

## Client Stories Report 2025

Through an anonymous survey, older adults from Seniors Active Living Centres (SALC) across Ontario shared reflections on their experience and participation in [Links2Wellbeing: Social Prescribing for Older Adults](#). They answered three questions:

1. “What is the most significant change you’ve experienced since joining the SALC?”
2. “Why is this change important to you?”
3. “How has this change influenced your life?”

The survey gathered a rich array of viewpoints shaped by each participant’s personal background. Analysis of the responses shows that the SALCs are making a broad, meaningful difference in members’ lives. This report explores three prominent themes that surfaced from those insights.

### Building Social Connections and a Sense of Belonging

*“It has changed my life in a positive way... I feel part of a community.”*

One of the most common outcomes shared by participants was a significant reduction in social isolation and a deepened sense of connection. Many described, when first coming to the SALC, feeling alone or withdrawn. One respondent said, “I was a very quiet person and stayed by myself but now I am slowly becoming part of the group and making friends.” Others echoed similar transformations, noting how their time at the SALC has expanded their social circles: “I have met new friends, some of whom I communicate with on a regular basis... now, they are my best friends.”

Several people mentioned how this new sense of belonging helped them feel emotionally supported, with one participant stating, “it makes me feel like I’m not alone and that’s a very great feeling.” Another commented, “There’s always someone to talk to, and just being able to see people’s faces and make new friends...I just love it here.” These social connections are not just pleasant, they’re vital. They help participants manage loneliness, build confidence, and find purpose in their daily lives. As one respondent noted, “I realized I don’t have to stay home all day long... I can go and enjoy the company of other seniors, learn different cultures, be happy, laugh, and realize there is more to life.” The SALC is not just a place to visit; for many, it has become a second home.

### Improving Physical Health and Mobility

*“It has given me a new calm as an older adult... it has increased my flexibility, mobility, and adaptability.”*

Improved physical health and mobility was another major benefit reported by SALC participants. Many said they feel stronger, more energetic, and better equipped to manage chronic conditions. One respondent explained, “I attended exercise programs for the last two months and my physical health improved a lot... I feel lighter and more energetic.” Others highlighted life-changing improvements, particularly in mobility and pain management. A participant shared, “Before joining the centre, I had a



diagnosis of severe osteoarthritis, but after joining, my knee pain has disappeared. It's improved my quality of life significantly as I can now walk pain-free."

These physical gains also contributed to improvements in overall well-being. Participants noted better mood, greater independence, and a renewed sense of control in their daily lives. One shared, "It has helped me keep my weight at a good balance and make me feel healthier." Another reflected, "I can feel more fit and walk a lot," highlighting how regular activity at the SALC encouraged healthier routines outside the centre. Many were also grateful for access to subsidized activities: "All my costs can be fully subsidized and I am able to take swimming lessons I otherwise cannot afford." These factors enable seniors to remain active and engaged in their communities.

### Enhancing Emotional Well-being, Confidence, and Lifelong Learning

*"I'm happy to get up, dress up, and show up... I'm having fun, laughing, making meaningful connections... I'm healthier and livelier than before."*

The SALCs' role in supporting emotional health and self-confidence also stood out strongly in the responses. Participants frequently described feeling happier, more hopeful, and mentally engaged since joining the centre. One participant expressed this clearly: "Now I am busy and happy, not crying, not homesick... due to my happiness, my health is now very good." Others found that the activities and supportive environment helped reduce anxiety and depression. As one person wrote, "it helped me fight depression and feel that someone cares about me... made me feel confident and safe." A sense of emotional safety and connection often led to increased confidence and a willingness to try new things. One senior explained, "the most significant change to me is I've got social support now... which made me more confident to face my new life in Canada."

The SALC empowers seniors not just to feel better but to thrive and positively influence those around them. One participant said, "This change is significant as due to my happiness, my whole family feels very happy... they feel secure." Several participants noted taking part in lifelong learning opportunities like technology classes, language lessons, and even violin lessons: "In the past five months I have been taking violin lessons... something I have always wanted to try. Saying it has seriously changed my life is an understatement." These opportunities allow seniors not just to pass time but to grow, contribute, and feel fulfilled. As one summarized, "It gave me the space to explore and discover and savour meaningful connections within myself and in my relationships to others." The SALC fosters an environment where emotional wellness and personal growth are not only possible but encouraged.

SALCs play a vital role in supporting the well-being of older adults. As one participant shared, "It has truly transformed my daily life, empowering me to stay active, build meaningful connections, and feel more supported every day." Another reflected, "this change impacted my life in so many ways, "My health, my social life, and my way of living. I hope and wish that this community centre will continue to run." These voices speak to the lasting value of SALCs in the lives of older adults across Ontario.

## Samples: In their Own Words

1. What is the most significant change that



**Links2Wellbeing**  
social prescribing for older adults

has happened to you since you started coming to the SALC?

The most significant change is that  
I am able to stand and walk with  
a walker. I am able to walk in the pool  
unaided.

Before I was confined to a wheelchair  
and needed assistance for all activities

2. Why is this change significant to you?

I am now independent. Able to be  
on my own requiring no assistance. I  
am able to keep all my arthritic  
joints flexible with this exercise  
program

3. How has this change impacted your life?

My lifestyle is greatly impacted by SALC.  
I can drive my own car  
I can stay in my own house  
I love the socializing  
I am able to keep my hobbies + maintain  
a sense of accomplishment

Thank you for your support!



**Links2Wellbeing**  
social prescribing for older adults

1. What is the most significant change that has happened to you since you started coming to the Seniors Active Living Centre?

There are many changes in my life on various aspects such as mentally and physically. Giving my life a goal to achieve and some meaningful thing to do every day. Also, meeting new people from different cultures and making new friends.

2. Why is this change significant to you?

It helped me to fight deep depression. And feel that someone care about me. Keep me busy doing important activities. Making me feel content and safe. It made my health generally better.

3. How has this change impacted your life?

It made my life better and meaningful. Also, happy. More thoughtful. My health improved. I have something to talk about. Now, I encourage other people to join the program.

Thank you for your support!





**Links2Wellbeing**  
social prescribing for older adults

1. What is the most significant change that has happened to you since you started coming to the Seniors Active Living Centre?

Now I am busy and happy  
No crying No Home Sick.  
because there are so many activities  
going on. which give me immense  
pleasure. Due to my happiness  
my heart and ...

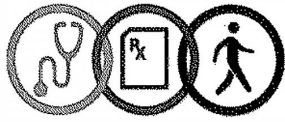
2. Why is this change significant to you?

This change is significant as due  
to my happiness my whole  
family feel very happy. I am  
busy here so they feel secure.  
Whatever I learn here it will  
help me in my future life.

3. How has this change impacted your life?

This change has great impact on  
my life as now I am relax and  
peaceful. working, playing, making  
Painting all these activities making  
me to learn and work together with  
other people specially women & men  
together.

Thank you for your support!



Links2Wellbeing  
social prescribing for older adults

1. What is the most significant change that has happened to you since you started coming to the SALC? LAF

*I was a very quiet person and stayed by myself but now I am slowly becoming part of the group & making friends*

2. Why is this change significant to you?

*It's significant to me because I am not so lonely or depressed*

*And there are so many things to do.*

3. How has this change impacted your life?

*As I said I am not so alone. There is always someone to talk to. And just being able to see people faces and making new friends*

*I just Love it here*

Thank you for your support!



**Links2Wellbeing**  
social prescribing for older adults

1. What is the most significant change that has happened to you since you started coming to the Seniors Active Living Centre?

Most Significant change for me is, I have become more active and <sup>socializing</sup>. Very <sup>pleased</sup> to know there is a wonderful Seniors Active Living Center just walking distance instead of staying home. I always look forward to seeing wonderful staffs. I am very grateful and thankful.

2. Why is this change significant to you?

It is significant to me, because knowing I have my senior friends at the center to socialize, have fun, learn of different cultures, It has made me happier person. I am grateful and fortunate for that. I have learnt to appreciate other cultures. Mostly I enjoy.

3. How has this change impacted your life?

Change has impacted on me by realizing I don't have to stay home all day long. I can attend Senior Active Living Centre, where I can go and enjoy the company of other seniors, learn different cultures, be happy laugh!!! and realize there is more to life than staying home. I am very grateful to the Centre and the wonderful hard working staffs. Thank you for your support! Thank you