



Staying connected  
*never gets old.*

## Social Media Posts

Feel free to use or adapt these pre-written social media posts to introduce the campaign, show your support, or start a conversation.

[1]

For Calgary's older adults, social connections and community support are essential to feeling good, having fun, staying healthy, and continuing to live a full and happy life.

**#stayconnectedyyc**

[2]

#StayConnected campaign is an Age-Friendly Calgary initiative. You can learn more about the campaign at **[calgary.ca/stayconnected](https://calgary.ca/stayconnected)**

[3]

We can all play a role in making meaningful social connections — whether it's you, a neighbour, a friend, or a family member who is at risk of social isolation.

**#stayconnectedyyc**

[4]

Around 30% of Canadian seniors were at risk of becoming socially isolated \*before\* distancing measures were implemented to slow the spread of COVID-19. Find out how to get involved at **[calgary.ca/stayconnected](https://calgary.ca/stayconnected)** **#stayconnectedyyc**

[5]

People of all ages can use **[calgary.ca/stayconnected](https://calgary.ca/stayconnected)** to learn more about social isolation and to find ways to connect with older adults through activities, services, and events.

**#stayconnectedyyc**

**[6]**

Together, we can improve the lives of older Calgarians by fostering meaningful connections as neighbours, organizations, and communities. **#stayconnectedyyc**

**[7]**

Older adults are at greater risk of social isolation. Everyone can get involved and start making meaningful social connections. Learn how at **calgary.ca/stayconnected**  
**#stayconnectedyyc**

**[8]**

Becoming part of someone's social network is mutually beneficial. The older a person gets, the more they have to offer. These are lives worth sharing. **calgary.ca/stayconnected**