

PRESS RELEASE

Older Americans Month 2025: Flip the Script on Aging

FOR IMMEDIATE RELEASE: APRIL 28, 2025

TIFTON, Ga. – Leroy Rogers Senior Center (LRSC) in Tifton plans to celebrate older Americans Month this May.

Throughout the month, LRSC and several community partners will host events, workshops, and volunteer opportunities to honor and uplift our senior community.

“Older adults are a growing and increasingly vital part of our country,” states Natasha Patrick, Director of Leroy Rogers Senior Center. “Their contributions to our communities are varied and deeply rooted, including influential roles in the nation’s economy, public service, science, and the arts.”

May has been designated as Older Americans Month to recognize the contributions of older adults by the Administration for Community Living. Since 1963, this annual observance offers an opportunity to learn about, support, and celebrate our nation’s senior citizens.

The theme for Older Americans Month 2025 is **“Flip the Script on Aging”** — a call to **challenge outdated stereotypes** about aging and highlight the **real, diverse, and powerful stories of older adults today**. Instead of portraying aging as a period of decline or disengagement, this theme focuses on **Empowerment, Rewriting Narratives, and Changing Perspectives**. So, when we say we’re **“flipping the script,”** we’re **redefining aging** — celebrating independence, creativity, strength, and resilience in later life.

While the Leroy Rogers Senior Center provides various services to older adults throughout the year, this May, the focus will be on showcasing how older adults in our community lead and inspire others.

“We’ll be highlighting how we can support and learn from our older adults and how their examples can motivate all of us to live with purpose,” says Patrick.

Patrick encourages everyone to get involved — whether by attending an event, volunteering, or simply reaching out to an older adult in your life.

The Administration for Community Living was created around the fundamental principle that older adults and people of all ages with disabilities should be able to live where they choose, with the people they choose, and with the ability to participate fully in their communities. To learn more, please visit: <https://acl.gov/>

The Leroy Rogers Senior Center is a place for seniors to enjoy food, fun and fitness. Seniors participate in and enjoy daily planned programming activities including Exercise and Dance Classes, Arts and Crafts, Games, Day Trip Excursions, and more. For a calendar of activities and information on the Leroy Rogers Senior Center, please call Natasha Patrick at (229) 391-3956. To learn more, please visit: <https://www.tifton.net/220/Senior-Center>

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