

OACAO Newsletter

2025 SPRING NEWSLETTER



Message from OACAO President Wendy Caceres-Speakman

Spring has arrived, and I hope that in your corner of the province, you are already witnessing some welcomed signs of it.

For those centres that are eligible, I have no doubt that you have also welcomed the increase in base funding from MSAA to \$55,000 for Seniors Active Living Centre (SALC) Programs. The OACAO is delighted to see that our on-going advocacy work with the Ministry, to ensure that SALC's have the financial resources they need to operate, is moving forward.

We sincerely thank the Ministry for Seniors and Accessibility for their support and commitment toward our shared goal of keeping Ontario seniors active, healthy and engaged.

The work on the roll-out of the OACAO 2024 – 2028 Strategic Plan is in full swing. The Strategic Planning Implementation Committee continue to meet on a regular basis, and I am delighted to report that many of our key deliverables are already well in progress.

The 2025 Conference Planning committee have also reconvened. We anticipate another successful conference this year and encourage you to save the date: **Sunday, November 2 to Tuesday November 4, 2025 in Mississauga.**

The theme for this year's conference will be **Aging Well: Embrace Challenge, Inspire Change.** We look forward to seeing you there!

OACAO Membership is renewable in April. By now, you should have received some communication from us to consider renewing your membership with the OACAO. You can pay anytime now and up to April 30, 2025 to keep your membership active.

I am pleased to inform you that the OACAO Board has once again approved that the Annual Membership fees and Business Partner rates will remain the same as in 2024, with no increases.

Please join me in extending a warm welcome to our newest staff member, Jennifer Wiebe. Jennifer is the Sustainability and Project Manager of the Links2Wellbeing Social Prescribing Project and brings with her a wealth of experience.

We are deeply grateful to our incredible Admin and Links2Wellbeing staff and consultant teams. Sue, Dena, Sarah, Carmen, Karen, Jenn, Donna, Tracey, Pat, and Christine for their dedication, hard work, and unwavering commitment to the OACAO's mission.

Wishing you all a vibrant and productive season ahead as we continue working together to support healthy aging across Ontario.

Happy Spring Everyone!

Wendy Caceres-Speakman
President

Our Mission

The Older Adult Centres' Association of Ontario (OACAO) is a trusted partner and recognized leader in the development of quality and relevant resources, services and support for community-based older adult centres.

Our Vision

A province where older adults age successfully, are connected to their community and remain active and engaged.



Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

Est. 1973





OASSIS

BENEFIT PLANS  FOR NOT-FOR-PROFITS

Despite all of the snow on the ground, there are brighter days ahead. With that in mind, there is no better time to spring into some savings with your Group Benefits Plan.

Your organization works hard to ensure every penny counts. It make sense to partner with an organization that *only supports not-for-profits*. OASSIS is unique; we are one of the only truly not-for-profit providers in Canada, governed by leaders within the sector.

Contact us to learn more and to get a quote for a plan that mirrors your current coverage. We can also create an affordable plan for you!

Please reach out to Cameron Ponting at 1-888-233-5580 EXT. 305 or cponting@oassisplan.com

MORE INFO

www.oassisplan.com



1-888-233-5580



5407 Eglinton Ave West, Suite 208



Message from the OACAO Executive Director Sue Hesjedahl

Dear OACAO Members, Partners, and Friends,

As we welcome the new season, we embrace all that spring represents—**renewal, growth, and fresh opportunities**. Despite global uncertainty and economic challenges, one thing remains certain: the flowers will bloom, the birds will sing, and our commitment to supporting older adult centres and community partners across Ontario will continue, with energy and purpose!

2024-2025 Highlights: As our fiscal year ends, I'm proud to reflect on our shared accomplishments:

- **102 Seniors Active Living Fairs** hosted across the province, providing valuable outreach and engagement in local communities
- **19 Capacity Building Webinars** delivered, offering high-quality, relevant, and inspiring content to OACAO members and SALCs
- **Record-breaking membership growth**, now representing over **250 member organizations**, including greater reach into Northern and diverse communities
- **30+ Regional Meetings** held—both virtual and in-person—fostering valuable peer connection and knowledge sharing
- The **2024 OACAO Aging Well Conference** saw record attendance, sold-out Trade Show, introduced successful Pre-Conference sessions and a new Travel Bursary program to increase accessibility
- **Links2Wellbeing (Social Prescribing)** continues to positively impact isolated seniors across Ontario, with participation from over **100 sites and growing**
- A major **Advocacy milestone**: the **Government of Ontario's investment of \$17 million** over three years in the **Seniors Active Living Centre program**, adding up to 100 new SALC Programs and a **10% base funding increase**

Looking Ahead...

1. Membership Renewals are Now Open

2025–2026 OACAO Membership Renewals are now open! Renewal notifications are sent through the OACAO Wild Apricot Membership System. Memberships officially renew as of **April 1, 2025**, and are due by **April 30, 2025**. We're pleased to share that there is **no increase in membership fees** this year. Thank you for your ongoing support—our network continues to grow because of you!

2. Seniors Active Living Fairs – New Application Phase Open

Applications for **Multi-Site Fairs (maximum of two)** and the remaining **Single-Site Fairs** (scheduled between **October 2025 and March 16, 2026**) are now open. The application deadline is **May 1, 2025**. See page 12 or <https://www.oacao.org/events/seniors-active-living-fairs/>

3. 2024 Member & SALC Profile Survey Report

Thank you to all who participated in the **2024 OACAO Member and SALC Profile Survey**, conducted between November and February. With **55% participation** (exceeding our 50% goal), this data provides a strong snapshot of trends and needs in the sector. The final [2024 Profile Report](#) is available in both print and digital formats.

4. New Member Resources Available

We're excited to share three new member resources developed in English and French, as supplements to our capacity building webinars with funding support from MSAA, <https://www.oacao.org/resources/>

- **Making the Connection: Marketing Tips to Reach Socially Isolated Seniors**
- **AI Policy Blueprint: A Roadmap for Smart Adoption**
- **Board Governance Essentials**

5. Upcoming Events

- **Capacity Building Webinars** (April–June 2025): With support and thanks to our new dynamic member brainstorming committee, several engaging topics are scheduled. See pages 9,10, & 11 for details and registration info.

- **National Volunteer Week Virtual Celebration:**

Teaming with Joy – Monday, April 28, 2025, 1:00–2:00 PM EDT on Zoom

Featuring Jay Reid and Hayley Kellett from The Making-Box in a special interactive virtual event. Please share this opportunity with your volunteers! See page 16

- **OACAO Aging Well Conference 2025 – November 2–4, 2025**

Hilton Mississauga–Meadowvale | **Theme: Embrace Challenge · Inspire Change**

Conference planning is underway, and the **Call for Presenters** will be released soon. Hotel booking is open now. Volunteers are always welcome! See page 14

6. Links2Wellbeing – Project Update

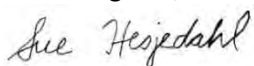
Our **Links2Wellbeing: Social Prescribing for Older Adults Project** is completing **Year 1 of Phase 2**, continuing until **March 2028** with funding support from The Waltons Trust. With over **100 SALC programs**, the project is expanding. We have updated our outreach tools—**postcards, posters, and a Tools & Resources package**. Recruitment is ongoing, offering **micro-grants, training, and staff support**. Learn more at www.oacao.org/programs/links2wellbeing See page 17

7. Human Resources Update

- We were pleased to welcome **Jennifer Wiebe** as our new **L2W Project & Sustainability Manager**
- We said farewell to **Lina Zita**, our Development & Marketing Coordinator in January, and have recently posted the **Marketing, Events & Project Coordinator** position on the **OACAO Job Board** at <https://www.oacao.org/job-board/>

Thank you all for your continued support, ideas, and collaboration. The strength of our network lies in the passion and dedication of our members, staff, volunteers, and partners. Let's keep working together to create stronger, more connected communities for older adults across Ontario.

Warm regards,



Sue Hesjedahl

Executive Director, OACAO



Happy Spring OACAO Members

Time to Renew Your OACAO Membership for 2025-2026!



With April just around the corner, it's time to **renew your OACAO membership** for the **2025-2026** year! A big **thank you** to those who have already renewed. We appreciate your continued support and look forward to another exciting year together!



Please take a moment to **update your centre's information** in your membership account. To do so, log into your **membership profile** at <https://oacao.wildapricot.org/Sys/Profile> using the **email and password of your organization's main contact person** in the OACAO's **Wild Apricot system**. Follow the suggested actions on your profile screen to ensure everything is up to date.

If you **forgot your password**, you can reset it [here](#). Just remember to use the **email address of the primary contact listed in the system** when updating your centre's details. If you have any questions about your membership, feel free to **contact us** at **905-584-8125** or **toll-free at 1-866-835-7693**.

We appreciate your support and look forward to another great year with you!

MAKE SURE TO FOLLOW THE OACAO ON SOCIAL MEDIA



Thanks for your Support!

The OACAO is a registered Charity and can issue tax receipts. Go to www.oacao.org and click on the Donate Now button. Charitable Registration No. 125123471 RR0001 Please consider the OACAO for your charitable donation.



Thank you to Grant & Sheila McLaughlin and Sue Hesjedahl for your donation. Your generosity goes a long way!



New Staff Member

Welcome Jenn Wiebe - Our New Links2Wellbeing Project and Sustainability Manager

We're excited to welcome **Jenn Wiebe** to the OACAO team as our new **Links2Wellbeing Project and Sustainability Manager**.

Recently joining the team, Jenn brings nearly twenty years of experience in academic, non-profit, and government agencies in the areas of human rights, fair trade, peacebuilding and development, and medical education. Much of her work in these settings focused on research, university curriculum development, project leadership, and social policy advocacy to the Government of Canada. It also involved international work with grassroots communities in Africa, Asia, Middle East, South America and the Caribbean, and Southeast Europe. Most recently, Jenn completed a Master of Social Work from Carleton University (2023) and has since become a registered social worker. Just prior to



joining OACAO, she worked with The Good Companions Seniors' Centre, first as a student with the Adult Day Program and then as Director of the Seniors' Centre Without Walls Partnership Program. Jenn is passionate about working with older adults and promoting programs that address social isolation and loneliness.

In her new position, Jenn is working with the Links2Wellbeing team to help coordinate important aspects of the project, collaborate with key stakeholders, promote the sustainability of social prescribing efforts across Ontario, and support fund development initiatives.

Please join us in welcoming Jenn to our OACAO family!

Jenn can be contacted at jenn@oacao.org



Welcome to our New Members

Buckhorn Community Centre & Athletic Association

1782 Lakehurst Rd, Buckhorn, ON K0L 1J0

705-657-8833 •

<https://www.facebook.com/BUCKHORNCOMMUNITYCENTRE>

Carefirst Seniors & Community Services Association

Carefirst Wellness Club Scarborough

300 Silver Star Blvd. Scarborough ON M1V 0G2

Phone: 416-847-8939 • <https://www.carefirstontario.ca>

Carefirst Wellness Club Richmond Hill

420 Hwy 7 East Unit 102, Richmond Hill ON L4B 3K2

Phone: 416-847-8939 • <https://www.carefirstontario.ca>

Carefirst Silver Connection Club Markham

2250 Denison Street, Markham ON L3S 1G1

Phone: 416-847-8939 • <https://www.carefirstontario.ca>

Highlands North Network

696 Concession 7 Darling, ON K0A 1P0

Phone: 343-760-2000 •

<https://www.highlandsnorthnetwork.ca/>

Le Centre Communautaire Francophone de Sarnia-Lambton

3-901 The Rapids Parkway, Sarnia, ON N7S 6K2

519-541-0207 • <https://www.ccsarnia.com>

Momiji Health Care Society

3555 Kingston Road, Scarborough, ON M1M 3W4

Phone: 416-261-6683 • <https://www.ccsarnia.com>

Municipality of Northern Bruce Peninsula

56 Lindsay Rd 5, Lion's Head, ON N0H 1W0

Phone: 1-833-793-3537 • <https://www.northbrucepeninsula.ca>

Red Leaf Cultural Integration (RCI)

Phone: 416-902-7508 • <https://redleafculturalintegration.com/>

Seniors Network - Blue Mountains

Phone: • 705-606-2085

The Nation Municipality

958 route 500 west, Casselman ON K0A 1M0

Phone: 613-829-9777 •


<https://nationmun.ca/explorer-et-jouer/sports-et-loisirs>

Welcome back Town of East Gwillimbury!

East Gwillimbury 55 n' Up Club

1914B Mount Albert Rd, Sharon ON L0G 1V0

Phone: 905-478-4282 • <https://www.facebook.com/eg55nupclub>



La grippe touche tout le monde

Le pouvoir de prevenir

Parlez a votre professionnel de la sante de la vaccination contre la grippe.

Flu
Awareness

Fluawareness.ca

OACAO Regional Networking Meetings

OACAO Regional Board Reps host both virtual on zoom and in-person meetings for Regional members to join together, network, share ideas and support each other. For your convenience, we have listed below the dates for the upcoming OACAO Regional Meetings along with the Regional Representative and their email address. Beside the date will let you know if it is in-person or a Zoom meeting! Please contact your representative to get full meeting details.

REGION	REPRESENTATIVE	EMAIL ADDRESS	NEXT MEETING
Central	Nora Jones	nora.jones@townofws.ca	Tuesday, May 13 at 11:00 am (Virtual)
Eastern	Don Amos	DonA@seniorskingston.ca	Tuesday, April 8 th at 11:00 am – 2:00 pm (In Person - Ottawa)
Golden Horseshoe	Julie Pennal	Julie.pennal@oakville.ca	TBD (Virtual)
Grand River	Sarah Feeney-Martin	L2W@oacao.org	Thursday, April 24 th Time 2:00 pm (Virtual)
Metro	Lisa Tobio	yorkfairbank@on.aibn.com	Tuesday, May 13 th at 9:30 am (Virtual)
Northern Regions	John Richer	john.richer@greatersudbury.ca	Monday, May 12 th at 1:00 pm (Virtual)
South West	Martha Mackintosh	mackintoshmartha@gmail.com	June 5 th at 1:30 PM (Virtual)

Opportunity to Join the OACAO Board of Directors

Attention OACAO Members!

OACAO Board Positions Available!

Are you eager to take a more active role in the Older Adults Centres' Association of Ontario? Do you have fresh ideas to share and would like to support and represent the member centres in your Region? We are seeking Regional Representatives in various regions of OACAO.

Regional Representative Postings for Staff:

- 1 Grand River Regional Staff Representative

Regional Representative Postings for Senior Volunteers:

- 1 Eastern Regional Senior Representative
- 1 Grand River Regional Senior Representative
- 1 North West Regional Senior Representative

To learn more about these opportunities, please contact the OACAO Office at **info@oacao.org** to request the Regional Representative Position Description and Application Form. Applications are due by **May 30, 2025**, and eligible candidates will be contacted for an interview.

For further questions, reach out to the OACAO Office at info@oacao.org, call **905-584-8125**, or toll-free at **1-866-835-7693**.

OACAO CAPACITY BUILDING WEBINARS RECAP

Over the past year, the OACAO hosted 19 Capacity Building Webinars with interesting topics that were widely popular. These presentations were carefully selected with consideration of the needs and interests of our OACAO members and SALCs.

We give a heartfelt thank you to the presenters who shared their expertise and knowledge!

Here are the topics that were covered in 2024 – 2025:

1. Ontario's Credits, Benefits and Supports for Lower-Income Seniors
2. ONCA Transition Q&A Session
3. Enhance Your Community Programming: Unlock the Power of STEM for Seniors Workshop!
4. The Senior Licence Renewal Process for Drivers 80 and Older "Driving Safely, Well into Your Senior Years"
5. Pensions and Benefits for Seniors
6. Frauds and Scams
7. Scientific Insights for Healthy Aging
8. Unlocking Opportunities: Grants and Funding for Age-Friendly Communities
9. Why We Should Pay Attention to Shared-Living
10. Seasonal Self-Care for Fall
11. Intro to Coding and Digital Literacy for Older Adults
12. The Role of the Death Doula
13. Protecting Older Adults from Frauds and Scams
14. Untapped: Engaging Older Workers in Your Organization
15. MySeniorCenter Training
16. The AI Policy Blueprint: Building Best Practices for Your Centre's Success
17. Les Essentiels de la Gouvernance des Organisation à But Non Lucratif
18. Non-Profit Governance Essentials
19. **NEW "I missed the ONCA Deadline, Now What?"** (**Pre-recorded learning module)

**Click on the link below or QR code to view the on-line session:

<https://bit.ly/41X164I>



SCAN ME

The Capacity Building Webinar Series was made possible by funding support from the Government of Ontario. We are grateful to our presenters, and the interest and enthusiasm of our members and SALC participants. Have an idea for a Webinar topic or know a great presenter for our 2025-2026 webinar series, please email info@oacao.org. Thanks!

Hosted by:

Funding provided by:



CAPACITY BUILDING



TRAINING



LEARN



KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT



**WED
APRIL 30th**



**10am-11am
EDT**

Canadian Dental Care Plan – Information Session

Update about the Canadian Dental Care Plan (CDCP) and the upcoming requirement for clients to renew their applications.

Presenter: Harley Mach, Acting Citizen Services Specialist. Outreach Department, Service Canada



**WED
MAY 21st**



**1pm-2:30pm
EDT**

Balancing Act: Managing Focus, Time, & Capacity

Do you ever feel like you have too many tabs open... in your head? What if the way you're accustomed to working is actually working against you?

Presenter: Valentina Kibedi,
Director of Services, Laridae

Free for Seniors Active Living Centres and OACAO Members staff, older adult members & volunteers
Please register in advance: <https://oacao.wildapricot.org/Upcoming-Events>

Participation can be done Virtually (with live multilingual captioning) or by Telephone

**For more information, contact
OACAO 905-584-8125 or
Toll Free 1-866-835-7693 or
email coordinator@oacao.org**



CAPACITY BUILDING



TRAINING



LEARN



KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT

TUES
JUNE 10TH1PM- 2:30PM
EDT**Volunteer Law 101**

Explore the fundamentals of laws governing the nonprofit – volunteer relationship, including:

- Vicarious liability, insurance, duty to provide..
- Privacy considerations for volunteers
- Creating a safe work environment, and the Ontario Human Rights Code
- Honorariums and the Ontario Tax Act
- Special Considerations for certain volunteers
- Terminating Volunteers

Emphasis on the value of good volunteer agreements, policies and practices. Question and Answer period.

Presenter: Benjamin Miller, Staff Lawyer/Policy Advisor, Nonprofit Law Ontario, Ontario Nonprofit Network (ONN)

Free for Seniors Active Living Centres and OACAO Members staff, older adult members and volunteers
Please register in advance: <https://oacao.wildapricot.org/Upcoming-Events>

Participation can be done Virtually (with live multilingual captioning) or by Telephone



For more information, contact
OACAO 905-584-8125 or
Toll Free 1-866-835-7693 or
email coordinator@oacao.org



2025 – 2026

SENIORS ACTIVE LIVING FAIR FUNDING PROGRAM

APPLICATION DEADLINES:

In-Person Single-Site & Virtual Fairs

*** Application Deadline #1:**
Mon., March 3, 2025 at 5 pm EDT
(For June–Sept 2025 Fairs only)

NOW OPEN:

*** Application Deadline #2:**
Thurs., May 1, 2025 at 5 pm EDT
(For Oct. 2025–March 16, 2026 Fairs only)

In-Person Multi-Site Fairs

*** Application Deadline:**
Thurs., May 1, 2025 at 5 pm EDT
(For June 2025 –March 16, 2026 Fairs only)

Questions? Contact :
coordinator@oacao.org
or 1-866-835-7693

3 Types of Funding Available:

In-Person Single-Site Fair Funding
(up to \$2,500 for eligible individual organization)

Virtual Fair Funding
(up to \$1,000 for eligible individual organization)

In-Person Multi-Site Fair Funding
(under one Administration, up to \$2,000 for each eligible organization, maximum 2 sites)

To be eligible for funding, your organization must:

1. Have been in operation for at least one year at the time of application,
2. **AND** be a current member of OACAO in good standing or a Government of Ontario funded Seniors Active Living Centre (SALC) Program operator.

Application and Guidelines available at:
www.oacao.org/events/seniors-active-living-fairs/

Subject to confirmation of funding amount received by OACAO from Government of Ontario

Funding provided by:



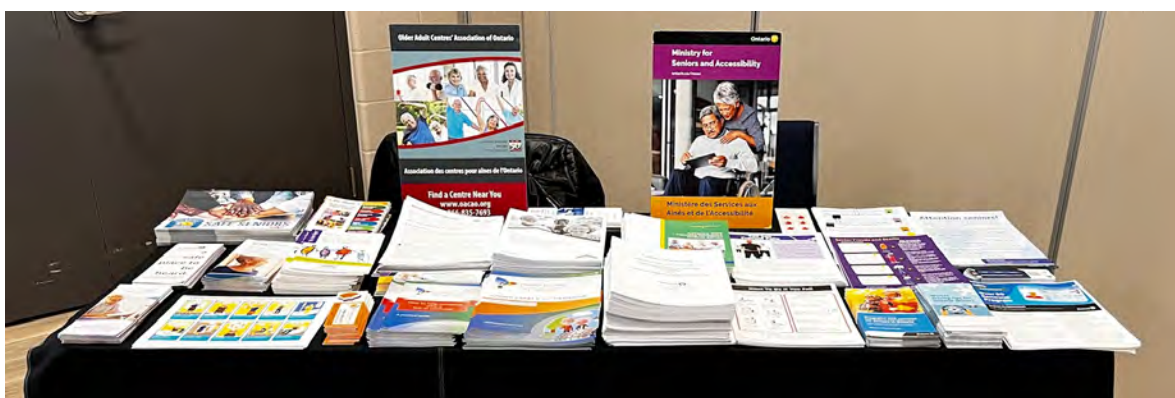
OACAO Seniors Active Living Fairs 2024 – 2025

That's a wrap! 2024-2025 Seniors Active Living Fair Funding Program – 102 Fairs hosted!

We provided funding and support to:

- 86 In-Person Single-Site Fairs
- 16 In-Person Multi-Site Fairs

Thank you to all Seniors Active Living Fair Hosts, Volunteers, Exhibitors, Presenters, Sponsors and the community members, for another successful year of Seniors Active Living Fairs in communities all across Ontario. Thank you to the Government of Ontario, Ministry for Seniors and Accessibility for funding such an important project!



Attention OACAO Non-Profit Members Incorporated in Ontario

New Pre-Recorded Learning Module: “I Missed the ONCA Deadline – Now What?”

The **Ontario Not-for-Profit Corporations Act (ONCA)** came into effect on **October 19, 2021**, giving Ontario nonprofits a three-year transition period—until **October 18, 2024**—to update their bylaws and governing documents to comply.

Now that the transition deadline has passed, certain legal changes have automatically taken effect. If your organization hasn't yet completed the ONCA transition, don't worry—you **can still do it**. ***There are no ONCA police!***

This **pre-recorded session** outlines the steps to complete your transition now, what's changed post-deadline, and the resources available to help guide you through the process, including a brief tour of the Ontario Business Registry.

We're pleased to once again feature **Benjamin Miller**, Policy Advisor and Lawyer with the **Ontario Nonprofit Network (ONN)**, as our expert presenter.

 **Click here to view the session:** <https://bit.ly/41X164I>

 Or scan the QR code to watch online.



SCAN ME

Hosted by:



Funding provided by:





OACAO Annual Conference AGING WELL

EMBRACE CHALLENGE • INSPIRE CHANGE

November 2 - 4, 2025 • Mississauga



Don't wait! Mark your calendar today!

The OACAO Conference Committee has begun the planning for this year's conference! Mark your calendar to experience this engaging and informative event November 2 to 4, 2025 at the Hilton Mississauga/Meadowvale.

The OACAO Aging Well conference offers endless networking opportunities with staff and volunteers in roles matching your own, opportunities to connect with senior serving businesses at the trade show, learn from engaging, relevant workshops, and be inspired by expert keynote speakers!

After successfully testing it out last year, we are thrilled to again offer some programming on Sunday, including optional pre-conference learning sessions that afternoon and a 'Welcome Reception' for all on Sunday evening. Monday and Tuesday will be jam-packed with learning and networking opportunities, our signature Lightning Talks, the infamous Trade Show and engaging and energizing Monday evening Gala and Entertainment! You won't want to miss it!

We will also be releasing our **Call for Presenters** very soon. We are looking for inspiring speakers to drive learning and inspire change. **Applications for both workshops and our lightning talks sessions will be available.** If you have expertise, experience, and enthusiasm to educate others in a special topic or program area, **WE WANT TO HEAR FROM YOU!**

The conference committee is seeking new **Sponsors** to support the conference at various levels. If you know of an organization or company that may be interested - please reach out to us today!

The OACAO Board of Directors have approved a **Travel Bursary Program** again this year to make the conference more accessible and affordable for our members. Watch for details on the OACAO website. The conference brochure, registration details, and early bird rates will be available on the OACAO website in the coming months. Stay tuned to our listserv emails for updates!

Secure your guest room before we sell out! Hilton Mississauga/Meadowvale, 6750 Mississauga Road, Mississauga. **Online Reservations:** <https://book.passkey.com/go/OACAO2025> or Call 1-800-445-8667 specify **Older Adult Centres' Association Room Block** or **SRP code 90S**

For more information, please visit <https://www.oacao.org/events/aging-well-conference/> or contact Sue Hesjedahl: sue@oacao.org or 1-866-835-7693

New Conference Volunteers Welcome!





**Human
Endeavour**



OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

Technology Information and Knowledge Sharing Virtual Workshop **via Zoom & Toll free**

Workshop Facilitator: Human Endeavour / HOPE Resource Hub SALC,
Technology, Access, Support for Seniors (TASS) , info@humanendeavour.org

Upcoming Dates, Times and Topics:

Tuesday, April 8, 2025 from 10:00 am—11:15 am EST
General Use of Artificial Intelligence for Seniors

Tuesday, May 6, 2025 from 10:00 am—11:15 am EST
Information about Social Media for Seniors

Tuesday, June 3, 2025 from 10:00 am—11:15 am EST
Streaming Movies & Music for Seniors

All sessions include a Question & Answer period

Free for Seniors Active Living Centres (SALCs), OACAO members and organizations serving seniors. (Register in Advance)

To Register Visit: <https://oacao.wildapricot.org/Upcoming-Events>

For registration questions, contact OACAO: 905-584-8125 or
TOLL FREE 1-866-835-7693 or email coordinator@oacao.org



Let's celebrate National Volunteer Week!
OACAO's 2025 Volunteer VIRTUAL Appreciation Event
OACAO Member Centre volunteers are invited to:

Teaming With Joy

Monday, April 28, 2025 from 1:00pm – 2:00pm EDT (zoom)

Special Interactive Presentation with Facilitators

Jay Reid and Hayley Kellett from The Making-Box

Teaming with Joy: Join us for a series of dynamic conversations and interactive activities for an uplifting online volunteer appreciation event that will unlock a level of fun and human connection most don't think possible in a virtual space! Through a series of highly collaborative activities inspired by positive psychology, participants will laugh, connect, and experience the proven benefits of humour—while we celebrate the incredible contributions of our volunteers throughout the province.

Participants will leave with:

- A stronger sense of connection and mutual appreciation
- A set of positive shared experiences drawing from positive psychology, cognitive science, and game-based learning.
- Practical activities to boost energy



Free for all OACAO Members/Partners volunteers. Participation can be done virtually (with Closed Captioning) or by Telephone. **(Register in Advance)**

<https://oacao.wildapricot.org/event-6131512>

Older Adults' Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO
The Voice of Older Adults Centres
La voix des centres pour aînés



For more information, contact
OACAO 905-584-8125 or Toll Free
1-866-835-7693 or email

info@oacao.org



Submitted by Dena Silverberg

“Spring is the time of year, when it’s summer in the sun and winter in the shade” said Charles Dickens famously. I for one am thrilled to be (almost) finished with shoveling and winter driving!

Thank you to all our current SALC and referral partners! We continue to work hard to plan for several more years (to 2028) of development, growth, advocacy, policy work, and the ultimate goal of sustainability. If you have still not joined the project, WE NEED YOU!!!

A recent testimonial from a Links2Wellbeing client...

Living with fibromyalgia, moderate scoliosis, and mobility issues, I was struggling to maintain an active lifestyle... That's when I met Donna from Link2wellbeing, who went above and beyond to support me. Our meeting was incredibly organized, making it easy for me to get started right away without feeling overwhelmed. Donna's regular check-ins have been instrumental in boosting my mental health, and her encouraging messages always bring a smile to my face. As a member, I've been able to stay connected with others and participate in modified exercise classes I've even joined in on social activities and games. Link2Wellbeing has truly transformed my daily life, empowering me to stay active, build meaningful connections, and feel more supported every day.

Outcomes from Links2Wellbeing from 2021-2024 were outstanding! We crushed it! We are currently wrapping up 2024 data and will be sharing updates soon!

- 1,500+ referrals
- 58% reported living alone, 39% had a physical disability, 12% were living with a cognitive impairment, 12% were settled immigrants, and 8% were caregivers
- Older adults were referred primarily because of social isolation (54%), loneliness (43%) and mild depression (25%).

Why should you become involved in this project? What are the benefits to your Centre?

- Different levels of participation based on your Centre/SALC capacity.
 - **Core Centres** (accepting referrals for their own Centres, manage their own funding)
 - **Satellite Centres** (accept referrals that flow from a Hub Centre with modified administrative tasks)
- Micro-grant funding support available, including funds to subsidize clients. (reduces socio-economic barriers)
- Opportunity to engage volunteers as Peer Mentors and Volunteer Link Ambassadors (VLAs)
- Creates new referral pathways to strengthen your centre membership and reach isolated community members
- Tools and Resources Packages available in hard copy and digital through a Google Drive
- Outreach tools including postcards for care providers with a link to our VIDEO!

The next Links2Wellbeing Training is Thursday, April 3rd, 2025, from 11 a.m. to 12 noon, or you can have one-on-one training at your convenience!

We are pleased to share the newly-released report from the Canadian Institute for Social Prescribing called [Social Prescribing in Canada 2025: Bridging the Gap Between Health and Social Care](#) which showcases the work of our Links2Wellbeing project across Ontario.

For those Centres interested in learning more about Links2Wellbeing and how to become part of the project, please email Dena Silverberg at dena@oacao.org to set up a meeting to learn more NOW!



Do you host free tax clinics? Grant funding may be available!

The Canada Revenue Agency (CRA)'s Community Volunteer Income Tax Program (CVITP) Grant can help community organizations offset the cost of hosting a free tax clinic.

What is the CVITP Grant?

The CRA has a pilot program offering grants to community organizations that host free tax clinics through the CVITP or Income Tax Assistance – Volunteer Program (ITAVP) in Quebec. Free tax clinics help people with a modest income and a simple tax situation file their tax returns, ensuring they receive the benefits and credits they are entitled to.



Canada Revenue Agency
Agence du revenu du Canada

Canada



Tenez-vous des comptoirs d'impôts gratuits? Une subvention est disponible!

La subvention du Programme communautaire des bénévoles en matière d'impôt (PCBMI) de l'Agence du revenu du Canada (ARC) peut aider les organismes communautaires à couvrir les coûts de la tenue d'un comptoir d'impôts gratuits.

Qu'est-ce que la subvention du PCBMI?

L'ARC a un programme pilote offrant des subventions aux organismes communautaires qui organisent des comptoirs d'impôt gratuits par l'intermédiaire du PCBMI ou du Service d'aide en impôt – Programme des bénévoles (SAIPB) au Québec. Les comptoirs d'impôts gratuits aident les personnes ayant un revenu modeste et une situation fiscale simple à produire leurs déclarations de revenus et veillent à ce qu'elles obtiennent les prestations et les crédits auxquels elles ont droit.



Agence du revenu du Canada
Canada Revenue Agency

Canada

DO YOU KNOW? YOU MAY BE ELIGIBLE FOR GRANT FUNDING DON'T MISS OUT ON THESE OPPORTUNITIES

- [The Canada Revenue Agency Community Volunteer Income Tax Program Grant](#)
- [RBC Foundation Infrastructure Program Fund](#)
- [HelpAge Canada \(EN\) \(FR\)](#)



Organizations that host free tax clinics from June 1, 2024 to May 31, 2025 can submit grant applications for year four of the grant program starting on May 1, 2025. Applications close on June 30, 2025.

Interested in hosting a free tax clinic?

If your community organization would like to host a free tax clinic, go to canada.ca/taxes-volunteer to learn more.

Who is eligible?

Only organizations that host free tax clinics through the CVITP or the ITAVP in Quebec can apply for the grant.

To apply for the 2025 funding cycle, you must host a free tax clinic between June 1, 2024 and May 31, 2025.

To be eligible an organization must:

- ✓ be registered and approved to participate in the CVITP or ITAVP
- ✓ have been assigned a CVITP Organization Identification Number (COIN)
- ✓ host or administer a CVITP or ITAVP free tax clinic that provides tax filing services free of charge
- ✓ electronically file a minimum of 10 federal income tax returns for Canadians with a modest income and simple tax situation
- ✓ have at least two volunteers
- ✓ have a bank account with a Canadian institution and accept direct deposit
- ✓ be a non-profit, charity, or community group

Your organization must not fall within the following categories:

- ✗ Non-community or non-volunteer based organizations operating tax clinics for profit
- ✗ Federal or Provincial Member of Parliament offices
- ✗ Municipal councillor offices

To learn more about the CVITP Grant go to canada.ca/taxes-volunteer

Still have questions?

Our grant team is happy to help! Contact CVITPGrant@crs-arc.gc.ca.

13/04/2024



RBC Foundation Community Infrastructure Fund

Applications are open from February 19 to March 28, 2025

The RBC Foundation Community Infrastructure Fund provides support for retrofits, repairs or upgrades to existing public community buildings, as well as construction of new community spaces.

The fund focuses on two key objectives:

Environmental sustainability

Funding capital improvements that aim to reduce the carbon footprint or increase energy efficiency of newly constructed or existing community spaces.

Improving accessibility

Funding projects that enhance physical accessibility, ensuring that indoor and outdoor spaces are inclusive for people of all abilities.

Who can apply?

The fund is open to hospitals, cultural institutions, community centres and other registered charities in Canada.

How is funding determined?

The amount of funding is based on the organization's size and reach, and the regional population. Funding amounts could range between \$25,000 and \$2.5 million, payable over a maximum of five years. Projects must be completed within the approved funding term.

Please note: RBC Foundation typically funds no more than the equivalent of 20% of an organization's operating budget.



Foundation

2025 / 2026

AGE BETTER GRANT APPLICATIONS NOW OPEN!

Apply online between March 24 and April 14, 2025

Eligible community-based organizations across Canada that support older adults can apply for grants of up to **\$20,000** each to enhance social connections, combat ageism, and promote well-being in ageing.

Visit helpagecanada.ca to learn more and apply today!

**HelpAge
Canada**



<https://helpagecanada.ca/our-programs/canadian-programs/age-better/>

<https://helpagecanada.ca/fr/nos-programmes/programmes-canadiens/vivre-mieux/>



COMMUNITY CONNECTIONS

Phone-Friendly Programming
to Build Social Bridges

UNLOCK THE POWER OF CONNECTION

*Transform your community's well-being with this comprehensive, self-paced course, and implement the proven **Seniors' Centre Without Walls (SCWW)** model— already making a meaningful impact across Canada.*

*Whether you're launching a new virtual program or enhancing your existing offerings, our **online modules, expert-led lessons, and digital resources** will equip you with everything you need to create impactful social programming for isolated adults.*

*This course will provide simple, actionable tools that empower you to build **stronger connections, reduce isolation,** and make a **lasting difference** in the lives of those you serve.*

See how easy it is to bring people together, virtually.

LEARN MORE & SIGN UP FOR FREE!

<https://community-connections.thinkific.com/pages/phone-friendly-program>

Canadian Dental Care Plan

Accessible. Affordable. Essential.



Eligibility

To qualify, you must:

- ✓ not have access to dental insurance
- ✓ have an adjusted family net income of less than \$90,000
- ✓ be a Canadian resident for tax purposes
- ✓ have filed your tax return in the previous year

The Canadian Dental Care Plan (CDCP) will help make the cost of dental care more affordable for up to **9 million** eligible Canadian residents.



How to Apply

CDCP Application Phases	
Group	Online applications open
Seniors aged 65 or older	Now (started May 1, 2024)
Adults with a valid Disability Tax Credit certificate	Now (started June 27, 2024)
Children under the age of 18	Now (started June 27, 2024)
All remaining eligible Canadian residents	In 2025

Oral health care is important to your overall health and well-being. Regular visits reduce the risk of health problems.

In 2022, 1 in 4 Canadians reported avoiding visiting an oral health professional due to the cost.

Every Canadian deserves accessible, affordable and essential dental care.



For more details on the CDCP and eligibility criteria, visit Canada.ca/dental



Government of Canada
Gouvernement du Canada

Canada

Régime canadien de soins dentaires

Accessible. Abordable. Essentiel.



Admissibilité

Pour être admissible, vous devez :

- ✓ n'avoir accès à aucune assurance dentaire
- ✓ être résident canadien aux fins de l'impôt
- ✓ gagner un revenu familial net ajusté de moins de 90 000 \$
- ✓ avoir produit votre déclaration de revenus de l'année précédente

Le Régime canadien de soins dentaires aide à rendre les soins dentaires plus abordable pour près de **9 millions** de résidents canadiens admissibles.



Comment s'inscrire

Phases d'inscription au Régime	
Groupe	Demandes en ligne ouvertes
Personnes âgées de 65 ans et plus	Maintenant (depuis le 1 ^{er} mai 2024)
Adultes ayant un certificat valide pour le crédit d'impôt pour personnes handicapées	Maintenant (depuis le 27 juin 2024)
Enfants de moins de 18 ans	Maintenant (depuis le 27 juin 2024)
Tout autre résident canadien admissible	En 2025

La santé buccodentaire est un élément important de votre santé globale et de votre bien-être. Des visites régulières réduisent les risques de développer des problèmes de santé.

En 2022, près d'un Canadien sur quatre a indiqué éviter de visiter un professionnel de la santé buccodentaire en raison des coûts.

Tous les Canadiens méritent de recevoir des soins buccodentaires accessibles et abordables; ils sont essentiels.



Pour en savoir plus sur le Régime canadien de soins dentaires et les critères d'admissibilité, visitez **Canada.ca/dentaire**



Gouvernement
du Canada

Government
of Canada

Canada

Newsletter Contributions from our Members

ACTIVE LIFESTYLES CENTRE GREY - BRUCE

SUBMITTED BY: Danielle Dadswell, Office Manager



Active Lifestyles Centre Grey Bruce is a Not-For-Profit Incorporated Organization that provides Leadership, Socialization, Programs and Activities that encourage healthy lifestyles and independence of 55 plus adults. In 2025, Active Lifestyles Centre Grey Bruce will celebrate our 15th Anniversary.

Since the very beginning our Centre has opened the door to exciting and affordable programs that promote healthy and active aging. We have seen some amazing changes take place over these past 15 years. Today, we continue to serve the 55+ age group in our community by providing an array of programs, activities and services. Some of the activities our members enjoy includes Duplicate Bridge, Arts & Crafts, Acrylic Art Classes, Lace Making, Progressive Bridge, Progressive Pepper, Gentle Fit Yoga, Billiards, Line Dancing, Rug Hooking and a large range of information sessions & workshops. We also provide a wide variety of Bus Trips. Some previous bus trips have included, Toronto Blue Jays, St. Jacobs Market, Vaughan Mills Mall, Live Performances, Wine Tours and more!

We are membership based. Our membership runs from April 1st through to March 31st of the following year for \$15.00 annually plus a small user fee of \$2 for members and \$3 for non members. Joining Active Lifestyles Centre Grey Bruce, you can be as involved or as casual as you want. Feel free to sign up for every activity we have going on or just drop in occasionally. Having a membership gives you discounts on activities, bus trips and events. Members have a personal stake in what happens at the Centre, including voting privileges at the Annual Meeting. Whether you are a regular participant, a visitor or a volunteer, we offer you a warm welcome to our Centre! Reach out to our centre at 519-376-8304 or <https://www.alscgb.ca/> for more information.



BEAVER VALLEY OUTREACH

Submitted by Pamela McDermid, Seniors Program Coordinator

Media Release

The Grey Bruce Elder Abuse Prevention Network (GBEAPN) and Community Connection in Collingwood have collaborated to create an elder abuse response system in Grey and Bruce Counties.

The GBEAPN is a group of organizations dedicated to increasing the community's capacity to respond to elder abuse. Elder abuse can include but is not limited to neglect and physical, financial, sexual, emotional, and psychological mistreatment of older adults.

Community Connection is the service provider for 211 in Grey-Bruce and surrounding areas. 211 is staffed 24/7 with navigators who help callers find the services they need.

The GBEAPN has created a pathway for 211 navigators to follow. The navigators will connect people with services in the pathway to address elder abuse situations. The organizations in the pathway have committed to responding to elder abuse concerns.

This pathway has been created to address the findings of an environmental scan of elder abuse resources in Grey-Bruce completed by the GBEAPN during the past two years. The GBEAPN discovered that seniors in Grey-Bruce do not know whom to call about elder abuse.

The GBEAPN has worked with Community Connection to create one point of access for elder abuse support by calling 211. This allows seniors, and those concerned about the well-being of seniors, to know who to call for help when they need information and community supports to address abusive situations.

Elder abuse is an important issue in Grey and Bruce Counties. Seniors are the fastest growing group in Grey-Bruce. Between 2016 and 2021, the number of people aged 65 and older in Grey-Bruce grew by 19%.

Recent national research found that 10% of seniors in Canada experience abuse every year. That equates to approximately 4500 seniors in Grey and Bruce Counties going through abuse each year. The number of seniors experiencing abuse in Grey-Bruce could be higher because elder abuse is often not reported.

Elder abuse affects health. It can lead to hospitalization, and even premature death. Calling 211 and finding supports for seniors experiencing abuse could save someone's life.

For further information, contact Angela Yenssen, Chair of the Grey Bruce Elder Abuse Prevention Network

Angela.Yenssen@gbcl.cbcj.ca
519-370-2200, ext. 33

ELDER ABUSE

Did you know that 10% of seniors are abused every year? That means that statistically, 4500 seniors living in Grey and Bruce counties experience elder abuse every year. It may be physical, emotional, sexual, or financial. It may include neglect and isolation, and it may be invisible to many.

BUT -- Life does not have to be this way. Seniors do not have to suffer alone in silence.

For more information, call 211 today. Call 211

Pamela McDermid, Seniors Program Coordinator, Beaver Valley Outreach. (Grey Bruce)

CENTRAL EGLINTON COMMUNITY CENTRE

SUBMITTED BY: Stacey Griffith, Older Adult Program Coordinator



The past two months have been filled with engaging activities for our older adult community at CECC.

We kicked things off with an outing to Mezes Greek Restaurant, where our attendees enjoyed delicious food and great company. This was our second visit, and once again, everyone loved the warm atmosphere and the opportunity to socialize over a fantastic meal.

To keep everyone active and energized, we continued our Chair Zumba classes. This fun and lively workout has been a favorite among our seniors, combining movement and music in a way that's both enjoyable and accessible.

We also hosted three informational seminars:

- One of our fellow members led a fascinating discussion on Iranian holidays such as Nowruz and Yalda, highlighting their cultural significance. It was a wonderful experience with members showing their support, dancing to traditional Persian music, and indulging in tasty treats.
- VIVA Leaside visited to share insights about their newest retirement community near our Centre, providing valuable information for those curious about retirement living options.
- Exp Realty gave a helpful talk on downsizing and decluttering, a common challenge for seniors. Attendees found the session incredibly useful and left with practical tips to simplify their living spaces.

To end February, recently hosted our Seniors Active Living Fair, featuring insightful seminars, including *Stay Sharp to Age Well*, *It's Your Brain That Hears, Not Your Ears*, and *The Importance of Personhood & Creating Social Communities*. With 186 participants, the event sparked meaningful discussions on brain health, hearing wellness, and the power of social connections in aging. Attendees found these topics particularly valuable in encouraging independence, cognitive strength, and a sense of belonging—significant factors in enhancing quality of life for older adults.



CITY OF NIAGARA FALLS

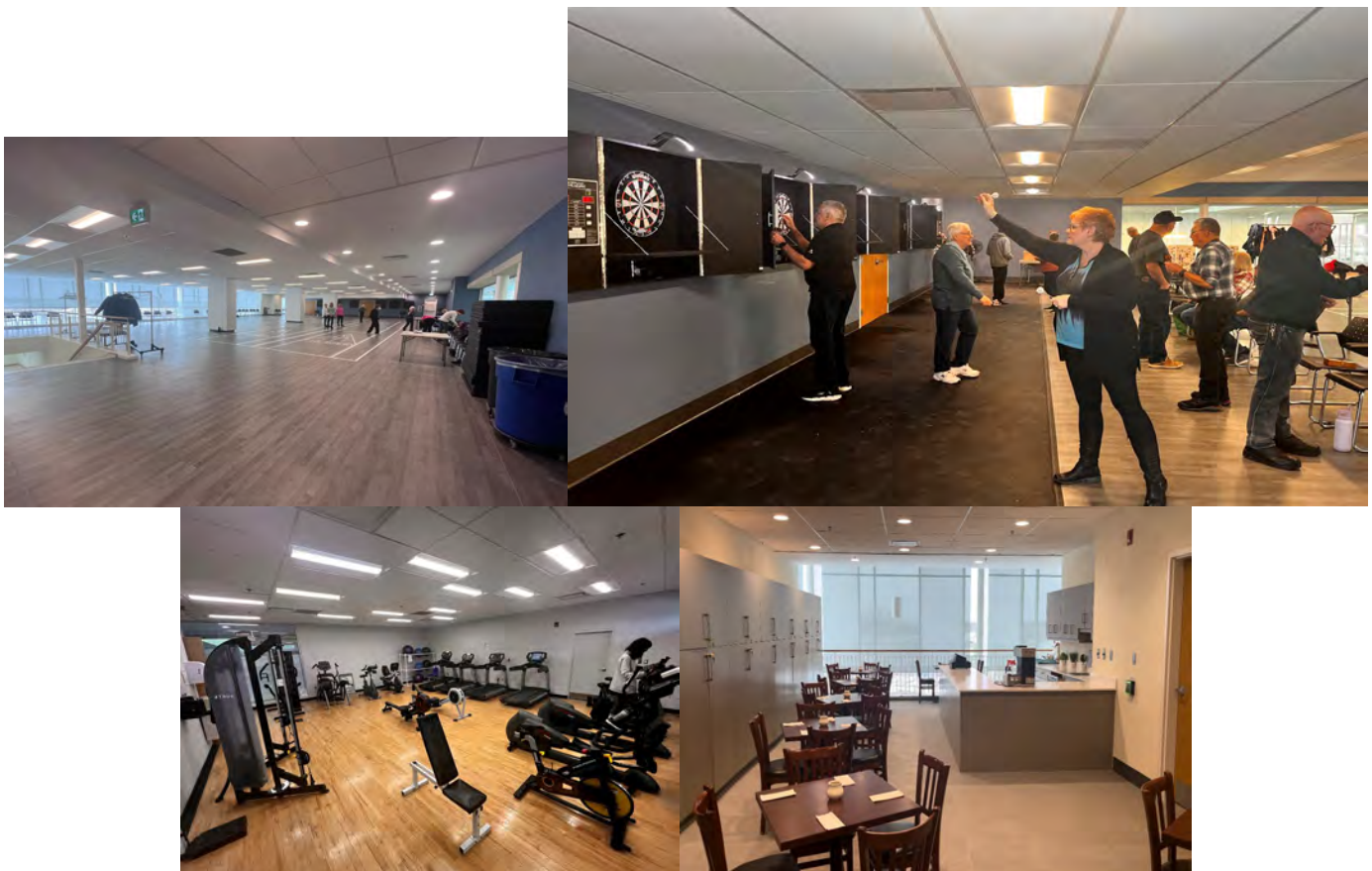
SUBMITTED BY: Hanya Mitchell, Manager Older Adults 60+ and Aquatic Programs

The Coronation 50+ Recreation Centre, a city run building in Niagara Falls has embarked on a significant transition from its long-time home on Summer St. to the McBain Community Centre. This move marked a new chapter in the centre's history including rebranding and a new name called 'Older adults 60 plus'. Since then, our programs and services have expanded in ways we couldn't have imagined.

The space previously used by the YMCA as a gym and cardio area at MacBain (some 6080 square feet) has been repurposed for programs and events for the Older Adults 60+. It now includes painted lines for four shuffleboard courts, a dart area and a new 'Coffee Corner'. The main programming space overlooks the two swimming pools. We also have a fitness room with treadmills, bikes, multi purposes machines, two rowing machines, and ellipticals. (equipment was moved from Coronation).

The space opened just in time for our Members Christmas party on December 10, 2024, and full programming started in January 2025.

We are truly delighted with our new space, as it has allowed us to better serve our community. The updated area has provided us with the opportunity to introduce exciting new programs and events that cater to the needs and interests of our members. It's been incredibly rewarding to see the positive impact on everyone who uses the space, and we're excited to continue offering even more engaging activities in the future.



**Older Adult
Programs (60+)**

Niagara Falls  | **MACBAIN COMMUNITY CENTRE**



CLUB 135 SENIORS IN ACTION

SUBMITTED BY: Maureen Bruce-Payne, Chair



Club 135 Seniors in Action

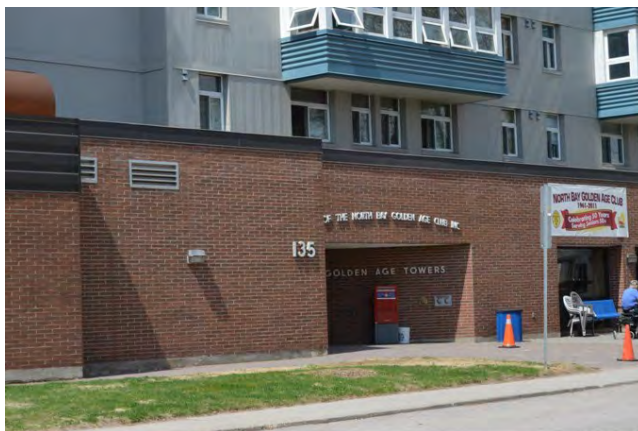
aka The North Bay Golden Age Club

We are a senior active living centre offering many social activities.

In the late fall we decided to rebrand our image. We are still the North Bay Golden Age Club but have adopted the aka Club 135 - Seniors in Action.

Club 135 offers Weekly Saturday Night dances and programing including Fitness, Yoga, Chair Dance Fitness (new in March 2025), Floor Shuffleboard, Darts, Euchre, Bridge and line dancing to name a few. Those who are not members of the Club are encouraged to join in. Our programs are run by a wonderful group of Volunteers thereby engaging our members and seniors in our community. We have one paid staff member for carrying out clerical duties. We would not be able to provide these services without our volunteers. We have just added a monthly luncheon on the third Wednesday of each month and are looking to start up a Sunday Social games events. We have just recently acquired 2 corn- hole games. These were purchased through a grant through the Public Health Unit, Stay on Your Feet program. We also partner with the City of North Bay and receive in-kind funding from them and have had the support of placement students from The Village at Canadore College.

We are excited to say that we have just applied for a grant for a pilot project that would offer a foot care and possibly wellness clinic on a regular basis at the Club.



DIXON HALL

SUBMITTED BY: Carmen Benoit, Program Coordinator, Senior Health and Wellness Program



Black History Month at Dixon Hall

We celebrated Black History Month in February that included a lovely lunch of chicken or vegetarian roti, coleslaw, Ting (a Jamaican grapefruit drink) and ginger cookies.

One of our members read a poem by Maya Angelou called **Still I Rise** and talked about her life. We also used a resource called **BEYOND 28 DAYS** about Black History's evolution and discovered a card set that is a valuable resource expanding our knowledge as we explored the biographies of many people of African descent including many with histories in Canada. We listened to lots of great music as we shared time together.



EGANVILLE SENIORS

SUBMITTED BY: Brandy Couette, Program Coordinator - SALC

Miracle on 30 Bell Street: A Heartwarming Community Celebration

At the Echo Centre, we believe in creating meaningful connections and joyful experiences for our members. This past December, we hosted *Miracle on 30 Bell Street*, a festive community event that brought together seniors, families, and local businesses in a celebration of holiday spirit and togetherness.

The holiday season can be a difficult time for those who may not have family nearby or who celebrate alone. Miracle on 30 Bell Street was designed to ensure that no one in our community felt isolated during this special time of year. Our goal was to create a welcoming space where people could gather, enjoy good company, and experience the warmth of the season, regardless of their circumstances.



Attendees enjoyed a light lunch while being serenaded by talented young pianists playing Christmas classics.

Our craft stations buzzed with creativity—one offered wooden Christmas tree ornament painting, while another, in partnership with Home Depot, provided children's craft kits, such as Holiday Snow Globes, Pinball, and microscopes for hands-on assembly. Activity sheets, including crosswords and word searches, were available for those who preferred a more relaxed engagement. A special guest, The Grinch, even made an appearance, delighting attendees of all ages.

This event was made possible through strong community partnerships. Chartwell joined us to share information about their services, sponsor a gift basket raffle, and donated food. Additionally, generous contributions from local businesses helped provide refreshments and special gift bags for each member. These bags, filled with treats and a handmade Christmas card crafted by our staff and their children, were a heartfelt way to spread holiday cheer.

The impact of Miracle on 30 Bell Street was truly profound. It provided an opportunity for community engagement, promoting social interaction among attendees who might otherwise have spent the holidays alone. The event fostered intergenerational connections, with seniors and young families sharing in the festivities together. It also reinforced a sense of belonging, reminding everyone that they are part of a larger, caring community. The overwhelmingly positive response from the community confirmed that Miracle on 30 Bell Street was the perfect way to close out 2024. It reinforced the importance of collaboration in creating inclusive, intergenerational events that foster connection and joy. As we look ahead to the new year, we remain committed to continuing initiatives that bring people together, celebrate our community, and ensure that no one feels alone – especially during the most meaningful times of the year.



HIGHLANDS NORTH NETWORK

SUBMITTED BY: Barb Young, President



Greetings from the Lanark Highlands-HNN SALC Program Barb Young, President – Highlands North Network

Our organization serves as an umbrella providing resources to support seniors' activities in six venues, most of them community halls. Our furthest hamlets are an hour apart making it quite challenging to get us together.

As a relatively new SALC program, we wanted to find a way to get more people out and about in our rural, remote area.

Since music seems to appeal to the masses, we decided to take a bus trip to see Gail Gavin in concert last December in Morrisburg. What a wonderful time that was! We liked it so much that this year we are saving the money from the cost of the bus and bringing the concerts home to the Highlands – six of them in fact!

Linking our communities together has had so many benefits, including being able to negotiate a great deal on ticket prices from Harmony Concerts, the concert organizer. We buy the tickets, and Harmony Concerts takes care of everything else. You can't beat that especially in these times as it becomes increasingly difficult to recruit volunteers.

This year we will be celebrating St. Patrick's Day with Hadrian's Wall in Middleville and ushering in the holiday season with Gail Gavin right here at home in Tatlock.

Please check out our website at highlandsnorthnetwork.ca.



Keep in touch!

As an organization focused on seniors' social health, and with a motto "Happy Matters", we look forward to hearing about all the fun things the other SALC programs are doing too!

Happy St. Patrick's Day everyone!

INGERSOLL SERVICES FOR SENIORS

SUBMITTED BY: Victoria Rode, Recreationist



Excitement at the Ingersoll 50+ Activity Centre!



We have had a busy fall and winter here at the Centre celebrating our 30th Anniversary! We have had great success with grants this year, allowing us to start new programs and update our facility.



Our first successful application was with the RBC Foundation, receiving \$85,000 and an additional \$10,000 each from our Kiwanis Club, Rotary Club, and the Town of Ingersoll to install an enclosed lift. This will allow us to move many of our seated and specialty fitness classes to the second floor and making room for new programs with the available space.



Next up was our Mature Movers fitness program funded by the Ontario Trillium Foundation Seed Grant to train new instructors, upgrade certification for current instructors, and purchase equipment to increase the capacity of our classes. We're also able to include a second Stroke Recovery, Parkinson's Disease, and COPD Fitness Class. We have had a waiting list for quite some time and with the added space and funding we can now accommodate!



Our Links2Wellbeing Social Prescribing program is taking off with an overwhelming amount of support from the community. We held a presentation at our Seniors Active Living Fair and gained even more interest. With our Centre having all three departments - Assisted Living, Community Services, and the 50+ Activity Centre, we are looking forward to getting this program known and frequently used!



Through HelpAge Canada, we received nearly \$10,000 to support our equipment loan and meal programming. We offer frozen meals as well as take-out, delivery, and dine-in meals made at our Centre.



We have teamed up with the Tillsonburg Senior Centre to operate a joint Men's Shed. We have members using our woodshop and attending informative workshops and presentations. They are making various items for community projects, including 40 knee sliders for our free equipment loan program, benches for a local trail, and historical obstacles for our mini putt course. Men's Shed Ontario and Men's Shed Canada have been great resources to get this going!



We are looking forward to starting our Intergenerational Volunteering program with our local Fusion Youth Centre thanks to funding from New Horizons for Seniors. We'll have youth teaching technology workshops and older adults teaching cooking, knitting, and woodshop activities!



With fundraising activities through our 50/50 draws, we are installing sunshade structures this spring to promote our outdoor programs. Speaking of outdoor programs, we also started an Outdoor Club. They are skiing, snowshoeing, tubing, hiking, kayaking, and more! It's been a great way to get our younger members involved!

We are so fortunate to have skilled, committed volunteers at our Centre assisting us in implementing these programs and fundraising to support us in upgrading equipment and program spaces.

ONAPING FALLS GOLDEN AGE CLUB

SUBMITTED BY: Nevada Howe, Board of Director



ONAPING FALLS GOLDEN AGE CLUB – MUSIC KEEPS US YOUNG



Music Jam Leader

JIM HOWE

Jim with his violin "Fiddle" leads the Music Jam once a Month & Weekly there is a Ukulele Group led by Nicole



Member

NICOLE
Nicole plays a number of instruments
She teaches music, French & English



LORNE

We call Lorne "Johnny Cash"

Lorne also plays a pretty mean Guitar



Nevaida Plays
Marimbula, Resonator
Guitar & keyboard



Collette &
Norm
Mathon Play
Accordion &
Mandolin.

Onaping Falls Golden Age
Club
109 Service Road
Onaping On. P0M2C0
705-966-2502 /705-966-0137
ofgac@hotmail.com
Follow us on Face book



Lori & Roger Desbiens part of the
Ukulele & Monthly Jam GROUP

Our Membership is
\$20.00
Per year for 50 plus.
The Club offers
many daily activities.
Keep reading the OACAO
news to
See more of our
activities

PIONEER CLUB ATIKOKAN

Submitted by: Celeste Zugec

Pioneer Club Atikokan Celebrates 50th Anniversary Year with Updated Brand & New Logo

The Pioneer Club Atikokan is 50 years young in 2025. The old brand and logo were completed many years ago and it was time for the organization to enter the 21st Century and celebrate its beginnings.



“The new logo was developed by an Alberta graphic designer. When our local people were not available, Celeste Zugec, who is part of our Publicity team, recommended a graphic designer from Alberta with whom she had worked for many years. She asked him if he would take on the project,” stated Club President, Phyllis Angus. “Celeste, who had a forty-year career in marketing and communications, suggested that a tagline would be important, and that colour plays a part in how people perceive a brand. She requested that we think about what colours we would like to use and how we would like to say, in one line, who we are and what we do. It took time for us to go through the thought process, with several generations of the logo, but in the end, we had consensus and were able to finish the task.”

“We originally thought 2024 was the year. However, after more research we found that, although the club began to function in 1974, the next year (1975) was the “official” year that the Club launched. So, this year marks the 50th,” expressed Vice-President Kathy Brigham. “We’ve evolved and have several regular well attended programmes that will continue, with new ideas, changes and improvements happening every month.”

Regular programming including, Guitar Lessons, Needlework, Tai Chi, Exercise, YOGA, Cards, BINGO, Pool, Shuffleboard, Bridge, the monthly Sunday Music JAM (hosted by Barry Smith) Men’s Breakfast are all very popular.

Treasurer, Kim Cross seems to have magical powers with her grant-writing skills. She spends many hours each month researching and applying for private and government grants. “Partnering with grantors and other community organizations is important and has contributed to fresh ideas, funding and programs that we are able to offer.”

“We’ve expanded our regular programming and added quite a few new ones,” said Social Committee Convenor, Kathy Gibson. “Our Men’s Breakfast and monthly Birthday Tea have become very popular, as have our Lunch’n’Learns, Pictograph, Library Arts & Crafts and Karaoke events.

The Family Health Team began a weekly group session for anyone going through a season of grief and of course the OPP regularly present updates on the most recent scams, Ms. Gibson continued. “On Wednesday afternoons, beginning in March we started hosting Games, Cards and More. The Club is looking for volunteers from the community for help with programmes and to help to identify people from the past from archival photos and old news articles. This is something that we always thought we should do but just didn’t get around to it. One of our events this summer will highlight the club’s evolution, and we’d love to have it all up on a screen.”

At the Club’s Annual Meeting the members in attendance re-elected some Executive Members and welcomed new people, each contributing unique skills. Together, they are all working on exciting events for this official 50th year. This summer will feature a special event for the whole community during Seniors’ Month. More information will be provided later as it becomes available and the significant senior community in Atikokan continues to be invited to “Come, join a group of seniors living with vitality passion and purpose.”

SEAWAY SENIOR CITIZENS CLUB

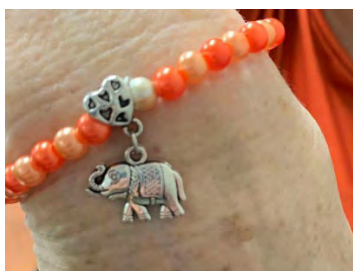
Seaway Senior Citizens Club in Cornwall help to keep members engaged during the cold winter months



It is always more tempting to stay indoors during the cold weather and recognizing this Seaway Senior Citizens Club in Cornwall offered members varied workshops in addition to their usual activity schedule to help conquer the winter blues.

Members tapped into their creative sides by participating in hands-on workshops for the creation of button jewelry and art pieces, flower and watercolour painting. A very special event was a holiday house tour hosted by two club members who graciously opened their beautifully decorated homes for our enjoyment.

Community partnerships were fostered by information sessions from the Cornwall Public Library, Red Cart Books, Cornwall Police Service, Service Canada and a paint afternoon hosted by Chartwell Retirement Residences.



Realizing that all seniors are not able to leave their homes at this time of year, members from two talented club groups “Melody on the Move” and “Seaway Strings” brightened the day for residents in local long term care homes with wonderful musical performances.

The positive feedback from these initiatives has been encouraging and more activities and workshops are planned for the months ahead.



SENIORS ASSOCIATION KINGSTON REGION

SUBMITTED BY: Jacqueline Tavakoli, Communications & Marketing



Seniors Association Kingston Region Fundraising Campaign and



As we head into 2025, we wish everyone a prosperous and joy-filled year ahead. Our Annual Fundraising Campaign was a resounding success, raising an impressive \$236,901. This achievement was made possible through the generous contributions of our members, local businesses, and community organizations. A member's stock donation was converted to over \$22,000, while a bequest from long-time member Jacki McCabe added \$70,000 to our campaign. The Britton Smith Foundation contributed an impressive \$50,000.

These substantial gifts, combined with the numerous smaller donations from our dedicated members, demonstrate the power of community support. Our campaign received a significant boost from the Larry Gibson Estate Fund, which pledged to match members' donations up to \$30,000. This matching initiative helps us reach our ambitious target each year, demonstrating the enduring support of our community and partners. Regardless of size, every contribution played a crucial role in our success. We're deeply grateful for the overwhelming response, which allowed us to surpass our initial goal of \$125,000. The campaign's success underscores the importance of diverse fundraising strategies and strong community engagement.

In other news, our 48th Annual General Meeting, held on January 24, 2025, was well attended and productive. We believe that regular, well-structured AGMs are crucial for maintaining transparency, engaging members, and setting a clear direction for the organization.

Key highlights included:

1. A special presentation by Travis Blackmore, Chief Executive Officer of Lionhearts, highlighting our ongoing partnership in community initiatives.
2. Recognition of staff milestones, including our revered Executive Director, Don Amos, for 10 years of service.
3. Approval of our 2023-24 Audited Financial Statements, demonstrating our commitment to financial transparency.
4. Appointment of Wilkinson & Company LLP as our auditors for 2024-25.
5. Election of our new Board of Directors, including several returning members and one new addition, ensuring a balance of experience and fresh perspectives.

At Seniors' Association Kingston Region, we play a vital role in fostering an exciting, connected community for older adults. We offer diverse opportunities for growth, learning, and connection. We continuously evolve to meet the changing needs of seniors. Our success, evident in our fundraising achievements and strong governance, reflects the dedication of our members and the broader community's support. As we look to the future, we remain committed to enhancing the quality of life for seniors, ensuring that every participant contributes to and benefits from the richness and strength of our senior community.

SOUTH GATE CENTRE

SUBMITTED BY: Sarah Lindsay, Marketing & Communications Manager

What's happening at South Gate Centre

As construction on our expansion at South Gate Centre continues, so do our exciting programs, events, bus trips, and more!

Chilly Charlie did not see his shadow on Groundhog's Day so we're looking forward to an early Spring. This past Monday, March 10, 2025, we hosted the Best U Health Expo, our OACAO Seniors Active Living Fair. The event featured insightful speakers on health, wellness, and personal safety, along with more than 30 exhibitors.



Woodstock and South Gate Centre's resident groundhog with Mayor Jerry Acchione celebrate the prediction of an early spring.



Class participants on rebound boots for our new fitness class.

We've brought on a new exciting fitness class at the Centre. Provided by Bam Bouncers, the rebound shoes generate a trampoline-like feeling of weightlessness that not only increases the "Fun Effect", but more importantly decreases joint stress. Set to upbeat music the instructor walks participants through a warm-up routine, on the spot weight-bearing exercises, dance routines and then a cool-down. Participants can't get enough of this addictive class.

Looking ahead to spring, we have some fantastic events in store! Coming up are a Murder Mystery Dinner Theatre performance, and Ladies Night Out—an evening filled with laughter, friendship, and creativity, where guests will craft their own unique 'Blown Art' tile coasters. We will also host a fun event in April showing appreciation for our dedicated hardworking volunteers.

In May we will host a new event at South Gate Centre for Mother's Day. A delicious brunch from our very own Local Roots Café will be served and shopping can take place for mom with our Granny's Boutique and handmade items from our woodshop, crafters and volunteers.



Supervised indoor walks offer social time and exercise during winter



Each week, more than 20 walkers enjoy social time and exercise at the Picton indoor supervised walking program offered by the Prince Edward Community Care for Seniors.

A partnership between Prince Edward Community Care and the local school board has led to a successful relaunch of the Picton walking program. This supervised walking program offers a safe environment to enjoy social time and get exercise during the cold winter months.

Volunteers work with community care staff to oversee the day-to-day operation of the walking program including taking attendance, ensuring name tags and proper footwear are worn, and reporting any problems or concerns to agency staff.

At a spry 94 years of age, Vera Godfroy volunteers one day a week. “It is not safe to walk outside and programs such as this help seniors live safely at home longer,” says Vera. “I enjoy helping and most of all I like the wonderful people who walk here every week. It is nice to see so many friendly faces.” The walks occur from 3:00 to 4:00 pm after the students have left for the day. The shape of the school allows for various routes with convenient rest stops on the way and walkers who are able can use the stairs and walk two full floors of the building.

“It is an excellent program because it is a safe environment that combines exercise and socialization,” says walker Donna Wetzel. “This is a good way to meet new people and connect with friends. Walking with friends gives me an added incentive to come on those days when I may not feel like it. In other seasons we do other activities to stay active, but in the winter, you don’t tend to see as many people, and it can get lonely. Time goes by faster when you walk with friends, and you don’t realize how far you have walked. We are all very grateful that this program exists.

WEST SCARBOROUGH NEIGHBOURHOOD CENTRE

SUBMITTED BY: Afsana Chowdhury, Senior's Program Manager



Seniors Department (2024)

West Scarborough Neighbourhood Community Centre

Here are few of the memorable events we organized for seniors in the past year.

1. We went to Aga Khan Museum on Wednesday September 25th and 39 seniors joined us. First time we did a trip with all the groups together. It was a wonderful trip with painting activities, guided tours, and performances. The tour guide explained well the history and culture of the museum. It was a memorable and enriching experience for seniors.
2. Our Open House held at 313 Pharmacy Ave on Fri Oct 4th, and it included a large trade show with organizations. Participants gain valuable information about health, wellness, and available community resources, they enjoyed being able to have one-on-one, open conversations about the programs and services, and have access to these organizations all under one roof. Workshops can help seniors learn new skills and foster a supportive environment. Participants received free blood pressure checks, allowing for immediate health assessments. Almost two hundred people joined and made this event an enormous success.
3. On Saturday, December 14th, we celebrated Bangladesh Victory Day at the Centre with a special gathering of Bangladeshi seniors. The event was honored by the presence of Executive Director Josh Hood, MPP of Scarborough Southwest Doly Begum, City Councillor Parthi Kandavel, and a representative from MP Bill Blair's office. The gathering was a beautiful opportunity to commemorate the historic day, with attendees enjoying a traditional Bangladeshi lunch. The highlight of the day was a captivating performance that brought smiles to everyone's faces, with seniors highlighting their talents through an energetic dance performance and a delightful fashion show.

Upcoming events:

I am so excited about Eid bazar which will be happening on March 15,2025

6 weeks' workshops will start in April,2025





Annual Strawberry Shortcake & Ice Cream Social

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(Does not include
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Beating *the* Winter Blues:

3 IDEAS ————— to help Seniors feel vibrant

Although Spring is in our sights, fewer hours of sunlight and cold and dreary weather can sometimes damper our spirits.

Here are three tips to help foster a sense of well-being among seniors, no matter what the forecast may be!

1. Get moving and try going outside

Research shows that seniors who spend time outdoors may experience less depression and anxiety. Staying active and sustaining social connections through outdoor activities can contribute to better brain health in older adults.

2. Listen to music

The benefits of listening to music are extensive. From reducing anxiety to improving mood, few things brighten your mood more quickly than an upbeat song. A cheerful song can also affect brain function by improving both alertness and memory. No wonder musical events are always such a hit with our Amica residents!

3. Plan something to look forward to

The anticipation of a fun activity can release dopamine in the brain, making the thought of something as pleasurable as experiencing it. Whether it's brunch with friends or a video call with grandchildren, staying connected can help ward off seasonal loneliness. Read on to see how Amica's recent Sip and Savour, Nordic Spirit events sparked joy across our residences in Ontario and British Columbia.

Sip and Savour – Nordic Spirit

Earlier this month, Amica residents discovered how Nordic countries embrace the magic of winter through their philosophies of living. A variety of sensory experiences were offered including virtual tours of Nordic lands, street market displays, holistic spa treatments and Nordic themed arts and crafts. A delicious dinner featuring dishes like duck breast served with icelandic billberry and skrie (Norwegian Cod) concluded the festivities, leaving residents wonderingwhere will we travel next?

Learn more about exceptional experiences at Amica at amica.ca

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55+



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Virtual Exercise Program

SeniorFit Online is a virtual group exercise program for adults 55+. Participants of any fitness level can join a variety of class types to improve their balance, strength, coordination, and cardiovascular health. Instructors guide participants through exercises and provide modifications as needed, to maintain inclusivity and enjoyment!

Member benefits include:

- Unlimited access to virtual exercise classes led by a qualified instructor on Zoom
- Library of on-demand classes to be viewed at any time
- Class schedule changes often to add more variety in your home exercise routine!

Contact mregnerus@brocku.ca for more information.



www.facebook.com/healthyniagara/

brocku.ca/bfit/online-programs/



Sharing Dance Older Adults

Introducing our newly
designed website
for online creative
movement classes!

We are happy to introduce our new website, featuring creative movement classes for older adults that can be accessed from anywhere—personal spaces, retirement residences, long-term care facilities, libraries and community centres, and more!

In this vibrant and user-friendly new online space, explore a range of FREE 20-45 minute classes in English or French, with both seated and standing class options available. Users are encouraged to use the videos to dance individually or as a group based on their unique needs and schedules.

These on-demand classes are led by professional dance teachers from Canada's National Ballet School (NBS) and require no prior dance experience.

**Click here to register or
visit oa.sharingdance.ca**



DANCE IS... Exercise



of seated/standing older adults reported
range of motion improved or greatly improved¹

DANCE IS... Creative

Regular dancing helps develop skills and confidence, while enriching day-to-day life through creative expression!

DANCE IS... Fun



of seated older adults reported
mood improved or greatly improved²

DANCE IS... For Everyone!

¹Sodums, D., Kim, S., Gallucci, C.E., Nafadine, M., Bar, R.J., Gardner, S., & Taffel, M. (Submitted September 2022). Impact of Sharing Dance Older Adults on Physical and Psychosocial Outcomes.
²Sodums, D., Kim, S., Gallucci, C.E., Nafadine, M., Bar, R.J., Gardner, S., & Taffel, M. (Submitted September 2022). Impact of Sharing Dance Older Adults on Physical and Psychosocial Outcomes.

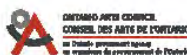
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SPRING CLEANING FOR YOUR EARS:

Tips to Keep Your Hearing Health at Its Best



As the flowers bloom and the days get longer, spring is the perfect time for a fresh start — and that includes taking care of your hearing health! Just like spring cleaning for your home, it's important to give your ears some extra attention to keep them healthy.



Here are a few tips we recommend for your hearing health this season:

1. Schedule routine hearing evaluations

It is recommended adults aged 55+ get annual hearing evaluations as part of their hearing healthcare plan. Just as you would schedule regular check-ups for other aspects of your health, include your hearing care to ensure your ears can hear the wonderful sounds of the new season.

2. Get ear wax removed professionally

Ear wax is a common culprit for hearing challenges, but it is important that it gets removed professionally to prevent further damage. Our rule of thumb is to never put anything smaller than your elbow in your ear – that includes cotton swabs!

3. Protect your ears from seasonal noise

A new season means new, loud sounds your ears are exposed to. It is important to protect your ears during loud activities, such as mowing the lawn and attending outdoor concerts, to prevent noise induced damage.

4. Take care of your hearing devices

For those who already have hearing devices, the key to extending the life of the devices and ensuring the best sound experience is to properly take care of them. This includes keeping them dry, storing them in a safe place when not in use, and scheduling cleaning and fine-tuning appointments when necessary.

Book an appointment for your hearing care needs and experience the HearCANADA difference.



Experience Spring's sounds with *personalized hearing care*

Spring is here! Birds are singing, kids are playing outside, and the world is buzzing with life. The sounds of the season bring joy and connection—but only if you can fully experience them. Now is the perfect time to check in on your hearing and make sure you're not missing a single moment.

Each person experiences hearing in their own way. Factors like age, lifestyle, and the type of environment you spend time in can all affect how you hear. This is why a personalized approach is important.

Personalized hearing care means we take the time to understand your unique hearing needs and lifestyle. We'll work with you to find the perfect hearing solution, so you can enjoy every sound in the way that suits you best. Today's hearing aids do more than just amplify sound. They adapt to your environment, reduce background noise, and even connect to your smartphone. Whether you're catching up with friends at a café or taking in the sounds of nature, the right hearing aids make everything clearer and more enjoyable.

Better hearing isn't just about getting hearing aids, it's about having ongoing support. That's why we offer aftercare at no extra cost, including cleanings, adjustments, complimentary batteries for 3 full years, and professional advice to ensure you get the most out of your hearing aids.

Book a free hearing test today to learn more about how personalized hearing care can help you experience the world of sound with greater clarity.

Book a FREE hearing test today!*

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*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. If you request a copy of the Audiological Report an administrative fee will apply (fees do not apply in Saskatchewan). Child hearing tests are conducted at select locations for a fee, please contact us for more information. This promotion is valid for select hearing aid models and cannot be combined with more than 1 promotion or discount unless stated otherwise. Offer not applicable for industrial hearing tests. **If you are quoted a lower price on an equivalent hearing aid with the same features, options and services, HearingLife Canada Ltd. will match that price. Some conditions apply, see clinic for details. Offers not valid in Quebec. Offer expires 02/28/2025.



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Simplify the Search Using the RHRA's Retirement Home Database

Retirement homes are one of several housing options for older adults. There are 780+ licenced retirement homes in Ontario. When you or a loved one are looking to move into a licenced retirement home, how do you know which one is right for you?

Simplify your retirement home search into four key steps:

1. **PLAN** – the care services you may need now or in the future, such as medical care or meals.
2. **CONSIDER** – which community you would like to live in, what size and type of building, what accommodations, and how far loved ones could travel to visit.
3. **RESEARCH** - the safety records, services offered and more for each home through the Retirement Homes Regulatory Authority's **Retirement Home Database** (www.rhra.ca/en/retirement-home-database/).
4. **TOUR** - your top retirement home options in person. Many offer tours, meetings with staff, or an opportunity to enjoy an activity.

How to evaluate retirement homes using the Retirement Home Database:

- **INSPECTION REPORTS** – Read through inspection reports to review the safety track record to help you make an informed decision.
- **REGISTRAR ORDERS** – A registrar order explains what specific rules a home isn't following and what they need to do to address the problem. You may want to follow up with the home on if they have addressed it.
- **EXTERNAL PROCEEDINGS, ORDERS AND DECISIONS** – If the home has any decisions or proceedings from court matters, they will appear here and should be taken into consideration.

About the RHRA

The Retirement Homes Regulatory Authority (RHRA) administers Ontario's Retirement Homes Act in the public interest.

The RHRA's core responsibility is to enhance resident safety and consumer protection in Ontario's licenced retirement homes.

For more information visit the RHRA's website at www.rhra.ca.

When staying in their home is no longer the best option ...



Health or Mobility Challenges



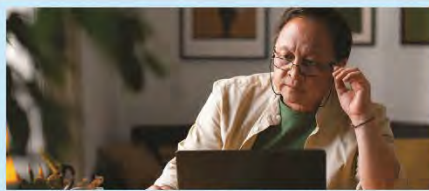
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Loved One Needs More Care



House Too Hard to Manage



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PHARMACISTS CAN WRITE A PRESCRIPTION FOR MINOR AILMENTS

SO YOU CAN RECEIVE CONVENIENT CARE AT HOME

Securing a prescription medicine for a minor ailment once required a visit to your family physician, walk-in clinic, or a local hospital, which almost always meant a long waiting time.

No longer is this a problem as pharmacists across Canada gain authority to prescribe medications for minor ailments. This expanded scope of pharmacist prescribing leverages their expertise and knowledge to improve patient care.

While over-the-counter medicines and self-care therapies can help in the management of minor ailments, some need prescription medications. Thanks to new health regulations, Canadians can now get these prescriptions directly from their pharmacist.

WHAT DOES THIS MEAN FOR CANADIAN SENIORS?

The next time you experience a minor ailment, such as pink eye, pharmacists at GreenShield Pharmacy, or at some local pharmacies, can assess your condition and may provide a prescription if needed—all in about 15 minutes.

Like visiting your family doctor or a walk-in clinic, there are no costs associated with the primary care services provided by a pharmacist.

But with many Canadians lacking convenient and timely access to a family doctor, this change means convenient care is now at your fingertips.

WHAT ARE MINOR AILMENTS?

By definition, a minor ailment is a condition that requires minimal treatment and/or self-care strategies. You may already know what condition you have and are seeking confirmation and relief. Additional criteria to identify a minor ailment include:

- Usually short lasting
- Doesn't require lab testing
- Short-term or minimal follow-up required

SOME COMMON MINOR AILMENTS

- Urinary tract infection
- Pink eye
- Rashes
- Seasonal allergies
- Acid reflux
- Sprains and strains
- Insect and tick bites

Minor ailment assessments with a pharmacist may not always result in a prescription.

Health surveys show 10%-30% of physician consultations are for minor ailments.

Pharmacists can relieve some of the burden on the healthcare system by managing these conditions.

GreenShield.ca/Pharmacy
Find us on GreenShield+
1-855-844-2242



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Shared hopes
Shared dreams
Shared living !!



Did You Know: There are about **43,000 senior women** in Ontario living in unaffordable housing!!

~Statistics Canada, 2021~

Senior Women Living Together helps senior women find compatible homemates to live together. They save money AND gain social support. **We want to reach all of the senior women in Ontario who could use our solution.**

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We are offering you:

- A webinar specifically for your clients that fully describes our service
- Individual support to help your clients learn how to use our website service effectively

* The webinar will be recorded and you will receive a copy that you can share over and over again.

**Contact us to learn more and book
a time for your webinar.**

Email: pat@swlt.ca

OACAO Board of Directors

EXECUTIVE

President	Wendy Caceres-Speakman	wendy.caceres-speakman@rexdalechc.com
Past President	Suzanne Teixeira	suzanne@ywalc.ca
1st Vice President	Karie Papillon	kpapillon@aurora.ca
2nd Vice President	Leslie Olsen	laolsen10@gmail.com
Treasurer	Bill Krever	w.krever@victoriavillage.ca
Secretary	Sharon Oatway	soatway@gloucester50pluscentre.ca
Executive Director	Sue Hesjedahl	sue@oacao.org

REGIONAL REPRESENTATIVES

Central	<i>Staff</i>	Nora Jones	nora.jones@townofws.ca
	<i>Senior</i>	Rob Gaby	robannag@gmail.com
Eastern	<i>Staff</i>	Don Amos	DonA@seniorskingston.ca
	<i>Staff</i>	Vacant	
Golden Horseshoe	<i>Staff</i>	Julie Pennal	Julie.pennal@oakville.ca
	<i>Senior</i>	Ted Lambert	erllre13@hotmail.com
Grand River	<i>Staff</i>	Vacant	
	<i>Senior</i>	Vacant	
Metro	<i>Staff</i>	Lisa Tobio	yorkfairbank@on.aibn.com
	<i>Senior</i>	Leslie Olsen	laolsen10@gmail.com
North West	<i>Staff</i>	Twyla Biluk	twyla.biluk@thunderbay.ca
	<i>Senior</i>	Vacant	
North Central	<i>Staff</i>	John Richer	john.richer@greatersudbury.ca
	<i>Senior</i>	Lyne Way-White	lybell55@yahoo.com
South West	<i>Staff</i>	Jennifer Jones	jjones@bgclondon.ca
	<i>Senior</i>	Martha Mackintosh	mackintoshmartha@gmail.com

COMMITTEE CHAIRS

Awards	Nora Jones	nora.jones@townofws.ca
OASSIS Liaison	Bill Krever	w.krever@victoriavillage.ca
Conference	Sarah Feeney-Martin	sarah@oacao.org
Finance	Bill Krever	w.krever@victoriavillage.ca
Nominations	Suzanne Teixeira	suzanne@ywalc.ca
Strategic Planning Co-Chairs	Leslie Olsen & Sue Hesjedahl	laolsen10@gmail.com sue@oacao.org

For more information about the
Older Adult Centres' Association of Ontario
please contact: Sue Hesjedahl, Executive Director
at 905-584-8125 or 1-866-835-7693 or sue@oacao.org
www.oacao.org P.O. Box 65, Caledon East, ON L7C 3L8

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés



OACAO Business Partners 2024-2025

Access Abilities	www.accessabilities.ca	905-825-5335 (Oakville), 416-237-9654 (Toronto)
Amica Senior Lifestyles	www.amica.ca	1-888-264-2299
Arbor Memorial Inc.	www.arbormemorial.ca	1-877-301-8066
Belairdirect	www.belairdirect.com/healthcare	1-833-887-4626
Brock University	www.brocku.ca/bfit/online-programs/	905-688-5550 ext 5589
Canada's National Ballet School	www.nbs-enb.ca	1-800-387-0785
Canadian Hearing Services	www.chs.ca	1-866-518-0000
Chartwell Retirement Residences	www.chartwell.com	1-855-461-0685
Greensheid Pharmacy	www.greenshield.ca/pharmacy	1-855-844-2242
HearCANADA	www.hearCANADA.com	1-866-432-7226
HearingLife	www.hearinglife.ca	1-888-514-9515
Heart to Home Meals	www.HeartToHomeMeals.ca	1-888-777-2219
Insuranceland	www.insuranceland.ca/oacao	1-800-243-9379 ext. 2337
MySeniorCenter	www.myseniorcenter.com	1-866-739-9745
OASSIS Benefit Plans for Not-For-Profits	www.oassisplan.com	1-888-233-5580
Parkland Lifestyle Residences	www.experienceparkland.com	1-877-742-6639
Rogers Communications	www.primewireless.ca/OACAO	519-771-7489
Retirement Homes Regulatory Authority	www.rhra.ca	1-855-275-7472
Senior Women Living Together	www.swlt.ca	
Transitions Realty	www.downsizingexperts.ca	647-948-7415

Thank you to all our 2024-2025 Business Partners



NEWSLETTER DEADLINES

Please note the following deadline for submissions:

2025 Summer Newsletter – June 2, 2025

2025 Fall Newsletter – September 1, 2025

Please send your submissions to admin@oacao.org

OACAO Business Partners

Platinum Business Partners



Gold Business Partners

