

**TOP 7 OVER 70 NEWS RELEASE**

**Nominations open for the 2023 Top 7 Over 70**

**Thursday, Jan. 26, 2022**

www.top7over70.com

There’s no doubt about it — the contributions of Calgary and area seniors to our communities continue to grow each year. That’s why the Top 7 Over 70 organization is excited to announce nominations have officially opened today for its 2023 award program!

“We see seniors making a big difference in the community every day,” says Top 7 Over 70 founder Jim Gray. “They are achieving remarkable success in fields ranging from medicine, science, business and philanthropy to immigration, arts, culture and recreation. Seniors make our city and province richer every day and that’s why we are so enthused about our program. It recognizes the exceptional new successes these people are achieving after age 70.”

It’s increasingly important to recognize how vital seniors’ contributions are to our economy, adds Top 7 Over 70 chair Monica Zurowski. Over the next 20 years, Canada's senior population — those age 65 and older — is expected to grow by 68 per cent.

Any individual who is over 70 and lives in Calgary or its surrounding communities is eligible to be nominated for a Top 7 Over 70 award. Ideal nominees are those **who have started something different or new, or implemented a new venture or idea, AFTER age 70**. The focus of the awards isn’t on lifetime achievements. Rather, individuals should be nominated for **new accomplishments**. These achievements may be based or built on previous work or commitments, but they should have a “current” flavour or different twist, or perhaps be occurring in a completely new arena.

Nominations forms are available at top7over70.com. The deadline for nominations is June 14, 2023. Winners will be announced at a news conference in September and celebrated at the biennial Top 7 Over 70 gala on Oct. 23, 2023.

To book an interview with Jim Gray about the ongoing success of the Top 7 Over 70 program, please contact Barbara Surplus, executive assistant to Jim Gray, at 403-770-7207 or Barbara.Surplus@brookfield.com.

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