

# Older Adult Centres' Association of Ontario Innovative Programs for Older Adults Workshops Recap

2018



**OACAO**

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

*Thank you to everyone who participated either by presenting, attending or contributing in some way to the very successful Innovative Programs roadshow.*


*We held 6 in person workshops and 1 live webinar.*

*Thanks to our hosts in Oakville, Ingersoll, Ottawa, Whitby, Cambridge and Toronto. The following is a snap shot of the on-trend and very exciting programs, opportunities and examples that the OACAO membership and network shared, dreamed up and got excited about!*

*Julie Pennal, Facilitator*

**Thank you to our partner:**

This project is funded in part by  
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**Canada** 

## Oakville Workshop

### The Memory Project

Volunteer led memory and brain stimulation activities and exercises that enhance neuropathways and proactively help one's lifespan outlive one's brain span. The program has a high level of flexibility. Chapters as well as slides can be used together or independently.

Helmi Kaufmann, Al Gordon and Amy Back  
Ancaster Senior Achievement Centre  
905-648-3466 or agordontriag@sympatico.ca



### Greenhouse to Table

An outdoor education greenhouse that partners with seniors, youth and community members to 'home' grow produce. Produce is then used for fundraising and social and educational opportunities.

Lisa Tobio, York Fairbank Centre for Seniors  
416-651-8300 or yorkfairbank@on.aibn.com

### Paint Party

Using a member/volunteer from your Centre's art class (acrylic is best) have "guest" artist lead and instruct paid participants in a paint party event. Future follow up: an art show displaying the works and guest artists rotate.

Julie Pennal, Colborne Senior Centre  
905-845-6601 or julie.pennal@oakville.ca

### Transcript of the Interactive Brainstorming Platform at the Oakville Workshop

- "The Good Death"
- Ageless Grace
- Animal therapy
- Barre class
- Boxing Parkinson's
- Bring a chef from a residence for cooking for one or two
- Broadway style show of members and dance instructors who choreograph it
- Build a greenhouse
- Bunco
- Cartooning
- Chocolate and wine pairing
- Community cafe
- Computer scams and cautious consumerism
- Congregate dining program
- Conversations about mental health
- Cooking classes, some demo and some hands on classes
- Court whist
- Credit counselling
- Dance fit
- Decluttering your home and life
- Dinner and guest speaker or sit and dance or stretch and meditation
- Drum fit
- DVD lecture series
- Dying with dignity
- Enabling garden
- Fitness for visually impaired
- Golf simulator
- Hall walking
- Hawaiian dancing tap and jazz
- Healthy eats program with dietician and demos and produce a cookbook
- Historical travelogues
- Karaoke club
- Line and square dancing
- Loneliness outreach
- Mindbusters
- Music in the garden event
- Natural workshops - natural cleaning products, essential oils, smoothies
- Nursing home members come in to a dance/entertainment afternoon – volunteers assist with lunch and dancing
- Partnerships with organizations to provide education
- Seniors ballet
- Showcase academy - group performance at variety show
- Social media courses
- Technology programs and workshops
- Travelling on a budget
- Variety or talent show
- Weekend dinner and card games
- Yoga with bunnies or with goats or with puppies
- Zumba

## Ingersoll Workshop

### Grandparent PA Day Camp

In coordination with school board PA days, senior centres host a planned 'workshop' day for grandparents and their grandkids. Activities include a craft/art component, physical activity and lunch/refreshments.

Nancy Boutin, Tillsonburg Senior Centre

519-688-2520 or nboutin.seniorcentre@gmail.com

### Modernizing Programs for Older Adults

Using current music, trends and feedback from all ages to offer programs that appeal to a wide range of adults. Partnering with community agencies to offer free socialization opportunities that include coffee and tea to foster a welcoming environment.

Chris Cunningham, South Gate Centre

519-539-9817 or chris@southgatectr.ca

### Transcript of the Interactive Brainstorming Platform at the Ingersoll Workshop

- "Newlywed" game
- 50s / 60s dancing
- Adult swimming lessons
- Animal interaction/animal cafe
- Antique tractor show for Father's Day
- Art exhibit
- Astronomy
- Ballet
- Bollywood/belly dance
- Bonfire BBQ
- Book club
- Caribbean/Hawaiian night
- Carnival
- Celebrity chefs
- Chocolate making
- Citizenship ceremony
- Cooking classes
- Creative age festival
- DOT - Dining Out Together
- Drum circle
- Drum fit
- English tea
- Essential oils in the home
- Family feud
- Food truck festival
- Geocaching
- Golden Girls Night
- High tea with a royal wedding theme
- Hot dog eating contest
- Hula hooping
- Indoor curling
- Inter-generational programming
- Jam session (bluegrass, country etc.)
- Jewelry making
- Karate/self-defense
- Living well series
- Lunch and learn
- Lunch with the mayor
- Male-centric fitness
- Mexican train dominoes
- Modified soccer
- Mother and others - high tea for Mother's Day
- Murder mystery
- New fashion show
- Old fashioned picnic
- One-day art - make and take
- Online dating how to
- Origami
- Pajama wine night
- Pickle ball
- Pie baking contest
- Prom night
- Puzzle table
- R.O.M.E.O club - retired outstanding men enjoying ourselves
- Recipe club
- Resting in Peace - preparing final wishes
- Rhythm ribbon fitness
- Road to well-being through art
- Scrapathon- 12 hours of scrap booking
- Senior talent show
- Sign making
- Spa night
- Story catching
- Support and training for suddenly single persons
- Talent show
- Teach grandparents to do grandchildren's hair
- Teaching marketable skills
- Travel club
- Trivia Night
- Ukulele class
- Weed seminar
- Wine or Candlelight or Hydro yoga

## Ottawa Workshop

### Theatre Productions

The how to's of planning and executing a large scale theatre or dinner theatre production in your community.

Léo Lavergne, Centre Pauline-Charron

613-741-0562 or dg@lecpc.ca

### LGBTQ Safe Spaces and Inclusive Programming

How The Good Companions partnered, fostered and became leaders in the support and inclusion of LGBTQ adults and seniors. Community engagement, staff training, event planning and more!

Monique Doolittle-Romas, The Good Companions

613-236-0428 or mdoolittle-romas@thegoodcompanions.ca



### Seniors Centre Without Walls

The Seniors' Centre Without Walls program (SCWW) is a community outreach program to support vulnerable and isolated seniors and adults with physical disabilities. Using a group phone calls. SCWW offers participants daily access to a free network of programs and services right from the comfort of home. SCWW targets individuals who find it difficult to leave home for extended periods of time, or who are completely homebound due to financial constraints, transportation difficulties/costs, and/or health and mobility issues.

Rachel Sutcliffe, The Good Companions

613-236-0428 or rsutcliffe@thegoodcompanions.ca

### Transcript of the Interactive Brainstorming Platform at the Ottawa Workshop

- Accessing artisans
- Art class
- Art history
- Ball hockey
- Ballroom dancing lessons
- Bazaar
- Bingo
- Bocce ball
- Brunches
- Bus trips
- Carnival days
- Celebration boat cruise
- Celebration of books
- Chili cook off
- Chinese grocery bus
- Chorus
- Christmas craft and treasure sale
- Christmas in July
- Christmas Shopping Adventure
- Community partnerships
- Different art sessions
- Dine with Don bbq
- Dinner and a show
- Displaying crafts at the library
- Drums alive
- Expanding language classes
- Fashion shows
- Fundraising
- Gardening
- Gourmet meals
- Grant applications
- Herb garden
- High tea
- Intergenerational programs
- International cooking classes
- International women's day
- Introduction to Chinese culture
- Island week of activities
- Line dancing
- Memory loss prevention program
- Mentastics
- Milk bags
- Minute to Win It
- Mock weddings

- Monthly birthday lunches
- Multi-cultural lunches
- Night walk 5k
- Olympic themed activities
- Olympic themed fitness class
- Outings
- Overnight camping trip
- Piano lessons
- Pickle ball
- Picnics and day trips to parks
- Race weekend
- Rainbow coffee club
- Rides Carleton races
- Robbie Burns lunch
- Santa for seniors
- Seniors gala
- Sound escape concert
- Strawberry jam competitions
- Students write up on seniors
- Themed dinners
- Therapy cat
- Travel lunch
- Travel to brewery
- Trip to Provincial parks
- Twiddle muffs creations
- Ukulele group
- Vibration technology
- Wood shop
- Yoga
- Zumba gold

## **Whitby Workshop**

### Road to Wellbeing Through Art

A series of field trips to local artisans studios to learn about different art forms and mediums. A follow up series of weekly try-it experiences with instructor led demonstrations and hands on experiential creative time in the forms and mediums that were explored on the field trips.

Karen Gress, Dorchester Lions Senior Centre  
519-268-2025 or kgress@thamescentre.on.ca

### Geek Squad

The benefits of an on-site 'geek' and the far reaching social, educational and cross programming opportunities that are created for older adults and students.

Angie Darlison, Bowmanville Older Adult Association  
905-697-2856 or execdirector@bowmanvilleolderadults.com

### Transcript of the Interactive Brainstorming Platform at the Whitby Workshop

- 55 alive - driving refresher
- A taste of event ...
- Acrylic painting
- Animal picnic in the park
- Animals / Pet Therapy
- Archery
- Around the world tour
- Biology
- Building an indoor park
- Camera to computer workshop
- Canning
- Capturing Stories
- Cooking classes
- Dancing Programs
- Day camp with art galleries
- Decorating small spaces
- Different art medium classes
- DIY on a budget
- Dogs at work
- Driving test preparation for 80+
- Education on financial planning
- Escape rooms
- Essential oils workshop
- Ethnic cooking

- Fix it class
- Flight simulator
- Food tour
- Food truck frenzy
- Frauds and scams awareness
- French
- Glee club
- History
- Horse riding
- Interior design workshops
- iPad training/ app training workshop
- Jewellery making
- Learn to skate
- lynda.com
- Makeovers
- Mala bracelets
- Man shed
- Martini mixer night
- Meditation
- Memory Cafe
- Mystery bus tours
- Naturopath workshop
- Overnight camp for seniors
- Paint ball
- Paint night, words in wood etc.
- Pay it forward kindness event
- Poker run
- Pub crawl
- Seniors mudder
- Seniors music festival
- Seniors speed dating
- Seniors without walls
- Snowshoeing
- Soapstone carving
- Spanish
- Speed dating
- Spiritual retreat
- Tai chi
- Tech Savvy Seniors
- Ted Talks
- Trip to the sunny south
- Wide range of exercise classes
- Wine pairing
- Writing a song

## **Cambridge Workshop**

### **Music in the Garden & the Enabling Garden**

Planning and implementing a series of outdoor musical events using local musicians and your outdoor community space. The enabling garden is a multi-sensory space that creates opportunities for people of all ages to explore and engage their senses.

Melissa Biffis, Rockmosa Older Adult Centre  
519-856-9596 or mbiffis@get.on.ca



### **Aquatic Parkinsons Boxing**

Aquatic Parkinsons Boxing uses a punch bag in the shallow end of a warm water pool. Therapeutic instruction provided for safe, effective fitness aimed at those with Parkinsons.

Stephanie Coughlin, Iroquois Ridge Older Adults Centre  
905-845-6601 or stephanie.coughlin@oakville.ca

### **Intergenerational Pickleball**

Program is designed to co - exist in community space utilizing multi-generations to maximizespace and reduce cancellations.

Stephanie Coughlin, Iroquois Ridge Older Adults Centre  
905-845-6601 or stephanie.coughlin@oakville.ca

## Transcript of the Interactive Brainstorming Platform at the Cambridge Workshop

- Adopt a gran
- Aqua yoga
- Aquafit
- Ax throwing
- Bicycle riding training
- Billiards
- Bocce ball
- Bowling
- Bridge lessons
- Bunka
- Bus trips
- Camping group
- Canoe club
- Carpet bowling
- Chair yoga
- Circuit train
- Community choir
- Community gardening
- Cook a meal; take home leftovers
- Crokinole
- Dance classes
- Darts
- Drumming
- Escape room
- Essential oils
- Euchre
- Games night
- Gffal program - get fit for active living
- Grandparent and child art camp
- Guest speakers about marijuana
- Horseshoes
- Jam session
- Learn to golf, run, walk
- Meditation classes
- Men's lunch outing or meetup
- Mindfulness session
- Monthly dining program
- Movie nights
- Needle knockers
- Nordic walking
- Osteo
- Outdoor hiking
- Paddle boarding
- Pain management
- Paint night
- Pet therapy
- Pickle ball
- Ping pong
- Poke walking
- Pot lucks
- Pub afternoon
- Quilting
- Reading buddies
- Round about training
- Rug hooking
- Self defense
- Shuffleboard
- Snooker
- Snorkeling
- Social Dance Classes
- Solo lessons
- Speakers for me
- Specialized pool programs
- Sport game outing
- Strength training
- Ted talks
- Travel logs
- Up words – board game
- Vitamin d room
- Walking hiking groups
- Walking soccer
- Whist lessons
- Wii
- Wine tasting tours
- Woodworking
- Zumba chair



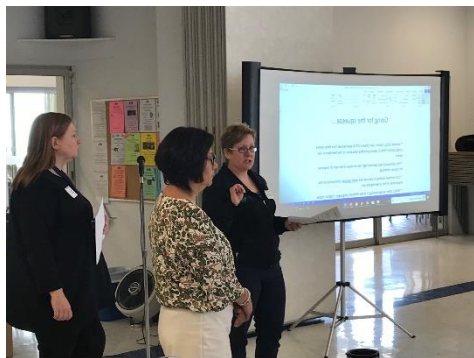
## Toronto Workshop

### LGBTQ Programming and Special Events

Special event planning and coordination in the community that supports, encourages and involves LGBTQ adults and seniors in a safe and inclusive space.

Jacquie Buncel, Sunshine Centres for Seniors

416-924-3979 or [info@sunshinecentres.com](mailto:info@sunshinecentres.com)



### Going for the Squeeze: Demystifying your local hospital with guide and tours and on the spot cancer screening

In conjunction with the Cancer Care Ontario team, older adults are transported to the local hospitals for a tour and Q & A as well as an option for on the spot screening (optional).

Suzanne Texiera, York West Active Living Centre

416-245-4395 or [suzanne@ywalc.ca](mailto:suzanne@ywalc.ca)

### Transcript of the Interactive Brainstorming Platform at the Toronto Workshop

- Armchair travel computer class
- Arts and craft
- Balloon volleyball
- Bell choir
- Bocce tournament (intergenerational)
- Book club
- Bucket list club
- Canasta
- Celebrating holidays
- Ceramic painting
- Charades
- Computer games
- Cookbook
- Cooking for one
- Cook-off (Diverse Foods)
- Dance with me
- Discovering sounds
- Drumming circle
- End of Life workshops
- Field trips
- Flower arrangements
- Gardening
- Greenhouse - intergenerational
- Inter-generational book club
- Intergenerational dance programs
- iPad games
- Jewelry making workshops
- Just for laughs
- Laughter yoga
- Loblaw Dietician
- Lunch and learn
- Make their own jams
- Mandala coloring
- Medical marijuana
- Meditation
- Memory boosters
- Minds in motion - Alzheimer's society
- Mothers' day tea party
- Multicultural Dance Programs
- Music Cares Programs
- Neurobics
- New member meet and greet
- Nordic Pole Walking Group
- Origami
- Pathways music program
- Pedestrian safety
- Pickle ball
- Pictorials
- Plant chat and paint
- Post-secondary classes for seniors
- Red carpet celebration
- Reminiscence corner
- Roundtable reading
- Royal Canadian Legion partnership
- Royal wedding breakfast
- Shopping & living on limited budget

- Square dancing
- Storytelling night with a chosen topic
- Support group for caregivers
- Tablet class or Tablet games
- Trivia use different languages
- Walking club
- Weekly cooking program
- Weekly issues in the media talk
- Wii games

## **Transcript of the Interactive Brainstorming Platform at the Webinar**

- Ageless grace
- Ballet
- Barre class
- Brainstorming
- Climbing
- Coding
- Core fitness for men
- Country heat fitness
- Divinci stick
- Eccentrics
- Fit Minds
- Health and beauty workshops
- LGBTQ drop-in
- MELT
- Outreach nursing home program

## **Web Based Programs**

[www.Kahoot.com](http://www.Kahoot.com)

A game-based learning and trivia platform which can be used in multiple settings. Sign up to create, play and share engaging quizzes on any topic.

[www.todaysmeet.com](http://www.todaysmeet.com)

Online platform where participants can engage in conversations.

[www.prezi.com](http://www.prezi.com)

A prezi is a presentation of text and visuals that you zoom in and out of. It is similar to a power point, except you do not make slides. Instead, you make one big prezi and zoom in to different views.

## **External Links for Innovative Programs**

[www.agelessgrace.com](http://www.agelessgrace.com)

Ageless Grace is a fitness and wellness program created by Denise Medved. The program consists of 21 simple exercise tools designed for all ages and abilities. Training consists of a 4-hour seminar (to gain an understanding and knowledge of how and why the 21 tools for lifelong comfort and ease work) and a 13.5-hour certification.

<https://www.drum.fit/>

Drum Fit is a cardio-based drumming program that combines physical activity with brain fitness. Grab a drum stick and drum away to amazing music all while incorporating brain fitness activities that are fun.