

OACAO 2026 WEBINARS

# CAPACITY BUILDING



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.

**Join us for the next Capacity Builder Presentation:**

## Seed to Shed: Growing a Men's Shed in Your Community

**Tuesday  
January 13th  
10:30am– 11:45am EST**

Men's Sheds are emerging as an effective, grassroots way to engage men, reduce isolation, and build community.

From Seed to Shed introduces a supported pathway to help 50+ Centres plant the first seed of a Men's Shed and grow it into a self-sustaining, member-led group.



### MEN'S SHEDS Ontario



Please register in advance:

<https://oacao.wildapricot.org/event-6469859>

OR scan the QR code

For more information, contact OACAO



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



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Association des centres pour aînés de l'Ontario

**OACAO**

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

