

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

OACAO NEWS

Our Mission

A trusted partner and recognized leader in the development of quality and relevant resources, services, and support for community-based older adult centres in Ontario.

Our Vision

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

LET'S GET SOCIAL!

Make sure to follow the OACAO on Social Media



@oacao



@TheOACAO



Older Adult Centres'
Association of Ontario

www.oacao.org



LETTER

Fall 2025

Welcome to the Fall Edition of the OACAO Newsletter!

It's a busy and exciting season for Ontario's seniors and Senior Active Living Centres.

Across the province, over 100 **Senior Active Living Fairs** are underway—bringing communities together, highlighting programs, and sharing resources to support active living.

We're also looking ahead to the **Aging Well Conference** this November. If you haven't registered yet, there's still time to join us for this dynamic event filled with fresh ideas, innovative practices, and inspiring conversations.

With fall programming in full swing, remember to explore our Capacity Builders workshops and Technology Webinars—great opportunities to expand your skills, explore new approaches, and stay connected in today's ever-changing landscape.

As you read through this newsletter, let's celebrate together the creativity and success of senior focused centres across Ontario. You'll find inspiring stories, creative ideas, and examples of programs that are making a real difference for older adults in our communities. Happy reading!

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 Annual Conference
AGING WELL

EMBRACE CHALLENGE • INSPIRE CHANGE

November 2 - 4, 2025 • Mississauga

OASSIS

BENEFIT PLANS  FOR NOT-FOR-PROFITS

WE HOPE EVERYONE ENJOYED THEIR SUMMER VACATION!
NOW IS THE BEST TIME TO FALL INTO A COMPREHENSIVE AND
AFFORDABLE BENEFITS PLAN WITH OASSIS!



YOUR ORGANIZATION WORKS
HARD TO ENSURE EVERY PENNY
COUNTS. IT MAKES SENSE TO
PARTNER WITH AN
ORGANIZATION THAT ONLY
SUPPORTS NOT-FOR-PROFITS.
OASSIS IS UNIQUE; WE ARE ONE
OF THE ONLY 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



1-888-233-5580
5407 Eglinton Ave. West, Suite 208
www.oassisplan.com

Acting President and ED Message

Greetings OACAO Members, Partners, and Friends,

As the vibrant colours of fall surround us, we are reminded of the energy and resilience of our sector and the older adults we serve across Ontario. The fall season is a time of reflection and renewal, and this year marks an important transition for the OACAO. We extend our heartfelt thanks to Wendy Caceres-Speakman, who stepped down as President in July. Wendy has been a dedicated leader in the seniors' sector for many years. We are deeply grateful for her contributions and wish her well in her next chapter.

With the transition in leadership this summer, Karie Papillon, formerly President-Elect, has assumed the role of Acting President. Together with our dedicated Board, staff team, and partners, we remain committed to advancing the OACAO's mission and vision. We welcome Kim Cross to the OACAO Board as our new North West Senior Regional Representative. Kim is a dynamic volunteer leader with the Atikokan Pioneer Club Seniors Active Living Centre.

This Fall, we continue to deliver on the goals of our 2024–2026 Strategic Plan. This includes supporting Seniors Active Living Centres, expanding Links2Wellbeing Social Prescribing, offering capacity-building webinars, and fostering partnerships that enhance the lives of older adults. With funding support from the Ministry for Seniors and Accessibility (MSAA), we are proud to again administer more than 100 Seniors Active Living Fairs this year. These vibrant, community-based events help reduce isolation, foster wellness, and strengthen connections for older adults across Ontario.

Looking ahead, we are excited to host our 2025 Aging Well Conference on November 2–4 in Mississauga. This annual event brings together members, partners, government officials, and stakeholders for learning, networking, and celebration.

Thank you to our members, volunteers, funders, and business partners for your continued support. Together, we are building a strong and inclusive future for older adults in Ontario.

Warm regards,
Karie Papillon, Acting President
Sue Hesjedahl, Executive Director





MEET THE OACAO TEAM

OACAO ADMINISTRATIVE AND SENIORS ACTIVE LIVING FAIRS TEAM

Executive Director
Sue Hesjedahl
sue@oacao.org

Marketing and Events Coordinator
Emily Angel
emily@oacao.org

Project and Membership Coordinator
Julie Moran-Illes
julie@oacao.org

Seniors Active Living Fairs Project Assistant
Karen Kelly
seniorsfairs@oacao.org

LINKS2WELLBEING: SOCIAL PRESCRIBING FOR OLDER ADULTS PROJECT TEAM

Project and Sustainability Manager
Jennifer Wiebe
jenn@oacao.org

Outreach and Engagement Coordinator
Dena Silverberg
dena@oacao.org



Evaluation and Quality Improvement Coordinator
Sarah Feeney-Martin,
sarah@oacao.org

(Independent contractors supporting the projects are not listed)

UPDATE YOUR CENTRE'S INFO FOR 2025-2026!

Keep your centre connected and supported by updating your OACAO membership profile.

Log in: <https://oacao.wildapricot.org/Sys/Profile>
Use the email and password of your centre's primary contact listed in our system.

 **Forgot your password? Reset it here:**
<https://oacao.wildapricot.org/Sys/ResetPasswordRequest>
 **Tip:** Always use the contact person's email listed under your organization to make updates.



Questions?

We're Happy to Help!
Call 905-584-8125

or

Toll free 1-866-835-7693
info@oacao.org

Welcome

NEW MEMBERS

BILLINGS TOWNSHIP

9 Henry Drive,
Kagawong, ON, P0P1J0
705-348-2285

<http://www.billingstwp.ca/>

BIOENDEAVOR INC.

2020 Winston Park Drive - Suite 200
Oakville, ON L6H 6X7
647-988-9843

https://www.bioendeavor.net/eng_aging-older-adults

PEEL CAREER ASSESSMENT SERVICES INC.

975 Meyerside Dr.
Mississauga, ON L5T1P9
905-670-1967

<http://www.peelcareer.com/>

CLUB LES BONS AMIS NORTH BAY CORPORATION

15 Nancy Dr,
North Bay, ON P1B 9L9
705-840-9317

SCADDING COURT COMMUNITY CENTRE

707 DUNDAS ST W,
TORONTO, ON M5T 2W6
(416)-392-0335

<http://www.scaddingcourt.org>

NEW GOLD BUSINESS PARTNER

HEART @ HOME - HOME SUPPORT SERVICES

Heart @ Home provides professional, reliable in-home support services for clients of all ages, with a special focus on seniors who wish to remain independent in the comfort of their own homes.

They offer flexible live-in and live-out services, tailored to meet your unique needs. Whether you require daily assistance, companionship, or simply a trusted caregiver while you run errands or enjoy time away, their team is here to provide peace of mind.

At Heart @ Home, every service is delivered with dignity, respect, and the highest level of quality care.

Call 905-770-6226 or visit us
www.heart-home.ca

Facebook: Heart at Home - Home Support Services

Instagram: h2h.ca



JOIN US



**READY TO CONNECT, COLLABORATE,
AND CREATE IMPACT?**

OACAO Annual Conference
AGING WELL

EMBRACE CHALLENGE • INSPIRE CHANGE

November 2 - 4, 2025 • Mississauga



**Networking
Opportunities**



Trade Show



Social Events

Join us for the OACAO Aging Well Conference 2025
—a premier event for leaders and professionals
supporting older adults across Ontario.

- ✦ **French Pre-Conference Session**
- ✦ **Dynamic Keynote Speakers**
- ✦ **Interactive Workshops**
- ✦ **Exhibitor Trade Show**
- ✦ **Networking Opportunities & More!**

**Let's embrace challenges and inspire positive
change for aging well in Ontario!**



**EARLY BIRD PRICING AVAILABLE!
REGISTER BY OCTOBER 2 TO SAVE!!**

For more information & to view the Conference
brochure visit:

<http://www.oacao.org/AgingWellConference>

*Thank you
to our Diamond
Title Sponsor:*



**Arbor
Memorial**



Conference Preview

We are gearing up and working hard to plan an amazing Aging Well Conference, to bring together leaders, innovators, and changemakers from across the province. The theme, "Embrace Challenge, Inspire Change," will underscore a collective passion for supporting healthy aging and building vibrant, inclusive communities.

Attendees will have the opportunity to engage in a variety of sessions and activities.

- Pre-conference featuring French-language sessions on topics such as using nature as a wellness tool and intergenerational activities in active living centres.
- Conference kick-off keynote speaker Nora Spinks, discussing leading with purpose and embracing well-being.
- Workshops covering a range of topics, from the value of program evaluation and supporting caregivers, to the importance of sexual health and aging.
- Trade Show, where delegates can explore innovative products and services from 30+ Business Partners and Exhibitors, including OASSIS, MySeniorCenter & belairdirect!
- Arbor Memorial, the Diamond Title Sponsor, draw for a \$700 "Tech Cheque" to support technology at a winning centre and a second prize draw for a mini iPad.

Beyond informative sessions, the conference will also offer plenty of opportunities for networking and fun! Attendees will be able to enjoy a Music Bingo reception sponsored by HearCANADA on Sunday evening. The Monday Gala Dinner, sponsored by Amica Credit Mills, promises to be an unforgettable night featuring a delicious buffet and a captivating performance by international magician and mentalist Sawyer Bullock. Delegates can also participate in an on-site silent auction and our conference's interactive virtual scavenger hunt using the Goosechase App.

Visit our website for more information including:

- ✓ Registration links
- ✓ Full Conference Information and Brochure
- ✓ Travel Bursary Application
- ✓ Hotel Room Block booking information
- ✓ Trade Show Registration/Exhibitor Information



JOIN US



OACAO Annual Conference
AGING WELL

EMBRACE CHALLENGE • INSPIRE CHANGE

November 2 - 4, 2025 • Mississauga

Meet the Kick Off Keynote

Challenge Accepted: Lead with Purpose, Inspire Others, Embrace Wellbeing

Today's leaders must be inspired to be bold in the face of challenge, maintaining focus, and purpose, all while motivating others to be innovative. Join us for a dynamic and interactive session exploring emerging practices and practical techniques for navigating the complex and chaotic landscape of leadership, to help cultivate welcoming and joyful work environments.

Nora Spinks, President of Work-Life Harmony, has been inspiring leaders across sectors and industries for over a decade. Recognized as an expert in leadership and work-life balance, she will provide valuable insights, share actionable strategies, and inspire you to lead a diverse workforce into a future where embracing challenge and inspiring change are essential — as leaders, colleagues, and individuals.



Engaging Workshops

Aging Well Through Supported Self-Management: Tools, Skills, and Support Systems for Health

Aging Well Through Nature: The Growing Wellness Cafe Way

Embracing Change: Thoughtful Connections Through Art

AI for Aging Well: Building Digital Confidence & Why it Matters

The Science of Neuroplasticity and Exercise: Enhancing the Aging Brain

Working Together to Support Caregivers in your Community

Conversations That Matter: How Death Cafés Enrich Lives and Build Community

Learning from the pandemic: Building co-design capacity to enhance older adults' engagement

The Power of Storytelling: Strengthening Connection, Engagement and Trust with Older Adults in a Changing World

Sexual Health and Aging/La santé sexuelle et le vieillissement

Fundraising through Events

The Entering: Utilizing a Culturally Humble Approach in Providing Person-Centred Programs to Our Seniors

Helping Every Older Adult Feel Welcome and Supported at Your Centre

Reconceptualizing Aging: Agency, Identity, and Acceptance in Older Adults

Choosing the Right Retirement Home: Stay Confident and Informed with Help from the RHRA

The DELIGHT Program: Promoting hope, empowerment, and health among people living with dementia and care partners

Living Alone Together: Joys and Challenges

What Makes an Effective Collaboration

Trends in Volunteerism & Volunteer Engagement Strategy

The Value of Program Evaluation for Community Centres

There is no "trick" to successful government relations

Thank you to our Diamond Title Sponsor:



Arbor
Memorial

Conference Sponsors

Diamond Sponsor – Title Sponsor



Platinum Sponsor



Gold Sponsor



Silver Sponsor



Bronze Sponsor



Trade Show – November 3

To Register Visit:

www.oacao.org/AgingWellConference

Limited Spots Remaining!

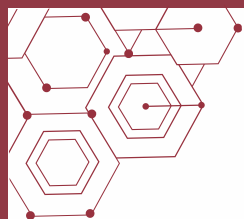
Trade Show Exhibitors

- Access Abilities
- Acclaim Health
- Age Friendly Consulting
- Alzheimer Society of Ontario
- Amica Credit Mills
- Arbor Memorial
- Belairdirect
- Consumer Services-Gov of Ontario
- HearCANADA
- HearingLife Canada Ltd.
- Heart @ Home - Home Support Services
- HIGH FIVE®
- Home Care Supplies
- Links2Wellbeing
- MySeniorCenter
- Meals On the Move
- Mood Walks CMHA Ontario
- OASSIS Benefit Plans for Not-For-Profits
- Ontario Caregiver Organization
- Ontario Securities Commission
- Patient Ombudsman
- Retirement Homes Regulatory Authority
- Senior Discovery Tours
- Senior Women Living Together
- TRIPOPPPO Inc.

& More!!

The OACAO is also grateful for the support received from the Ministry for Seniors and Accessibility

Workshops

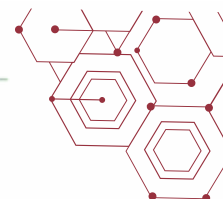


**Human
Endeavour**

Ontario 

OACAO

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



TECHNOLOGY INFORMATION AND KNOWLEDGE SHARING VIRTUAL WORKSHOP

via Zoom and Toll Free

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

Upcoming Workshops

INTRO TO DIGITAL ESSENTIALS

- Intro to Digital Essentials
- Cloud Storage Basics, managing photos
- Digital Payments & Banking
- Password & Account Security
- Voice assistants & smart devices

Tuesday, October 14th
10am-11:15am



INTRO TO PRACTICAL EVERYDAY APPS

- Intro to Practical Everyday Apps
- Weather, News Travel Apps
- Communication Apps
- Accessibility & Daily Support Apps
- Health & Wellness Apps

Tuesday, November 18th
10am-11:15am



STAYING CONNECTED AND EMAIL BASICS

- Intro & Benefits of Staying Connected
- Communication Options
- Video calling & Messaging Apps
- Intro to Email basics
- Sending, Receiving & Organizing Emails
- Staying Safe with Emails

Tuesday, December 2nd
10am-11:15am



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

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

For Registration Questions: Contact OACAO: 905-584-8125
or TOLL FREE 1-866-835-7693 OR julie@oacao.org

CAPACITY BUILDING



This is a **FREE** Webinar Series for Seniors Active Living Centres and OACAO Members staff, older adult members and volunteers. Participation can be done Virtually (with live multilingual captioning) or by Telephone

UPCOMING WEBINARS

Tech-reaction – Harnessing the Power of Automation Using Microsoft Office 365

Wednesday
October 22nd
10am

An introduction to the powerful automation tools within the Office 365 suite. Explore real-world use cases and leave with practical knowledge, templates, and actionable steps you can use to reduce admin time, improve accuracy, and focus more on what truly matters

Presented by:
Sparrow Als
Coordinator, Community Programs (Acting)
Town of Aurora



The Adventures of Later Life: Aging Reimagined

Wednesday
November 12th
1pm

Learn how we can re-imagine—and experience—aging as an *adventure* to be bravely embraced: *Outward, Backward, Inward, and even Forward too.*

Presented by:
Bill Randall, EdD
Emeritus Professor of Gerontology
St. Thomas University
Fredericton, NB



Consumer Protection Ontario -Know Your Rights

Wednesday
December 10th
10:30am

Learn more about your rights under the Consumer Protection Act, 2002. Topics include: contracts, cooling-off period, door-to-door sales, and how to file a complaint with Consumer Protection Ontario.

Presented by:
Consumer Protection Ontario



To Register

Visit: <https://oacao.wildapricot.org/Upcoming-Events>
OR Scan the QR Code or call 1-866-7693



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

Emily Angel: emily@oacao.org

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



Funding provided by:



Seniors Active Living Fairs



- Oct 1** 55+ Active Living Fair – City of Cambridge
Seniors Resource Fair– Brantford
Active Living Fair – Sault Ste. Marie
Seniors Information and Active Living Fair – Pelham
Health, Wellness and Information Fair for Older Adults – East Gwillimbury
Seniors Active Living Fair – Unionville
- Oct 2** Older Adults Health and Wellness Fair – Wallaceburg
- Oct 4** Seniors Active Living Fair – West Windsor
- Oct 4/5** Seniors Wellness and Volunteer Fair – Northern Bruce Peninsula
- Oct 7** Seniors Active Living Fair– Timiskaming Shores
- Oct 8** Seniors Active Living Fair– Greenstone
Seniors Active Living Health and Wellness Fair – East York
- Oct 9** Seniors Active Living Fair– Greenstone
- Oct 17** Senior Health Fair– Warden Woods – Scarborough
- Oct 18** Active Living Workshop and Information Fair – Thunder Bay
Kanata Seniors Council Health Fair – Kanata
- Oct 21** Seniors Active Living Fair– Waterdown
- Oct 22** SCHC Seniors Active Living Fair– Scarborough
Seniors Active Living Fair – Cobourg
- Oct 23** Algonquins of Pikwakanaga Seniors Fair– Inamo
Seniors' Active Living Fair – West Scarborough
- Oct 24** Seniors Active Living Fair– Havelock
- Oct 27** Seniors' Fair – Toronto

Funding provided by:



Seniors Active Living Fairs



2025 - 2026 SENIORS ACTIVE LIVING FAIRS

UPCOMING
EVENTS



NOVEMBER FAIRS

- Nov 6** Waterloo Seniors Fair - Waterloo
Older Adult Caregiver Conference - Guelph
Seniors Active Living Fair- City of Pickering
- Nov 7** Seniors Active Living Fair - Richmond Hill
Seniors Expo - Batawa
- Nov 11** BioEndeavor Inc- Virtual (4 part series)
- Nov 13** PEC Seniors Active Living Fair - Wellington
- Nov 14** TNO Seniors Active Living Fair (Thornccliffe Park) - Toronto
Seniors active Living Fair (Applegrove Complex) - Toronto
- Nov 19** Seniors Fair (Woolwich, Wellesley and Wilmont Township)-Baden
Seniors Active Living Fair- North York
Seniors Fair (YMCA Hamilton, Burlington, Brantford) - Burlington
- Nov 20** Seniors Active Living Fair (Sunshine Centre) - Toronto
- Nov 24** Seniors Active Living Fair - Eganville
- Nov 26** TNG Seniors Active Living Fair- Toronto
- Nov 29** Seniors Active Living Fair - Red Lake

To Find a Fair
Near You Visit:

www.oacao.org/events

*Please Note:
Fairs may be Subject to
Change*

*Thank you to the Government of Ontario, Ministry for
Seniors and Accessibility for funding the Seniors Active
Living Fairs Project*

Funding provided by:





The Links2Wellbeing Social Prescribing project connects older adults with non-medical supports like community programs, social groups, and wellness activities. Moving through our 5th year of the project, we are so thrilled to showcase the meaningful difference Links2Wellbeing has had in the lives of older adults across Ontario!

Thanks to the amazing dedication of 125 participating SALCs, member centres and their 392 health care partners, Links2Wellbeing has received over 2500 referrals. More older adults each day are joining programs, getting active and becoming more connected.

The compelling stories gathered from L2W clients this past year show how social prescribing to a SALC made a tangible impact on their health and well-being.

Client Story - Brendan Vettoretti

Life After Fifty (LAF) Social Prescribing Participant

My life before coming here was difficult. I lost my mother last May and I was alone. I mean, I had neighbours but there were a lot of days that would go by where I had no one to talk to, and nobody to see. I was very lonely. Especially after losing my best friend in the world, my mother. I was grieving the loss of her and knew that in the financial situation I was in, I was about to lose everything else too (my home, my cats, etc.). I was going to Family Services, and a program worker there told me about LAF and sent the referral form for me to join through social prescription.



Coming here has changed my whole life. I went from being lonely and sad and scared to happy and joyous and healthier—mentally and physically! It helped me be a more positive person and more...I don't know if 'mature' is the right word, but more open socially and comfortable in my skin. Now that I come here things are great... I mean, I was only coming three days a week at first, now I come four! I even met a woman who has a daughter around my age with the same interest as me in old cars. I drew her favourite car for her, a 1970 hammy Plymouth Superbird, and her daughter liked it so much that we're going to a car show together this weekend!

Adapted from Life After Fifty client stories.

For more about Life After Fifty visit

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

As a Seniors Active Living Centre, Older Adult Centre or health care provider, you too can be part of this transformative project!

Email Dena Silverberg at dena@oacao.org to learn more.

OACAO Regional Networking Meetings

OACAO Board Regional Reps host both virtual (Zoom) and in-person meetings for Regional members to join together, network, share ideas and support each other. Please contact your representative for full meeting details.

REGION	REPRESENTATIVE	EMAIL	NEXT MEETING
Central	Nora Jones	nora.jones@townofws.ca	November 13 11am (Virtual)
Eastern	Don Amos	DonA@seniorskingston.ca	Oct. 7 11am-2pm at The Good Companions (In-person)
Golden Horseshoe	Julie Pennal	Julie.pennal@oakville.ca	In-person meeting coming soon
Grand River	Sarah Feeney - Martin	Sarah@oacao.org	November 27 2pm Virtual)
Metro	Lisa Tobio	yorkfairbank@on.aibn.com	Nov 25 10am - 1pm at York-Fairbank Centre for Seniors (In-person)
Northern Regions	John Richer	john.richer@greatersudbury.ca	November 24 1pm (Virtual)
South West	Martha MackIntosh	mackintoshmartha@gmail.com	November 13 1 pm (virtual)

Ontario Senior Achievement Award 2025

August 2025

Dear Friends,

It is my pleasure to invite you to submit a nomination for the 2025 Ontario Senior Achievement Award.

Each year, the program recognizes extraordinary seniors who, after the age of 65, have made significant contributions to their community or province.

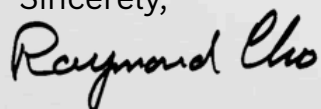
The annual deadline for nominations is October 1st. You can submit a nomination online by [registering through the Ontario Honours and Awards Portal](#).

For more information about the program, please visit the [Ontario Senior Achievement Award webpage](#).

You may also contact the Ontario Honours and Awards Secretariat at OntarioHonoursAndAwards@ontario.ca if you have questions about the Ontario Senior Achievement Award and how to submit a nomination online.

Thank you in advance for taking the time to consider putting forward the name of a special senior in your community.

Sincerely,



Raymond Cho
Minister for Seniors and Accessibility

Prix d'excellence de l'Ontario pour les personnes âgées de 2025

Août 2025

Madame, Monsieur,

J'ai le plaisir de vous inviter à proposer une candidature au Prix d'excellence de l'Ontario pour les personnes âgées de 2025.

Chaque année, le programme rend hommage aux aînés extraordinaires qui, après l'âge de 65 ans, ont apporté une contribution exceptionnelle à leur communauté ou à la province.

La date limite annuelle pour proposer une candidature est le 1^{er} octobre. Pour soumettre une candidature en ligne, veuillez-vous [inscrire au Portail des distinctions et prix de l'Ontario](#).

Pour plus de renseignements sur le programme, veuillez consulter la [page Web du Prix d'excellence de l'Ontario pour les personnes âgées](#).

Si vous avez des questions au sujet du Prix d'excellence de l'Ontario pour les personnes âgées, veuillez contacter aussi le Secrétariat des distinctions et prix de l'Ontario à OntarioHonoursAndAwards@ontario.ca.

Je vous remercie d'avance de prendre le temps de songer à proposer le nom d'une personne âgée exceptionnelle de votre collectivité.

Sincèrement,



Raymond Cho

Ministre des Services aux aînés et de l'Accessibilité

Upcoming Grants

Ontario Trillium Foundation Grow Grant

Amount awarded (per year)
Minimum \$50,000
Maximum \$200,000

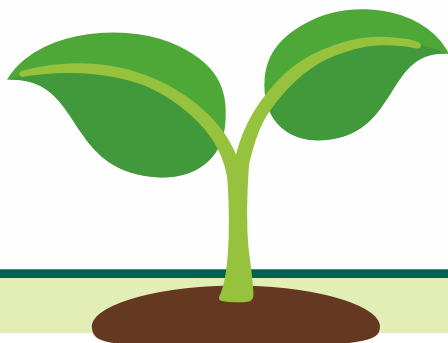
**Application period is from
October 8, 2025
to
November 5, 2025,
at 5:00 p.m. ET.**

For More Details

Ontario Trillium Foundation

Ontario Trillium Grow Grant

**Nos subventions | Fondation
Trillium de l'Ontario**



Grow Grant

Grow grants provide a higher level of funding over 2 or 3 years to help proven community programs and services increase their impact.

Scale up a program and service to benefit your community

Grants support established programs and services that have a proven track record of success and meet community need. Applicants can apply for funding to expand, improve or adapt an existing program or service.

Interested applicants must:

Deliver programs and services in one of four sectors:

- sports and recreation, arts and culture, environment, and human and social services.
- Have a primary purpose, presence, and reputation for delivering community-based programs and services with direct community benefit in one of OTF's 16 geographic catchment areas in Ontario.
- Demonstrate the financial and organizational capacity to manage OTF funds, and deliver and complete the proposed project as per OTF's Financial Need and Health of Applicants policy.
- Demonstrate that it is the appropriate organization or community to carry out the proposed project.

Read OTF's Eligibility Policy to learn more about eligibility criteria for applicants.

Influenza affects everyone

Power of Prevention

Talk with your healthcare provider about influenza vaccination.

Flu
Awareness

Fluawareness.ca

La grippe touche tout le monde

Le pouvoir de prévenir

Parlez à votre professionnel de la santé de la vaccination contre la grippe.

Sensibilisation
à la grippe

Fluawareness.ca

Shared Stories, Shared Strength: Updates from our Members



Caledon Seniors Centre

Spring Flash Back!



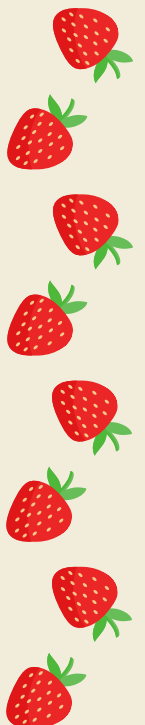
Trunk Sale

Our annual Trunk Sale in June was a busy spot! We had 25 vendor tables as well as our own tables with member donations, Krispy Kreme donuts, plants and food sales of peameal bacon on a bun and BBQ hamburgers and hotdogs! It was a successful fundraiser!



Afternoon Strawberry Social

The Caledon Seniors Centre together with the Town of Caledon hosted their Afternoon Strawberry Social at the end of June. Over 150 participants enjoyed a delicious homemade cake with fresh strawberries and cream with tea, coffee and entertainment. A great time was had by all!





The Poppy Project

The Poppy Project is a community-driven initiative, led by a 78-year-old at the Colborne Senior Centre, uniting generations through remembrance and creativity. Rooted in the symbolism of the poppy, it invites people of all ages to honour Canada's veterans by crafting handmade poppies.

Launched in 2022, the project began with 30 volunteers creating 650 poppies for a single wall display. By 2024, the installation grew to over 1,500 poppies adorning walls, windows, and outdoor garden stakes. This year, volunteers have added handcrafted wreaths, expanding the tribute across multiple spaces and drawing wide community attention.

Equally meaningful is the process: seniors gather to knit and crochet, teach others, and welcome yarn donations from the community. Visitors engage with the display, share stories, and reflect on the history of remembrance. Supported by groups like the Royal Canadian Legion and the Town of Oakville, the project has become a living, evolving installation.

The Poppy Project now involves over 40 volunteers and continues to grow each year—a powerful symbol of memory, pride, and community spirit.





Eganville District Seniors



Eganville & District Seniors-Legacy Project



The Legacy Project at our Centre focuses on intergenerational storytelling and helps preserve oral histories throughout our community.

Eganville & District Senior Citizens' Needs Association have been fortunate enough to receive the Seniors Community Grant through the Government of Ontario's Ministry for Seniors and Accessibility. Through this grant, we created the Legacy Project. This project brings together local high school students and older adults, creating opportunities for learning, and friendship. Older adults are encouraged to share their lived experiences with younger generations, in hopes of sharing valuable life lessons, and preserving their legacies. The Legacy Project is not just about communication, it also incorporates interactive programming such as cooking classes, baking classes, crafting activities, and even cosmetology programs. Each program acts as a bridge to create healthy conversation between generations. There is a growing disconnect between generations, and this project fosters structured opportunities for older adults to share and express their lived experiences. At the end of this project, we will create a coffee table for all participants and their families entailing their most beloved memories and lived in experiences. This coffee table book will also be made available to the public.

Funding from the Seniors Community Grant will cover costs for participants, supplies, materials and at the end of the project will help us create the coffee table books.

Overall, the Legacy project has been succeeding in creating new relationships amongst community members. The Legacy project is just a small part of the Centre's ongoing commitment to connection.



OLDE FORGE COMMUNITY RESOURCE CENTRE

On July 8th, the Olde Forge Recreation Program and Adult Day Program organized a group outing to the Mādahòkì Farm Indigenous Experience. Seventeen clients, one volunteer, and three staff were welcomed with a traditional song and an interactive introduction to the diversity of Indigenous culture across Canada.

Our seniors enjoyed exploring the farm animals and marketplace, which featured beautiful crafts from local Indigenous artists. A highlight of the day was learning about the rare and endangered Ojibwe Spirit Horses, Canada's only Indigenous horse breed. Just weeks before our visit, a foal had been born at the farm, and we were delighted when the newest member of the herd came out to greet our group under his mother's watchful eye. The outing was an enlightening and magical experience that created lasting memories for all who attended.





Golden Age Activity Centre Renfrew



We're Hitting the Road – Bringing the Centre to You!

In partnership with Horton Township, we're bringing the fun, connection, and learning opportunities of our centre closer to you, in your own community centre. Being in a rural area has challenges, but our goal is simple, whether you live in town or in the rural outskirts, you'll have the chance to enjoy meaningful programs and the company of others, without the long drive.

What can you expect? We'll be offering a mix of our regular programming, along with some special events designed to make each visit memorable. One upcoming highlight will be a **Fall Centrepiece Workshop**, where you'll have the chance to create a beautiful seasonal arrangement to take home. It's a wonderful way to welcome autumn while enjoying laughter, creativity, and conversation with peers.

Beyond the workshops, our "on the road" programs will continue to focus on what matters most, socialization, wellness, and fun. Whether it's light exercise, games, guest speakers, or creative arts, our team is committed to making sure every session brings joy and connection.

We're thrilled to begin this new chapter, and we hope you'll join us when we roll into your community. Keep an eye on our calendar and social media for dates and times. Together, let's make sure that every older adult in our area has the chance to stay active, engaged, and connected, no matter where they live.

**ROAD
TRIP**





YMCA Hamilton- Senior Active Centre 55 +



2025 is our 50th year as a SALC!

**We have an exciting year planned with celebrations, social events,
new programs and community connections**



Our June Social is a full day that includes a plant sale, bake sale and this year a Fashion Show called "Timeless Treasures from Betty's Boutique". What a success! Our models (members of our SALC) had a great time picking their outfits from Betty's Boutique (our centre's shop run purely on donations), practicing their runway moves and then showcasing their outfits and engaging with the audience! The fashion show had full attendance and included a clothing auction as a fundraiser for the centre. There is a lot of buzz about when the next show will be!

We had a celebratory 50th Anniversary Luncheon on April 3rd at Liuna Station in Hamilton. Members from across the city along with staff current and past, and previous members were in attendance. Our centre has only had 4 directors since it opened in 1975 and 3 of them were in attendance! Mary Lou Weir, Liz Pascual, Robin Bryce Mech. (the founding director Christine Hamilton is deceased). In addition, we were joined by Duncan Young, the Supervisor of our 2nd SALC with YWCA Hamilton. Such a fantastic day it was with much joy, energy and reconnection. Great food, prizes and entertainment rounded out the day! Our Entertainment included: The Golden Horseshoe Choir, Chinese Fan Dancers & the Hula Wahines (a group that formed under the leadership of Liz Pascual and this group still performs today!)

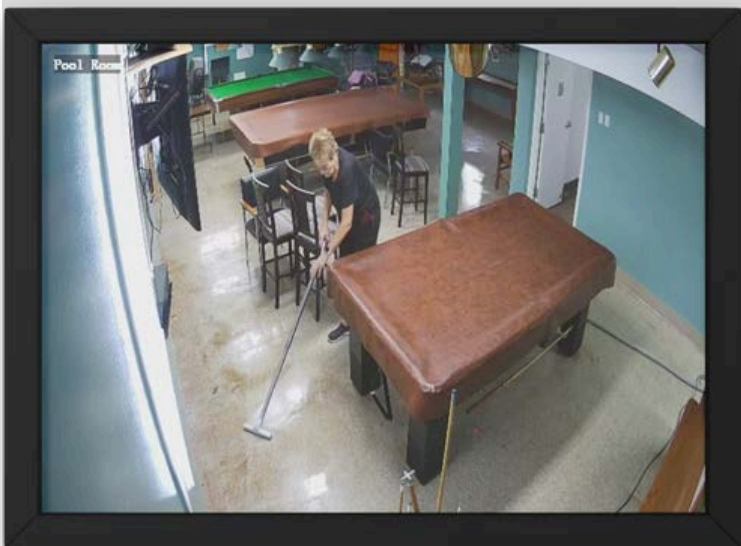




**Onaping Falls
Golden Age Club**



This is a picture of the Onaping Falls Golden Age Club recreation room downstairs one morning in late August. Imagine the surprise to Robert M., walking into the Club, going to the fitness room, and finding over a foot and a half of water on the floor and still rushing in from a 2" water line. How many times have we complained about the high cost of insurance? Well, never complain again. Insurance is a lifesaver.



This is a picture of the 2nd. Vice President Sharon LeBlanc, with a wet Vacuum she is taking up more water after the big pumps left. The valve that broke open was on the City side of the meter, and the First Vice Lawrence T "LT" quickly identified that and called the City to shut off the water, which takes a while. The treasurer, Susan S., is dealing with the insurance company, which has been excellent. The upstairs Kitchen, main hall, and Library are fine, and the elevator repair company was right there to bring the elevator back to code. The water was right up to the lower desk drawers. Backup records are important. We are fortunate there; President Jim and Treasurer Susan S have the records backed up. Over \$150,000.00 in damages.



West Scarborough Neighbourhood Community Centre

West Scarborough Neighbourhood Community Centre



Membership A

Activity Membership (\$80/year)

Includes:

3 fitness classes per week

1 aquafit class per week

Access to weekend fitness sessions
(new!)

Priority registration for special
workshops, events and trips



Membership B

Basic Membership (\$40/year)

For those looking for social & recreational
activities in a relaxed setting.

Includes:

Access to board games, crafts, bingo,
social events and Trips.

Participation in celebrations and cultural
gatherings & access to weekend fitness
sessions, badminton and pickle ball

At WSNCC, we offer a variety of fitness, recreational and social activities to assist older adults in staying physically active, mentally fit and to reduce isolation.

This year, we made some important updates to our membership structure to better serve our seniors.

You can become a member in the following ways:

- Visit our website and register online
- Send us an email
- Call us directly
- Drop by our office – we're happy to help!



Upcoming Fall Events

October 9 – Thanksgiving Party

.Location: 313 pharmacy Ave

Time: 11-2:00pm

Cost: \$25 per person

October 23 – Seniors Active Living Fair

. Location: 313 Pharmacy Ave

Time: 10:00 AM – 3:00 PM

Free admission

November 14 – McMichael Art Gallery Trip

Departure from: 313 Pharmacy Ave

Time: 10-3:00pm

Cost & registration details to be announced





Community Care for Seniors Association



Community Care Launches Bold Plan for Permanent County Seniors' Centre in Picton

Prince Edward Community Care has announced an ambitious initiative to establish a permanent County Seniors' Centre in Picton. "This is about more than just purchasing a building," said Peter Landry, President of the Prince Edward Community Care for Seniors Association. "It's about creating a space where older adults can connect, thrive, and feel a strong sense of belonging. We're grateful to be joined today by community members, partners, and representatives from all three levels of government to mark this important milestone."

The new Centre will provide essential programs and services that help local seniors remain healthy, independent, and socially connected, addressing the loneliness and isolation that affect too many older adults.

MPP Tyler Allsopp presented a certificate of congratulations on behalf of the Government of Ontario, recognizing the impact of the initiative. "The work Community Care is doing is vital for seniors in Prince Edward County," said Allsopp. "We're proud to support the County Seniors' Centre and the Seniors Active Living Programs that keep older adults engaged and thriving."

Mayor Steve Ferguson praised the leadership role seniors play in the County. "Seniors are the backbone of this community. Their involvement is essential—from volunteering on municipal committees to enriching our social fabric," he said. "This Centre will be a place where they can celebrate life, belong, and continue contributing meaningfully to our community."

Long-time Community Care supporter, naturalist and author Terry Sprague, had the honour of cutting the ribbon. "There comes a time when we can no longer do all the things we once could—but there is still so much we can do," he said. "I'm proud to support Community Care as both a participant and a volunteer. This Centre will help ensure older adults continue to live well, stay active, and feel connected."



Rexdale Community Health Centre



Building Community, Connections and Confidence

RCHC Seniors-Sponsored Art Classes in partnership with Franklin Carmichael Art Group



The Franklin Carmichael Art Group (FCAG), a volunteer-run charitable organization, offers art studios, classes, workshops, and a community gallery in North Etobicoke. Partnering with RCHC Seniors Program, they successfully applied for a New Horizons for Seniors grant to expand accessible art programming.

FCAG provided instruction, space, materials, and exhibition support, while RCHC led the funding application and supported recruitment, registration, food access, and translation. Seniors explored drawing, watercolour, acrylics, mixed media, photography, and sculpture. Their work was showcased at FCAG's gallery and later celebrated at an RCHC awards ceremony, with honorable mentions for artists from each class.

In addition, Dr. Temba Middleman from Toronto Metropolitan University conducted research on the project, highlighting art's positive impact on mental health, social isolation, and overall wellbeing.

RCHC has become a trusted partner for art collaborations, though challenges remain with the high cost of materials and instructor compensation. Looking ahead, six visual arts classes are confirmed for Sept/Oct at Taber in partnership with MonstrARTity, offering culturally diverse, professionally led workshops in multiple languages to further reduce social isolation.



The Glebe Centre



Abbotsford Continues to Flourish



September feels like a time of renewal, and Abbotsford Seniors Centre is ready with fresh starts and favourite pastimes. From beginner Tai Chi, pottery, ukulele, and memoir writing to conversational Spanish, French, and technology classes, our programs are growing alongside our membership. You'll also find bridge, Mah Jong, fitness, dance, yoga, music, art workshops, and more—something for everyone, in person or on Zoom.

Our weekly Learn & Explore Speaker's Series (Wednesdays at 1 pm) is free and open to the public, offering diverse and engaging talks in our dining room.

This year we proudly celebrate 50 years of Abbotsford Seniors Centre. With anniversary parties, new fundraising events, and special initiatives like the Birthday Circle—where members donate their age to support programs—we've had plenty to celebrate. Long-time members and volunteers continue to inspire, including fitness instructor Joseph Cull, who turned his birthday into a fundraiser for Abbotsford.

Amid rising costs, Abbotsford continues to flourish thanks to the dedication of our members, volunteers, and community. We look forward to the next 50 years of connection, creativity, and care.

For details on programs and services for those 55+, visit www.glebecentre.ca or drop by 950 Bank Street, Mon-Fri, 8:30 am-4:30 pm.



Active Lifestyles Centre Grey Bruce Owen Sound



The Active Lifestyles Grey Bruce Centre in Owen Sound has been a busy place this year. Our membership continues to grow and we now have around 350 members.

We celebrated our 15th year of operation in June with a celebration during our Annual Meeting. Present were our Board of directors, the Owen Sound Mayor Ian Body, and approximately 90 members from our association. A luncheon was served and Anniversary Cake was provided along with refreshments for all.

In April and May of this year we hosted the Ontario 55+ Seniors games for the first time, with games held in at the Owen Sound Legion Branch, and the Harry Lumley Bayshore Centre. Cribbage, Darts, Ladder golf, Bid Euchre, euchre and a corn hole tournament were offered and a great time was held by all participants.

As well, our Grant committee was successful in obtaining a SALC grant, which will enable us to maintain and grow our program offerings for the foreseeable future.

Our offered programs continue to be a big hit, and we also offer Bus trips to live theatre, Blue Jays Game, a Wine tour, The Bala Cranberry Festival, Casino Rama, St. Jacobs market and Vaughn Mills.





City of Cambridge

September is Grandparents Month!

According to the World Health Organization (WHO), 1 in 2 people globally are ageist against older people. Ageism refers to the stereotypes, prejudice, and discrimination based on age which affects not only how we view others and ourselves but also impacts health, recovery and longevity.

The WHO notes that one effective antidote is intergenerational programming. "It involves activities that bring together younger and older individuals to improve social-emotional health and foster respect and understanding between generations. Programs such as preschools located in seniors' centers, youth groups visiting long-term care homes, and seniors reading in classrooms are examples"; these connections build empathy, respect and understanding between generations.

A month full of opportunity in celebration of Grandparents Day, September 14!

Grandparents Month

Connecting generations is a powerful way to build and strengthen belonging and well-being. The City of Cambridge is pleased to provide an array of ideas and offerings that promote connections between Grandparents and Grandchildren.

From learning, exploring and creating together, this September, this calendar provides ways you can create your #GrandExperience.



SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Make this a GRAND month! Use this calendar as inspiration or create your own ideas.	1 Labour Day Visit or virtual, plan your ideas for a #GrandExperience	2 Back to School Start the school year off with cambridge.ca/activetransportation	3 Develop a Random Acts of Kindness List! 	4 Take a family photo by the river! #GrandExperience and tag City of Cambridge.	5 All Ages Soccer Soccer Complex Field #2 Free! 6-6:50 p.m. Activity #60899	6 Grandparents Raising Grandchildren: Info & Connection Free! 10-11:30 a.m. Activity #61280
7 Free Public Skate Galt Arena - All Ages 10:30 a.m.-12 p.m. Activity #61626	8 Host a Grand Game session! Learn a new game, borrow a game at the Cambridge Library.	9 Generations: Explore your Grand through Art! Draw/paint a portrait of grandparent/grandchild.	10 Sewing Drop-In Cambridge Centre for the Arts 5-7 p.m. All Ages Activity #61277	11 Bake and create! Choose a family favourite recipe or try something new.	12 Cherish Your Family Memories Visit Cambridge Library to learn how to bring your family's legacy to life!	13 Zumba for Grandparents & Me David Durward Centre Ages 6-12 10-11:45 a.m. Activity #60907
Grandparents Day! 14 Grand-Family Fun Club John Dolson Centre Ages 6-12 • \$18.69 12:30-3:30 p.m. Activity #61625	15 Volunteer together! cambridge.ca/volunteer	16 Explore the Cambridge Library Services and Technology Resources for Kids. idealexchange.org/kids	17 Take a walk along one of the 50 km of natural and urban trails!	18 Youth & 50+ Dinner Allan Reuter Centre Youth Ages 13-24 5-7 p.m. Activity #59882	19 CULTURE DAYS Culture Days Begin! Visit cambridge.ca/culturedays	20 Drumming Circle Activity #61281 Forest Bathing Dumfries Conservation Activity #61282
21 Pickleball John Dolson Centre All Ages Free! 1:30-3 p.m. Activity #61627	22 Interview and record your grandparent or grandchild.	23 Discover Walks and Rides in Cambridge! shorturl.at/yRgfs	24 Learn about City of Cambridge Archives and Genealogy. cambridge.ca/archives	25 Park and Play! 365 hectares of parkland and green space. cambridge.ca/parks	26 Host an Intergenerational Dinner Plan the courses and cook together!	27 Public Swim John Dolson Centre 2-3:30 p.m. All Ages • Free! Activity #61628
28 Celebrate National Tree Day! Plant a tree, learn about your family tree, take a walk on a trail!	29 Generations: Create a video, song, or photo album of your Grand Experience!	30 National Day for Truth and Reconciliation & Orange Shirt Day				
						 Open Every Saturday 7 a.m. - 1 p.m.

In Cambridge, the Recreation and Culture team created a month of activities, ideas and inspiration for grandparents and grandchildren to celebrate and connect through shared experiences. Through family history, traditions and new experiences, this initiative aims to strengthen intergenerational bonds and combat ageism.



Seniors Association Kingston Region



Staying Agile with New Initiatives

This June, Seniors Association Kingston Region launched its first-ever Member Mixer, giving newcomers a chance to explore programs, meet peers, and connect with staff and volunteers. Strong turnout and lively conversations mean more mixers are on the way. The Association also proudly joined the Kingston Pride Parade, carrying banners and Progress Pride flags to celebrate inclusivity and welcoming spaces for all.

On July 23, more than 100 people enjoyed Beats & Bites, a new outdoor event featuring live music, food trucks, and lawn games.

August brought record-breaking program registrations when online sign-ups opened earlier than usual. Extra spaces were added to meet demand, with Session One starting September 2, 2025.

By piloting new initiatives and adapting to members' needs, the Association continues to grow stronger and looks forward to an exciting fall season.





Bernard Betel Centre

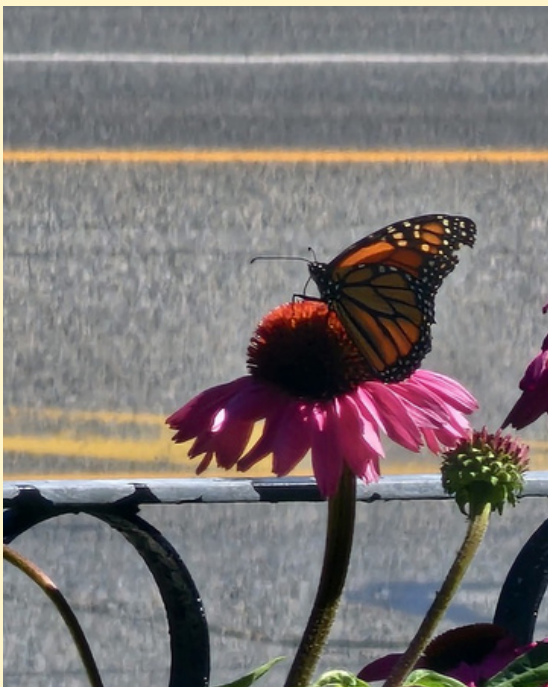


New Pollinator Garden at the Bernard Betel Centre

This year, the Bernard Betel Centre was a proud recipient of a PollinateTO grant from the City of Toronto to create our very own pollinator-friendly garden. Thanks to the generous support of this grant, this summer we transformed underutilized green space at the Betel Centre into a thriving habitat that supports bees, butterflies, birds, and other vital pollinators. These small but mighty creatures play an essential role in sustaining healthy ecosystems and growing the food we eat.



In June, staff and volunteers worked together to remove weeds, invasive plants, and turf grass, and replaced non-native plants with a stunning selection of native plants that offer food, shelter, and nesting materials for pollinators. Our garden is alive with native plants such as black-eyed Susan, smooth blue aster, wild bergamot, blue wild indigo, big bluestem, goldenrod, smooth oxeye, cardinal flower, milkweed, coneflowers, lanceleaf coreopsis, yarrow, wild columbine, prairie smoke, sunflowers, and many more. The result is a thriving garden that supports pollinators, while adding natural beauty to the Bernard Betel Centre.



All summer long, the garden was bursting with life, and the community had the opportunity to see how this new garden was supporting local pollinators right here in North York. In August, we hosted a workshop for the community titled "Plants with a Purpose" where participants learned about the importance of native plants and enjoyed a guided tour of the beautiful new garden.

As fall arrives, goldenrod, asters, smooth oxeye and sunflowers will take centre stage, with their gorgeous bursts of colour and life in our garden. What began as a patch of lawn and an underutilized garden, has become a space that will continue to inspire, engage, and sustain both people and pollinators for years to come.

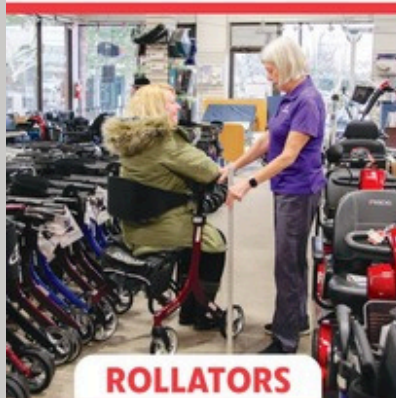
A Word from Our Partners: OACAO Business Partners

Platinum Business Partners



SALES • SERVICE • RENTALS

aids for daily living • bathroom safety equipment • compression stockings CPAP
hospital beds • incontinence • lift chairs • porch lifts • stairlifts • walkers • wheelchairs
Delivery and set up available • We also have our full division of pediatrics too!



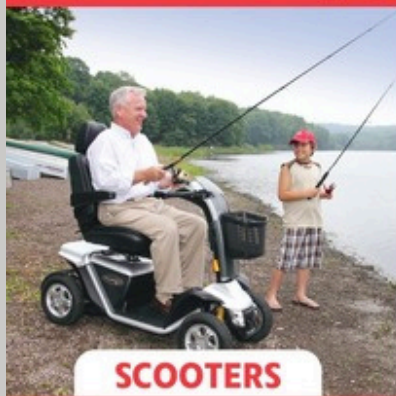
ROLLATORS



BATHROOM SAFETY



WHEELCHAIRS



SCOOTERS



SERVICE



HOSPITAL BEDS

www.accessabilities.ca

905-825-5335
Oakville: 549 Bronte Rd.



416-237-9654
Etobicoke: 154 Norseman St

AMICA

SENIOR LIFESTYLES



LIVING WITH INTENTION: Embracing Purpose and Fulfillment in Your Senior Years

This fall, as we settle back into busy routines, it's the perfect time to reflect on what truly matters and think about how you want to spend the months ahead.

Living with intention is about making choices that reflect your values and desires — it's about being more mindful of how you spend your time and energy.

Whether you're entering a new chapter of life, adjusting to changes, or simply looking for more meaning in your days, starting the year with intention can help set a positive tone for what's to come.

What does it mean to live with intention?

Living with intention means being thoughtful about your choices and making sure they align with your values and goals. Instead of letting life just happen, it's about taking an active role in shaping it. This approach can bring a sense of control and purpose, making every day feel meaningful.

Understanding your values

Living with intention begins with understanding what truly matters to you — your core values. These are the fundamental beliefs that guide your choices and shape your life.

Core values can include things such as honesty, kindness, loyalty, independence, family, and creativity. They are the principles that, when honoured, help us feel fulfilled and authentic.

When we make choices based on our values, it leads to greater happiness and less stress. So, the more we know what's truly important — whether it's spending time with loved ones, focusing on health, or pursuing hobbies — the easier it is to live intentionally.

Practising mindfulness

Mindfulness is being present and aware of what's going on around you. It's easy to get caught up in thoughts about the past or future, but mindfulness helps you stay grounded in the present moment.

Mindfulness can also help reduce stress, improve mood, and increase your overall sense of well-being. A few minutes of simply paying attention to your breath, or focusing on the task at hand, can make a big difference in how you feel.

Setting goals and making purposeful decisions

Living with intention also means setting goals that align with your values. Goals don't have to be huge — simple things like spending more time with family, taking up a new hobby, or focusing on your health can bring a sense of purpose and excitement to your life.

The key is to make sure your goals are meaningful to you, not just what you think you "should" be doing. When you set goals that matter, you stay motivated and feel good about the choices you make.

Reflection: adjusting along the way

Life doesn't stay the same forever, and neither do our goals. As we age, our priorities might shift, and that's okay. Reflection — looking back on your experiences and thinking about what's important to you now — helps you stay aligned with your intentions.

Sometimes, it's about making small adjustments as you go. Reflecting can help us feel more connected to who we are and what we want as we move forward.

LEARN MORE WAYS YOU CAN LIVE WITH INTENTION BY VISITING amica.ca

EXCLUSIVE

**It pays to be
a member!**

belairdirect.
car and home insurance





Richard Linklater has extensive real estate experience specializing in Reverse Mortgages and other No Monthly Payment mortgage products

He would be pleased to help your members either through a group presentation or a personally tailored meeting (virtual or personal) to take them through the Reverse Mortgage process with knowledge, experience, and a caring approach.

Richard has published DIY Reverse Mortgages; a 45-page E-Book as an in-depth review of Reverse Mortgages including history, trends, pros, cons, case studies, and a step-by-step process to apply for a Reverse Mortgage. The book discusses each of the providers of Reverse Mortgages in Canada without a personal bias.

For your free copy of DIY Reverse Mortgages E-Book please email Richard.linklater@citadelmortgages.ca and put DIY Reverse Mortgage E-book in the subject line.

Citadel Mortgages is pleased to be a Business Partner with the OACAO to support our mutual goal of helping seniors to age in place and age in the community. We specialize in mortgage financing solution programs for Residential, Commercial and Private mortgages.

We also offer:

- **Mortgages in Mexico, Europe, UAE, and other international markets**
- **A fully licensed insurance brokerage**
- **A U.S.-based mortgage brokerage that helps Canadians buy investment properties in the U.S.**

So whether locally or internationally, we're here for you.

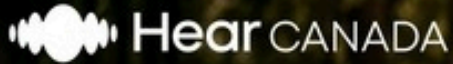
Contact: Richard Linklater, Mortgage Agent Level 1 License # M23005849

Phone: 647-797-9204, cell 780-951-7487

Email: Richard.linklater@citadelmortgages.ca

Web Site: <https://www.citadelmortgages.net/richardlinklater>

Citadel Mortgages - Ontario Mortgage Brokerage License # 12993



A TIME TO CELEBRATE YOUR CONTRIBUTIONS.



Every fall, Canadians come together on October 1st to recognize National Senior's Day - a day dedicated to honouring the tremendous impact that older adults have made, and continue to make, in our communities. From volunteering and mentoring, to raising families and preserving traditions, your contributions shape the lives of those around you in meaningful ways.

At HearCANADA, we believe this celebration is more than just a date on the calendar. It is an ongoing commitment to support you on your path to staying connected, engaged, and vibrant. Hearing well is central to that journey - helping you share conversations, enjoy activities, and remain fully present in every moment.

LIVING WELL THIS FALL

As we celebrate Senior's Day, we also want to share a few simple ways you can keep living life to the fullest:

HEALTHY AGING MONTH

Aging well means staying sharp and connected. Challenge your mind with puzzles, enjoy music, or try a new hobby. And don't forget - better hearing reduces mental fatigue and helps keep you engaged.

COPING WITH SHORTER DAYS

Less daylight can sometimes affect mood and energy. Staying active in community groups, volunteering, or simply reaching out to friends for a chat can lift your spirits and boost your energy.

TECHNOLOGY MADE SIMPLE

Distance doesn't mean disconnection. With tools like **Zoom**, **Facetime**, and **WhatsApp**, it's easier than ever to share stories and smiles with family and friends.

TECHNOLOGY QUICK TIPS



Start simple - Ask a family member to help set up your app and account.

Use a bigger screen - Tablets or computers make conversations easier to follow.

Check your sound - Pair your hearing aids or use headphones for clearer audio.

Practice first - Try a quick call with a friend before a larger gathering.

Stay Safe - Only accept calls or messages from people you know.

Technology doesn't have to be complicated. With the right support, it can keep you connected to what matters most.

As we recognize National Senior's Day, HearCANADA extends heartfelt appreciation for your wisdom, resilience, and contributions. You inspire us daily, and we are proud to support your health and well-being by ensuring you never miss the sounds that enrich your life.

Here's to celebrating you - not just this fall, but every season.



Hear every sound, sound that moves with you!

Sounds connect us to life's most meaningful moments, from a loved one's voice to the music and experiences that shape who we are.

But over time, hearing changes. Sometimes it happens so gradually, you may not realize how much you've been missing until you start hearing it again.

"Hearing healthcare is not one-size -fits- all, by listening to our clients and asking questions, we can recommend the right solutions for your unique hearing and financial needs"

Katie Koebel, Audiology & Senior Manager, Audiology

That's why we take a personalized approach to hearing care.

Try a 30-day free trial of the latest hearing aid technology.

It's a chance to notice the little details again, the rustle of leaves, the hum of conversation, the music in the background, and decide what difference it can make for you.

Learn more with a FREE consultation*

We're in your neighborhood

Proudly providing hearing care services across Ontario for more than 15 years

Keep being you
Love your ears

HearingLife.ca/OACAO

1-888-403-4235

Mention code

EVT-TBYB-OACAO



*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.



Delicious Made Easy

Shouldn't life get easier as we age?

We at **Heart to Home Meals** think so! That's why we provide over 200 chef-crafted frozen meals, soups, and desserts to choose from, specifically designed for the nutritional needs of seniors!

There are no contracts or commitments, and delivery is **FREE*** right to your door. We'll even put your meals directly in your freezer if you would like.

Heart to Home Meals is **Proudly Canadian**.



Explore some of our **NEW** meals from Our Fall/Winter 2025/2026 Menu!

Warm up your appetite this season with servings of comfort and the taste of home.

- Perogies with Bacon Leek Sauce
- Spiced Orange Glazed Ham
- Cheddar Crusted Hake
- Chicken Taco Bowl



Visit hearttohomemeals.ca or call 1-888-777-2219 to **ORDER TODAY** or request your **FREE MENU**.

*Some conditions may apply.

OACAO Auto & Home Insurance Program

Do you have this protection?

- **1,000,000** in rehab for non-life-threatening injuries
- **5 years** of depreciation waiver on a brand-new vehicle
- Rental car coverage
- Accident forgiveness
- Ticket forgiveness
- Umbrella coverage
- Sewer back-up coverage

Are you getting these discounts?

- Group discount
- No payment plan fees - save 3-6%
- Snow tire year round
- Anti-theft
- Multi-policy



Call our team for a **free quote** and discuss how you are eligible for the above discounts and coverage today!

 **905-238-0668 x 2300**

 **1-800-243-9379 x 2300**

 **info@insuranceland.ca**



Our Family, Protecting your Family



SCAN ME

OACAO

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



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



Health or Mobility Challenges



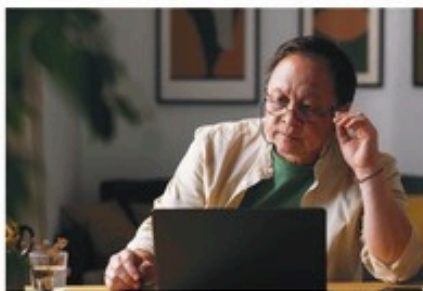
Isolated or Lonely at Home



Loved One Needs More Care



House Too Hard to Manage



Financial Strain



Desire for a More Social Lifestyle

Stress-Free Home Downsizing for Older Adults

Our Full-Service Package Includes:

Decluttering
their stuff

Preparing and selling
their house

Finding them the
right new home

“Transitions Realty’s downsizing process was hassle-free. My brother was delighted and often says how happy and relieved he is now.”

— Amar Singh in North York

Know someone who could use our help? **Let's chat!**

KEISHA TELFER

Seniors REALTOR® | Lifestyle55+ MASTER
Broker of Record

🇨🇦 100% Locally Owned and Operated

Not intended to solicit properties already under contract with another REALTOR®.



647.948.7415 📞

downsizingexperts.ca 🌐

keisha@transitionsre.ca ✉️

© Transitions Realty Inc., Brokerage

Gold Business Partners

MODERNIZE YOUR SALC DATABASE

- TOUCHSCREEN CHECK-INS
- MEMBERSHIP MANAGEMENT
- ONLINE REGISTRATION
- INTEGRATED ZOOM
- PAYMENT PROCESSING
- VOICE, TEXT, AND EMAIL BROADCASTS
- SPECIAL PRICING FOR OACAO MEMBERS



Drop us a line to find out why 50 OACAO members use MySeniorCenter. Mention "Summer 25" for a special bonus price.

EMAIL: INFO@MYSENIORCENTER.COM

PHONE: 508-834-4115

WEB: WWW.MYSENIORCENTER.COM

Chartwell



CHARTwell

Wish
of a Lifetime

FULFILLING SENIORS'
**Dreams and
Lifelong Goals**



**Submit a Wish
or Donate**

ChartwellWishofaLifetime.ca

OACAO Board of Directors - Executive Committee		
Acting President	Karie Papillon	kpapillon@aurora.ca
Past President	Suzanne Teixeira	suzanne@ywalc.ca
Vice President	Leslie Olsen	lolsen10@gmail.com
Treasurer	Bill Krever	w.krever@victoriavillage.ca
Secretary	Sharon Oatway	soatway@gloucester50pluscentre.ca
Executive Director	Sue Hesjedahl (ex-officio)	sue@oacao.org

OACAO Board of Directors - Regional Representatives		
Central	Staff: Nora Jones Senior: Rob Gaby	nora.jones@townofws.ca robabbag@gmail.com
Eastern	Staff: Don Amos Senior: Vacant	DonA@seniorskingston.ca
Golden Horsehoe	Staff: Julie Pennal Senior: Ted Lambert	Julie.pennal@oakville.ca erlire13@hotmail.com
Grand River	Staff: Vacant Senior: Vacant	<p><i>For more information about the Older Adult Centres' Association of Ontario Board of Directors 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</i></p>

	Regional Representatives Cont..	
Metro	Staff: Lisa Tobio Senior: Leslie Olsen	yorkfairbank@on.aibn.com laolsen10@gmail.com
North West	Staff: Twyla Biluk Senior: Kim Cross	twyla.biluk@thunderbay.ca kdcross58@gmail.com
North Central	Staff: John Richer Senior: Lyne Way-White	john.richer@greatersudbury.ca lybell55@yahoo.com
South West	Staff: Jennifer Jones Senior: Martha Mackintosh	jjones@bgclondon.ca mackintoshmartha@gmail.com

We welcome **Kim Cross** to the OACAO Board of Directors as our new **North West Senior Regional Representative**.

Kim has been a Resident of Atikokan since 1969. She and her husband have 3 children and 3 grandchildren. Kim is a Retired Chartered Professional Accountant who spent over 16 years working as CFO at the Atikokan General Hospital.

Since retirement in 2016, Kim has volunteered in the role of Treasurer with the Pioneer Club Senior Active Living Centre in Atikokan and is instrumental in planning and coordinating many of the Centre's programs. Other volunteer roles include President and Secretary of the Atikokan SnoHo Snowmobile Club, Secretary of the local Vintage Car Club, and she volunteers with the Atikokan Food Bank. Additionally, she serves as the Board Chair of the Hospital Foundation. In addition, she continues to volunteer with the Atikokan Economic Development Investment Fund and the Ontario Trillium Foundation.

Most recently, Kim received the 2025 Senior of the Year Award for the community of Atikokan. Kim is excited to join the OACAO Board of Directors as the North West Senior Region Representative and believes that everyone should give a little of their time back to the interest groups that enhance the lives of others. Volunteering gives her civic pride, a sense of accomplishment, and has introduced her to many people who are now lifelong friends.

Committee Chairs

Awards: Nora Jones

OASSIS Liaison: Bill Krever

Conference: Sarah Feeney-Martin
Nora Jones

Finance: Bill Krever

Nominations: Suzanne Teixeira

Strategic Planning Co-Chairs: Leslie Olsen
Sue Hesjedahl

nora.jones@townofws.ca
w.krever@victoriavillage.ca
sarah@oacao.org
nora.jones@townofws.ca
w.krever@victoriavillage.ca
suzanne@ywalc.ca
laolsen10@gmail.com
sue@oacao.org

OACAO Business Partners 2025 - 2026



Access Abillities: 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
Canadian Hearing Services: www.chs.ca 1-866-518-0000
Chartwell Retirement Residences: www.chartwell.com 1-855-461-0685
Citadel Mortgages: www.citadelmortgages.ca 780-951-7487
HearCANADA: www.hearCANADA.com 1-866-432-7226
HearingLife: www.hearinglife.ca 1-888-514-9515
Heart@Home - Home Support Services: www.heart-home.ca 905-770-6226
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
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

The OACAO is a registered Charity and can issue tax receipts. Go to www.oacao.org and click on the 'Donate Now' Button

Please consider OACAO for your charitable donation



Charitable Registration
No:
125123471 RR0001

*Do not
forget*

Newsletter Deadlines

Please make note of the following deadlines for submissions:

2026 Winter Newsletter: December 1, 2025
2026 Spring Newsletter: March 2, 2026
2026 Summer Newsletter: June 1, 2026

Exclusive benefits for members of OACAO



Arbor Alliance Program by Arbor Memorial

Save on funeral and cemetery expenses for you and your immediate family members† with these new special Ontario member discounts:

Final arrangements made in advance‡:

4% savings on cemetery lots and niches

10% savings on funeral and other cemetery products and services**

Final arrangements made at time of death‡:

5% savings on funeral and cemetery products and services***

PLUS! Access to Arbor Memorial's planning tools - FREE!

Call for your Information Kit: 905-842-2252 or visit ArborAlliance.ca



Arbor Alliance
by Arbor Memorial

OACAO

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



Arbor
Memorial

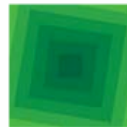
*Arbor Alliance discount will vary for other provinces. **Excluding lots, niches and cemetery crypts. ***0% discount on cemetery lots, niches and crypts at time of death.

†An "Eligible Participant" is an AAP Partner Organization Member and any of the following immediate family of the AAP Partner Organization Member: father, mother, father-in-law, mother-in-law, spouse, sibling, and child. Proof of membership required at time of contract.

Arbor Memorial Inc.



Platinum Business Partners



Gold Business Partners

