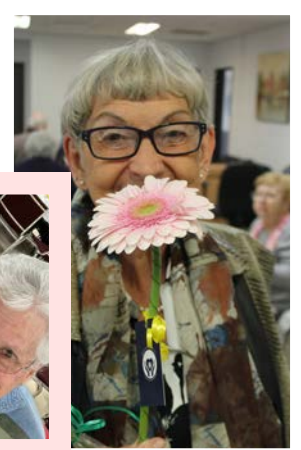


The Voice of Older Adult Centres
La voix des centres pour aînés

OACAO

NEWS LETTER

Spring 2026



Our Mission

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

Our Vision

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

LET'S GET SOCIAL!

Make sure to follow the OACAO on Social Media



@oacao



@TheOACAO



Older Adult Centres' Association of Ontario

www.oacao.org

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

Est. 1973



Spring Forward with OACAO

Spring has a way of reminding us that renewal is always possible. As the days grow longer and the world begins to bloom again, our sector steps into a season filled with opportunities to learn, reconnect, and re-energize the programs that support older adults across Ontario.

This spring, the OACAO is delighted to offer a rich lineup of capacity-building opportunities designed to strengthen your teams & deepen your impact. Our **four-part Volunteer Management Foundations series** will help centres build strong, sustainable volunteer programs—an especially timely focus as we celebrate the International Year of the Volunteer. We're also excited to continue our Technology Workshops that help seniors stay current, confident, and connected.

Throughout this issue, you'll also find stories from member centres and thoughtful contributions from our business partners and community collaborators — offerings that highlight the creativity, commitment, and collaboration that keep our sector moving forward.

Here's to a season of growth, learning, and fresh beginnings. Here's to the incredible community that makes it all possible.

OACAO

OASSIS

BENEFIT PLANS  FOR NOT-FOR-PROFITS

Your Mind Matters

In today's fast-paced work environment, mental health challenges like stress, anxiety, and burnout can affect anyone. Taking care of your emotional and psychological well-being is just as important as your physical health. That's why we offer a confidential Employee Assistance Program (EAP) — a trusted resource to support you in managing life's challenges.

Services Include:

- Short-term counseling for stress, anxiety, grief, relationships, and more
- Work-life balance support - parenting, elder care and financial resources
- 24/7 confidential access to licensed professionals
- Crisis intervention and mental health aid



Can't afford a traditional benefits plan with EAP? No problem, we offer an EAP only plan for volunteers and part-time employees.

Let's talk, share, and grow together.

Contact us:

www.oassisplan.com
1-888-233-5580 ext. 305
cponting@oassisplan.com



TABLE OF CONTENTS

4

OACAO Updates

11

Webinars, Workshops and Events

24

**Shared Stories, Shared Strength:
Updates from our Members**

44

**A Word from Our Partners:
OACAO Business Partners**

58

**Connections: Regional Members,
Committees and Business Partners**

OACAO

PRESIDENT AND ED MESSAGE



Dear OACAO Members, Partners, and Friends,

As we welcome the spring season, we are reminded of the sense of renewal and momentum it brings. Across Ontario, Seniors Active Living Centres continue to play a vital role in fostering connection, inclusion, and well-being in communities of all sizes. We are continually inspired by the dedication and impact of our members and partners, and thank you for your ongoing leadership and contributions to your communities and to the OACAO network.

Over the past year, we have seen strong engagement and continued growth across the OACAO network. Seniors Active Living Fairs, Capacity Building Webinars, Regional Meetings, and the continued success of the Links2Wellbeing social prescribing initiative are making a meaningful difference in the lives of older adults. These initiatives, along with practical resources and opportunities to connect, reflect the strength of our sector and the value of working together.

Advocacy Update: Strengthening the SALC Sector

OACAO continues to advocate with the provincial government for sustainable funding and system supports for Seniors Active Living Centres across Ontario. We are encouraged by recent progress, including recognition of Social Prescribing and changes to the audit threshold in the 2026–2027 SALC Program Guidelines. These changes reduce administrative burden and costs for qualifying non-profit SALCs, allowing centres to focus more fully on programs and community impact. Our current advocacy priorities include increased investment in the SALC funding envelope to better support Special Grants, strengthened core funding (Maintenance & Operating), and resourced integration with primary care. We remain committed to ensuring SALCs are well positioned to meet the needs of Ontario's diverse and growing senior population.

International Year of Volunteers 2026

We are proud to recognize 2026 as the International Year of Volunteers and to celebrate the essential role volunteers play across our sector. Volunteers are at the heart and soul of SALCs, helping to create welcoming, vibrant, and inclusive communities.

Throughout the year, OACAO will offer a range of learning and recognition opportunities. We began with a Volunteer Police Check Webinar in February, delivered in partnership with Volunteer Toronto. To kick off National Volunteer Week, we are hosting a free virtual Volunteer Recognition Event on April 20 featuring the Smile Serenaders from Smile Theatre. Member centres are encouraged to invite their volunteers to join us or host an in-house viewing event.

In May and June, we will offer a four-part Volunteer Management Foundations virtual training course, presented by Volunteer Toronto. Additional events and resources will be shared throughout the year as we continue to support and celebrate volunteers across Ontario.

OACAO

OACAO 2026–2027 Membership Fee Update

As we look ahead to the 2026-2027 membership year, we want to share an important update. The OACAO Board of Directors has made the measured decision to implement a modest membership fee increase. Membership rates have remained largely unchanged since 2018, with only limited increases over the past 15 years. The Board has taken a careful approach to ensure fees remain affordable and accessible for members.

Like many organizations, OACAO is navigating rising costs and increased demands on programs and services. This adjustment will help ensure we can continue to deliver strong value to our members, including training, networking, advocacy, and practical resources.

We continue to offer high-quality opportunities such as our Aging Well Conference, webinars, special projects and regional meetings, along with tools, resources, and sector advocacy. Our Links2Wellbeing: Social Prescribing program also continues to grow, strengthening connections between health care and social care.

We remain deeply committed to supporting our members and strengthening the SALC sector across Ontario. Please do not hesitate to reach out if you have questions.

Seniors Active Living Fairs 2026–2027 – Call for Applications

Funded by the Ministry for Seniors and Accessibility (MSAA), applications are now open for the 2026-2027 Seniors Active Living Fairs. This program supports community-based events that promote active living and connection for older adults. Funding is subject to confirmation of the funding allocation received by OACAO from the Government of Ontario.

Application deadlines are as follows:

- **April 2, 2026** – In-Person Single-Site & Virtual Fairs taking place between June - September 2026
- **April 29, 2026** – In-Person Multi-Site Fairs (maximum of two sites) taking place between June 2026 - March 15, 2027
- **May 6, 2026** – In-Person Single-Site and Virtual Fairs taking place between October 2026 - March 15, 2027

We encourage eligible organizations to apply and take advantage of this funding opportunity.

Looking Ahead

We look forward to continuing our shared work in the months ahead, including planning for the **2026 OACAO Aging Well Conference**, taking place November 1 to 3, 2026 in Mississauga. We hope you will join us for another opportunity to connect, learn, and celebrate our sector together.

We would also like to sincerely thank and acknowledge our OACAO Admin, Fairs, and Links2Wellbeing staff teams for their continued dedication and commitment to our members over the past year. Thank you to Jenn, Dena, Sarah, Emily, Julie, Karen, Sara, and Rajan, as well as our project consultants Pat, Christine, Jo, and Joe, who have supported this work throughout the year.

Warm regards,

Karie Papillon, President

Sue Hesjedahl, Executive Director

OACAO

NATIONAL VOLUNTEER WEEK

OACAO INVITES YOU TO OACAO VIRTUAL VOLUNTEER RECOGNITION EVENT

Monday, April 20, 2026 | 1:00-2:00PM (EDT)

We're excited to kick-start National Volunteer Week—and celebrate the International Year of the Volunteer—with a special virtual OACAO Volunteer Recognition event for OACAO Member Centres and their volunteers.

Treat your team to a fun, feel-good musical experience with this one hour interactive performance by the **Smile Theatre Serenaders**. This performance blends upbeat songs, light dancing and heart-warming moments of sharing that are guaranteed to lift spirits and put a smile on everyone's face!


Let's come together to share joy, express gratitude, and launch National Volunteer Week in Our Community!



REGISTER NOW: <https://oacao.wildapricot.org/event-6611582>



For more information contact

 OACAO 905-584-8125 | Toll Free 1-866-835-7693

 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



[Back to Table of Contents](#)

OACAO

NICE TO
MEET YOU

MEET THE OACAO TEAM

OACAO ADMINISTRATIVE AND SENIORS ACTIVE LIVING FAIRS TEAM

Executive Director

Sue Hesjedahl

sue@oacao.org

Marketing and Events Coordinator

Emily Angel

emily@oacao.org

Project and Membership Coordinator

Julie Moran-Illes

julie@oacao.org

Seniors Active Living Fairs Project Assistant

Karen Kelly

seniorsfairs@oacao.org

LINKS2WELLBEING: SOCIAL PRESCRIBING FOR OLDER ADULTS PROJECT TEAM

Project and Sustainability Manager

Jennifer Wiebe

jenn@oacao.org

Outreach and Engagement Coordinator

Dena Silverberg

dena@oacao.org

Evaluation and Quality Improvement Coordinator

Sarah Feeney-Martin

sarah@oacao.org

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

**TIME TO
RENEW**



TIME TO RENEW YOUR OACAO MEMBERSHIP OR BUSINESS PARTNERSHIP FOR 2026-27

We invite all members and business partners to renew their OACAO Membership or Business Partnership for the 2026-27 year.

Member renewals will be sent to the main contact of each member centre in late March through the Wild Apricot membership management software.

Business Partners will receive the 2026-27 Business Partner Program and renewal instructions directly by email in April.

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

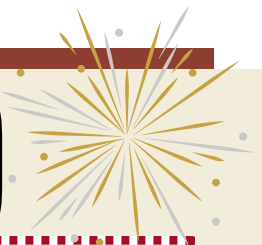
Toll free 1-866-835-7693

info@oacao.org



**WELCOME
TO THE TEAM**

NEW MEMBERS



CHATS- NEW TECUMSETH SALC
Beeton Memorial Arena,
22 Second Street
Beeton, ON L0G 1A0
905-713-3373 X 6009
chats.on.ca

PENETANGUISHENE 55+ CENTRE
61 Maria Street
Penetanguishene, ON L9M 1L3
705-549-7453
<https://www.penetanguishene.ca>

DANCING WITH PARKINSON'S
23 SKEY LANE
TORONTO, ON M6J 3V2
416-712-4547
dancingwithparkinsons.com

**RIDGETOWN AREA
ADULT ACTIVITY CENTRE**
40 Erie Street South
Ridgetown, ON N0P 2C0
519-674-5126
<https://ridgetownadultcentre.com/>

GOLDEN AGE CLUB # 566
22 Argentite St
PO Box 338
Cobalt, ON P0J 1C0
705-648-5249

SPRINT SENIOR CARE
130 Merton street Suite 600
Toronto ON M4S 1A4
416-481-0669 ext 1259
www.sprintseniorcare.org

KABABAYAN MULTICULTURAL CENTRE
1313 Queen Street West, Suite 133
Toronto ON M6K 1L8
415 32-3888
<https://www.kababayan.org/>

THE MCGARRY & DISTRICT XYZ SENIORS CLUB
PO BOX 121
Virginiatown, ON P0K 1X0
705-363-6912

KAPUSKASING GOLDEN AGE CLUB
88 Riverside Drive
Kapuskasing, ON P5N 1B3
705-335-6510
gac50_plus@outlook.com

TOWN OF MOOSONEE
1 Arena Rd
Moosonee, ON P0L 1Y0
416-884-8005

**ONE CARE Home and Community
Support Services**
PO Box 222 317 Huron Street
Clinton, ON N0M 1L0
1-877-502-8277 ext. 2202
<https://www.onecaresupport.ca/>

YORK REGION EDUCATIONAL SERVICES
Unit 300 - 169 Enterprise Blvd
Markham, ON L6G 0E7
647 467 9121
<http://www.yorkeducation.org/>

OACAO

SENIORS ACTIVE LIVING FAIRS



2025/26 Seniors Active Living Fairs *Year in Review*



In-Person Single-Site Fairs:

83



In-Person Multi-Site Fairs:

20



Virtual Fair:

1

TOTAL # of FAIRS: 104

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



2026 - 2027

SENIORS ACTIVE LIVING FAIR FUNDING PROGRAM

APPLICATION DEADLINES:

In-Person Single-Site & Virtual Fairs

***Application Deadline #1:**
Thurs., April 2, 2026, 5 pm EDT
(For June-Sept, 2026 Fairs only)

***Application Deadline #2:**
Wed., May 6, 2026, 5 pm EDT
(For Oct. 2026-March 15, 2027 Fairs only)

In-Person Multi-Site Fairs

***Application Deadline:**
Wed., April 29, 2026, 5 pm EDT
(For June 2026 - March 15, 2027 Fairs only)

Questions? Contact:

julie@oacao.org
or 1-866-835-7693

Types of Funding Available:

In-Person Single-Site Fair Funding
(up to \$2,500 for eligible individual organization)

Virtual Fair Funding
(up to \$1,000 for eligible individual organization)

In-Person Multi-Site Fair Funding
(under one Administration, up to \$2,000 for each eligible organization, maximum 2 sites)

To be eligible for funding, your organization must:

1. Have been in operation for at least one year at the time of application,
2. **AND** be a current member of OACAO in good standing or a Government of Ontario funded Seniors Active Living Centre (SALC) Program operator.

Application and Guidelines available at:
www.oacao.org/events/seniors-active-living-fairs/

Subject to confirmation of funding amount received by OACAO from the Government of Ontario

Funding provided by:



OACAO

Webinars, Workshops and Events

CAPACITY BUILDING



TRAINING



LEARN



KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT

OACAO 2025- 2026 WEBINARS RECAP

Over the past year, the OACAO delivered 19 Capacity Building Webinars, each featuring timely and engaging topics that resonated strongly with our members and SALCs. Every session was thoughtfully chosen to reflect the evolving needs, interests, and priorities of our community.

We extend our sincere appreciation to all presenters for generously sharing their expertise, insights, and experience.

Capacity Building Topics Covered during 2025–2026 Webinar Season:

- The Canadian Dental Care Plan
- The Balancing Act
- Volunteer Law 101
- Carfit- Find Comfort Behind the Wheel
- Stop the Scam- Tools for Fraud and Scam Free Living
- Exploring Social Prescribing
- Engaging Older Adults Across the Continuum of Civic Engagement
- Singwell
- Tech-reation
- The Adventures of Later Life- Aging Reimagined
- Consumer Protection Ontario- Know your Rights
- For the Love of the Game- Basketball Reimagined for Women over 50
- Seed to Shed- Growing a Men's Shed in Your Community
- The Marketing Map: Guiding Your Centre to Growth
- Webinaire de la Protection du consommateur de l'Ontario
- Everything to Know About Volunteers and Police Checks
- Modern tools, Better Workflow- AI Tech for Senior Centres
- Empowering Older Adults in the Workforce
- Social Media' (Engagement Essentials: Simple Senior Centre Social Media Campaigns That Deliver Results!

The Capacity Building Webinar Series was made possible by funding support from the Government of Ontario. We are grateful to our presenters, and the interest and enthusiasm of our members and SALC participants. Have an idea for a Webinar topic or know a great presenter for our 2025-2026 webinar series, please email:



Emily Angel: emily@oacao.org

OACAO

OACAO 2026 WEBINARS CAPACITY BUILDING

JOIN US



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

Volunteer Management Foundations A four-part webinar series - May 7 to June 18, 2026

Build or refresh your volunteer engagement skills with a dynamic, hands-on learning series. Across four two-hour sessions, you'll explore the full volunteer engagement cycle—from planning and recruitment to screening, onboarding, supervision, and retention.

Each session helps you shape the essential components of a strong, sustainable volunteer program—whether you're brand new or ready to re-energize your practice.

- DEEP DIVES INTO EVERY STAGE OF THE VOLUNTEER ENGAGEMENT CYCLE
- A COMPREHENSIVE WORKBOOK FILLED WITH IDEAS, TEMPLATES, AND NEXT STEPS
- FLEXIBLE PARTICIPATION — JOIN ONE SESSION OR THE FULL SERIES
- CERTIFICATE OF COMPLETION WHEN ALL FOUR SESSIONS ARE ATTENDED LIVE

About the Presenter



Sammy Feilchenfeld, CVA (he/him) is an adult educator, volunteer manager and lifelong learner. As Senior Manager of Learning at Volunteer Toronto, he supports the learning goals of non-profit engagement professionals, Board members, volunteers, and community leaders. Sammy has a strong focus on a variety of educational interventions that challenge and inspire, and continues to volunteer, lead volunteers, and explore the horizons of volunteer engagement.



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



Funding provided by:





Volunteer Management Foundations

A four-part webinar series cont..

Part 1

Thursday
May 7th
1:00- 3pm

Understanding the Volunteer Management Cycle & Planning for Volunteers

- Explore and understand the steps of volunteer engagement
- Prepare for modern volunteer challenges and opportunities
- Determine essential steps to be ready for volunteers



Part 2

Thursday
May 21st
1:00- 3pm

Volunteer Recruitment & Screening

- Examine varied approaches to finding potential volunteers
- Plan for effective, targeted approaches to recruit and screen
- Investigate the screening steps needed based on volunteer role risk



Part 3:

Thursday
June 4th
1:00- 3pm

Onboarding, Supporting & Supervising Volunteers

- Define relatable approaches for orientation and training
- Compare leadership and communication approaches for supporting volunteers
- Assess practical considerations for supervising volunteers



Part 4:

Thursday
June 18th
1:00-3pm

Retention, Recognition, Dismissal and Closing Roles

- Discuss volunteer motivations and the connection to retention
- Design meaningful recognition and appreciation tactics
- Apply appropriate dismissal practices when necessary



SIGN UP



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



OACAO

OACAO 2026 WEBINARS

CAPACITY BUILDING

UP NEXT



Wednesday
April 15th
1:30 - 2:45 pm

Boost Your Cyber Security Awareness- Essentials for Staying Cyber Safe

CYBER SECURITY
**CENTRE OF
EXCELLENCE**

An informative session on the essentials of staying cyber safe in today's digital world.

- Walk through cyber security basics such as multi-factor authentication, password best practices and everyday cyber hygiene.
- Explore the human side of cyber security, including social engineering and how AI is being used in modern-day cyber scams.

Wednesday
May 13th
1:30 - 2:45pm

Human Connection: Building A Culture Where Organizations, Older Adults, & Communities Thrive

genwell
HUMAN CONNECTION MOVEMENT

Explore how human connection improves older adults' well-being- and how to weave it into programming.

- Explore the evolution and impact of social isolation on older adults
- Identify signs of social health, loneliness, social isolation, and disconnection in community programs.
- Discover the physical effects of loneliness as well as the health benefits when connection becomes part of program design.
- Learn how to build meaningful connections through GenWell's Social Health Framework.

Wednesday
May 27th
10:00 - 11:15 am

Helping Caregivers Navigate to Support : A Guide to Connecting Caregivers to OCO's Programs and Services

THE ONTARIO
caregiver
ORGANIZATION

In Ontario, 4.2 million caregivers support family, friends, and neighbours—but they often need help themselves. Navigating services, managing stress, and connecting with others can be challenging. Service providers are often the first point of contact and play a vital role in linking caregivers to the right supports. This presentation introduces the Ontario Caregiver Organization and its free programs and resources, that can help guide caregivers toward the support they need.

Wednesday
June 10th
1:00 - 2:15pm

Triple Talent Program- Bring Singing, Dancing and Acting to Life at your Centre

SMILE THEATRE

An introduction to the Triple Talent Program a new creative initiative designed to help seniors explore the three core talents of musical theatre—Singing, Dancing, and Acting. You'll learn

- How the program works including the **Pop Up Program** option
- how to adapt it to your community setting & get your centre involved
- Explore how the program reduces isolation, boosts confidence, fosters social connection, and nurtures creativity through fun, flexible, professionally led classes.

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



Funding provided by:



For more information, contact OACAO

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

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



Emily Angel: emily@oacao.org

OACAO

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



Ontario

Let's Connect!

Micro-grants Available for GenWell Connection Events

If your organization hosts or attends a GenWell workshop, you may then apply for a microgrant to support an in-person connection event that builds on the learning from the GenWell session.


Funding is available at approximately \$16 per participant based on the number of people who attend your in-person event.

There is no minimum or maximum number of participants allowed for an event.

To be eligible, organizations must:

- Host or attend a GenWell workshop
- Host an in-person connection event that includes older adults
- Apply for the event before September 1, 2026
- Complete the event and the feedback form before October 1, 2026

To book a workshop or discuss microgrant opportunities link to:
<https://calendly.com/genwellproject-bobbie/genwell-for-seniors-discovery-call>



Attendance at the May 13th Capacity Building Webinar counts towards the workshop eligibility requirement, but only for participants who attend the live session.

Loneliness Awareness Week

is a week when GenWell, Canada's Human Connection Movement, wants to inspire all Canadians to be more conscious of the growing issue of social isolation, disconnection, and loneliness experienced by older adults and to inspire everyone to take concrete actions to promote connection intergenerationally.

You can learn more at

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

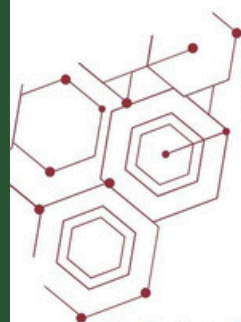


June 15-21, 2026

Presented by:

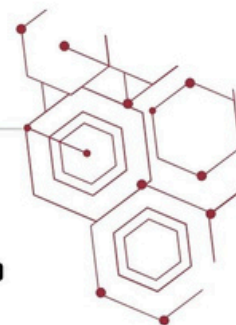


OACAO



OACAO

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



TECHNOLOGY INFORMATION AND KNOWLEDGE SHARING VIRTUAL WORKSHOP

via Zoom and Toll Free

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

Upcoming Workshops

AI TOOLS SUCH AS CHAT GPT & GEMINI

- Intro to Artificial Intelligence (AI)
- Overview of AI Tools
- Key Features of Chat GPT & Gemini
- Benefits of Using Communication Apps
- Practical Everyday Examples and Prompts
- Tips to writing Effective Prompts

Tuesday, April 7th
10am-11:15am



ACCESSING ONLINE GAMES FOR SENIORS

- Intro to Mind Stimulating Games
- What are Online Mind Stimulating Games
- Benefits of Online Games for Seniors
- Types of Online Games
- Where to Access Online Games
- Step-by Step: How to Access and Play

Tuesday, May 5th
10am-11:15am



CHOOSING THE RIGHT DEVICE: DESKTOP VS LAPTOP VS TABLET

- Understanding the 3 Main Devices
- Choosing Based on Your Needs
- Performance & Technical Considerations
- Cost Comparison
- Common Mistakes to Avoid
- Accessories and Add-Ons

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



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

Visit: <https://oacao.wildapricot.org/Upcoming-Events>
For Registration Questions: Contact OACAO: 905-584-8125 or
TOLL FREE 1-866-835-7693 OR julie@oacao.org



Links2Wellbeing
social prescribing for older adults

Identifying and supporting those who might benefit from social participation

Social prescribing connects people to programs and activities that strengthen their well-being and social connection. But you've likely met a client who expresses interest yet doesn't follow through, or a new member who comes to one class and then never returns. Why might that be?

Here are some tips for **identifying people who may need additional support** and **some questions you might ask** someone who is hesitant to participate in your social programs!

What are signs that someone may benefit from social support?

Expressing loneliness

Individuals who mention feeling disconnected may face unmet social needs that affect their overall health and well-being.



Feeling stressed or anxious

Individuals who show signs of emotional distress may experience challenges like lack of social connection, caregiver burden, or other life stressors.



Facing financial struggles

Individuals who express difficulty affording basic necessities or the cost of programming at your Centre may face regular barriers to social activity.



Being part of a vulnerable community

Individuals from marginalized populations including refugees or immigrants, those with language barriers, or those with disabilities or mental health challenges may need added help navigating community supports.



Caregiver Fatigue or Loss of Loved One

Individuals caring for an aging or ill family member may face isolation that can affect their health. Those who have lost a loved one may also experience loneliness and benefit from social connection.



What can you say to someone who is hesitant to participate?



"Are there particular activities you are drawn to?"

"What does a 'good day' feel like for you?"

"What's one activity that makes you lose track of time?"

"When you think about joining [Program Name], what's the one 'small detail' – like finding a ride or covering the registration cost – that would make your life easier if we handled it together?"

"Looking at the calendar, which of these times works best for your current routine?"

If the person says, "My health stops me from doing much," you can try saying, "I understand. If we could find an activity where you could sit comfortably and still be part of the fun, would that interest you?"

Some older adults might feel pressured to have hobbies. Normalize "Not Knowing." To prompt their thinking, you can try saying, "Some people come here because they already have a full calendar, and others come because they're looking for something new!"



www.oacao.org/programs/links2wellbeing



Nature Based Programs

Enhancing the health and wellbeing of older adults

NEW PROJECT ANNOUNCEMENT FOR L2W PARTNERS!

Social Prescribing Pathways: Integrating a Nature Prescribing Pathway at your Centre

We are pleased to announce that the OACAO is launching a year-long project that offers Links2Wellbeing partners an opportunity to introduce new nature-based programs or to build on existing programs for their members.

- ✓ Up to 10, \$1,500 micro-grants will be awarded
- ✓ Call for proposals for nature-based programs that describe how you will integrate nature prescribing into your social prescribing project
- ✓ Deadline for proposal submission – March 31, 2026 (successful applicants will be notified by April 15, 2026)
- ✓ Project timeline: Projects can start as early as May 1, 2026. Projects must end by March 31, 2027
- ✓ Questions – email Pat Spadafora at pat@kaleidoscopeconsulting.net
- ✓ Online Application link and QR Code: <https://www.surveymonkey.com/r/L2W-NATURE-BASED-2026>



OACAO

IMPORTANT DATES

SAVE THE DATE

OACAO Annual Conference
AGING WELL
 Mississauga

**November 1-3
2026**

PRE- CONFERENCE:
 Sunday, November 1, 2026

Stay Tuned for More Details!

Save the dates for the OACAO Aging Well Conference!

Get ready to reconnect with colleagues, discover great services at our vibrant tradeshow, dive into engaging and relevant workshops, and be inspired by dynamic keynote speakers. Full conference details will be coming soon—but for now, mark your calendars!

We will also be releasing our **Call for Presenters** very soon. **Applications for both workshops and our lightning talks sessions will be available.** If you have expertise, experience and enthusiasm to educate others in a special topic or program area, **WE WANT TO HEAR FROM YOU!**

Risk Assessment Training



Harm to Older Persons Evaluation (HOPE)

May 26 & 28 | 9:00 AM - 12 PM (ET)
&
May 29th | 9:00 AM - 1 PM (ET)

Registration Fee: \$225

Only 45 Seats available to facilitate interactive learning.

Register Early!

Training Certificate provided upon completion of the 3-day training.



Facilitator: Dr. Jennifer Storey

Forensic Psychologist specializing in violence risk assessment and interpersonal violence
University of Kent (UK)

VIRTUAL CONFERENCE:

Legal Dimensions of Elder Abuse in Ontario: Strengthening Access to Justice and Protections for Older Victims



May 14th from
9:30 am 2:30 pm

Details to be announced soon!
Pre-Register to reserve your space.

OACAO

Canadian Dental Care Plan

Accessible. Affordable. Essential.



✓ Eligibility

To qualify, you must:

- ✓ not have access to dental insurance
- ✓ be a Canadian resident for tax purposes
- ✓ have an adjusted family net income of less than \$90,000
- ✓ have filed your tax return in the previous year

The Canadian Dental Care Plan (CDCP) will help make the cost of dental care more affordable for up to **9 million** eligible Canadian residents.

Oral health care is important to your overall health and well being. Regular visits reduce the risk of health problems.

In 2022, 1 in 4 Canadians reported avoiding visiting an oral health professional due to the cost. Every Canadian deserves accessible, affordable and essential dental care.

📅 How to apply

Eligible Canadians of all ages can now apply for the CDCP.

You must meet all 4 eligibility requirements before applying.

Eligible Canadians can apply online at Canada.ca/dental, by calling 1-833-537-4342, or by visiting a Service Canada Centre.



For more details on the CDCP and eligibility criteria, visit Canada.ca/dental.



 Government of Canada

Gouvernement du Canada

Canada

DEADLINE FOR RENEWAL

EXISTING CDCP MEMBERS

Renewals for the 2026-2027 benefit year
Open on April 15 and close on June 1, 2026.
[Learn more about the renewal process.](#)

NEW APPLICANTS

Applications for the 2026-2027 benefit year
Open on June 2, 2026.



[Back to Table of Contents](#)

UPCOMING GRANTS

Canada Revenue Agency

canada.ca/taxes



Bring Free Tax Help to Your Community

The CVITP Grant is back for another three years—making it easier than ever for community organizations to host free tax clinics. These clinics help people with modest incomes file their taxes and access important benefits and credits.

Last year alone, volunteers helped complete over one million tax returns, unlocking \$2.57 billion in payments for individuals and families.

To learn more about eligibility, funding amounts and how to apply visit: [CVITP Grant](#)

ONLINE APPLICATIONS ARE OPEN FROM MAY 1 TO JUNE 30TH 2026

Agence du revenu du Canada

canada.ca/impots



Offrez une Aide Fiscale Gratuite à Votre Communauté!

La subvention du PCBMI est de retour pour trois ans, ce qui facilite plus que jamais l'organisation de cliniques d'impôts gratuites par les organismes communautaires. Ces cliniques aident les personnes à revenu modeste à produire leur déclaration de revenus et à accéder à des prestations et crédits importants.

L'an dernier seulement, les bénévoles ont aidé à produire plus d'un million de déclarations, donnant accès à 2,57 milliards de dollars en paiements pour les particuliers et les familles.

Pour en savoir plus sur l'admissibilité, les montants de financement et la façon de présenter une demande, visitez : [Subvention du PCBMI](#)

LES DEMANDES EN LIGNE SONT OUVERTES DU 1ER MAI AU 30 JUIN 2026

OACAO

OACAO Regional Networking Meetings

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

REGION	REPRESENTATIVE	EMAIL	NEXT MEETING
Central	Nora Jones	nora.jones@townofws.ca	March 27 9:30-1:30 (In -person - Stouffville)
Eastern	Don Amos	DonA@seniorskingston.ca	April 29 11am- 2pm (in -person - Ottawa)
Golden Horseshoe	Julie Pennal	Julie.pennal@oakville.ca	March 26 1pm-4pm (In-Person - Oakville)
Grand River	Melissa Biffis	mbiffis@get.on.ca	March 19 10am-2pm (in-Person - Kitchener)
Metro	Lisa Tobio	yorkfairbank@on.aibn.com	May 12 9:30 am (Virtual)
Northern Regions	John Richer	john.richer@greatersudbury.ca	May 25 1pm (virtual)
South West	Jennifer Jones	jjones@bgclondon.ca	March 26 10am - 1:30pm (in person - Woodstock)



Shared Stories, Shared Strength: Updates from our OACAO Members



OAKVILLE

Iroquois Ridge Older Adult Centre

Oakville Seniors Services Information Fair

Friday, April 24th

10 am to 1 p.m.

**Iroquois Ridge Community Centre
(1051 Glenashton Dr. Oakville)**

Guests will have the chance to connect with organizations offering health care, home care, foot care, wellness programs, community supports and more. It's a great way to discover reliable services that help older adults maintain independence, safety, and overall wellbeing.



Town of Oakville staff will also be available to share information about municipal services, including transit options, subsidy programs, recreation opportunities, and registration assistance. Visitors can enjoy interactive "Try-It" activities that highlight some of the programs available through the Town's recreation and older adult services.

Designed to be both informative and engaging, the Oakville Seniors Services Information Fair provides a friendly environment to learn, ask questions, and explore valuable local resources. Whether you're gathering information for yourself or supporting a loved one, this event offers helpful insights and meaningful connections for older adults in the community.



CENTRE DE SANTÉ COMMUNAUTAIRE
REXDALE
COMMUNITY HEALTH CENTRE



The Seniors' Program at RCHC continues to expand through community partnerships that promote healthy aging, brain health, and social connection. This spring, RCHC is pleased to highlight two wellness programs delivered in collaboration with Functional Mind and Body (FMB).



The **Boxing & Brain Fitness Workshop**, a 12-week program, combines low-impact boxing movements with cognitive exercises to support physical and mental well-being. With seated and standing options available, participants built strength, coordination, and cardiovascular endurance while engaging the five core components of brain fitness. The program also supported bone health, confidence, and peer connection through movement, repetition, and shared laughter.

Complementing this initiative, the **Dementia Resilience Seminar Series** brought seniors together for learning, movement, and conversation focused on dementia awareness and resilience. In a supportive group setting, participants gained practical tools, reflected together, and strengthened social connection.

Both programs were facilitated by Functional Mind and Body and generously funded by the Durham Region Association of Black Professional Entrepreneurs (DRABPE) and the Government of Canada. RCHC is grateful for these partnerships, which enable accessible, culturally responsive programming that enhances well-being for seniors in Rexdale.



Funded in part by the Government of Canada's Supporting Black Canadian Communities Initiative





At the Rural 60 Plus Center our biggest goal is to be there for our seniors – rural or city.

We endeavour to have activities that are welcoming – whether they be fun-filled entertainment or serious and informative.

During this winter season we are hosting chair yoga on Mondays along with our regular carving and disking. The Good Company Choir sings for us on Tuesdays. Tuesdays and Thursdays will find the centre full of weavers and the knitters. Wednesdays we host beginner's carving and the quilting group is busy making all sorts of quilted items that can be sold, kept for ourselves, used as gifts or donated. Wednesdays is also cribbage day. On the fourth Thursday

of each month we have games day – January was for teaching euchre. But you don't have to play euchre – you can get together with others and play Scrabble or chess – whatever your heart desires. There is no charge for games day – just come out and have fun. Thursdays our regular yoga will start on February 5, 2026. On the fourth Friday of each month we have our Friendship Café which is the time to get together and learn more about dementia – how to deal with it in our lives, and how to cope. We also host information sessions on different topics. And we must say, our library is quite stocked and visited often.



As if that isn't already a lot of activity, we also have luncheons, put on by the Kakabeka Legion – usually once a month (soup, sandwiches and dainties) at a minimal cost and a great time to get together and visit. Who wouldn't like to have someone else do the cooking.

Of course we can't forget our annual Christmas dinner. Again, what's better than having someone else prepare you a delicious, wonderful meal and all you have to do is visit with your friends and enjoy it. And you might even win a door prize!

This year we have a couple of bus trips planned – who knows where we will go but you can guarantee that the bus will be full of laughter on the journey and a lot of chatter.

Yes, the Rural 60 Plus Center is full of seniors, but not a single one thinks of themselves with an age – only how much more can I do and how much more can I learn. Our Centre is where seniors get together, share craft times, join in conversations, laugh and enjoy each day, looking forward to the next one, and making friendships that last. Why don't you drop by one day and check us out?

5 Pineview Road (Corner of Hwy. 11/17 and Pineview Road), Kakabeka Falls, Ontario

Phone: 807-475-5779 E-Mail: rural60@tbaytel.net

Web Page: rural60plus.ca

OACAO



Supporting Active and Connected Aging in Magnetawan



In Magnetawan, we recognize that supporting an aging population means ensuring our programs and community spaces truly reflect the needs of older adults. Our goal is to create opportunities for older adults to stay active, connected, and engaged in all aspects of community living.

One of our most successful initiatives has been our Seniors Dinner & Learn series. These evenings bring people together to share a free dinner, followed by informative presentations on topics such as health services, safety, community supports etc. and fun intergenerational crafts. These events encourage conversations, and companionship in a relaxed and welcoming environment.

We have also hosted Seniors Living Fairs, which bring together local organizations and service providers in one accessible space. These events make it easier for residents to learn about available resources while helping strengthening partnerships between



service providers and our municipality which is essential for our small rural community.

Physical activity and social interaction are equally important. We offer free senior friendly recreational programming including exercise classes, yoga, tai chi, aquafit, and pickleball which reduce economical barriers to participation and promote active living. In addition, our Seniors Bus Trips have provided group outings to local boat cruises and Science North, helping residents access social, cultural, recreational and intergenerational experiences beyond our community.



Together, these initiatives support aging in place by helping older adults stay mobile, informed, and socially connected. By enhancing quality of life and continuing to seek grant funding and partnerships, Magnetawan is working to remain a community where residents can live, work, play, and learn at every stage of life.

OACAO



The Caledon Seniors Centre is proudly marking 30 years of connection, community, and meaningful impact.



What began as a small gathering place has grown into a vibrant hub where older adults come together to learn, stay active, and build lasting friendships. Over three decades, the Centre has become a cornerstone of Caledon—championing inclusion, supporting healthy aging, and enriching the lives of countless members through programs, events, and shared experiences. This anniversary is not just a celebration of time passed, but of the people, volunteers, and community spirit that have shaped the Centre into the welcoming home it is today.



OACAO



Valentine's Bingo at GWSA



The Guelph Wellington Seniors Association recently hosted a lively Valentine's Pizza Party Bingo, filling our centre with laughter, warm conversation, and the wonderful smell of fresh pizza. This special event is a new favourite tradition that adds extra excitement to our weekly bingo gatherings, and it once again brought together a joyful mix of GWSA members and community members.

A highlight of the afternoon was a generous gift card donation from Schlegel Villages. The gift card was displayed in a picture frame and surrounded by delicious chocolate treats, creating a fun and creative focal point that everyone enjoyed. We extend our heartfelt thanks to Schlegel Villages for their kindness and ongoing support of our community programs.

The room buzzed with friendly competition as numbers were called and cards filled up. Laughter echoed across the tables, and the spirit of togetherness was unmistakable.



The Donation

Our Valentine's Pizza Party Bingo is one of several themed bingo events we host throughout the year, offering a cheerful way to celebrate special holidays while enjoying great company and a relaxed afternoon.

Weekly bingo continues to be one of our most popular activities, welcoming participants from across the community. It's more than a game—it's a chance to connect, share stories, and enjoy time with neighbours and friends. Our older adults bring such warmth, humour, and energy to these afternoons, creating an atmosphere that makes everyone feel at home.

We're grateful to everyone who joined us for this year's celebration and helped make it such a memorable day.



The Winner!

We look forward to many more fun-filled bingo afternoons and hope to see even more community members join us for the next special event.

OACAO



**Peel
Senior
Link**

helping
seniors live
independently

Rooted in Care: Helping Our Seniors Put Food on the Table and Stay Connected

Something good is growing through our new partnership with Food Banks Mississauga, and the impact is already being felt. This collaboration directly addresses food insecurity, ensuring older adults facing rising costs can access nutritious resources with dignity. By bridging the gap between healthy nutrition and personalized care, we are making sure no senior feels left behind.

This initiative builds on the foundational support of Peel Senior Link. Through core programs such as Supports for Daily Living (SDL) and Stay Active, Stay Connected (SALC), we reinforce seniors' independence, safety, and wellbeing year-round. Our programs provide the foundation seniors need to thrive, ranging from health & wellness webinars, exercise classes focused on balance, strength and falls prevention to creative art sessions and educational presentations on safety and local resources. These sessions are designed in flexible formats, meeting seniors where they are to provide both practical knowledge and joy

By weaving together food security, safety, and social connection we are doing more than providing services; we are building a sense of “home” and family. One senior recently shared that they “wait for the activities every week” because it makes them feel safe and connected to neighbours.

As we expand our history of service, our focus remains simple: ensuring every senior is nourished, valued, and connected to their community all year long.





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/ Spring 2026 session will end on Sunday, June 21, 2026. Summer 2026 session will resume on Saturday, June 27, 2026. Summer registration session will begin on Monday, June 22, 2026, at 9:00 am. More details will be shared with all members closer to the date.

Note: You must be a member to register for programs. You can register online, by phone, or email.

UPCOMING EVENTS

Scam Prevention Workshop

Thursday, April 9, 2026

Free admission

12:30-2:00pm

Fallsview Casino

Friday, May 29, 2026

Cost: \$50



Contact Us

416-755-9215 Ext. 230

Seniors' Divisional Manager - Afsana Chowdhury - Ext. 237 (AChowdhury@wsncc.org)

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

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

OACAO



PCS Ottawa Now Offering Prostate Cancer Awareness Presentation/Events in Ottawa, Eastern Ontario and the Outaouais

We are offering interested groups in the Ottawa, Eastern Ontario and Outaouais regions the opportunity to learn about what Prostate Cancer Support Ottawa does to help men and their families impacted by prostate cancer.

Prostate cancer is considered one of the most treatable cancers, especially if detected early, yet it is still the second

leading cause of death from cancer in men in Canada. In 2025, an estimated 30,400 men will have been diagnosed with prostate cancer in Canada¹. In the areas served by PCS Ottawa, that figure translates to just over 1,400 cases of local men learning that they have cancer and then having to choose from among the available treatment options.

The PCS Ottawa Awareness Team is ready to respond to organizations wanting to learn more about what our support group offers to help men and their families impacted by prostate cancer. We can attend one of your gatherings, give a short presentation and then engage in discussion and answer any questions your group members may have about prostate cancer, its diagnosis, treatments, side effects and rehabilitation, as well as more information about Prostate Cancer Support Ottawa. We can conduct these presentations in either English or French, as required.

To schedule a presentation, please email us with your proposed date and requirements at chairman@pcsottawa.ca, or leave us a message at our business number: 613-828-0762.



If you reside outside of the Eastern Ontario area, we can connect you with other prostate cancer support groups in Ontario to arrange a presentation.

OACAO



Mapleridge Recreation Centre is a vibrant not-for-profit charity dedicated to enhancing the health, wellness, and social connection of adults aged 50+ in our community. For more than six decades, we have served as a welcoming hub where older adults can stay active, build meaningful relationships, and engage in lifelong learning in a supportive and inclusive environment.

Our programming is grounded in the belief that healthy aging includes physical, emotional, and social wellbeing. We offer a wide range of wellness-focused activities such as strength and balance classes, yoga, tai chi, low-impact fitness, and recreational sports that promote mobility, independence, and fall prevention. Programs are designed to be inclusive and adaptable, empowering members of varying abilities to participate confidently.

This year, Mapleridge is expanding its impact by introducing primary care-related programming focused on health education and prevention. Through workshops, guest speakers, and collaborative partnerships with health professionals, we are delivering sessions on memory and cognitive functioning, fall prevention strategies, mental wellness, nutrition, and healthy aging practices. By emphasizing preventative learning and early intervention, we are supporting older adults in taking an active role in maintaining their health and independence.

Social engagement remains central to our mission. From interest-based clubs and recreational activities to educational seminars and community gatherings, our programs foster connection and reduce isolation – key contributors to overall wellbeing.

As a registered charity governed by a volunteer Board of Directors, Mapleridge Recreation Centre relies on strong community partnerships and volunteer support to deliver accessible, high-quality programming. Through innovation, collaboration, and a deep commitment to seniors' wellness, we are proud to support older adults in living active, connected, and empowered lives in Peterborough.



SCAN TO VISIT
OUR WEBSITE



705 742-1481
1085 Brealey Drive
Peterborough, ON K9K 0C1
www.mapleridgerecreationcentre.com

Ontario 

OACAO



Soup's On: A Valentine's Celebration of Connection and Community

At our location in Vaughan, where Circle of Care runs our Adult Day Program, this year's "Soup's On" Valentine's event was a heartwarming celebration of connection, culture, and community care.

As part of our Seniors Active Living Centre programming, which promotes health and well-being through social, cultural, learning, and recreational opportunities, the evening brought together clients, volunteers, and staff for a truly special gathering.



A highlight of the evening was a live cooking demonstration by one of our talented volunteers, a newcomer and recent graduate of the culinary program at George Brown College. Drawing on her Persian heritage, she prepared a traditional soup and dessert, sharing not only delicious food but also stories and culture from her home country.

Adding to the festive atmosphere, a volunteer and client who are

matched through our Friendly Visiting program, provided live music for the evening. Their performance had clients singing along and even dancing, filling the room with laughter and joy.

"Soup's On" redefined Valentine's Day as more than a celebration of romantic love. It became a celebration of communal caring—love expressed through shared meals, music, conversation, and presence. By bringing together volunteers of different generations, cultures, and programs, the evening was a beautiful reminder that connection is at the heart of healthy, vibrant communities.



Circle of Care
Sinai Health

Seaway Seniors have HEART!



Health is so important to our quality of life as seniors. Seaway Senior Citizens Club of Cornwall knows this and celebrates healthy lifestyles in many of its activities and programs. Exercise, Tai Chi, Ball Drumming, Line Dancing and Yoga are just a sampling of what the Club hosts to promote healthy active living.

To that end, the Club has recently created the Seaway Seniors Health Team also known as HEART (Health Education Awareness and Resource Team).

This team led by Karen Cooper, SSCC project coordinator in consultation with Katie Renton, Cornwall Community Hospital Trauma Centre coordinator is comprised of club members who are now retired but share a wealth of experience in the health care field. The team will be working with local health agencies and medical professionals to plan clinics and offer twice monthly workshops and information sessions that will focus on health (both physical and mental) issues facing today's seniors. Topics will include recognition of risk factors, tips for leading a healthier lifestyle and information on accessibility of services and programs specifically designed for these issues. These sessions are open to for both club members and to members of the community.



Team members in photo L to R: Karen Cooper, Shona Barkley, Betty Barnes, Marilyn Bender, Pat Lanctot and Melody Crites. Absent: Sandra Hunter



OACAO



Culture, savoir et solidarité : un hiver dynamique au Centre Pauline-Charron

L'hiver 2026 est marqué par une effervescence remarquable au Centre Pauline-Charron, où culture, engagement communautaire et transmission du savoir se conjuguent pour offrir des expériences significatives aux personnes de 50 ans et plus.

Depuis son lancement le 18 décembre 2025, la série **Éclats de scène 2025-2026** propose six journées consacrées aux arts de l'

à scène. Après l'ouverture festive avec la Famille Rocheleau, l'année s'est poursuivie avec **Brian St-Pierre, Marc-Antoine Joly, Céleste Lévy et Jonathan Dion**, réunissant rires, création musicale et ateliers participatifs. Chaque journée comprend un atelier et un spectacle, favorisant une participation active et intergénérationnelle. Deux rendez-vous artistiques restent à venir en mars. Cette initiative est rendue possible grâce au soutien de **Patrimoine canadien**.

La vitalité du Centre s'est également exprimée lors du Dîner de la Saint-Valentin, marqué par le tirage annuel de la Fondation Pauline-Charron. Les **850 billets** prévus ont tous été vendus, générant un montant net de **13 000 \$** pour le Centre, une fois les dépenses payées. L'événement a été rehaussé par la présence de la Franco-Ontarienne **Sophie Grenier, gagnante de La Voix 2023**, dont la



prestation musicale a offert un moment mémorable à nos membres. La Résidence Venvi Héritage a également contribué au succès de la journée en offrant des prix supplémentaires, dont deux tablettes électroniques, un appareil intelligent de type Alexa et un billet pour une sortie à la cabane à sucre.

En parallèle, la série de conférences **Savoir et Pouvoir – Pour un futur éclairé** se conclura le 4 mars, lors de la Foire du bien-être. Le Dr Antoun Hajj abordera la santé des pieds comme pilier essentiel de la mobilité et du bien-vieillir.

Au Centre Pauline-Charron, l'hiver est synonyme d'action, de créativité et de rayonnement francophone. Et le printemps s'annonce tout aussi rassembleur

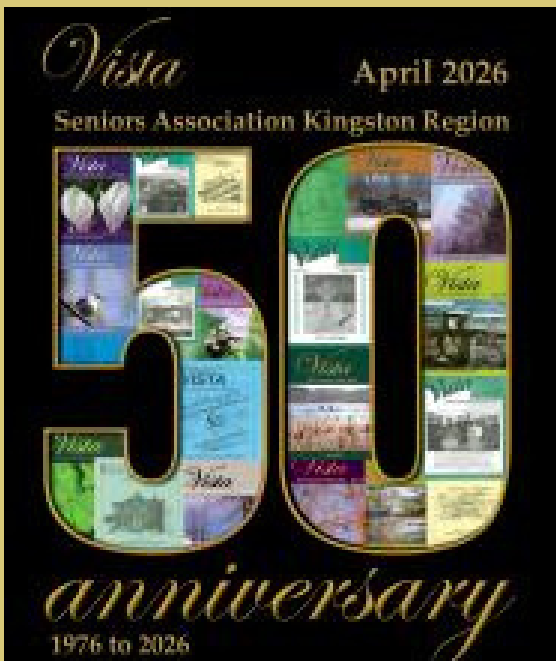
Celebrating 50 Years of Community, Connection, and Growth



SENIORS ASSOCIATION

KINGSTON REGION

This year marks a significant milestone for our centre as we proudly celebrate our 50th anniversary. For five decades, we have been committed to enriching the lives of older adults through connection, learning, and active living. Throughout the year, we are reflecting on our history, recognizing the volunteers and members who have shaped our organization, and sharing milestone stories through special features in our Vista publication. A signature anniversary celebration is planned for June, where members, community partners, and supporters will gather to honour five decades of impact and look ahead to the future. While we celebrate our past, we remain focused on evolving to meet the changing needs of today's older adults.



One example of that forward momentum is our new water walking program at a satellite location with a pool. Designed as a low impact, full body workout, water walking builds strength, balance, and endurance while enhancing cardiovascular fitness and reducing stress on the joints. As part of our commitment to staying current and responsive, we regularly introduce and test new programs. While not every pilot becomes permanent, aquatic offerings consistently rank among our most popular. That strong interest likely contributed to water walking selling out very quickly.

Another highlight has been our Celebration of Books and Music, a highly successful fundraiser for the association. In the weeks leading up to the two day event, we collect generous donations of books, CDs, and vinyl records from members and supporters. The event draws enthusiastic crowds eager to browse, purchase, and connect. Beyond promoting literacy and lifelong enjoyment of the arts, the fundraiser generates essential funds that help sustain and expand programs for older adults in our community.



OACAO



From Setback to Strength: Onaping Falls Golden Age Club Keeps Its Momentum Through the Restoration



Although still waiting on restoration completion of the lower level after the flood last fall The Onaping Falls Golden Age Club is still a busy place.

The Senior Men's Pool group is having a blast. A big Thank you To the Onaping Falls Legion Branch #503 for opening their doors while waiting on replacement of our pool tables. Truly showing us, what neighbours' helping neighbours is all about.



We brought in 2026 with a party. Great music by DJ Super Dave proved that you can't keep seniors from showing their moves on the dance floor.

Our Serenity Library is being enjoyed by many of our seniors sharing a good read. A beautiful new puzzle board has been a big hit. It's great to keep the mind busy creating over a cup of tea.



The Ukulele Group and our monthly music jam have members tapping their toes and singing along.



Between the weekly Euchre games, monthly Euchre Tournaments, other card games, and the ever-popular Wednesday Snack & Chat soup and sandwich lunch Members are getting out and enjoying their time together.



OACAO



York Regional Education Services

York Region Education Services is a non-profit organization in Ontario, Canada, that provides educational programs, including STEM camps, workshops, and leadership training for individuals ranging from children to seniors in York Region and beyond.



Volunteer Success Program: Being one of our most successful programs, the Volunteer Success Program has helped over 2000 volunteers gain hands-on experience in their chosen fields. Volunteers also receive a certificate from Canada Service Corps, recognizing their commitment and impact.



YRES Senior Programs: At YRES, we offer engaging public speaking programs for seniors at the Aaniin Community Centre. Topics include digital literacy, scam prevention, healthy relationships, and more. Through interactive table topics, seniors practice their public speaking skills in a supportive environment. Join us for an inspiring learning experience!

Community Lego Sessions: YRES hosts community lego sessions that combine creativity with learning. These sessions feature three fun programs:

- **Lego Art:** Kids express their creativity by painting and then recreating their artwork with Lego bricks.
- **Lego Science:** Children explore basic scientific concepts by building structures with Lego science kits.
- **Lego Robotics:** Our most loved program, where kids build and code Lego creations to move or make sounds.

Each program is designed to inspire kids while developing their creativity and technical skills.



Career Fairs: YRES has been actively participating in career fairs across the region, and continues to host volunteer fairs each year. These fairs provide the opportunity to share the exciting volunteer and job opportunities we offer. From college fairs to library career events, we've had the pleasure of meeting many passionate individuals. These events have allowed us to connect with many new faces and expand our community!

New Partnerships and Collaborations

We are happy to announce our collaboration with OACAO, as we drive to expand our networks. With our continuing collaboration with Malvern Family Resource Centre, we strive to expand our connections to provide more opportunities for seniors!

At YRES, we're committed to offering diverse programs and building partnerships that make a positive difference in the community. Stay tuned for more updates as we continue to grow!

OACAO



OAKVILLE Colburne Senior Centre

Oakville Honoured with the Ontario Age-Friendly Communities Award

Oakville is celebrating a milestone that reflects years of dedication, collaboration, and community leadership: receiving the **Ontario Age-Friendly Communities Award**. This honour recognizes the town's commitment to creating environments where older adults feel valued, supported, and engaged. At the heart of this achievement are the people who make age-friendly

work meaningful every day—most notably the **SWAG (Seniors Working Action Group)** and the **PRC (Policy Review Committee)**, along with the many staff and volunteers whose passion continues to shape Oakville's community centres and programs.

Community leadership that drives meaningful change

The SWAG team has long served as a powerful voice for older adults in Oakville. SWAG members bring lived experience, thoughtful insight, and a deep understanding of what older adults need to thrive. Their advocacy has strengthened everything from accessibility improvements to social-connection initiatives, helping ensure that Oakville remains a place where residents can age with dignity, independence, and joy.

Equally essential is the work of the PRC—the Policy Review Committee. This dedicated group of seniors, representing each of Oakville's community centres, plays a vital role in shaping the policies and standards that guide programming across the town. Their mandate goes far beyond reviewing documents. They help ensure that programs are relevant, high-quality, and responsive to the evolving needs of older adults. By offering feedback, identifying gaps, and championing continuous improvement, PRC members help maintain the excellence and consistency that residents rely on in every centre.

Staff and volunteers who bring age-friendly principles to life

Behind every successful age-friendly initiative is a network of staff and volunteers who turn ideas into action. Staff across departments have embraced age-friendly thinking in their daily work—designing programs, improving accessibility, and fostering welcoming environments where older adults feel seen and supported. Their leadership ensures that age-friendly values are embedded in everything from recreation and cultural programming to customer service and community outreach.

Volunteers, too, are central to Oakville's success. They lead activities, support events, and help build the social connections that are so essential to well-being. Their generosity of time and spirit strengthens every program and creates a sense of belonging that cannot be manufactured—only nurtured through genuine community care.

A shared achievement and a shared future

The Ontario Age-Friendly Communities Award is more than a recognition of past accomplishments—it is a celebration of a community working together with purpose. It reflects the collective efforts of SWAG, the PRC, staff, and volunteers who believe deeply in the value of creating spaces where older adults can continue to learn, contribute, and connect.

As Oakville looks ahead, this award serves as both a milestone and a motivator. It reinforces the importance of listening to older adults, empowering community leadership, and continuing to innovate. Most of all, it highlights the extraordinary people whose dedication makes Oakville age-friendly.



OACAO



More Than A Bus Trip

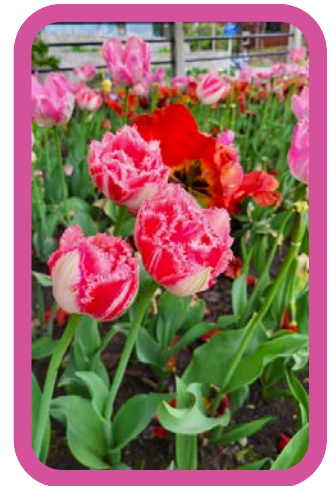


In 2023, a collaborative group of Seniors Active Living Centres (SALCs) and seniors' centres across Renfrew County began meeting under the banner of **Revitalizing and Reactivating Communities**. Together, we explored our individual strengths and shared challenges, with a common goal: to revitalize our organizations and strengthen services for older adults across our rural region.

Through open discussion, brainstorming, and joint planning, one idea quickly gained momentum — bus trips. Yet we faced familiar rural barriers: high transportation costs, long distances, limited bus companies (with the closest located over 1.5 hours away), and the need to secure at least 40 participants per trip to remain cost-effective. As non-profits, upfront payment requirements also posed financial challenges.

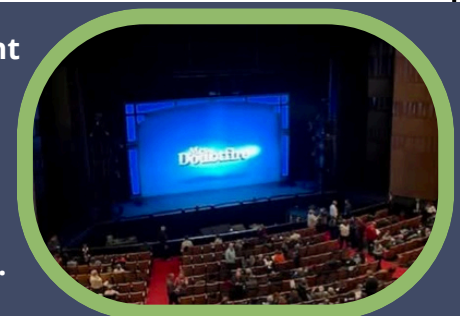
Rather than abandon the idea, we worked together.

Our first county-wide collaborative bus trip was in 2024, a trip to the Canadian Tulip Festival. What began as a simple conversation quickly grew into five buses with pick-up locations across Renfrew County. To ensure fairness and consistency, we agreed on one unified price — the same cost regardless of where participants lived. Soon, waitlists grew and it demonstrated just how strong the demand was. With enthusiasm pouring in from across the county, we worked together to secure two additional buses. In the end, seven buses rolled out, carrying an incredible 380 community members to experience the beauty and celebration together — a powerful reminder of what we can accomplish through collaboration.



The impact was immediate. Members connected with peers from neighbouring communities, staff and volunteers grew relationships while organizing and travelling together. That single trip laid the groundwork for continued collaboration. Since then, multi-centre trips — sometimes involving two or three centres, and at times all 14 — have included casino outings, fall colour tours, Ottawa River cruises, and Broadway Across Canada shows. Upcoming adventures include Nordik Spa-Nature Chelsea, Cirque du Soleil under the Big Top, Diner Show - Oh Canada Eh!?, and the Canadian Tulip Festival once again.

By working collectively — coordinating schedules, negotiating payment timelines within 30 days of travel, and supporting shared registration — we've created sustainable, accessible travel opportunities. This resonates not only to bus trips though, this truly shows a community of centres working together, now sharing activities, projects, and of course, bus trips. Together, we are proving that collaboration strengthens not only our centres and members, but our entire county.



OACAO



At our Older Adult Program, healthy aging is practiced through connection, creativity, and play. During Coffee Talk, members gather to socialize, share stories, and laugh together in a welcoming space that nurtures belonging and emotional well-being. These conversations strengthen bonds, reduce isolation, and support mental health.

Our Haiku poetry workshop allows participants to explore self-expression through simple yet powerful verses. Crafting poems encourages reflection and creativity while offering a way to process life experiences.

Our Game Lounge brings out friendly competition and strategic thinking during rounds of Mexican Train. Participants learn rules, plan moves and engage with each other. Additionally, members collaborate on a 1000-piece jigsaw puzzle, practicing patience and teamwork.

Yonge Eglinton Community Centre was thrilled to announce older adult evening programs which commenced in October. Being conscientious of changing demographics in the area, these programs are intending to benefit still working older adults, and those unable to attend during the day.

These programs have targeted all areas of wellness including physical, social, and emotional domains. Although programs continue to grow, a popular program includes Walk After Work, where older adults have encouraged each other to walk up to four kilometers at varying paces. Different routes in the neighbourhood are chosen each week to ensure every time is unique. After the walk, older adults meet at a local pub to socialize and relax.

Similarly, the Just Dance program has been well attended and encourages physical fitness in a social setting. Participants follow a pre-recorded dance class, and a disco ball creates the perfect atmosphere.

A unique program is a peer support group for women where aging and health is discussed. Topics change for each session, and the discussion is participant led. Stories, resources, and advice is shared over cups of tea.



Through listening to feedback from participants, programs will continue to change and evolve, adding value to older adults in the community.

OACAO



Notre projet «**En avant la musique pour les aînés de Peel**» mis en place avec une subvention du programme Nouveaux Horizons pour les aînés, bat son plein. Bon nombre ont apprécié l'atelier interactif sur le djembé (tambour africain) et les sessions de danse sociale. Des musiciens en herbe apprennent et s'exercent au ukulélé et au xylophone, et la chorale Coup d'choeur développe son répertoire. Le 25 mars, lors de la Semaine de la francophonie, les nouveaux apprentissages seront mis en

valeur lors d'une fête, incluant un repas, de la danse, un spectacle par Amadou, un concert de ukulélé et une prestation de la chorale.



Guidés par l'autrice Michèle Laframboise un petit groupe de membres on travaillé l'écriture d'un récit. Quel joie pour eux de voir leurs textes publiés dans un livre intitulé ***Un livre, une communauté : récit collectif des aînés et aînées francophones du Grand Toronto***, lancé le 27 février lors du Salon du Livre de Toronto Comme à chaque année, nous soulignerons la Journée internationale des droits des femmes le 11 mars par un repas, des discussions et des activités ludiques. Nous collaborons également avec le East Mississauga

Community Health Centre à la sensibilisation à la santé mentale de aîné.e.s afin de former des bénévoles paires qui développeront leurs connaissances et leurs compétences en communication et en relation d'entraide auprès des aîné.e.s. Cette

collaboration complétera un autre projet collaboratif que nous avons en marche avec la Fédération des aînés et des retraités francophones de l'Ontario, «**Les éclaireurs de proximité**», qui prendra de l'essor sous peu.

Retraite active de Peel est fière de ce que nous offrons aux aînés francophones au moyen de l'énergie et du dévouement de nos bénévoles. Grâce à l'obtention du statut d'organisme de bienfaisance, nous visons un financement plus stable pour permettre l'utilisation de ressources humaines afin d'appuyer l'organisme et alléger la tâche des bénévoles. Pour nous aider dans cette démarche, Retraite active de Peel a conclu une entente avec



Canadon, un organisme reconnu et à but non lucratif, qui soutient les initiatives de collecte de fonds et facilite à la fois la gestion des dons et l'émission de reçus aux fins de l'impôt. Pour plus d'informations ou pour faire un don, vous pouvez consulter le site web au <https://www.retraiteactivepeel.ca/faire-un-don>



OACAO

A Word from Our Partners: OACAO Business Partners

Platinum Business Partners



access abilities
Your ability store. Our passion.
Proudly family owned & operated since 1994

SALES • SERVICE • RENTALS

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



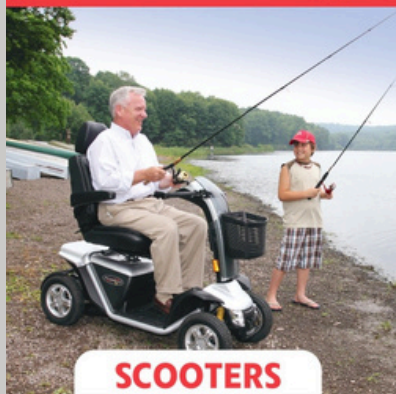
ROLLATORS



BATHROOM SAFETY



WHEELCHAIRS



SCOOTERS



SERVICE



HOSPITAL BEDS

www.accessabilities.ca

905-825-5335
Oakville: 549 Bronte Rd.



416-237-9654
Etobicoke: 154 Norseman St

AMICA | SENIOR LIFESTYLES



Embracing changes and opportunities: living with *intention* in your senior years

Living with intention isn't about having life perfectly planned. It's about learning to pivot, and stay connected and hopeful, even when the path ahead changes.

As we age, change can show up more often and feel more personal: shifts in health, moving to a new home or even the world feeling less predictable. Living with intention is about tapping into your resilience and responding in ways that honour what matters most. Here are three ways to do that:

1. Be open to "Plan B"

Sometimes life happens and goals or plans need revising. For example, if you plan to visit family across town but need to cancel due to bad weather, the day isn't ruined. Remember that the goal was connection. Propose a video or phone call instead.

It can also be about embracing new opportunities. Maybe you'd planned to watch a TV program but were invited to try a painting class instead. Say yes and you may even spark a new hobby.

2. Let your values be your compass

During times of change, your core values can act like a compass, helping you make decisions that feel true to who you are. For example, if you're having mobility issues and value independence, you can stay self-reliant by using a walker or cane for longer walks, or add grab bars in the bathroom. By adjusting how you do certain tasks, you can keep living on your own terms.

3. Focus on what you can control, and give yourself grace

There are choices you can make each day to help you feel steadier. Simple rituals such as enjoying a cup of tea by the window, or doing a crossword, can help you feel grounded and in control.

How you speak to yourself also makes a difference. When life veers off plan, it's easy to be self-critical. Instead, offer yourself encouragement, saying, "It's okay if plans change. I'm making the best decisions I can in this moment."

Focusing on your values, setting achievable goals, staying mindful, and using these tools during times of change can help you experience fulfilment and purpose in this chapter of life.

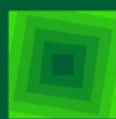
At Amica Senior Lifestyles, we learn what our residents value so we can tailor our [life-enrichment programs](#) to meet their needs and honour their passions. Our residences offer [engaging activities](#), deliciously fresh [culinary options](#) and [discerning care](#). Together, we create meaningful moments all year long.

Find more articles from our [Living with Intention series](#)

Discover the [Amica Difference](#)

Disclaimer: The information provided in this guide is for general informational purposes only and should not be considered professional advice. Always consult with a qualified professional for any specific concerns.

OACAO



**CANADIAN
HEARING
SERVICES**



Proudly Canadian since 1940

Connect Mental Health Counselling



Mental health counselling services for Deaf and hard of hearing individuals.

Are you Deaf or hard of hearing and experiencing:

- Mental health concerns?
- Abuse?
- Addiction?
- Or other serious challenges?
- Relationship problems?

Canadian Hearing Services is here to help.

Our professionally trained counsellors specialize in dealing with issues unique to Deaf and hard of hearing individuals. They provide support to help you with your address your unique challenges.

Services are:

- Free
- Confidential
- Provided in an accessible environment using American Sign Language (ASL), la langue des signes québécoise (LSQ), real-time captioning, and amplification devices as required

You're not alone – reach out to CHS!

CONTACT US:

Phone: 1-866-518-0000 **TTY:** 1-877-215-9530

Email: connectmentalhealth@chs.ca

Website: CHS.ca



OACAO



HEARING HEALTH MATTERS



HEARING HEALTH AND MENTAL WELL-BEING

Healthy hearing supports more than conversation — it helps people stay socially connected, mentally sharp, and confident in daily life.

Why Hearing Matters for Mental Health

Communication is at the heart of relationships. When hearing becomes difficult, conversations can feel tiring, leading some people to withdraw from social situations. Over time, this can contribute to loneliness, stress, and reduced emotional well-being.

Hearing loss has also been linked to cognitive decline. When the brain must work harder to interpret unclear sounds, fewer resources are available for memory, focus, and problem-solving. Research shows hearing loss is one of the largest modifiable risk factors for dementia, and hearing aid users have a lower risk of cognitive decline compared to non-users.

EARLY SUPPORT HELPS

Addressing hearing loss early helps keep the brain engaged with sound, reduces listening strain, and supports better communication.

Proper hearing care is associated with improved quality of life and stronger social connection.



TAKE THE NEXT STEP

Better hearing can mean a more connected, confident, and fulfilling life. To get started, call **1-866-724-6311** to book a complimentary hearing consultation* at a local HearCANADA centre.

*Not applicable on third-party claims. Contact HearCANADA for details.

Source
1 World Health Organization: World report on hearing (3 March 2023): <https://www.who.int/publications/item/9789240020481>

HearCANADA.com






HearingLife

Introducing a New Generation of Nearly Invisible Hearing Technology

Staying connected to the people and moments that matter often begins with hearing clearly and comfortably.

HearingLife is now offering Oticon Zeal™, the world's first nearly invisible hearing aid designed to combine full functionality with a discreet size. In the past, smaller devices often meant compromising on performance. Oticon Zeal™ changes that. It also comes with the following features:

-  AI-driven technology* that helps prioritize speech over background noise, making conversations easier to follow in even busy environments.
-  Fast charging and long-lasting battery power provide reliable, all-day support.
-  Seamless Bluetooth® connectivity lets you stream calls and audio directly from compatible devices.

If you have been curious about the latest advancements in hearing technology, now may be the perfect time to explore your options.

Book a FREE hearing test**



1-888-569-0063

BOOK ONLINE:

HearingLife.ca/OACAO

MENTION CODE: **ENS-TBYB-OACAO**

*Christensen et al. (2024). Evaluating Real-World Benefits of Hearing Aids With Deep Neural Network–Based Noise Reduction: An Ecological Momentary Assessment Study. American journal of audiology, 33(1), 242-253. **A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. If you request a copy of the Audiological Report an administrative fee will apply (fees do not apply in Saskatchewan). Child hearing tests are conducted at select locations for a fee, please contact us for more information. This promotion is valid for select hearing aid models and cannot be combined with more than 1 promotion or discount unless stated otherwise. Offer not applicable for industrial hearing tests.

OACAO



Delicious Made Easy

Shouldn't life get easier as we age?

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

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

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



Explore some of our **NEW** meals from **Our Spring/Summer 2026 Menu!**

Savour the freshness of the season with vibrant flavours you can count on, because everything good comes from the heart.

- Perogies with Mushroom Cheese Sauce
- French Onion Beef and Potato Casserole
- Grilled Chicken with Spinach Parmesan Sauce



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

*Some conditions may apply.

IS YOUR INSURANCE STILL AFFORDABLE?

You could be saving **BIG** on your Auto & Home Insurance with the discounts below:

- Group discount for OACAO members
- No payment plan fees - save **3-6%**
- Snow tire discount
- Anti-theft discount
- Multi-policy discount
- Alarm discount



DON'T DELAY, CALL TODAY!

905-238-0668 / 1-800-243-9379 x 2300

OACAO

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



**Insuranceland
Inc.**

Our Family, Protecting your Family



VISIT OUR WEBSITE

info@insuranceland.ca www.insuranceland.ca



Find yourself at Parkland

For over 25 years, Parkland Lifestyle Residences has set the standard for premium retirement living - where exceptional service, uncompromising quality and the freedom to choose how you live are matched only by the beauty of the spaces we call home.

Experience the Parkland Difference. Book a tour today!
experienceparkland.com/ontario | 1-877-742-6639



ParklandTM
LIFESTYLE RESIDENCES

Ajax | Ancaster | Etobicoke | Mississauga

Lifestyle Apartments | All-Inclusive Lifestyle | Assisted Living | Memory Care | Enriched Care



55 York Street, Suite 700
Toronto, ON. M5J 1R7

Empowering Older Adults Through Information: Introducing Our New Information Booklets

Access to clear and reliable information is essential for older adults making decisions about retirement home living and for those already living in a licensed retirement home. To better support residents, their families, caregivers and other organizations serving older adults, we are excited to announce the launch of our newly developed information booklets.

These booklets replace our previous brochure and offer more comprehensive, easy-to-understand information tailored to both current retirement home residents and those exploring licensed retirement home living.

Current Residents

Designed with clarity and support in mind, the current resident booklet explains the rights and protections available to individuals living in licensed retirement homes under the *Retirement Homes Act, 2010*. For current residents, this includes straightforward information about the standards retirement homes must meet, the safeguards in place to protect residents, and how to raise concerns if needed.

Older Adults Exploring Licensed Retirement Home Living

The booklet designed for those exploring retirement home living, introduces the RHRA's role as the regulator, describes key rights as both a tenant and a retirement home resident, and provides practical guidance to help older adults and their families begin their search with confidence.

By bringing this information together in a clear and easy-to-navigate format, we aim to reduce confusion, strengthen awareness of resident rights, and support informed decision-making.

Request a Copy

Older adults, families, organizations, and senior active living centres interested in receiving a free copy or multiple copies of the new resident booklets are encouraged to contact us directly at communications@rhra.ca.

Together, we can help older adults in Ontario licensed retirement homes and those exploring their options, continue to live with dignity, confidence and choice.



Senior Women Living Together is a non-profit organization that helps senior women find other women to live together in rental housing

We welcome all 55+ women to join us:

- those who are living alone in a rental
- those who are living with family or friends
- those who own their homes and have room to spare
- those who are renting a place with room to spare

When our members start living together:

- Their housing expenses drop considerably
- Their housing is long term and secure
- They have companionship, physical and emotional support at their fingertips

New!

PICNICS

This year in various cities across Ontario, we are organizing picnics where senior women can have some fun, get to know one another, and chat with some women who are currently living together.

Join
US!



For more information on the picnics, send an email to: pat@swlt.ca
Website: swlt.ca Facebook Group: SWLT

OACAO



Stress-Free Downsizing & Estate Services for the **Older Adults** You Serve



Decluttering & Moving

- Choose what to keep
- Sell, donate & discard
- Coordinate moving
- Pack & set up



Estate Clearing

- Appraise content
- Coordinate online auctions
- Clear estate
- Prepare and sell home



Real Estate Sales

- Seniors REALTORS®
- Provide home valuation
- Prepare home for sale
- Sell home



New-Home Transitions

- Evaluate care & support needs
- Assess affordability
- Identify right housing type
- Find new home

**One call.
We do it all.**

“My brother, who’s 80, found his house was too much to manage alone. Transitions’ **downsizing process was hassle-free**. My brother was delighted and often says how happy and relieved he is now.”

— Amar Singh in North York

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

KEISHA TELFER
Seniors REALTOR® | Lifestyle55+ MASTER
Broker of Record

🇨🇦 100% Locally Owned and Operated

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



647.948.7415 📞

downsizingexperts.ca 🌐

keisha@transitionsre.ca ✉️

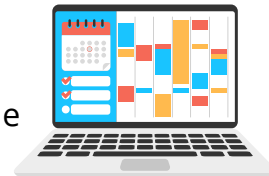
© Transitions Realty Inc., Brokerage



GLA REHAB

OT & Employment Accommodations

Occupational Therapists (OTs) are rehabilitation professionals who assist individuals with regaining the ability to complete everyday activities by using therapeutic techniques to improve motor skills, enhance independence and adapt environments.



OTs assess physical, cognitive and emotional functions. Various factors that we take into consideration include pain and fatigue, cognitive difficulties associated with memory, organization and concentration, emotional stressors, social dynamics at work, ergonomical seating, and administrative barriers such as scheduling and workload expectations.

While OT is often associated with recovery related to illness, injury, or disability, our role extends into the workplace, by supporting people who are struggling with performing their job duties due to changes in physical or mental health, burnout, or age-related challenges.

Most employees are trying their best to remain at work or to return to work after a health-related setback. This is extremely important for social connection, financial stability, or a sense of purpose. By analyzing the above factors and how they interrelate, OTs can identify the barriers to successful work performance. We then make recommendations that reduce or eliminate their negative effects on one's ability to work.



OTs use the collected data about the client's function, and develop practical and realistic accommodations that help with the return-to-work or stay-at-work process. These may include, but are not limited to, adjustments to tasks and hours, using technology to overcome poor organization and other cognitive problems, pacing strategies, ergonomic solutions, and flexibility with deadlines.

We work closely with employers, HR teams, and workers' unions to ensure these recommendations are implemented, and provide ongoing, in-person support over the longer term to make adjustments as needed and help maximize the chance of success when it comes to returning to or staying at work.

OT-led workplace accommodations services help people stay at work for longer, and benefit not only the individual, but their work teams and employers as well. We can assist with maintaining the worker at the work place and by that avoiding extra cost on new hiring and training a replacement.



If you wish to contact us,
please call our office at 416 449 6466
or
visit our website at www.gla-rehab.com

OACAO



IS IT TIME FOR SENIOR CARE AT HOME?

You know your loved one best. When small changes start to add up, it is natural to worry. Recognizing the need for **senior care at home** is about helping them keep their independence.

Our Services Includes

- ✓ Personal care & hygiene assistance
- ✓ Meal preparation & medication reminders
- ✓ Light housekeeping
- ✓ Mobility & fall prevention
- ✓ Companionship and emotional support

If you recognize several of these signs, it may be time to start the conversation

- ✓ Declining Personal Hygiene
- ✓ Mobility or Balance Issues
- ✓ Skipped or Poor Meals
- ✓ Increasing Memory Lapses
- ✓ Medication Mistakes
- ✓ Household Neglect
- ✓ Social Withdrawal

...because everyone deserves to age with dignity, comfort, and independence.

Heart@Home provides flexible, compassionate home care services across Canada, helping seniors stay safe, comfortable, and independent in the place they love most.



Visit Our Website
www.heart-home.ca

SPRING YOUR SALC DATABASE FORWARD

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



Drop us a line to find out why 50+ OACAO members use MySeniorCenter. Mention "Spring 2026" for a special price.

EMAIL: INFO@MYSENIORCENTER.COM

PHONE: 508-834-4115

WEB: WWW.MYSENIORCENTER.COM

OACAO

STARKMANS

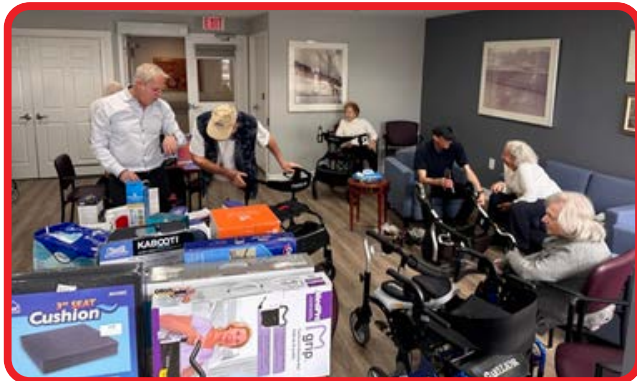
Health Care Depot

Trusted
Since
1929

Giving Back, One Tune-Up at a Time

For nearly a century, Starkmans Health Care Depot

has been a trusted part of the Greater Toronto Area. Proudly Canadian and family-owned since 1929, Starkmans has built its reputation on supporting the health and independence of the community it calls home. Located in the heart of Toronto, the company continues to serve generations of families with knowledgeable service and dependable medical supplies.



As part of its ongoing commitment to giving back, Starkmans has launched a series of community-focused initiatives designed to support local seniors. One of the most popular programs, Tea & Tune-Ups, offers complimentary walker and rollator maintenance sessions at retirement communities across the GTA.

During these free events, residents are invited to have their walkers professionally inspected, cleaned,

and adjusted. Over time, dirt and hair can accumulate in wheel bearings, affecting performance and safety. Starkmans' trained team carefully cleans the wheels, adjusts brakes, ensures proper fit, and confirms that each mobility aid is functioning as intended. If more extensive repairs are needed, units are brought back to the company's in-house repair department and serviced at a reasonable cost.

While equipment is being serviced, residents enjoy tea and refreshments in a welcoming, social setting. The events also provide an opportunity to ask questions, learn about new products and solutions, and connect directly with experienced professionals.

The response has been overwhelmingly positive from both residents and staff. Maintaining walkers and rollators in optimal condition is essential for safety, comfort, and continued independence. Through initiatives like Tea & Tune-Ups, Starkmans Health Care Depot continues to demonstrate that its commitment extends beyond products — it's about supporting people and strengthening the community that has supported them for almost 100 years.




Starkmans is located at 1243 Bathurst St., Toronto.
Free parking with easy access. Delivery available. (416) 534-8411.
Order online at starkmans.com



China 30 DAYS VISA-FREE

Canadian passport holders can now enjoy visa-free entry to China for up to 30 days, making travel easier and more convenient than ever.



 Beijing . Xi'an . Luoyang . Chongqing . Yichang . Hangzhou . Suzhou . Shanghai . Guilin . Hong Kong

FROM
\$2,399

TORONTO DEPARTURE WITH AIR

All Flights | **Bullet Train** Tickets | **First Class** Hotels | **Guided** Sightseeing



13 DAYS HIGHLIGHTS OF CHINA & HONG KONG

\$2,399



12 DAYS ICONS OF CHINA & TERRACOTTA WARRIORS

\$2,599



17 DAYS PANORAMA OF CHINA WITH YANGTZE RIVER

\$4,499



22 DAYS PANORAMA OF CHINA WITH YANGTZE RIVER & HONG KONG

\$6,099

 905-209-2029

 info@tripoppo.com

 www.tripoppo.com

RETAIL #50027839



OACAO

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

OACAO

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

Committee Chairs

Awards:

Nora Jones
nora.jones@townofws.ca

OASSIS Liaison:

Bill Krever
w.krever@victoriavillage.ca

Conference Co-Chairs:

Sarah Feeney-Martin
sarah@oacao.org
Nora Jones
nora.jones@townofws.ca

Finance:

Bill Krever
w.krever@victoriavillage.ca

Nominations:

Suzanne Teixeira
suzanne@ywalc.ca

Strategic Planning Co-Chairs:

Leslie Olsen
laolsen10@gmail.com
Sue Hesjedahl
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.
www.oacao.org
P.O. Box 65, Caledon East, ON L7C 3L8*



OACAO Business Partners 2025 - 2026

- Access Abillities:** www.accessabilities.ca 905-825-5335 (Oakville) 416-237-9654 (Toronto)
- Amica Senior Lifestyles:** www.amica.ca 1-888-264-2299
- Arbor Memorial Inc:** www.arbormemorial.ca 1-877-301-8066
- Belairdirect:** www.belairdirect.com/healthcare 1-833-887-4626
- Canadian Hearing Services:** www.chs.ca 1-866-518-0000
- Chartwell Retirement Residences:** www.chartwell.com 1-855-461-0685
- Citadel Mortgages:** www.citadelmortgages.ca 780-951-7487
- GLA Rehab:** www.gla-rehab.com (416) 449-6466
- HearCANADA:** www.hearCANADA.com 1-866-432-7226
- HearingLife:** www.hearinglife.ca 1-888-514-9515
- Heart@Home - Home Support Services:** www.heart-home.ca 905-770-6226
- Heart to Home Meals:** www.HeartToHomeMeals.ca 1-888-777-2219
- Insuranceland:** www.insuranceland.ca/oacao 1-800-243-9379 ext 2337
- MySeniorCenter:** www.myseniorcenter.com 1-866-739-9745
- OASSIS Benefit Plans for Not-For-Profits:** www.oassisplan.com 1-888-233-5580
- Parkland Lifestyle Residences:** www.experienceparkland.com 1-877-742-6639
- Retirement Homes Regulatory Authority:** www.rhra.ca 1-855-275-7472
- Senior Women Living Together:** www.swlt.ca
- Starkmans Health Care Depot:** www.starkmans.com
- Transitions Seniors Downsizing & Estate Services:** www.downsizingexperts.ca 647-948-7415
- Tripoppo:** 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 and click on the 'Donate Now' Button

Please consider OACAO for your charitable donation



CanadaHelps

Charitable Registration

No:

125123471 RR0001



Newsletter Deadlines

Please make note of the following deadlines for submissions:

2026 Summer Newsletter: June 1, 2026

2026 Fall Newsletter: September 1st, 2026

OACAO

Exclusive benefits
for members of
OACAO



Arbor Alliance Program by Arbor Memorial

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

Final arrangements made in advance*:

4% savings on cemetery lots and niches

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

Final arrangements made at time of death*:

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

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

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



*Arbor Alliance 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

access abilities
Your ability store. Our passion.

AMICA
SENIOR LIFESTYLES

Arbor Memorial

belairdirect.
car and home insurance

CANADIAN HEARING SERVICES

CITADEL MORTGAGES

Hear CANADA

HearingLife

HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™

Insuranceland Inc.
Our Family, Protecting your Family

OASSIS
BENEFIT PLANS ❤️ FOR NOT-FOR-PROFITS

Parkland
LIFESTYLE RESIDENCES

RHRA Retirement Homes Regulatory Authority

SENIOR WOMEN LIVING TOGETHER

TRANSITIONS
SENIORS DOWNSIZING & ESTATE SERVICES

Gold Business Partners

CHARTWELL
retirement residences

GLA REHAB

Heart @ Home

myseniorcenter

STARKMANS
Health Care Depot
Trusted Since 1929

TRIPOPPO