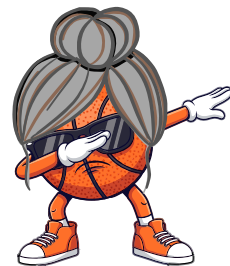


JOIN US

OACAO 2025 WEBINARS

CAPACITY BUILDING



Our next Capacity Builder is a Follow up to the OACAO Aging Well Lightening Talks Presentation by Granny Basketball

This is a **FREE** Webinar 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.

**Thursday
December 11th
1pm- 2:15pm EST**

For the Love of the Game: Basketball Reimagined for Women 50+

Inspired by the 1920s women's rules, this gentler version of basketball, is perfect for senior centres looking to add fun, active, and social programming.

Highlights Include:

- How this game is unique and safe for women 50+
- Why no prior basketball experience is needed
- How to set up a program in your centre
- Ways to encourage participation and build community
- How recreational teams can grow and eventually join the Granny Basketball League

Learn how to bring this exciting sport to your centre and empower women to stay active, social, and joyful—while opening the door to league play!



*Presented by the Toronto Chill
Granny Basketball Team*

Please register in advance:

[https://oacao.wildapricot.org/
event-6450376](https://oacao.wildapricot.org/event-6450376)

OR scan the QR code



For more information, contact OACAO



**905-584-8125 or
Toll Free 1-866-835-7693**



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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



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