

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



Annual OACAO Conference  
Horseshoe Resort  
October 19 – 21

**Celebrate 35 years of Success for the OACAO!**

**Sunday October 19**

- |                    |   |
|--------------------|---|
| 12:30 – 1:30 pm    | Keynote Speaker: Alf Grigg PALS –<br>You will learn three great secrets that will enrich your lives and others                        |
| 2:00 – 3:30 pm     | Workshops: Networking 101, 6 Mistakes Retirees make with their<br>Finances, Governance, Control or Chaos-Building Bridges Focus Group |
| Evening Activities | Live Well Activities to make you laugh often  |

**Monday, October 20**

- |                                   |  |
|-----------------------------------|--|
| 9:15 am – 10:45 am<br>S<br>C<br>S | Workshops: Update on Status of EPC Grants, Serving Seniors with Panache: Joint<br>Seniors Centres/Library Programs, 40/70 Rule-7 Strategies to Help Boomer C<br>Children Communicate to Aging Parents, Understanding Your Charitable S<br>Status, Survive & Thrive with Humour |
| 11:00 – 3:00 pm                   | <b><i>The Living Well Trade Show</i></b>   |
| 1:00 – 2:30 pm<br>L               | Workshops: Ready, Set, Action-Functional Fitness, Inclusive Recreation, Break a<br>Leg, Cross-Cultural Communication, Making media Matter  |
| 3:15 – 4:45 pm<br>F               | Workshops: Recruitment/Retention, No Limit Fitness, Healthy Living Through F<br>Food Fun and friends, Positive Partnerships  |
| Evening Activities                | Dare we say slot machines/ or how about toasting marshmallows!   |

**Tuesday, October 21**

- |                 |  |
|-----------------|--|
| 9:30 – 11:00 am | Workshops: Extreme Older Adults, Planning Group Travel |
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*Thank-you for taking an interest in our conference.... We can hardly wait to see you there!*





## OLDER ADULT CENTRES' ASSOCIATION OF ONTARIO

## Health Fairs 2008 - 2009

Funding Applicants April 1, 2008 to March 31, 2009

Updated June 11, 2008

	Date	Location	Contact	email
<b>2008 Events</b>				
1	May 7-8	Oshawa - re Durham Region Seniors Centres	Debbie Wilson	<a href="mailto:wilsond@whitby.ca">wilsond@whitby.ca</a>
2	June 6th	Barrie - Victoria Village Activity Centre	Kate Ellis	<a href="mailto:kellis@barrie.ca">kellis@barrie.ca</a>
3	June 7th	Newmarket - Seniors' Meeting Place	Kathleen Willins	<a href="mailto:kwillins@newmarket.ca">kwillins@newmarket.ca</a>
4	June 18th	Aurora - Aurora Seniors Centre	Virginia Ciufu	<a href="mailto:vcifu@e-aurora.ca">vcifu@e-aurora.ca</a>
5	June 25th	Toronto-OCSCO-Vellore Village Comm. Centre	Lenita Sahlman	<a href="mailto:ocscoco@web.net">ocscoco@web.net</a>
6	June 26th	Waterloo - Adlut Recreation Centre	Sharon Dickson	<a href="mailto:sdickson@waterloo.ca">sdickson@waterloo.ca</a>
7	August 21st	Kingston - The Seniors Centre	Anne Belanger	<a href="mailto:anneb@seniors-kingston.on.ca">anneb@seniors-kingston.on.ca</a>
8	August 23rd	Eganville & District Seniors - Eganville Arena	Carolyn Green	<a href="mailto:edsdna@nrtco.net">edsdna@nrtco.net</a>
9	Sept 19th	Fairview Mennonite Home	Nancy Kinsie	<a href="mailto:nkinsie@fairviewmennonitehomes.com">nkinsie@fairviewmennonitehomes.com</a>
10	Sept 24th	Whitby - Whitby Seniors Activity Centre	Sheri Subden	<a href="mailto:subden@whitby.ca">subden@whitby.ca</a>
11	Sept 26th	Centre Polyvalent des Aines Francophone de Port Colborne	Roland Methot	<a href="mailto:ainesfpc@iaw.com">ainesfpc@iaw.com</a>
12	Sept (tba)	North York - Active Living Centre	Helen Bergman	<a href="mailto:hbergman@nyseniors.org">hbergman@nyseniors.org</a>
13	Sept/Oct	Windsor- Centres for Seniors	Lou Anne Bogle	<a href="mailto:ehope@centreforseniors.com">ehope@centreforseniors.com</a>
14	Oct 1st	Brampton Seniors Concil/Flower City Seniors Centre	Donna Martin	<a href="mailto:brampsc@pathcom.com">brampsc@pathcom.com</a>
15	Oct 4th	St. Paul's L'Amoreaux Centre	Michele Cauch	<a href="mailto:michele@splc.ca">michele@splc.ca</a>
16	Oct 4th	Fergus - Victoria Park Seniors Centre	Kathryn Morgan	<a href="mailto:kmorgan@centrewellington.ca">kmorgan@centrewellington.ca</a>
17	Oct 08 or Feb 09	Port Hope - Ruth Clarke Centre	Amy MacGilvray	<a href="mailto:ruthclarkecentre@porthope.ca">ruthclarkecentre@porthope.ca</a>
18	Oct-18	Thunder Bay	Keith Nymark	<a href="mailto:knymark@tbaytel.net">knymark@tbaytel.net</a>
19	Oct 22nd	Toronto - Downsview Healthier Living Centre	Anna Endrizzi	<a href="mailto:endrizzi@downsviewservices.com">endrizzi@downsviewservices.com</a>
20	Oct 28th	Syme 55+ Centre	Wendy Caceres	<a href="mailto:wcaceres@bellnet.ca">wcaceres@bellnet.ca</a>
21	Oct/Nov	Centre Pauline Charron	Leo Lavergne	<a href="mailto:leo@centrepaulinecharron.ca">leo@centrepaulinecharron.ca</a>
22	Oct/Nov	Oshawa Seniors Centre	Karen Cotnam	<a href="mailto:lcotnam@oshawa.ca">lcotnam@oshawa.ca</a>
23	Nov 2nd	Woodstock - South Gate Centre I Goff Hall	Chris Cunningham	<a href="mailto:chris@southgatectr.ca">chris@southgatectr.ca</a>
24	Nov 4th	Halton Hills-Acton & Georgetown	Wendy Krever	<a href="mailto:wendy@haltonhills.ca">wendy@haltonhills.ca</a>
25	Nov 5th	Huntsville - Huntsville Centennial Centre	Debbie DeLuca	<a href="mailto:Debbie@huntsville.ca">Debbie@huntsville.ca</a>
26	Dec 2nd	Cambridge - WG Johnson Centre	Nancy Movrin	<a href="mailto:movrin@cambridge.ca">movrin@cambridge.ca</a>
<b>2009 Events</b>				
27	Jan 7th	Gloucester - Senior Adult Centre	Debbie Trickey	<a href="mailto:gsac@storm.ca">gsac@storm.ca</a>
28	Feb 27th	Cornwall - Seaway Senior Citizens Club	Els Cordell	<a href="mailto:els_cordell@hotmail.com">els_cordell@hotmail.com</a>
29	March	Sarnia -Strangway Community Centre	Miriam Carmody	<a href="mailto:mcarmody@sarnia.ca">mcarmody@sarnia.ca</a>
30	March 20th	Toronto - Franklin Horner Community Centre	Laura Latham	<a href="mailto:franklinhorner@rogers.com">franklinhorner@rogers.com</a>
31	Mar 26th	Square One	Sue Hesjedahl	<a href="mailto:suehesjedahl@rogers.com">suehesjedahl@rogers.com</a>
32	March 21st	West Scarborough Neighbourhood Centre	Janine Webster	<a href="mailto:seniorsclub@wsncc.on.ca">seniorsclub@wsncc.on.ca</a>
33	March 27th	Guelph - Evergreen Seniors Centre	Wendy Kornelsen	<a href="mailto:wendy.kornelsen@guelph.ca">wendy.kornelsen@guelph.ca</a>
34	TBA	Sudbury - Parkside Older Adult Centre	John Richer	<a href="mailto:john.richer@greatersudbury.ca">john.richer@greatersudbury.ca</a>
35	TBA	Toronto - Taylor Place/Overland Club	Linda Rataj	<a href="mailto:lrataj@dmfseniors.org">lrataj@dmfseniors.org</a>
36	TBA	Terrace Bay	Doug Roberts	<a href="mailto:drobsi@sympatico.ca">drobsi@sympatico.ca</a>
<b>Waiting List</b>				
37		Good Companions Centre	Sharon Oatway	
38		Peel Senior Link	Ray Applebaum	

## Message from the President



Summer is finally here and the year is half over! There has been lots going on with OACAO and in the various centres around the province – most notably, several Information/Health Fairs sponsored by the Ontario Seniors Secretariat. Please join me in thanking Diane Varga and Minister Aileen Carroll for their support on this wonderful initiative that provides extremely valuable information to seniors all across the province. Speaking of the Fairs, I would like to express special thanks to Mary Lou Weir, who has so capably handled coordination of the Fairs over the past year. Unfortunately, Mary Lou is unable to continue in this role for the 2008/09 Fairs. We will miss her greatly and wish her the best. Lawrie is currently advertising for an individual who is interested in providing these coordination services.

The Board met in early May at the Franklin Horner Centre in Etobicoke. Among the items discussed were the year-end statements which are now at the auditors. Due to the grants for the Information/Health Fairs and the Ontario Trillium grant for the Building Bridges Project, there is a considerable increase in the amount of work that has to be done by Lawrie and Marilyn to manage the organization's finances. To support them, the Board approved creation of a Finance and Budget Committee. The members appointed to the Committee are Ross McKee, Chair, Bill Krever and John Coffey. We thank them for taking on additional responsibilities.

We received reports on the NCOA (National

Council on Aging) Conference in Washington DC, where Bill Krever and Al Gordon presented the Building Bridges project. Their presentation was well received, enjoyed a large attendance, and they were bombarded with many questions from the audience afterward. Good job, Bill and Al! Lawrie attended the conference as well, and brought back valuable and pertinent info for OACAO.

Plans are well underway for October's Conference, details elsewhere in this newsletter. Plan to attend – there is much to learn from each other as we share our experiences and new initiatives in Centres across Ontario.

Have a safe, relaxing and refreshing summer!

**Ellen Hope**

Dear OACAO Member,

Our partner OASSIS Employee Benefits would like to gather valuable statistics on benefits in our sector. We kindly ask that you graciously accept their short 2008 telephone survey. This process will begin shortly and you will only be contacted once.

The results of this survey will help them better understand the current benefits needs, so that better service and products can be provided in the future.

Thank you so much in advance for your time and effort.

Athena Taddei  
Marketing Director

OASSIS Not-For-Profit Employee Benefit  
Plans For Community-Based Organizations

416-781-2258 ext 4  
1-888-233-5580 ext 4

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