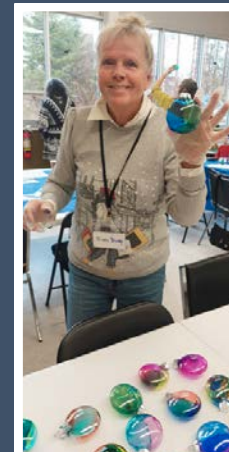


# OACAO NEWS



## Winter 2026

## Page 1

## OASSIS

BENEFIT PLANS  FOR NOT-FOR-PROFITS

WE ARE WISHING EVERYONE A VERY HAPPY HOLIDAYS!  
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## PRESIDENT AND ED MESSAGE

### Happy Holidays and Best Wishes for the New Year

As we wrap up 2025 and look ahead to 2026, we're filled with gratitude for the incredible community that makes OACAO such a strong and connected network. Winter offers a welcome pause and a chance to reflect on the year behind us and to look forward with optimism to the opportunities ahead.

This past year has been marked by energy, collaboration, and shared purpose. Together, we have continued to strengthen older adult centres and programs across Ontario, supporting connection, inclusion, and aging well in communities of all sizes. None of this would be possible without the commitment, creativity, and care of our members, volunteers, partners, and supporters.

We would like to thank everyone who joined us for our **Annual Meeting on September 29, 2025**. At the meeting, we were pleased to welcome two new Board members: **Kim Cross** (Atikokan - North West Regional Representative) and **Léo Lavergne** (Ottawa - Eastern Regional Representative). We also thank **Nora Jones** (Stouffville), President-Elect, and **John Richer** (Sudbury), 2nd Vice-President, for continuing their regional roles while taking on leadership positions on the Executive Committee. We are grateful to each of them for their leadership and service. We also recently welcomed **Melissa Biffis** (Guelph/Eramosa as Grand River Regional Rep).

We also extend our heartfelt congratulations to the **2025 OACAO Award Winners**, recognized at the Annual Meeting for their outstanding contributions to older adults and communities across Ontario:

- **Award of Merit (Staff):** Brenda van DeKeere (City of Belleville 50+ Centre) and Robin Mech (Hamilton YWCA SALC)
- **Award of Merit (Volunteer):** Rosemary Bellefontaine (Township of King), Corinne McCallum (Active Adult Centre of Mississauga), and Toby Parsons (West Scarborough Neighbourhood Centre)
- **Community Spirit Award:** Robin Smart (Alzheimer Society of Waterloo Region)
- **Trailblazer Award (Staff):** Gillian Simpkin (Aurora Seniors Centre)
- **Trailblazer Award (Volunteer):** Heidi Behnecke (City of Burlington- Burlington Seniors Centre/Bistro)
- **Regional Award of Excellence:** Lisa Tobio (Metro Region – York-Fairbanks Centre for Seniors)
- **Past President Award:** Wendy Careres-Speakman (Rexdale Community Health Centre)

We also want to take a moment to celebrate the success of the **2025 OACAO Aging Well Conference**, held November 2 – 4, 2025, in Mississauga. The conference brought together delegates from across the province for learning, connection, and celebration.



We extend our sincere thanks to the Conference Committee and volunteers, OACAO staff team, sponsors, trade show exhibitors, speakers, and delegates whose energy and generosity made the event such a success. We hope you'll join us again and invite you to **save the date for the 2026 OACAO Aging Well Conference, November 1-3, 2026 in Mississauga.**

As we move into the winter season, we thank you for the work you do every day to support older adults and build strong, welcoming communities. We wish you a restful holiday season and look forward to continuing this important work together in the year ahead.

Warmest wishes,

**Karie Papillon, President**

**Sue Hesjedahl, Executive Director**

## Welcome to Our New Board Members / Bienvenue à notre nouveau membre du conseil

### Eastern Region Representative

**Léo Lavergne** has served as **Directeur général of the Centre Pauline-Charron** since 1994 and is widely recognized as an **innovative leader** in fundraising, program development, and community partnerships. A strong leader within the **Francophone seniors' sector**, Léo brings a diverse background in public service, small business, and municipal government. A long-time supporter of OACAO, he has played a key role in the Eastern Region and the **OACAO Aging Well Conference**, including coordinating **French pre-conference sessions.**

### Représentant de la région de l'Est

**Léo Lavergne** est **directeur général du Centre Pauline-Charron** depuis 1994 et est reconnu comme un **leader innovant** en matière de collecte de fonds, de développement de programmes et de partenariats communautaires. Leader reconnu du **secteur francophone des aînés**, Léo possède une expérience variée dans la fonction publique, l'entrepreneuriat et la politique municipale. Ami et partisan de longue date de l'ACAO, il a joué un rôle clé dans la région de l'Est et lors de la **Conférence Aging Well de l'ACAO**, notamment en coordonnant les **préconférences en français.**

### Grand River Region Representative

**Melissa Biffis** is the **Community Programs Manager with the Township of Guelph/Eramosa**, where she has dedicated 15 years to serving a rural community just outside the City of Guelph. She played a key role in developing the **Rockmosa Older Adult Centre** from the ground up and successfully secured a **SALC grant** to expand staffing and strengthen the Centre's impact. A long-time supporter of OACAO, Melissa has served on the **Aging Well Conference Program Committee** and hosted a **Grand River Region meeting**, and she looks forward to supporting older adult centres across Ontario through her role on the Board.



## MEET THE OACAO TEAM

### OACAO ADMINISTRATIVE AND SENIORS ACTIVE LIVING FAIRS TEAM

#### Executive Director

Sue Hesjedahl

[sue@oacao.org](mailto:sue@oacao.org)

#### Marketing and Events Coordinator

Emily Angel

[emily@oacao.org](mailto:emily@oacao.org)

#### Project and Membership Coordinator

Julie Moran-Illes

[julie@oacao.org](mailto:julie@oacao.org)

#### Seniors Active Living Fairs Project Assistant

Karen Kelly

[seniorsfairs@oacao.org](mailto:seniorsfairs@oacao.org)

### LINKS2WELLBEING: SOCIAL PRESCRIBING FOR OLDER ADULTS PROJECT TEAM

#### Project and Sustainability Manager

Jennifer Wiebe

[jenn@oacao.org](mailto:jenn@oacao.org)

#### Outreach and Engagement Coordinator

Dena Silverberg

[dena@oacao.org](mailto:dena@oacao.org)

#### Evaluation and Quality Improvement Coordinator

Sarah Feeney-Martin

[sarah@oacao.org](mailto:sarah@oacao.org)

*(Independent contractors supporting the projects are not listed)*



*Wishing you a Holiday Season  
Sprinkled with Joy, Frosted with Laughter,  
and Baked to Perfection with the Warmth of Friendship and Community.  
Warmest Wishes, The OACAO Team*



# Welcome

## NEW MEMBERS

### ASPHODEL-NORWOOD ACTIVE SENIOR CONNECTION HUB

2363 County Road 45,  
Norwood ON K0L 2V0  
705-639-2228

[www.anpl.org/active-senior-hub/](http://www.anpl.org/active-senior-hub/)

### MUNICIPALITY OF BLUEWATER

14 Mill Ave,  
Zurich ON N0M 2T0  
(519) 236-4969

[www.municipalityofbluewater.ca/](http://www.municipalityofbluewater.ca/)

### CALEDON MEALS ON WHEELS

80 Allen Dr,  
Bolton ON L7E 1P7  
905-857-7651

[www.cmow.org](http://www.cmow.org)

### COMMUNITY LIVING KINCARDINE AND DISTRICT - ACTIVE LIVING55+

1286 Lambton St,  
Kincardine ON N2Z 2Y1  
519-396-9434

[WWW.CLKD.CA/ACTIVELIVING55](http://WWW.CLKD.CA/ACTIVELIVING55)

### MACKAY CENTRE DUNGANNON

10 Nelson St. East  
Goderich, ON N7A 1R6  
(519) 524-6660

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

### RAINBOW COMMUNITY PLACES

33 East Road  
Toronto, ON M1N 1Z9  
416-452-3741

## UPDATE YOUR CENTRE'S INFO FOR 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](mailto:info@oacao.org)**

## NEW GOLD BUSINESS PARTNERS



GLA Rehab's team of rehabilitation professionals work in the community with clients, including older adults living with dementia, and their families to restore and/or improve physical and cognitive functioning, safety, and independence, so they can continue to do the things they need and want to do.

GLA Rehab also offers support with navigating the complexities of the health care system, and the management of health care services.

GLA Rehab's goal is to assist in keeping clients at home as long as possible, and reduce cost of care.

**1370 Don Mills Rd, Suite 1  
Toronto, ON  
M3B 3N7  
(416) 449-6466**

**[www.gla-rehab.com](http://www.gla-rehab.com)**



What began as Starkman's Chemists on Bloor Street in 1929 has evolved into the recognized provider of quality medical supplies. Now located on Bathurst Street at Davenport Road, Starkmans Health Care Depot's reputation as the leader in the field is due to responding to the needs of their customers by offering a variety of products to suit each customer's taste and budget.

1243 Bathurst St.  
Toronto, ON M5R 3H3  
416.534.8411  
800.387.0330  
[info@starkmans.com](mailto:info@starkmans.com)

**[www.starkmans.com](http://www.starkmans.com)**



At TripOppo, we focus on what we do best – group travel – and love building a travel community inspired by our travelers.

We're dedicated to creating fun, valuable trips at great prices, with unique itineraries and the best experiences for our travel fans.

905-209-2029

[Click to explore your next journey.](#)

**[info@trippoppo.com](mailto:info@trippoppo.com)**  
**[www.trippoppo.com](http://www.trippoppo.com)**

**WELCOME**





## OACAO Awards

### Award of Merit

#### Staff Winners:

Brenda van DeKeere - City of Belleville 50+ Centre  
Robin Mech - Hamilton YWCA SALC

#### Volunteer Winners:

Rosemary Bellefontaine - Township of King  
Corinne McCallum - Active Adult Centre of Mississauga  
Toby Parsons - West Scarborough Neighbourhood Community Centre

### Community Spirit Award

Robin Smart - Alzheimer Society of Waterloo Region

### Trailblazer Award

#### Staff Winner:

Gillian Simpkin - Aurora Seniors Centre

#### Volunteer Winner:

Heidi Behnecke - City of Burlington Seniors Centre/Bistro

### Regional Award of Excellence

Lisa Tobio - York-Fairbank Centre for Seniors/ Metro Region

### Past President's Award

Wendy Caceres-Speakman - Rexdale Community Health Centre



## International Volunteer Year 2026



In 2026, Canada will join the United Nations and countries around the world in celebrating the impact of volunteering. Declared the International Year of Volunteers for Sustainable Development (IVY2026), this global initiative recognizes how volunteerism strengthens communities and advances the Sustainable Development Goals, building a more equitable, inclusive, and environmentally responsible future.

<https://www.canada.ca/en/employment-social-development/campaigns/international-volunteer-year-2026.html>

For OACAO member centres, this is a special opportunity to shine a spotlight on the incredible contributions of older adults. Our centres thrive because of the dedication of volunteers who welcome newcomers, organize programs, support fundraising, and lend a hand wherever it's needed. These acts of service — from helping at food banks to leading fitness classes or assisting with tax clinics — ripple outward, reducing isolation, strengthening communities, and improving quality of life across Ontario.

Older adults are leaders in volunteerism. Nearly 30% of seniors volunteer each year, contributing an average of 170 hours of service (*Federal Secretary of State for Seniors' Newsletter*). That generosity is at the heart of OACAO centres, where volunteers create welcoming spaces that foster connection, learning, and wellbeing.

On December 5, the United Nations will launch its global call-to-action for IVY2026. Throughout the year, OACAO will share inspiring stories from our member centres, highlighting the extraordinary impact of older adult volunteers.

We invite you to join the celebration: share your volunteer experiences on social media using **#VolunteerYear** and **#IVY2026**, and help us showcase the vital role older adult centres play in building a culture of participation, solidarity, and care.

The OACAO is pleased to recognize and celebrate International Volunteer Year (IVY) 2026 by hosting and sharing several volunteer-focused training webinars and resources, starting with:

### **OACAO Capacity Building Webinar**

#### **Everything to Know About**

#### **Volunteers and Police Checks**

**February 12, 2026 at 1:00 -2:30 pm**

**Presented by: Volunteer Toronto**

(More details to follow soon).

*We ♥ our  
Volunteers*





What an incredible few days! The 2025 OACAO Conference was more than just sessions and speakers — it was about people coming together, sharing stories, and building connections that strengthen and support Seniors in our communities.

From the laughter in the hallways to the thoughtful conversations in workshops, every moment reflected the spirit of collaboration and care that defines OACAO, their Members and Partners.

We've collected some of our favourite snapshots from the event to help you relive the energy, joy, and inspiration. Take a look through the photos and celebrate the amazing community that made this year's conference so special.



*Thank you  
to our Diamond  
Title Sponsor:*



**Arbor**  
Memorial







## WEBINARS, WORKSHOPS & EVENTS






### 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](mailto:info@humanendeavour.org)

#### Upcoming Workshops

##### **INTRO TO CYBER SECURITY**

- Understanding Cybersecurity Basics
- Common Cyber Threats
- Protecting Your Devices
- Password & Account Security
- Recognizing Scam Messages

**Tuesday, January 6<sup>th</sup>**  
**10am-11:15am**



##### **INTRO TO COMMUNICATION APPS**

- What are Communication Apps?
- Types of Communication Apps
- Common Features
- Safety and Privacy Basics for All Apps
- Practical Examples of Whatsapp

**Tuesday, February 3rd**  
**10am-11:15am**



##### **INTRO TO DATA AND CLOUD STORAGE**

- What is Cloud Storage
- Types of Storage
- Why Use Cloud Storage?
- Uploading, Downloading and Organizing Files
- Practical Examples

**Tuesday, March 3rd**  
**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](mailto:julie@oacao.org)**

### UP NEXT

# CAPACITY BUILDING



TRAINING



LEARN



KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT

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

**Tuesday  
January 13<sup>th</sup>  
at 10:30am**

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

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.



**Tuesday  
January 20<sup>th</sup>  
at 1:30 pm**

### The Marketing Map: Guiding Your Centre to Growth

Essentials of marketing planning for senior centre success. Learn how to maximize your budget and how to implement a tactical plan for maximum results.



**Presented by:  
Senior Lifestyles PRO**

**Wednesday  
February 4<sup>th</sup>  
at 10:30 am**

### Webinaire de la Protection du consommateur de l'Ontario

En collaboration avec OACAO, la Protection du consommateur de l'Ontario offre un webinaire gratuit pour aider les consommateurs à connaître leurs droits en tant que consommateur, ainsi que de la protection qui vous est offerte aux termes de la Loi sur la protection du consommateur.



**Presented by:  
Consumer Protection Ontario**

Funding provided by:



## UP NEXT

## OACAO 2026 WEBINARS CAPACITY BUILDING



TRAINING

LEARN

KNOWLEDGE

SKILLS

COACHING

SUPPORT

DEVELOPMENT

**Thursday  
February 12<sup>th</sup>  
at 1:00 pm  
(90 min session)**

### Everything to Know About Volunteers and Police Checks

- Different types of checks and which check is appropriate for each role
- Gain an understanding of Ontario Human Rights Code and its role in requesting police checks
- Tips and techniques for ensuring a successful police check request
- Tools for understanding police checks when you receive them

**Volunteer  
Toronto**

**Thursday  
February 19<sup>th</sup>  
at 2:30 pm**

### Modern Tools, Better Workflow: AI Tech for Senior Centre Teams

If you're looking for ways to save time and make your daily work a little easier, this session is for you. With a focus on practical, real-world tasks, we'll explore how ChatGPT, Google Gemini, Canva, Grammarly, and Microsoft Copilot can help your team streamline communications, create promotional content, draft documents, and more.



**Presented by: Chris Bint  
Chief Education Officer-  
Technology Coach**

**Tuesday  
March 24<sup>th</sup>  
at 1:30 pm**

### Social Media' (Engagement Essentials: Simple Senior Centre Social Media Campaigns That Deliver Results!

Learn some effective social media marketing tips and tricks as SLPRO guides you through the basics of Facebook, Instagram and YouTube Marketing.



**Presented by:  
Senior Lifestyles PRO**

### To Register for any of these Free Webinars:

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](mailto: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

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



2025 - 2026

### SENIORS ACTIVE LIVING FAIRS



UPCOMING  
EVENTS

### JANUARY & FEBRUARY FAIRS 2026

- Jan 14** Municipality of Clarington/Bowmanville
  
- Feb 4** The Corporation of the Township of Woolwich/Breslau
- Feb 6** Community Support Centre of Essex County
- Feb 7** City of Burlington, Burlington Seniors' Centre
- Feb 15** Waterfront Neighbourhood/Toronto
- Feb 20** Rendez-vous des Aînés Francophones d'Ottawa  
City of Guelph
- Feb 25** Lennox & Addington Seniors Outreach Services/ Napanee  
Centre D'Accueil Héritage/Oshawa
- Feb 26** BGC London/Horton Street 50+ Centre  
YWCA Hamilton-Putman Family YWCA  
Sunshine Centres for Seniors- The 519/Toronto
- Feb 27** The Village- Seniors Active Living Centre- Canadore College/ North Bay  
Victoria Park Seniors' Centre East Fergus  
Municipality of Magnetawan

Funding provided by:



To Find a Fair  
Near You Visit:  
[www.oacao.org/events](http://www.oacao.org/events)

*Please Note:  
Fairs may be Subject to  
Change*

## Seniors Active Living Fairs



### 2025 – 2026 SENIORS ACTIVE LIVING FAIRS

UPCOMING  
EVENTS



### MARCH FAIRS 2026

*Please Note:  
Fairs may be  
Subject to  
Change*

- March 2** Dunlop Drive Older Adult Centre / St. Catharines
- March 3** Pioneer Club Atikokan
- March 4** Activity Haven / Peterborough  
Centre Pauline-Charron / Ottawa  
The Neighbourhood Group Community Services / Toronto
- March 6** Older Adult Centre Sudbury- The ParkSide Centre  
Centre Charles Emile Claude / Cornwall  
Town of Grimsby (Livingston Activity Centre)
- March 8** Waterfront Neighbourhood Centre / Toronto  
Township of Schreiber
- March 11** Community Care Concepts of Woolwich Wellesley & Wilmont  
Parkdale Golden Age Foundation / Toronto  
University Settlement / Toronto  
Bernard Betel Centre / Toronto  
Kingsville Community Centre
- March 12** Better Living Health and Community Services – Deauville Place  
Community Centre 55 / Toronto
- March 14** South Gate Centre / Woodstock

Funding provided by:

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







**Links2Wellbeing**  
social prescribing for older adults

## Impact Stories

Have you had fun this week?  
Have you engaged with peers for pure enjoyment?  
What do you need to make that happen?



Links2Wellbeing social prescribing participants report increased mental health and improved connection to their community. Whether engaging once a month, once a week, or daily, the benefits of social engagement and participation are evident. Take it from clients who have tried it!

**"Despite [my] osteoarthritis, I feel stronger...thanks to L2W's subsidy, I started joining more recreational activities. 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."**



### **Connect. Belong. Feel Better.**

**"I was a very quiet person and stayed by myself but now I am slowly becoming part of the group and making friends. There is always someone to talk to."**

**"This change makes me feel physically and mentally well. Regular food supply reduces my stress; exercise makes me feel better and manages loneliness."**

**"After my stroke, I was almost confined at home, scared to go outside due to my ill health, language barrier and lack of confidence; my children were worried about my health too. Now I am able to ...socialize with many people, [am] more energetic & confident with better mood & sleep. My children are also happy with my improved health."**

The Links2Wellbeing project continues to accept interest from potential referral partners in the healthcare sector as well as from Seniors Active Living Centres wishing to engage in social prescribing.

**Contact: [L2W@oacao.org](mailto:L2W@oacao.org)**





## Survey on Group Singing



Interested in starting a singing group at your Centre? Or do you already run a choir but would like to learn best practices for harnessing the power of group singing to enhance social inclusion and wellbeing? If so, we'd love to hear from you!

**SingWell**, in collaboration with the OACAO and Alliance for Healthier Communities, is looking to support SALCs, Older Adult Centres, and Community Health Centres who are interested in initiating new or enhancing existing singing groups. Through their world-leading research, evidence-based practices, and seed funding, SingWell is excited to support you in activating the benefits of group singing for wellbeing and communication.

If you're interested in learning more and staying in touch, please fill out this brief survey!



**SingWell**  
SING MORE. BE WELL.

Older Adult Centres' Association of Ontario  
Association des centres pour aînés de l'Ontario



Alliance for Healthier Communities  
Alliance pour des communautés en santé

**OACAO**

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







## COMING SOON: SILVER SCREAMERS

If you're looking for a story filled with laughter, heart, creativity, and fearless reinvention, keep an eye out for *Silver Screammers* — a joyful and inspiring documentary that is already making waves at film festivals in Canada and internationally.

Recently previewed by **Julie Pennal of Oakville Seniors Services**, *Silver Screammers* follows a spirited group of older adults who set out to do something completely unexpected: make a horror film. Guided by a local filmmaker and fueled by curiosity and courage, the group steps far outside their comfort zones, navigating the ups and downs of low-budget movie-making with humour, resilience, and plenty of camaraderie. Along the way, they build confidence, form meaningful connections, and prove that creativity — and bravery — have no age limit.

The film delivers an uplifting message that resonates deeply with senior centres and communities: *you're never too old to try something new, tell your story, or chase a bold idea*. With plenty of laughs, touching moments, and DIY special effects, *Silver Screammers* challenges stereotypes about aging and celebrates second acts, teamwork, and imagination. The project was **partly funded by the Government of Canada's New Horizons for Seniors Program**, underscoring the importance of investing in creative, community-based initiatives that showcase older adults thriving.

Following its **late-February release**, plans are underway to host a **special community screening in Oakville in Spring 2026**, inviting **OACAO Golden Horseshoe Region members** (and other Regions too!) to join our friends in Oakville, community partners, and neighbours to come together for a shared experience of joy and inspiration. Oakville Seniors Services is also exploring opportunities to collaborate with neighbouring municipalities to reach an even wider audience.

More details to follow, including dates and how centres can get involved. For now, consider this your sneak peek into a film that reminds us all that it's never too late to scream... with delight.



**Check out the Trailer here:**

<https://www.youtube.com/watch?v=DpT0fO2svr8>

# OACAO

Winter 2026

## 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	<a href="mailto:nora.jones@townofws.ca">nora.jones@townofws.ca</a>	TBD
Eastern	Don Amos	<a href="mailto:DonA@seniorskingston.ca">DonA@seniorskingston.ca</a>	February 24 10am (Virtual)
Golden Horseshoe	Julie Pennal	<a href="mailto:Julie.pennal@oakville.ca">Julie.pennal@oakville.ca</a>	February 10 10am (Virtual) AND March 26 1pm-4pm (In-Person - Oakville)
Grand River	Sarah Feeney - Martin	<a href="mailto:Sarah@oacao.org">Sarah@oacao.org</a>	March 19 10am-2pm (in-Person - Kitchener)
Metro	Lisa Tobio	<a href="mailto:yorkfairbank@on.aibn.com">yorkfairbank@on.aibn.com</a>	January 20 9:30 am (Virtual)
Northern Regions	John Richer	<a href="mailto:john.richer@greatersudbury.ca">john.richer@greatersudbury.ca</a>	January 19 1pm (Virtual)
South West	Jennifer Jones	<a href="mailto:jjones@bgclondon.ca">jjones@bgclondon.ca</a>	January 22 1:30 pm (Virtual)



## Upcoming Grants

### Ontario Trillium Foundation Capital Grant

**Amount awarded (per year)**

**Minimum \$10,000**

**Maximum \$200,000**

**Application period**

**February 4, 2026 - March 4, 2026,  
at 5:00 p.m. ET.**

### **For More Details**

**Ontario Trillium Foundation**

**Ontario Trillium Capital Grant**

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

### **Deadline for Applications**

**Wednesday, January 14, 2026 at  
5:00 p.m. Eastern Standard Time  
(EST).**

For technical support related to Transfer Payment Ontario please contact Transfer Payment Ontario (TPON) Client Care:

- Monday to Friday 8:30 a.m. to 5:00 p.m. Eastern Standard Time (EST).
- Toronto: (416) 325-6691
- Toll Free: 1-855-216-3090
- TTY/Teletypewriter (for the hearing impaired): 416-325-3408 / Toll free: 1-800-268-7095

Email: [TPONCC@ontario.ca](mailto:TPONCC@ontario.ca)



**Winter 2026**

## Capital Grant

Improve community facilities and physical spaces. Capital grants provide funding over one year to help organizations respond to improve community facilities and physical spaces

### **Improve physical spaces for community use**

Capital Grants fund projects that update buildings, enhance physical spaces, and purchase fixed and non-fixed equipment so people and communities can thrive.

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

## Ontario 2026 Summer Employment Opportunities (SEO) Program

The Summer Employment Opportunities (SEO) Program provides funding to not-for-profit organizations, municipalities, Indigenous organizations, and First Nation communities to create career-related summer employment opportunities for students. The summer employment positions must focus on activities supporting key sectors of tourism, culture, sport and recreation within the Ministry of Tourism, Culture and Gaming and the Ministry of Sport. The SEO Program position must offer training, work experience and skills transferable to the general workforce and to future careers.

The application can be found on **Transfer Payment Ontario** and accessed by logging into your **My Ontario account**. All applications must be submitted online, in either English or French, through **Transfer Payment Ontario**.

## Upcoming Grants

### **La date limite pour présenter une demande**

**le mercredi 14 janvier 2026 à 17  
heures (heure normale de l'Est)**

Pour obtenir un soutien technique concernant Paiement de transfert Ontario, veuillez contacter le service à la clientèle de Paiement de transfert Ontario (PTO) :

- Du lundi au vendredi de 8 h 30 à 17 h, heure normale de l'Est (HNE).
- Toronto : 416 325-6691
- Sans frais : 1 855 216-3090
- ATS/téléscripteur (pour personnes malentendantes) : 416 325-3408 /sans frais : 1 800 268-7095
- Courriel : [TPONCC@ontario.ca](mailto:TPONCC@ontario.ca)



### **Coup d'envoi du Perspectives d'emplois d'été 2026**

Le Perspectives d'emplois d'été offre un financement à des organismes sans but lucratif, à des municipalités, à des organismes autochtones et à des communautés des Premières Nations afin de créer des emplois d'été préparant à une carrière à l'intention des étudiantes et des étudiants. Les emplois d'été doivent être axés sur des activités qui soutiennent des secteurs clés tels que le tourisme, la culture, du sport et les loisirs au sein du ministère du tourisme, de la culture et des jeux et ministère du Sport. En outre, dans le cadre du PEME, les emplois créés doivent offrir une formation, une expérience professionnelle et la possibilité d'acquérir des compétences transférables sur le marché du travail général et dans les carrières futures.

Veuillez consulter les lignes directrices du Perspectives d'emplois d'été pour obtenir des renseignements sur les diverses priorités des ministères, pour déterminer l'admissibilité de votre organisme et pour vous familiariser avec les critères particuliers du programme en vue de l'embauche d'une étudiante ou d'un étudiant. La demande se trouve sur **Paiements de transfert Ontario** et est accessible sur **compte Mon Ontario**. Toutes les demandes doivent être présentées en ligne, en français ou en anglais, sur le site de **Paiements de transfert Ontario**.



**Elder Abuse  
Prevention  
Ontario**

## Elder Abuse Prevention Ontario

Elder abuse is an insidious and escalating social issue, violating the human rights of older adults. Studies show, that (8 - 10%) of Canadians experience some form of abuse or neglect, yet we know that these figures are significantly higher, as incidents are often unreported.



EAPO, recognized for its leadership in EA prevention, (whether **raising awareness** through public **educational forums**, **training service professionals** across all sectors or **developing tools and resources for seniors'** community groups), is helping **everyone** better understand the complexity of issues around elder abuse. To learn how YOU can recognize the warning signs and then respond appropriately, please visit: [www.eapon.ca](http://www.eapon.ca).

### Please plan to join us at these upcoming provincial webinars:

- ▶ **December 3, 2025 : [Mutual mistreatment in the context of caregiving: When Neurocognitive Disorders Spark Confusion](#)**
- ▶ **January 29, 2026 : [Services for Newcomers](#) (An EAPO webinar series in partnership with Service Canada: *Empowering your Life!*)**



- » We've launched the 2<sup>nd</sup> Season of our Podcast, *Aging Vibrantly: Conversations to Empower Seniors*, the show where we amplify the voices of seniors.

Join Elder Abuse Prevention Ontario, and special guests as they share insights on topics of aging, ageism and Human Rights, elder abuse prevention, powers of attorney, frauds and scams, the importance of intergenerational connections and... more.

Each episode features an older adult who imparts their expertise, wisdom and perspectives, to further enhance our understanding of aging and living a full, safe and fulfilling life with dignity and respect.

Check out all the podcast episodes on [iTunes](#), [Spotify](#) or [Youtube](#) or wherever you listen to your favorite podcasts!

» [www.eapon.ca/podcast](http://www.eapon.ca/podcast)

@EAPreventionON

[eapon.ca](http://eapon.ca)

Funded by: **Ontario** 



## Shared Stories, Shared Strength: Updates from our OACAO Members



CENTRAL NEIGHBOURHOOD HOUSE  
NEIGHBOURHOOD LINK  
ST. STEPHEN'S COMMUNITY HOUSE

### The Neighbourhood Group Community Services

**Date:** Thursday, September 11  
**Time:** Luncheon Celebration  
**Location:** Grandeur Palace, Scarborough  
**Attendance:** 180 guests

### *Pui Hong Chinese Seniors Program 35th Anniversary Celebration*

Pui Hong Chinese Seniors Program proudly celebrated its 35th Anniversary with a lively lunchtime gathering supported by the Ontario government. Long-time members, volunteers, and community partners came together for a warm and joyful midday celebration. A special highlight was the presence of our eldest guest—a 98-year-old long-term member—who enjoyed reconnecting with old friends in this cheerful lunchtime setting.

#### **Performances & Program Activities**

The luncheon program featured a wonderful selection of performances by seniors, including: Instrumental and big band music, Dance presentations and Choir performances. Guests enjoyed a delicious lunch banquet, lucky draw prizes, commemorative souvenirs, and a special 35th Anniversary booklet.

#### **Volunteer & Member Recognition**

We were honored to welcome CEO Bill Sinclair, who offered warm congratulations and presented Recognition Certificates to volunteers and members with over 15 years of devoted service. We also extend our thanks to the representative of MPP Mary-Margaret McMahon for attending and sharing a congratulatory message on her behalf.

#### **A Stronger Community**

This meaningful midday celebration strengthened community connections and highlighted the dedication, energy, and resilience of our seniors, volunteers, and supporters. We look forward to continuing to build a vibrant and welcoming community for older adults in the years ahead.

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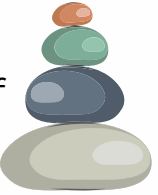




**OAKVILLE**  
**Colborne Senior Centre**

## ***Stronger & Steadier Program 50+***

In partnership with Oakville Trafalgar Memorial Hospital, we are excited to share the addition of Stronger and Steadier 50+ to our compliment of fitness offerings with the Town of Oakville!



This program focuses on fall prevention by building strength, balance, and stability. Whether recovering from a fall, or proactively mitigating the risk of falling, everyone is welcome. Exercises will focus on gait, core and quadricep muscles, ankle strength and flexibility, and overall endurance.

***Walking implements and support personnel are welcome.***



**Growing  
Stronger**





## NorMac Seniors: Never Too Old to Play

At the North McIntyre Rec Centre in Thunder Bay, we've always believed that age is just a number — but our Nor-Mac Seniors bring that belief to life every single week. With humour, curiosity, and a fearless willingness to try something new, they remind us just how joyful it is to stay playful at every age.

Their adventures are a delight to watch: zipping down a bouncy castle slide, spinning on a carousel, exploring playground equipment, and taking whimsical rides on mall stuffy riders. Their laughter is contagious and their enthusiasm makes it impossible not to smile.



But their energy doesn't stop at play. Twice a week, the group gathers for a lively exercise program that keeps everyone moving, stretching, and encouraging one another. One of those days flows naturally into coffee, snacks, conversation, and plenty of fellowship. Recently, they've even taken up singing — filling the room with voices as spirited as their outlook.



What truly inspires us is their eagerness to keep learning. From tackling technology to exploring how our bodies move, they are always ready to say "yes" to something new. They show us that growing older doesn't mean slowing down; it means bringing a lifetime of courage and openness to every experience.

We're incredibly proud of this group. Through play, movement, learning, and community, they prove that joy has no age limit — and that we are all children at heart. Their example is a reminder to stay curious, stay active, stay connected, and above all, to never be too old to try something new.







## Chinese Senior Active Living Centre



### *Building Belonging Through Culture at Redleaf's Chinese SALC*

Redleaf Cultural Integration (RCI), a non-profit based in Burlington, Ontario, has been serving the Halton Chinese community since 2013. Committed to helping newcomers integrate into Canadian society, RCI offers programs that promote multiculturalism, physical and mental well-being, and community inclusion for all ages.



On September 20, 2025, RCI hosted the Mid-Autumn Festival celebration at the Burlington Seniors Centre, as part of its Chinese Seniors Active Living Centre (Chinese SALC) program. The event brought together nearly 200 community members and featured performances including music, dance, and Taichi, as well as the sharing of traditional mooncakes. The Halton Regional Police Choir also participated, highlighting community harmony and outreach. Ontario MPP, the Honorable Natalie Pierre, was present to offer her support and share greetings with attendees.

RCI is proud to be officially designated as one of Ontario's Senior Active Living Centres, a recognition that reflects over a decade of dedicated service to the Halton Chinese senior community. This designation underscores the importance of culturally tailored programming to meet the unique needs of Halton's Chinese seniors.

Additionally, RCI is delighted to be an OACAO Links2Wellbeing partner, offering social prescribing programs to the Halton Chinese seniors. We welcome referrals for older adults in Halton Region seeking social activities in Mandarin. RCI provides a well-established hybrid platform, delivering culturally relevant programs both virtually and in person. This initiative helps break the social isolation faced by older adults, enabling them to find a sense of belonging while overcoming language and cultural barriers.





## *Life After Fifty Keeps Windsorites Warm through Handmade Clothing*

by Brian MacLeod

Story featured in the Windsor Star, Nov 16 2025

Less fortunate Windsorites will be warmer this winter thanks to a donation of handmade clothing from Life after Fifty in Windsor.

The group is donating gloves and coats to the H4 (Homelessness and Housing Help Hub) in recognition of National Philanthropy Day on Nov. 15. The annual day was recognized by the Canadian government through an act of Parliament in 2012. Members of Life After Fifty hand knitted hundreds of gloves, scarves and gloves and blankets for H4. The contribution reflects its commitment to helping individuals live vibrant and healthy lives, Life After Fifty said in a release.

“This initiative is about more than crafting. It’s about building a compassionate support network, strengthening community ties, and showing that older adults are active, valued contributors to society,” said Tom Wilson, Life After Fifty executive director. The donations were crafted through the Stitching Bonds project. Life After Fifty provides recreational programs and support services for adults age 50 and up.

The donations were unveiled at an event at the WFCU Centre Wednesday. Jordan Nguyen, Program Director at H4, said the donations are representative of a caring community.



“We are incredibly grateful for the generosity shown by Life After Fifty and the older adults involved in the Stitching Bonds Project,” Nguyen said in a release. “These handcrafted items are more than just warm clothing — they’re symbols of care and community. Donations like this help us meet immediate needs while reminding our clients that they are seen, valued, and supported.”





**SOUTH GATE  
CENTRE**

## South Gate Centre's 12 Days of Christmas Lottery

Sixteen years ago, one of our fundraising co-chairs came forward with a creative idea — something fun, unique, and community-minded.

That idea became the 12 Days of Christmas Lottery, and it has grown into one of South Gate's largest and most joyful annual fundraisers, generating around \$30,000 each year to support programs for older adults.

SOUTH GATE CENTRE'S

\$25

# 12 DAYS OF CHRISTMAS Lottery

**DAILY CASH PRIZES**  
December 26, 2025 - January 6, 2026

**GRAND PRIZE**  
**\$10,000 DRAW**  
January 6, 2026

**YOU'VE GOTTA BE IN IT TO WIN IT!**

**LIMITED TICKETS GET YOURS NOW**

Get your tickets at:

- South Gate Centre
- FirstOntario Credit Union
- Jacko's Sports Bar
- Wellington Street Denture Clinic

or online at [www.southgatectr.com](http://www.southgatectr.com)

It truly is the gift that keeps giving. With 12 chances to win cash prizes after Christmas, the excitement builds day after day:

**On the first day of the lottery, SGC gave to me... \$100**

**On the second day of the lottery, SGC gave to me... \$200.**

**And on the 12th day of the lottery, SGC gave to me... \$10,000 cash!**

Every winning ticket goes back into the drum, giving participants multiple chances to win.

What started as a unique fundraising idea has become a cherished tradition — one that's fun for everyone while supporting a local charity that makes a real difference in the lives of older adults in our community.



**SOUTH GATE  
CENTRE**

**Tickets \$25**

Licensee: South Gate Centre License #: M550214

ALL PROCEEDS TO  
SOUTH GATE CENTRE.

Charitable Registration #  
119145209RR0001.

**GIVE THE GIFT THAT KEEPS GIVING...  
AND MAYBE WIN A LITTLE HOLIDAY MAGIC YOURSELF!**



## *Au Centre Pauline-Charron : un hiver d'impact, de solidarité et de créativité*

Au Centre Pauline-Charron, l'hiver n'est jamais synonyme de ralentissement. Bien au contraire : nos membres démontrent chaque semaine qu'ils sont au cœur de l'action communautaire, du mouvement et de la solidarité.

L'un des plus beaux exemples est notre Club de tricot, qui contribue depuis 2009 à soutenir des organismes de la région. Cette année seulement, ce sont 1155 items (tuques, mitaines, foulards, couvertures, bas, etc.) qui ont été confectionnés puis

donnés à des organisations telles que la Garderie Tournesol, le CSCV, le Centre Miriam, l'Épingle à linge, Espoir Sophie, Santé Bruyère et l'École Horizon Jeunesse. Au total, le Club de tricot du CPC a remis près de 29 600 items à la communauté depuis sa création, un geste continu de bienveillance et d'engagement intergénérationnel.

La solidarité se vit aussi à grande échelle avec le Déjeuner Flocons de neige, accueilli chaque année au CPC. La 19e édition a réuni 850 personnes et permis d'amasser 55 000 \$ pour la Banque alimentaire Partage Vanier.



En vue de la 20e édition, le CPC mène sa propre collecte d'articles d'hygiène personnelle. L'objectif initial de 1 000 articles,

déjà atteint, sera dépassé : plus de 1 500 items seront remis cette année, le 5 décembre 2025.

À travers ces actions, mais aussi grâce à nos activités physiques adaptées, à la cuisine communautaire, à la chorale, aux jeux, aux ateliers créatifs et au tricot, le CPC continue de briser l'isolement et de renforcer les liens entre les aînés de Vanier.

Alors que nous entrons dans la période des Fêtes, l'équipe et les bénévoles du Centre Pauline-Charron souhaite à tous et toutes un hiver chaleureux et lumineux. Et déjà, 2026 s'annonce riche en projets et en moments rassembleurs, dont la prochaine édition d'Éclats de scène.







West Scarborough Neighbourhood Community Centre

## West Scarborough Neighbourhood Community Centre



At West Scarborough Seniors' Club, we are dedicated to providing fitness, recreational and social programs for older adults aged 55 and above. Our diverse program offerings include a wide range of activities designed to help you stay healthy, active and connected. Our goal is to promote active living, foster community connections, & support personal growth while enhancing the overall health & well-being of our members.

We invite anyone interested in joining our community to stop by for a tour of our facility & experience one complimentary class in any of our programs. Come see how we can help you live your best life!

The Winter 2026 registration will begin on Wednesday, December 10, 2025, at 9:00 am. All seniors' programs, including fitness, cards, Pickleball, Badminton, and swimming classes will resume on Monday, January 5, 2026.

You have to be a member to register for senior programs.



### **Christmas Luncheon**

- Thursday, December 18, 2025

### **Mental Health Workshop - Financial Well-being & Fraud Prevention**

- Thursday, January 15, 2026

### **Winter Celebration Party**

- Thursday, February 19, 2026

### **Spring Celebration Party**

- Thursday, March 26, 2026

## Contact Us

416-755-9215 Ext. 230

Seniors' Divisional Manager - Afsana Chowdhury - Ext. 237 ([ACHowdhury@wsncc.org](mailto:ACHowdhury@wsncc.org))

Seniors' Services Coordinator - Leanne Doyle - Ext. 234 ([sclub@wsncc.org](mailto:sclub@wsncc.org))

Seniors' Wellness Coordinator - Mal Sahibzada - Ext. 226 ([seniors@wsncc.org](mailto:seniors@wsncc.org))



## Community Care for Seniors Association



*What started with one person has quickly grown into a lively weekly gathering for coffee, conversation and connection each Friday morning at the County Seniors' Centre.*

### *County Seniors' Centre Helps Combat Social Isolation*

A report from Community Care for Seniors, funded by the Retired Teachers of Ontario Foundation, highlighted the urgent need for a County Seniors' Centre to reduce isolation among older adults. With 35 percent of Prince Edward County residents over age 65—nearly double the provincial average—the need is especially pressing.

Since its official launch in July, the Centre has offered programs five days a week, from fitness and tai chi to knitting, art classes, Wii Bowling, and Friday coffee socials. Hundreds of seniors have taken part, staying active, connected, and engaged.

“We want all seniors to live well at home, stay active, and remain connected to their community,” says Gary Buffett, coordinator at Community Care. “Our Friday coffee chats have been a big success. What started with one person has quickly grown into a lively weekly gathering.”

The impact is clear. Terry Sprague, who lives alone, says the Centre has been “a life changer” after years of pandemic isolation. Volunteer Terri Bailey calls it “a diverse, welcoming group where everyone has something to share.”

And 95-year-old Leslie Toth, a retired tailor, now looks forward each week to walking over, chatting with new friends, and sharing his craft.

For many seniors, these connections are more than social—they're vital for well-being. As Leslie's daughter notes, “He comes home energized and excited to share the experience with us. The Seniors' Centre has been wonderful.”



## Rexdale Community Health Centre



### Community Partnerships Produces Beautiful Art

The Seniors' Program at Rexdale Community Health Centre was approached by monstrARTity, an award-winning non-for-profit, to provide visual art classes from a Southeast Asian perspective to RCHC seniors.

Based in neighbouring Mississauga, monstrARTity works to fill systemic cultural and economic gaps in underserved diverse communities with professionally-led arts workshops to reduce feelings of isolation.

Jasmin Pannu, instructed the class and had this to share:

*"I had the great pleasure of teaching a wonderful group of young-at-heart emerging artists! Through our weeks together we painted beautiful tiles that incorporated South Asian design, as well as listened to nostalgic Bollywood music and even made crafts to gift to one another. I looked forward to teaching each and every week!"*

The visual art classes ran through September and October for 6-weeks cumulating with an art exhibition at a Diwali celebration in Mississauga on October 15<sup>th</sup>.

RCHC is grateful to monstrARTity for its support of our seniors and relies on partnerships with community organizations like these to bring art programming to seniors in our Rexdale community.







**Circle of Care**  
Sinai Health

## *Taking Every Step Forward Together: Exercise Programming for Seniors*



As we age, staying healthy means keeping our bodies active, our minds sharp, and our hearts connected. Each week, Circle of Care offers a range of programs, from interactive webinars and social gatherings to exercise classes and community events, that help seniors to stay active, learn, and build lasting connections. At the heart of everything we do is our commitment to supporting seniors' overall well-being and independence.

### **Nature Walks: A Path to Better Health for Seniors**

As the seasons changed, our team and clients went on a nature walk at Mill Pond Park to take in the fall colours. Outdoor educator, Sean Hurley-Hart, led seniors through the forest paths, teaching everyone about the local plants and wildlife.

For Mila Robinson, our Supervisor of Exercise and Falls Prevention Programs, the nature walk was a refreshing change in seniors' routines. "Seeing our seniors smile, share stories, and learn outdoors shows why these programs matter. Simple, meaningful activities like this keep us all connected and support well-being."

Walking in nature provides an ideal form of low-impact exercise for seniors. It improves circulation, strengthens muscles, and enhances balance, helping to prevent falls and maintain mobility. For seniors coping with isolation or grief, spending time in nature with others can also provide much-needed comfort during difficult times.

This nature walk was an extension of the free in-person and virtual exercise and falls prevention classes funded by Ontario Health atHome. Designed to build strength and improve balance, exercise and falls prevention programs help seniors stay active, reduce falls risks and maintain control over their health and mobility



### **Let's Connect**

**If you support clients who could benefit from structured, engaging programming, we'd love to hear from you. Please contact Mila Robinson at [mrobinson@circleofcare.com](mailto:mrobinson@circleofcare.com) or by phone at 416-358-4152.**



## *Windsor - Essex Black Seniors Centre: A Vibrant Community Hub*

We are a young center that started operations in Windsor in April this year. Our centre is unique in that it caters to seniors of African descent, many of whom are new to Canada and may not be proficient in English. To address this, we provide interpreter services to facilitate easy communication in the centre.

Our membership is diverse and growing, with seniors from Eritrea, South Sudan, Liberia, Uganda, Jamaica, Trinidad, Cameroon, Ethiopia, Nigeria, and other countries.

We offer a range of activities, including:

Exercises tailored for seniors, health talks, board games, memory games like Vita mahjong, drama, dance, singing, peer to peer sharing, communal dining with menus featuring dishes from our members' cultural backgrounds (injera from Eritrea, Cameroonian beans, pounded yam with egusi soup from Nigeria, jerk chicken, rice and peas from the Caribbean, etc.)

We also have a Cangrow tower for soil less indoor planting of herbs and vegetables, and recently hosted local film producers who engaged our seniors in short drama sketches.

Robust activities take place on Mondays and Thursdays, with annual membership fee of \$20.

Our centre is run under the leadership of Mrs. Abiola Afolabi, assisted by dedicated seniors and volunteers.

We invite seniors in our community to join us and have fun!

519 300 6237  
Email- [info@ncceep.com](mailto:info@ncceep.com)

1356 Tecumseh Road West  
Windsor ON  
N9B 1T4.



## *Aurora Seniors Centre: A Virtual Hub of Connection and Wellness*

The Town of Aurora Seniors Centre continues to thrive as a leader in virtual community engagement, thanks to the ongoing success of our Without Walls (WOW) programming. Designed to bring the warmth, connection, and activity of the Seniors Centre directly into participants' homes, WOW has grown into a dynamic virtual hub supporting older adults across Aurora and beyond.

WOW is fully accessible, completely free, and open to all—no membership required. Programs are offered through both Zoom and teleconference, ensuring everyone can participate regardless of comfort with technology or internet access. Telephone programs operate as multi-person conversations, creating meaningful social connections from the comfort of home.

With programming available six days a week, WOW offers an impressive range of 30-minute sessions that support physical wellness, cognitive engagement, and social connection. Participants can choose from exercise classes, recreational programs, and interactive games that keep them active and engaged.

WOW, also provides valuable learning opportunities. Our Weekly Walking Club Seminar is available via zoom. This features educational topics ranging from healthy living to mental well-being. Monthly seminars further explore key themes of successful aging with November's focus on Fall Prevention being a recent example.

A highlight this season is our ongoing partnership with DELIGHT, an 8-week program promoting health and well-being for individuals living with dementia and their care partners. The program blends physical activity, social connection, and shared learning twice weekly.



**Our WOW programming continues to foster belonging, engagement, and healthy aging; proving that community connection extends far beyond physical walls. Together, we have created a community centre that is truly accessible from the comfort of home.**





## *It's That Time of Year Again: SAKR's Annual Fundraising Campaign*

### SENIORS ASSOCIATION

**KINGSTON REGION**

**Seniors Association  
Kingston Region**



Each fall, the Seniors Association Kingston Region (SAKR) launches its Annual Fundraising Campaign. This is a community-powered effort that blends strategy and meaningful personal connection to raise essential funds for our association and its members. Running from October through December, the campaign helps us sustain the Association's operations, ensuring programs remain accessible and affordable.

This year, the campaign aims to raise \$125,000, and it begins with a remarkable offering. Jay Raynor and Graeme Fraser, trustees of the Larry Gibson Estate, have pledged a commitment to match every dollar donated up to \$30,000. Their contribution, now offered for the eighth consecutive year, instantly doubles the impact of every donation and creates powerful early momentum for the campaign. This tradition of generosity has become a cornerstone of the campaign's launch, inspiring others to give and strengthen our community of supporters.

Our annual fundraising campaign strategy is a multi-channel approach. Executive Director Don Amos personally engages with the community to explore matching and estate gifts, ensuring contributions align with donor values. Our Board members play an active role as well: they make personal calls to past and prospective donors, encouraging, and set up an information table in our lobby to answer questions and help guide donations. The communications team promotes the campaign through our monthly publication (Vista), social media, radio, and TV commercials, keeping our message visible and accessible.

The Association's Annual campaign works best when it's consistent, easy to understand, and connected to the community. Donors feel comfortable giving when they see openness and real results. When we, as an organization, show up every year with a clear plan and honest updates, people begin to view the campaign as a tradition and something they believe in and want to keep supporting. With matched donations doubling early gifts and community engagement at the forefront, our 2025 campaign is poised for another successful season of generosity and connection.

## *UCCS Partners with SeniorCare Tech to Support Seniors with Technology*



This fall, the Unionville Community Centre for Seniors (UCCS) proudly partnered with SeniorCare Tech to host an afternoon dedicated to helping older adults navigate their technology challenges

During the event, local high school students that volunteer with the SeniorCare Tech organization were paired one-on-one with our seniors, creating a supportive and friendly learning environment. Together, they worked through a wide range of questions and tasks. Some seniors learned how to transfer and organize photos so they could preserve cherished memories. Others were introduced to Excel and guided through its basic functions. Many participants also received help using Zoom—an essential tool for staying connected with family, or participating in online programs offered through UCCS. The students took their time explaining each step clearly, making sure every senior felt

comfortable and supported. In return, the students enjoyed meaningful conversations, stories, and the chance to learn from the life experiences of the seniors they assisted.

The afternoon was filled with conversation, collaboration, and plenty of laughter as participants gained new skills at their own pace. Seniors expressed appreciation for the patience and clarity offered by the students, while the students valued the opportunity to give back and learn from the experiences of older adults.

By the end of the session, participants left not only with practical knowledge but also with a renewed sense of confidence when using their devices. This successful partnership highlights the power of intergenerational learning and reflects UCCS's ongoing commitment to fostering connection, independence, and community engagement among our seniors. More technology-learning experiences are planned for the future to ensure that UCCS continues to support our membership in a ever changing digital age.







## *At Home with The Echo Centre: Bringing Wellness, Creativity, and Connection to Seniors Across the Community*

The Echo Centre is proud to continue supporting older adults with our innovative **At Home with The Echo Centre Kits**, an initiative designed to keep seniors engaged, creative, and connected no matter where they are. What began as a simple idea, to extend programming beyond the walls of the centre, has grown into a successful program that reaches seniors who may face barriers such as transportation challenges, mobility limitations, or preference for at-home activities.

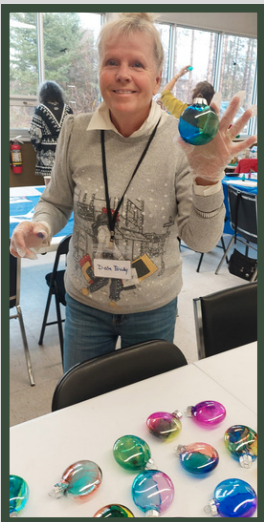
Each month, Echo Centre staff and volunteers assemble themed activity kits that mirror and support the in-person programming offered at the centre. These kits include all materials and content needed to complete the same activities at home-whether it's a craft project, seasonal activity, workshop/presentation, wellness prompts, and information on community resources. Designed to encourage learning, creativity, mindfulness, and fun, the kits bring the experience of the Echo Centre's welcoming, supportive environment directly into participants' homes, ensuring everyone can stay engaged even if they are unable to attend in person.

The feedback from the community has been, overwhelmingly, positive. Many participants share that the kits have given them "something to look forward to", especially on days when getting out is difficult. Others appreciate the sense of connection they feel knowing the centre is thinking of them and providing opportunities to stay mentally active and engaged. Families have also expressed how meaningful it is to complete the kits together-grandparents often share that the activities provide a special opportunity to spend quality time with their grandchildren, creating memories and enjoying the projects as a shared experience.

The **At Home with The Echo Centre Kits** also help reduce isolation by offering seniors a way to participate in Echo Centre programs at their own pace. For some, the kits serve as a bridge - encouraging them to visit the centre when they feel comfortable or when transportation becomes available. For others, the kits are a vital lifeline that keeps them involved even if in-person participation isn't possible. This initiative reflects the Echo Centre's commitment to accessibility, inclusivity, and responsive community programming. Meeting seniors where they are -literally- the centre ensures that everyone has the opportunity to stay connected, active, and supported.



**The Echo Centre looks forward to expanding the program, introducing new materials, and continuing to adapt the kits to meet the changing needs of older adults in the community. For many participants, the message is clear: while the building may be the hub, the heart of the Echo Centre reaches far beyond its doors. And with the At Home with The Echo Centre Kits, seniors can continue to experience that warmth and connection from the comfort of home.**



## *Ryde Community Co-op Inc. (Gravenhurst) Celebrates Creativity & Community Give Back Spirit*

November has been a wonderfully creative month at the Ryde Co-op, with seniors eagerly taking part in ten winter themed craft-making opportunities to create a special piece to give as a gift or enjoy themselves all season long. From festive décor to imaginative art pieces, the community's enthusiasm for educational, hands-on activities was fulfilled by talented local artist instructors - thank you!

One of the month's highlights was "Calling All Crafty Elves". More than 15 participants gathered for an afternoon of colour, creativity, and camaraderie with instructor Nancy McAulay. Tables were filled with ornaments, vibrant inks, and plenty of laughter as our senior elves worked together to create 90 beautiful holiday keepsakes.

But the heart of the event stretched beyond the Ryde Co-op's walls. The handcrafted ornaments were made as gifts for residents of The Alexander Muskoka Retirement

Residence. Each one of a kind ornament was created with care and will be gift wrapped with a holiday tag reminder that the Ryde community is thinking of them. This holiday season, every Alexander Muskoka senior will have a gift to open, feel happiness and enjoy the warmth of color all month long.

**Events like these embody what the Ryde Co-op is all about—community connection, creativity, and kindness. With strong participation and a warm spirit of giving, November's crafting sessions have truly showcased the Ryde Co-op's dedication to inclusive programs and events that enrich lives.**





C'est avec grand plaisir que nous nous sommes retrouvés en septembre après une pause bien appréciée. Cette année, un élément organisateur des activités est notre projet : « **En avant la musique pour les aînés de Peel** » que nous mettons en place grâce à une subvention du programme Nouveaux Horizons pour les aînés. Preuve qu'il n'y a pas d'âge pour apprendre la musique, un groupe enthousiaste se réunit pour apprendre à jouer le ukulélé, et après les fêtes l'apprentissage du xylophone sera offert également. Nous continuons d'élargir nos horizons musicaux avec Christopher Hall, qui nous fait connaître et apprécier le jazz. La chorale Coup d'chœur répète régulièrement, en vue de chanter lors du dîner de Noël, et, qui sait, offrira peut-être un mini concert plus tard dans l'année.

Et, on bouge : des marches nordiques pour admirer les couleurs d'automne, du pilates, du yoga sur chaise, de l'aquaforme, des exercices de renforcement musculaire. La danse en ligne est toujours populaire.

Quel meilleur moyen de se connaître que de se réunir autour d'une table ? À chaque mois, le groupe d'hommes organise « à la soupe », et nous fait découvrir la cuisine des autres

À la demande des membres, Geneviève Quintin, coordonnatrice du Consortium national de formation en santé – volet Glendon, a animé le programme « Mémoire et vieillissement » qui nous a permis de mieux



comprendre la mémoire, comment elle change avec l'âge et apprendre des stratégies pour y palier. On ne néglige pas la dimension artistique – on tricote, on coud, on griffonne, on fait des cartes de vœux. Nous avons même découvert la technique d'aquarelle avec des sessions en ligne. Le programme d'automne clôturera le 17 décembre avec la fête de Noël, toujours très populaire et bien appréciée pour son ambiance amicale, son divertissement musical et le tirage de prix.



Pour en savoir plus sur notre programmation, visitez notre site web : [www.retraiteactivepeel.ca](http://www.retraiteactivepeel.ca)



As we say goodbye to autumn and winter settles in across Muskoka, the WISE Mobile Active Living Centre is buzzing with activity, connection, and community spirit. We hosted numerous programs this season that were specifically designed to keep older adults active, engaged, and supported—right in the heart of their communities.

Looking ahead, we are excited to continue offering our Culture and Cuisine for Older Adults programming funded in part by New Horizons for Seniors Programs. Older adults have had the pleasure of experiencing cuisine from the Philippines, Thailand, Vietnam, Ukraine, Caribbean, and Syria while expanding cultural knowledge and understanding. In January, WISE is excited to offer culinary experiences online so seniors can learn about cooking dishes from different parts of the world.



On October 1<sup>st</sup>, WISE reinstated a program introduced during the pandemic called 'WISE Without Walls'. Inspired by the innovation of centres like the Good Companions in Ottawa, this weekly telephone-based program supports older adults in Muskoka who find it difficult to attend in-person programs. We've put a new spin on the program by offering multiple themes to accommodate different interests: Wellness Wednesdays, Artfully Aging, Games Days, Anything Goes and What's Happening Muskoka.



Winter in Muskoka offers unique opportunities to explore the beauty of nature. This season, WISE is offering a new snowshoeing initiative called 'Winter Wanderers'. The program encourages seniors to get out and explore the various trails across Muskoka while staying active. Participants complete a passport of the trails they have visited for a chance to win a prize.







This past season at YECC has been a vibrant one filled with learning, togetherness, and creativity. Along with our regular programming, we were excited to introduce new evening programs for older adults—an offering that has already been warmly received and allowed for even more opportunities to connect.

Our members enjoyed a meaningful mix of programs and outings that celebrated connection, wellness, and the spirit of giving.

One of the highlights was welcoming a Nursing Student from York University, who led an engaging health-based trivia session. Covering popular aging topics and practical wellness facts, the session offered both an opportunity to learn and a chance to connect with a future healthcare professional—something our participants truly appreciated



We also enjoyed a wonderful lunch outing to Mandarin, with 26 members attending. The group shared delicious food, good conversation, and plenty of laughter. For many, it was a welcome opportunity to enjoy fellowship outside the Centre, strengthen friendships, and savour the variety of dishes the restaurant is known for.

Creativity was alive at YECC this season as well. Members crafted beautifully spooky Halloween wreaths—each one unique, festive, and full of personality. The activity sparked joy, artistic expression, and many compliments on the finished creations.



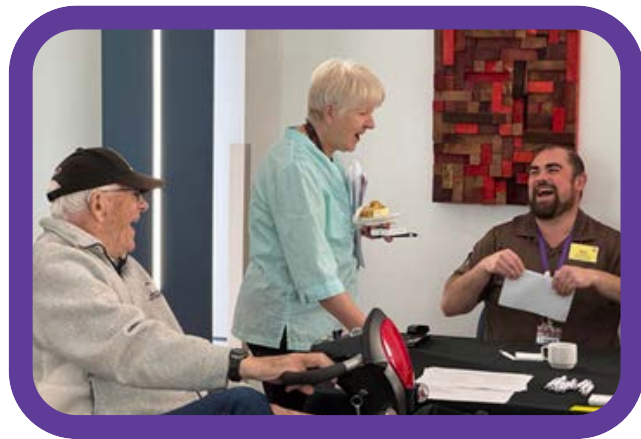
To welcome the new season with kindness, our knitting group made a meaningful contribution by donating their handmade items to three local charities, including Covenant House and Oasis Clothing Bank. Their generosity will help bring warmth, comfort, and cheer to individuals and families in need as the colder months approach.



## *A Hidden Gem for Seniors and Veterans in Alta Vista*

Perley Health is thrilled to announce the opening of our new Active Seniors and Veterans Living Centre. The Centre, located on Perley Health's campus, held its Open House on October 1st, 2025, in recognition of National Seniors Day, and welcomed over 50 community members to celebrate the opening of a new vibrant community hub for Seniors and Veterans.

The Open House featured guest speakers including Dr. Annie Robitaille from the University of Ottawa and Bonnie Schroeder from Council on Aging, booths and resources to learn more about programs and services from the community and within Perley Health, and activities and tours of the new Active Living Centre.



The Active Seniors and Veterans Living Centre by Perley Health is a welcoming space open to everyone aged 55 and older in our local community. You don't have to live at Perley Health to join. The Centre offers a wide variety of affordable programs—from fitness and wellness to creative arts, lifelong learning, and social activities—all created with and for older adults to promote independence, connection and healthy aging.

Each week, the Centre's schedule is filled with opportunities to move your body, engage your mind, and connect with others. There are yoga classes, tech tutorials, art and music sessions, and discussion circles on topics that matter to older adults. Veteran-specific programs offer space for those who've served to share stories and enjoy camaraderie with peers who understand their experiences

Funded in part by the Government of Ontario's Ministry for Seniors and Accessibility and the Perley Health Foundation, the Active Seniors and Veterans Living Centre is a cornerstone of Perley Health's mission to help older adults' live life to the fullest—right here in our neighbourhood.

To learn more about upcoming programs email [salcinfo@perleyhealth.ca](mailto:salcinfo@perleyhealth.ca) or call 613-526-7170 ext. 2846 to speak with a staff member about getting started.





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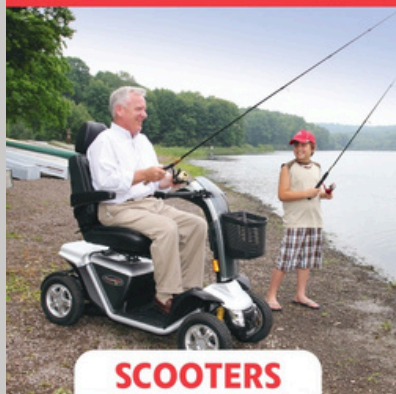
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## 4 TIPS *for* NAVIGATING CONVERSATIONS WITH LOVED ONES



### How seniors can build connections and get support if they need it

The holiday season is a time to connect and celebrate with loved ones. For many seniors, it's also an opportunity to have important conversations with family about the support they may need. Whether it's assistance with daily tasks, managing health concerns, or simply spending more time together, these conversations can help you feel more connected and supported.

When we share our needs, it not only benefits us, but also allows others an opportunity to show they care. Often, loved ones want to help — they just may not know how unless we are honest about what we need.

Here are four tips for conversations with loved ones this holiday season:

#### 1. It's ok to ask for help if needed

Needing help with tasks like mobility, managing health, or staying socially connected is natural. Everyone needs assistance at different points in life, and asking for it can help you to stay healthier and have a better quality of life. Asking for support is a sign of self-awareness and strength; not a loss of independence.

Recognizing that asking for help is normal can ease any feelings of embarrassment or hesitation.

#### 2. It's ok to ask for more time together

The holidays can bring joy, but they can also highlight feelings of isolation. If you're feeling lonely, don't

hesitate to ask for more time with your loved ones. Sharing your feelings can lead to more meaningful connections and help combat loneliness.



#### 3. Be clear and honest about your needs

It's important to express exactly what you need, whether it's help with daily tasks or emotional support. By being open, you help your loved ones understand how they can assist you.

#### 4. Accept support if you need it, even if you didn't ask

Sometimes, your loved ones may offer help before you ask for it. It's important to recognize that their offer comes from a place of care, and accepting it doesn't diminish your independence. In fact, their help may also be their way of feeling useful or showing they care. If the offer doesn't align with what you need, be honest about what would be most helpful.

#### A Holiday Season of Connection

The holidays are a time to reflect on the year, enjoy each other's company, and strengthen connections. By having open, honest conversations about your needs, you can create a more meaningful holiday season where everyone feels appreciated and supported. Starting these conversations may feel uncomfortable at first, but they help make your time with family and friends more rewarding — and ensure your needs are met in a practical way.

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**Sound Advice on Hearing Health**, offered by Canadian Hearing Services, is a series of **free** workshops designed to help older adults with suspected or confirmed hearing loss improve communication and reconnect with the world around them.

Delivered in **small group settings**, both **virtually and in-person**, this 5-week program provides a welcoming space for learning, sharing, and building confidence. Friends and family members are encouraged to join, helping to strengthen communication at home and beyond.

Workshops are offered in **English** and **French**, ensuring accessible support for communities.

#### What Participants Gain:

- Better understanding of their hearing health
- Practical strategies for clearer communication
- Tools to express communication needs and self-advocate
- Increased confidence and reduced feelings of isolation

**A new series begins in January.**

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## NAVIGATING HEARING LOSS DURING HOLIDAY SOCIAL GATHERINGS.

The holiday season brings joyful moments, warm conversations, and plenty of opportunities to connect—but it can also be challenging if you're living with hearing loss.

Busy rooms, clinking dishes, background music, and multiple conversations at once can make it harder to follow along. With a few simple strategies, you can enjoy the season with more comfort and confidence.

### Choose your seat wisely.

Position yourself where you can clearly see people's faces—visual cues like lip movements and expressions help conversations feel easier. Try to sit away from loud speakers or kitchens, where noise tends to build.

### Set the scene for success.

If you're hosting, keep music low and use warm, balanced lighting. If you're a guest, don't hesitate to ask for small adjustments. Most hosts are happy to help make the environment more comfortable.

### Share your needs openly.

Let friends and family know the best way to communicate with you—speaking clearly, getting your attention first, or reducing background noise when possible. Open conversations can make social moments feel less stressful for everyone.

### Take listening breaks.

Even with great communication strategies, holiday gatherings can be tiring. Step away for a few minutes of quiet to recharge before returning to the fun.

### Make the most of your hearing technology.

If you use hearing aids, ensure they're cleaned, charged, and properly adjusted before events. Many modern devices offer settings or programs designed for noisy environments—don't hesitate to explore these options with your hearing care professional.



The holidays are about connection, joy, and being together. With a little preparation, you can stay present, confident, and fully part of the celebration.

If you have questions about hearing support or want to schedule a hearing test, your HearCANADA clinician is here to help.

Visit [HearCANADA.com](https://www.hearcanada.com) or call 1-866-724-6311 to get started.





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## Making a list, checking it twice:

### Start your retirement home search with trusted information

Just like Santa, you'll want to check your list twice when choosing a retirement home. And the most important thing on that list? Finding out who's licensed or not.

In Ontario, licensed retirement homes are regulated under the Retirement Homes Act, 2010. These homes offer older adults (typically 65+) a supportive retirement community with the option to access care services like meals, medication administration and personal care.

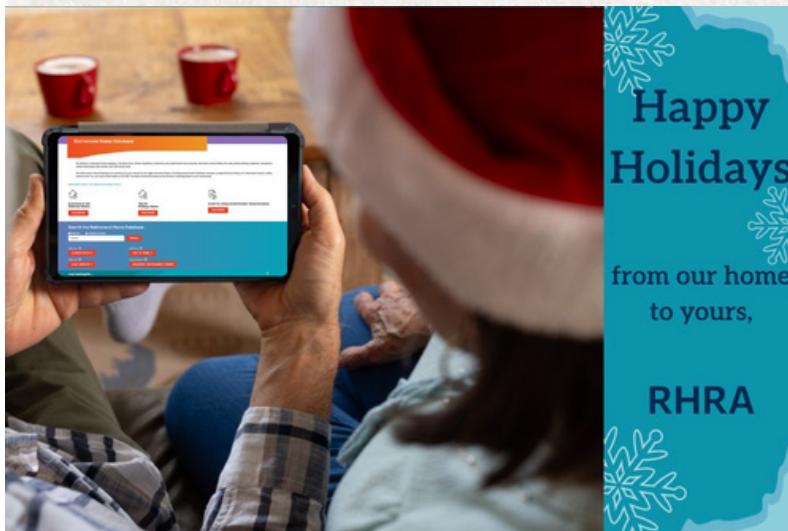
A key detail to keep in mind: "retirement home" is not a protected title under the Act. That means some places may call themselves retirement homes without being licensed or offering the resident protections that come with it.

#### Start with RHRA's free public database

Your first stop should be the Retirement Homes Regulatory Authority (RHRA) database. This free online search tool lets you:

- Confirm a home's licensing status
- Compare available care services
- Review a home's inspection reports and compliance history

Visit [rhra.ca/en/retirement-home-database](https://rhra.ca/en/retirement-home-database) to begin your search.



#### Why licensing matters

Only licensed retirement homes:

- Are inspected by the RHRA
- Must follow Ontario's Retirement Homes Act, 2010
- Uphold residents' rights and protections
- Maintain complaint and emergency processes
- May qualify residents for RHRA's Emergency Fund under certain circumstances

These protections do not apply to unlicensed homes, so checking the online public list can help you make an informed decision with confidence.

#### About RHRA

The RHRA is an independent, self-funded, not-for-profit organization created by the Retirement Homes Act, 2010, to protect the safety, rights and well-being of residents in Ontario's licensed retirement homes. The Ministry for Seniors and Accessibility oversees the RHRA

**Need more information?**  
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**GLA REHAB**

**The week before Christmas 2024, 82-year-old Eleanor worried she wouldn't be able to enjoy the holiday she loved. After a recent minor stroke, everyday tasks—decorating, baking, even moving safely around the house—felt overwhelming. Her daughter, tried to help, but the season's demands made both of them anxious.**

Our community Occupational Therapist from GLA Rehab, stepped in. Her role was more than physical support—she focused on restoring Eleanor's independence and confidence while ensuring safety.

She suggested adaptive tools, like lightweight ornaments, easy-grip rolling pins, and a step stool with handrails. Together, they created a manageable schedule of short, joyful activities: decorating one room at a time, baking cookies with the grandchildren, and even setting up a small craft corner.

With the OT's guidance, Eleanor was able to fully participate in holiday traditions. She placed the final ornament on the tree, helped roll out cookie dough, and navigated the kitchen safely. Every accomplishment, no matter how small, became a celebration of her optimal independence. On Christmas Eve, surrounded by her family, Eleanor's smile said it all: she was part of the joy, not just a bystander.



This is what GLA Rehab is all about: helping seniors live fulfilling, safe, and meaningful lives at home. Through tailored therapy, adaptive strategies, and family support, GLA Rehab assists seniors with maintaining their independence, and mobility, accessibility and safety within the home and community, allowing them to continue enjoying the moments that matter most.

For Eleanor, Christmas wasn't just about decorations and cookies—it was about connection, confidence, and the joy of living life fully at home. And with GLA Rehab, many more seniors can experience the same independence and happiness, every day of the year.

**For more information about our services please visit our website at [www.glarehab.com](http://www.glarehab.com)**





## HEART@HOME: COMPASSIONATE CARE, WHEREVER YOU ARE

At **Heart@Home**, we believe everyone deserves to feel safe, supported, and cared for right where they live.

As a trusted home care company, we provide compassionate, personalized support to seniors and individuals who need a helping hand with daily living. From light housekeeping and meal preparation to personal care and companionship, our dedicated caregivers bring warmth, respect, and dignity to every home we visit.

What makes **Heart@Home** unique is our genuine focus on connection. We don't just provide services, we build relationships. Each care plan is thoughtfully tailored to the individual, ensuring their needs, routines, and comfort always come first. Our team understands that home isn't just a place; it's where people feel most themselves. That's why our mission is simple yet powerful: to help individuals live independently, safely, and happily in the comfort of their own homes.

But our care doesn't stop at the doorstep. Through our **Heart@Home on Wheels** initiative, we're expanding our reach to communities that need us most. In the summer of 2026, our team will spend two weeks visiting Indigenous communities to deliver in-person support, wellness checks, and essential home care resources, all free of charge. This meaningful journey will give us the opportunity to connect, listen, and offer care where it's often hard to access.

**Heart@Home on Wheels** is more than a program. It's a promise to bridge gaps in care and bring compassion on the road. Whether assisting elders, supporting families, or sharing valuable information about home safety and wellness, we're proud to serve with heart wherever we go.

At **Heart@Home**, every visit—whether to a home across town or a community on the Reserve—is guided by one purpose: **helping people live well, with dignity and heart.**

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Past President	Suzanne Teixeira	<a href="mailto:suzanne@ywalc.ca">suzanne@ywalc.ca</a>
President Elect	Nora Jones	<a href="mailto:nora.jones@townofws.ca">nora.jones@townofws.ca</a>
1 <sup>st</sup> Vice President	Leslie Olsen	<a href="mailto:lolsen10@gmail.com">lolsen10@gmail.com</a>
2 <sup>nd</sup> Vice President	John Richer	<a href="mailto:john.richer@greatersudbury.ca">john.richer@greatersudbury.ca</a>
Treasurer	Bill Krever	<a href="mailto:w.krever@victoriavillage.ca">w.krever@victoriavillage.ca</a>
Secretary	Sharon Oatway	<a href="mailto:soatway@gloucester50pluscentre.ca">soatway@gloucester50pluscentre.ca</a>
Executive Director	Sue Hesjedahl (ex-officio)	<a href="mailto:sue@oacao.org">sue@oacao.org</a>
OACAO Board of Directors - Regional Representatives		
Central	Staff: Nora Jones Senior: Rob Gaby	<a href="mailto:nora.jones@townofws.ca">nora.jones@townofws.ca</a> <a href="mailto:robabbag@gmail.com">robabbag@gmail.com</a>
Eastern	Staff: Don Amos Staff: Léo Lavergne	<a href="mailto:DonA@seniorskingston.ca">DonA@seniorskingston.ca</a> <a href="mailto:dg@lecpc.ca">dg@lecpc.ca</a>
Golden Horsehoe	Staff: Julie Pennal Senior: Ted Lambert	<a href="mailto:Julie.pennal@oakville.ca">Julie.pennal@oakville.ca</a> <a href="mailto:erlire13@hotmail.com">erlire13@hotmail.com</a>
Grand River	Staff: Melissa Biffis Senior: Vacant	<a href="mailto:mbiffis@get.on.ca">mbiffis@get.on.ca</a>

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

## Committee Chairs

### Awards:

Nora Jones  
[nora.jones@townofws.ca](mailto:nora.jones@townofws.ca)

### Finance:

Bill Krever  
[w.krever@victoriavillage.ca](mailto:w.krever@victoriavillage.ca)

### OASSIS Liaison:

Bill Krever  
[w.krever@victoriavillage.ca](mailto:w.krever@victoriavillage.ca)

### Nominations:

Suzanne Teixeira  
[suzanne@ywalc.ca](mailto:suzanne@ywalc.ca)

### Conference Co-Chairs:

Sarah Feeney-Martin  
[sarah@oacao.org](mailto:sarah@oacao.org)  
Nora Jones  
[nora.jones@townofws.ca](mailto:nora.jones@townofws.ca)

### Strategic Planning Co-Chairs:

Leslie Olsen  
[laolsen10@gmail.com](mailto:laolsen10@gmail.com)  
Sue Hesjedahl  
[sue@oacao.org](mailto:sue@oacao.org)

*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](mailto:sue@oacao.org).  
[www.oacao.org](http://www.oacao.org)  
P.O. Box 65, Caledon East, ON L7C 3L8*



## OACAO Business Partners 2025 - 2026

THANK  
YOU!

**Access Abillities:** [www.accessabilities.ca](http://www.accessabilities.ca) 905-825-5335 (Oakville) 416-237-9654 (Toronto)

**Amica Senior Lifestyles:** [www.amica.ca](http://www.amica.ca) 1-888-264-2299

**Arbor Memorial Inc:** [www.arbormemorial.ca](http://www.arbormemorial.ca) 1-877-301-8066

**Belairdirect:** [www.belairdirect.com/healthcare](http://www.belairdirect.com/healthcare) 1-833-887-4626

**Canadian Hearing Services:** [www.chs.ca](http://www.chs.ca) 1-866-518-0000

**Chartwell Retirement Residences:** [www.chartwell.com](http://www.chartwell.com) 1-855-461-0685

**Citadel Mortgages:** [www.citadelmortgages.ca](http://www.citadelmortgages.ca) 780-951-7487

**GLA Rehab:** [www.gla-rehab.com](http://www.gla-rehab.com) (416) 449-6466

**HearCANADA:** [www.hearCANADA.com](http://www.hearCANADA.com) 1-866-432-7226

**HearingLife:** [www.hearinglife.ca](http://www.hearinglife.ca) 1-888-514-9515

**Heart@Home - Home Support Services:** [www.heart-home.ca](http://www.heart-home.ca) 905-770-6226

**Heart to Home Meals:** [www.HeartToHomeMeals.ca](http://www.HeartToHomeMeals.ca) 1-888-777-2219

**Insuranceland:** [www.insuranceland.ca/oacao](http://www.insuranceland.ca/oacao) 1-800-243-9379 ext 2337

**MySeniorCenter:** [www.myseniorcenter.com](http://www.myseniorcenter.com) 1-866-739-9745

**OASSIS Benefit Plans for Not-For-Profits:** [www.oassisplan.com](http://www.oassisplan.com) 1-888-233-5580

**Parkland Lifestyle Residences:** [www.experienceparkland.com](http://www.experienceparkland.com) 1-877-742-6639

**Retirement Homes Regulatory Authority:** [www.rhra.ca](http://www.rhra.ca) 1-855-275-7472

**Senior Women Living Together:** [www.swlt.ca](http://www.swlt.ca)


**Starkmans Health Care Depot:** [www.starkmans.com](http://www.starkmans.com)

**Transitions Realty:** [www.downsizingexperts.ca](http://www.downsizingexperts.ca) 647-948-7415

**Tripoppo:** [www.tripoppo.com](http://www.tripoppo.com) 905-209-2029

For More Information on OACAO Business Partners Visit:  
<https://www.oacao.org/business-partners/business-partner-directory/>

The OACAO is a registered Charity and can issue tax receipts. Go to [www.oacao.org](http://www.oacao.org) and click on the 'Donate Now' Button  
Please consider OACAO for your charitable donation

 **CanadaHelps**  
Charitable Registration  
No:  
125123471 RR0001

Do not  
forget

## Newsletter Deadlines

Please make note of the following deadlines for submissions:

**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](http://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

