insight to our lives. Allowing others to benefit from seniors’ experiences, especially younger people, strengthens connections between generations and helps challenge assumptions about ageing.

“However, many seniors are facing challenges, including the rising cost of living, housing instability and difficulties accessing health and community supports. Recognizing the contributions of older adults also means continuing to build communities where they can age with dignity.

“BC Seniors’ Week is a time to recognize that experience matters and to celebrate the many ways older adults continue to enrich life in British Columbia every day.”

Dan Levitt
BC Seniors Advocate

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The Office of the Seniors Advocate is an independent office of the provincial government with a mandate of monitoring seniors’ services and reporting on systemic issues affecting seniors. The office also provides information and referral to seniors and their caregivers by calling toll-free 1 877 952-3181, via email at info@seniorsadvocatebc.ca, Canada Post and the OSA web site <https://www.seniorsadvocatebc.ca/>.

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