

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

# OACAO NEWSLETTER



## 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*

Summer  
2026

Welcome to the Summer edition of the OACAO Newsletter. Across Ontario, Older Adult Centres, SALCs, and our Business Partners are working together to redefine what aging can look like — building stronger communities, expanding opportunities for connection, and creating environments where older adults feel supported and included.

This issue highlights the impact of that collective work with stories that spark ideas, events that bring our network together, and resources designed to help Centres continue shaping vibrant, connected communities across the province.

COMING  
SOON



OACAO Annual Conference  
**AGING WELL**

REIMAGINE · REDEFINE · REDISCOVER

November 1-3, 2026 Mississauga

[www.oacao.org/events/aging-well-conference](http://www.oacao.org/events/aging-well-conference)

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

Est. 1973

OACAO

50  
years of service

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

Sponsorship and Trade Show Opportunities  
Available

# 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.

## Reminders

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

## Services Include

- Short-term counseling for stress, anxiety, grief, and more
- Work-life balance support - parenting, elder care and financial resources
- Crisis intervention and mental health aid

## Contact Info

Email: [cponting@oassisplan.com](mailto:cponting@oassisplan.com)

Phone: 1-888-233-5580 ext 305

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## PRESIDENT AND ED MESSAGE

**Dear OACAO Members, Partners, and Friends,**

Summer is here, bringing opportunities to connect, celebrate, and engage with older adults across Ontario. As we recognize June as Seniors Month and look ahead to a busy season, we thank our members, volunteers, business partners, funders, and community supporters for helping create welcoming, inclusive, and vibrant communities.

We continue to be inspired by the dedication and impact of our members. Today, OACAO proudly represents more than 275 member organizations across Ontario, all working to reduce social isolation, promote healthy aging, and create opportunities for lifelong learning, participation, and connection. Our Capacity Building Webinar Series, Seniors Active Living Fairs, Regional Meetings, and Links2Wellbeing: Social Prescribing initiative continue to strengthen communities and improve the lives of older adults. We are grateful to our members, partners, and funders, including the Ministry for Seniors and Accessibility and The Waltons Trust for supporting this important work.

This summer, we are excited to partner with SingWell and the Alliance for Healthier Communities on Singing Together, a new micro-grant opportunity supporting the creation of new singing groups and the enhancement of existing programs at OACAO member centres. A limited number of \$1,500 micro-grants are available, along with free training and resources for group leaders. We encourage interested members to apply by July 3, 2026: <https://www.surveymonkey.com/r/singtogether2026>.

We are also pleased to launch the 2026 OACAO Awards Program, including the new Legacy Award, which recognizes staff and volunteers who have dedicated 15 years or more of service to their organization. We encourage members to submit nominations and help us celebrate excellence across the sector.

Please save the date for the OACAO 2026 Annual Meeting, which will be held virtually on September 14, 2026 at 12:00 pm EDT. We also hope you will join us at the 2026 OACAO Aging Well Conference, taking place November 1-3, 2026, at the Hilton Mississauga/Meadowvale. Advanced registration is open now until July 31, 2026 for OACAO members only! <https://oacao.wildapricot.org/event-6735274>

Advocacy remains a key priority as we continue working with government and sector partners to strengthen support for Seniors Active Living Centres and the older adults they serve. Together, we are helping ensure SALCs remain recognized as essential contributors to healthy aging and community well-being across Ontario.

As we celebrate the International Year of Volunteers, we extend our sincere appreciation to the thousands of volunteers whose time, skills, and compassion enrich the lives of older adults in communities across Ontario.

Thank you for your continued commitment to the OACAO and to the older adults we collectively serve. We wish you a safe, healthy, and enjoyable summer.

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

NICE TO  
MEET YOU

## MEET THE OACAO TEAM

### OACAO ADMINISTRATIVE AND SENIORS ACTIVE LIVING FAIRS TEAM

**Executive Director**  
**Sue Hesjedahl**  
[sue@oacao.org](mailto:sue@oacao.org)

**Marketing and Events Coordinator**  
**Emily Angel**  
[emily@oacao.org](mailto:emily@oacao.org)

**Project and Membership Coordinator**  
**Julie Moran-Illes**  
[julie@oacao.org](mailto:julie@oacao.org)

**Summer Student**  
**Sara Saggese**  
[admin@oacao.org](mailto:admin@oacao.org)

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

**Project and Sustainability Manager**  
**Jennifer Wiebe**  
[jenn@oacao.org](mailto:jenn@oacao.org)

**Outreach and Engagement Coordinator**  
**Dena Silverberg**  
[dena@oacao.org](mailto:dena@oacao.org)

**Evaluation and Quality Improvement Coordinator**  
**Sarah Feeney-Martin**  
[sarah@oacao.org](mailto:sarah@oacao.org)

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

## REMINDER

### BE PART OF OUR COMMUNITY- RENEW YOUR OACAO MEMBERSHIP OR BUSINESS PARTNERSHIP TODAY

OACAO Memberships and Business Partnerships run from April 1 to March 31 each year. We're grateful to all who have already renewed for 2026-27. If you haven't had a chance to renew yet and wish to remain part of the OACAO community, please connect with us soon and we'll help you get everything in place. email: [admin@oacao.org](mailto:admin@oacao.org)

### 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.

### Questions?

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

or

**Toll free 1-866-835-7693**  
**[info@oacao.org](mailto:info@oacao.org)**



**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.**



WELCOME  
TO THE TEAM

## NEW MEMBERS



**ANSTRUTHER BURLEIGH CHANDOS  
(ABC) SENIORS CLUB**  
182-52 Lean Drive  
Apsley, ON  
K0L 1A0  
705-656-2268

**HAMILTON COUNCIL ON AGING**  
88 Maplewood Ave  
Hamilton, ON  
L8M 1W9  
905-920-7721  
[www.coahamilton.ca](http://www.coahamilton.ca)

**ASSOCIATION OF JEWISH SENIORS**  
1003 Steeles Ave West  
Toronto, ON  
M2R 3T6  
416-627-5194

**MUNICIPALITY OF POWASSAN**  
Box 250- 250 Clark St.  
Powassan, ON  
P0H 1Z0  
705-724-2813  
[www.municipalityofpowassan](http://www.municipalityofpowassan)

**BETH DONOVAN HOSPICE**  
1107 French Settlement Rd  
Kemptville, ON  
K0G 1J0  
613-258-9611  
[www.bethdonovanhospice.ca](http://www.bethdonovanhospice.ca)

**PARKWOOD SENIORS COMMUNITY**  
726 New Hampshire St.  
Waterloo, ON  
N2K 4M1  
519-885-4810  
[www.parkwoodmh.com](http://www.parkwoodmh.com)

**CLUB AMICAL 50 PLUS DE COCHRANE INC.**  
158 A 4<sup>th</sup> Ave  
Cochrane, ON  
P0L 1C0  
[www.amical50.net](http://www.amical50.net)

**THE SECOND MILE CLUB**  
440 First Ave  
Cochrane, ON  
P0L 1C0  
705-272-5110

**LIVING WATER COUNSELLING CENTRE**  
Unit 9 and Unit 33  
Richmond Hill, ON  
L4B 2N2  
905-763-0818  
[www.lwcounselling.ca](http://www.lwcounselling.ca)

**THIRD AGE NETWORK**  
5 Rawlings Ave  
Richmond Hill, ON  
L4S 1B4  
705-272-5110  
[www.thirdagenetwork.ca/](http://www.thirdagenetwork.ca/)



## NEW BUSINESS PARTNERS



At Gordon Food Service, we believe your dining program is the heart of your brand, and the most telling feedback isn't just full seats—it's the sense of belonging your residents feel. By benchmarking your community against the latest industry standards and using data-driven insights, we help you create a destination that residents are proud to call home. From building a confident crew to protecting your menu standards, we partner with you to ensure your community's legacy is one of quality and connection.

Discover the Future of Senior Living Dining Sponsored by Gordon Food Service, the third annual State of Senior Living Dining report offers a unique, data-driven look at the industry's most pressing issues, built on insights from long-term care and senior living operators across North America. We delve deep into the primary challenges and opportunities operators face.

Get the full insights by downloading the Senior Housing News ebook today— Simply complete this short form and you will receive your copy of the report!

[www.gfs.ca/en-ca](http://www.gfs.ca/en-ca) 416-678-3201



For more than 65 years, MedicAlert has helped protect Canadians when they may not be able to speak for themselves. MedicAlert is Canada's only medical ID service connected to 24/7 emergency support, giving first responders and health professionals rapid access to a member's critical health information and notifying designated emergency contacts when help is needed.

MedicAlert supports older adults, caregivers, and families with services designed to promote safety, independence, and peace of mind. From medical IDs and secure health records to Safe & Found services for people living with dementia and NAVIVA™, powered by MedicAlert, our GPS-enabled support service for aging safely at home and in the community, MedicAlert helps ensure the right information reaches the right people at the right time.

For more information, visit [medicalert.ca](http://medicalert.ca) or call 1-800-668-1507, Monday to Friday, 9:00 a.m. to 6:00 p.m. ET.

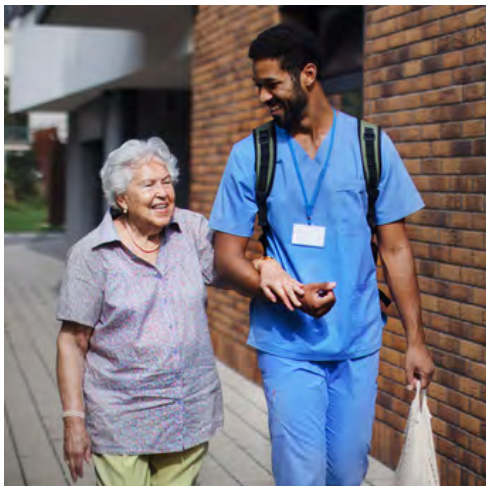
[www.medicalert.ca](http://www.medicalert.ca) 1-866-679-3217

## NEW BUSINESS PARTNERS



Qualicare Home Care is a trusted Canadian home care provider with over 25 years of experience, proudly founded in Ontario. Delivering compassionate, personalized care to individuals and families across the country, Qualicare specializes in in-home support for older adults and those living with complex health needs. Our dedicated network of care professionals helps clients maintain their independence and quality of life in the comfort of their own homes, and we remain committed to raising the standard of home care from coast to coast.

[www.qualicare.com](http://www.qualicare.com) 647-280-0251



SOS Médic is a Canadian company specializing in medical alert systems and senior safety solutions designed to support independence, peace of mind, and rapid emergency response for older adults and vulnerable individuals. Our services include 24/7 emergency monitoring, fall detection technology, GPS medical alert watches, in-home emergency systems, and mobile protection solutions adapted to active lifestyles. We believe strongly in a human-to-human approach, offering compassionate support and personalized service to both clients and their families.

At SOS Médic, our mission is to help people live safely, confidently, and independently while remaining connected to professional assistance whenever needed.

We proudly serve seniors and families across Canada while continuing to grow our national partnerships and presence within communities coast to coast.

[www.sosmedic.ca](http://www.sosmedic.ca) 1-866-977-6266



## 2026 - 2027 SENIORS ACTIVE LIVING FAIRS

UPCOMING

EVENTS



2026 - 2027

## June Fairs

- |         |  |         |                               |
|---------|--|---------|-------------------------------|
| June 4  | Penetanguishene 55+                        | June 26 | Warden Woods Community Centre |
| June 11 | Town of Tecumseh                           |         |                               |
| June 13 | Town of South Bruce Peninsula              |         |                               |
| June 17 | Town of Thessalon                          |         |                               |
| June 22 | Chinese Cultural Centre of Greater Toronto |         |                               |

**Find  
A Fair Near  
You:**

[www.oacao.org/events](http://www.oacao.org/events)

*Please note: Fairs  
may be Subject to  
Change*

## July & August Fairs

- |         |                                      |           |  |
|---------|--------------------------------------|-----------|--|
| July 16 | Thorold Centre 50+                   | July 28   | Town of Aurora Seniors Centre (Virtual SALC) |
| July 21 | Askennonia Senior Centre             | August 19 | Bowmanville Older Adult Association          |
| July 23 | MacKay Centre Dungannon              | August 27 | Access Alliance                              |
| July 24 | Senior Persons Living Connected      |           | Multicultural Health                         |
| July 25 | Carefirst Seniors & Community Servie |           |  |
| July 25 | North American Zhaobao Taichi Chu    |           |  |

Funding provided by:

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



## 2026 - 2027 SENIORS ACTIVE LIVING FAIRS

**UPCOMING**

**EVENTS**



2026 - 2027

**Find  
A Fair Near  
You:**  
[www.oacao.org/events](http://www.oacao.org/events)

*Please note: Fairs  
may be Subject to  
Change*

### September Fairs

- September 3 • St. Clair O'Connor Community
- September 4 • The Glebe Centre/ Abbotsford House
- September 9 • The Good Companions  
• City of Belleville
- September 10 • Town of Whitby
- September 11 • Better Living Health and Community  
• CARE North Hastings  
• Emo Seniors Centre/ Grand Finale Centre  
• Parkview Services for Seniors
- September 12 • Stratford Lakeside Active Adults Assoc.  
• Town of Ajax  
• Tudor and Cashel Township Seniors
- September 16 • West Lincoln Age-Friendly Advisory  
• Seniors Network- Blue Mountain
- September 18 • Ryde Community Co-op Inc.  
• SALC- Arnprior Health
- September 24 • The Neighbourhood Group  
• CHATS- Community & Home Assiatance
- September 25 • TNO (The Neighbourhood Org)
- September 26 • Life After Fifty  
• York Region Education Services
- September 29 • Stouffville 55+ Centre

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

Funding provided by:





OACAO Annual Conference  
**AGING WELL**

REIMAGINE · REDEFINE · REDISCOVER

November 1-3, 2026 Mississauga

Join us as we explore what it means to age well. Through inspiring conversations, innovative ideas, and meaningful connections, we invite you to *reimagine* possibilities, *redefine* aging, and *rediscover* the strengths, opportunities, and contributions that enrich the lives of older adults in your community.

Connect with colleagues, thought leaders, volunteers, and innovators from across Ontario to enjoy:

- **Engaging plenary speakers**
- **Diverse, interactive workshops**
- **Networking opportunities**
- **Vibrant trade show**
- **Delicious meals and snacks, with Monday night banquet & entertainment**

**Monday kicks off with our inspiring keynote:**

**“The Adventures of Later Life: Aging Reimagined”**

Bill Randall, EdD, Emeritus Professor of Gerontology

**Advanced registration open now until July 31, 2026!**

<https://oacao.wildapricot.org/event-6735274>

(available to members only)

**Book your hotel:**

Group Code: 91Y

Online: <https://book.passkey.com/go/OACAO2026>

Telephone: 1-800-445-8667

**Hilton Mississauga Meadowvale - 6750 Mississauga Road, Mississauga**

[www.oacao.org/events/aging-well-conference](http://www.oacao.org/events/aging-well-conference)



## TRADE SHOW, SPONSORSHIP & CONNECTION



OACAO Annual Conference  
**AGING WELL**

REIMAGINE · REDEFINE · REDISCOVER

November 1-3, 2026 Mississauga

### Sponsorship & Trade Show Opportunities

Build visibility and connect with sector leaders from SALC's municipalities and community partners. Highlight your innovative programs, products and services

**- LET'S BUILD THE FUTURE OF AGING TOGETHER -**

FOR MORE INFORMATION  
CONTACT  
[emily@oacao.org](mailto:emily@oacao.org)

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

**OACAO**

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



[www.oacao.org/events/aging-well-conference](http://www.oacao.org/events/aging-well-conference)

## LET'S GET SOCIAL!

Make sure to follow the OACAO on  
Social Media



[@oacao](https://www.facebook.com/oacao)



[oacao\\_older\\_adult\\_centres\\_on](https://www.instagram.com/oacao_older_adult_centres_on)

**New!**



[Older Adult Centres' Association of Ontario](https://www.linkedin.com/company/older-adult-centres-association-of-ontario)



[@TheOACAO](https://twitter.com/TheOACAO)

# OACAO

## Webinars, Workshops and Events

## OACAO 2026 WEBINARS CAPACITY BUILDING



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

Wednesday  
July  
15  
1:30 - 2:45

### Fundraising Forum : Fundraising Ideas and Strategies from OACAO Member Centres

A member-led session highlighting fundraising ideas that have delivered real results in Older Adult Centres. A few of our members will share successful initiatives that others can adapt for their own communities. It's a quick, practical way to gather fresh fundraising inspiration from peers who've already tested what works.



Wednesday  
August  
12  
10:00-11:00

### Recognizing Fake News

Participants will learn how to critically evaluate information, recognize bias or misinformation, and identify fake news online.



Presented by



Connected Canadians

Tuesday  
September  
15  
1:30 - 2:45

### Nourish to Flourish

An informative and practical webinar exploring how nutrition supports healthy aging. Presented by a Registered Dietitian, this webinar will share simple, realistic strategies to help older adults nourish their bodies and will explore how to handle cravings, prevent malnutrition and build simple habits to feel your best!



Presented by

**SUMMERVILLE**

Family Health Team



Peel Senior Link

helping seniors live independently

Tuesday  
September  
22  
10:00 - 11:15

### Empowering Seniors in a Digital World

Topics include:

- Living in a digital society
- Internet, Smartphone and Social Media Safety
- Protecting your Privacy



Presented by

**TELUS** Wise

To Register for any of these webinars Visit:

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



The Capacity Building Webinar Series is made possible with 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 2026-2027 webinar series, please email:

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



# OACAO 2026 Annual Meeting of Members

The Older Adult Centres' Association of Ontario (OACAO) Annual Meeting of Members will be held on:

**Monday, September 14th, 2026  
at the hour of 12 pm (EST)**

Virtual Meeting (over Zoom)

Registration Deadline is September 11, 2026

Register here: <https://oacao.wildapricot.org/event-6739736>

If you have any questions regarding the OACAO Annual Meeting, please contact Sue Hesjedahl, Executive Director at

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

905-584-8125

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

**OACAO**

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



# OACAO



## OACAO 2026 Awards Program

We're excited to announce that nominations are opening soon for the OACAO's 2026 Awards Program

This is your chance to recognize the outstanding senior volunteers and dedicated staff who go above and beyond to make a lasting impact.

Submitting a nomination is easier than ever - our streamlined online platform makes it simple to put forward someone truly deserving of this honour.

**Don't miss the opportunity to celebrate the individuals who inspire excellence and strengthen our communities every day!**



**Deadline for Nominations: August 31st, 2026**

<http://www.oacao.org/programs/awards-program/>

Questions: Please reach out to [admin@oacao.org](mailto:admin@oacao.org)

### Award Categories:

The awards are divided into the following categories:

#### Award of Merit

**(two nomination categories: staff/employees and volunteers)**

The purpose of this award is to recognize exceptional effort and contribution to the field of Older Adults/Seniors. Anyone is eligible to receive this award from two categories:

1. Outstanding leadership contribution to the field of Older Adult Centres or Seniors active Living Centres
2. Making a significant impact on the lives of older adults in their community across Ontario

#### Community Spirit Award

This award recognizes an organization, partner or business that has displayed exceptional effort and commitment, on behalf of Older Adults/Centres, through age-friendly service, accessibility, and/or advocacy.

#### Trailblazer Award

**(two nomination categories: staff/employees and volunteers)**

This award recognizes a novice staff person or volunteer in the field of Older Adults and Seniors Active Living Centres whose personal achievements and professional accomplishments have furthered the sector. The nominee must have proven leadership and dedication and have been employed or a volunteer involved with the organization for a maximum of 3 years in the sector

# OACAO



## Legacy Award

**(two nomination categories: staff/employees and volunteers)**

The purpose of this award is to recognize dedication, effort, and contribution to the field of Older Adults and Seniors Active Living Centres of a seasoned staff person or volunteer who has been engaged with the nominator's centre/program for more than 15 years. Nominees can be recognized for leadership, community impact, and their commitment to the program/centre.

## Regional Award of Excellence

This award recognizes staff person or volunteer representatives from an OACAO Region, who has shown a considerable amount of effort and commitment to the Older Adult sector/Seniors Active Living Centres (SALC), to increase awareness of, and advocacy for, the OACAO and its' programs and opportunities, and by coordinating and participating in OACAO Regional Workshops and/or other OACAO initiatives.

## Award of Distinction

The OACAO Award of Distinction is considered to be the most prestigious recognition bestowed by the OACAO. It recognizes the exceptional contributions and/or long-term commitment of an individual staff person, volunteer, or group, toward the advancement of the Older Adult initiatives and awareness of the OACAO in Ontario, and beyond. To be eligible, they must have dedicated a minimum of ten (10) years of service to the Older Adult Centres' Association of Ontario, served as Chairperson on two or more committees and as a member of the OACAO Executive Committee. Recipients of this award epitomize the hard work and long service required to ensure the positive contribution of the Association to the success of Older Adult Centres in Ontario.

## Lifetime Supporter Award

Consideration will be given to long-term service to OACAO, candidates must have served on two or more Committees, the Board of Directors, and the Executive for a period of fifteen (15) years. Consideration may also be given to persons serving in the field of Older Adult Centres in general.

**Nominations will open soon for the 2026 OACAO Awards Program! Anyone affiliated with a current OACAO member organization is welcome to submit a nomination.**

## The Selection Process

A dedicated Selection Committee, made up of OACAO Board Members, will carefully review all submissions and select recipients based on established criteria. **For full details, please visit: <http://www.oacao.org/programs/awards-program/>**

The Selection Committee reserves the right to move a nomination to a more appropriate category if needed. One or more recipients will be selected in each awarded category, and all decisions of the Selection Committee are final.

**Award recipients will be recognized at the end of the OACAO 2026 Virtual Annual Meeting on Monday, September 14, 2026 which starts at 12pm**

# OACAO



**OACAO**

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## TECHNOLOGY INFORMATION AND KNOWLEDGE SHARING VIRTUAL WORKSHOP

*via Zoom and Toll Free*

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

### Upcoming Workshops

#### TRANSPORTATION AND DELIVERY APPLICATIONS

- Intro to Delivery Applications
- Benefits of Using Deliver Applications
- Popular Delivery Applications
- Accessibility Options and Features
- Cost, fees and Money Saving Tips
- Using Delivery Applications Safely/Avoiding Scams

**Tuesday, July 7<sup>th</sup>**  
**10am-11:15am**



#### TELE-HEALTH APPLICATIONS

- Intro to Telehealth Applications
- Benefits of Telehealth Applications
- Popular Telehealth Applications
- Guide to Using Telehealth Apps
- Requirements/Accessories for Telehealth Apps
- Costs and Fees

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



#### ENTERTAINMENT APPLICATIONS

- Introduction to Entertainment Apps
- Popular Entertainment Apps
- Requirements for Using Entertainment Apps
- Guide to Using Entertainment Apps
- Accessibility Features
- Costs and Subscription Fees

**Tuesday, September 1<sup>st</sup>**  
**10am-11:15am**



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

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

# OACAO

FUNDING OPPORTUNITY



## Bring singing to your community



**Looking to introduce a new program that supports connection, wellbeing, and joy?**

SingWell is offering microgrants to OACAO member centres (e.g., Seniors Active Living Centres (SALCs), older adult centres) interested in:

- starting a group singing program, or
- strengthening an existing one

When you serve older adults in the community, group singing can be a powerful, low-barrier way to support social connection and wellbeing.

**Learn more & apply by July 3, 2026**



### Who should apply

- OACAO member centres that:
- have interest in running a singing group
  - can demonstrate basic capacity to host and evaluate a program
  - are excited to explore how singing can support their community

No prior music experience is required — just curiosity and commitment.

### What you'll receive

- Seed funding to help get your program off the ground
  - Training and guidance from the SingWell team
  - Ongoing support and resources
- Funds can support facilitators, space, materials, and other program needs.

This initiative is led by SingWell in collaboration with the Alliance for Healthier Communities and OACAO.





**Links2Wellbeing**  
social prescribing for older adults



**Des liens pour le bien-être**  
La prescription sociale pour les aînés

Links2Wellbeing aims to transform the way healthcare providers link older adults in Ontario to social and recreational opportunities to promote holistic health and well-being.

## 2025-2026 Project Impact



1,408 Referrals received



140+ Seniors Active Living Centre sites have participated

**“My lifestyle is greatly impacted by the SALC. I can drive my own car. I can stay in my own house. I love the socializing. I am able to keep my hobbies and maintain my sense of accomplishment.”**  
Links2Wellbeing participant

**Over 475 health care partnerships, such as:**

- ★ Hospitals
- ★ Family Health Teams
- ★ Mental Health Practitioners
- ★ Community Pharmacists
- ★ Community Paramedics
- ★ Community Health Centres

**After 6 mos, L2W participants:**



Reported feeling less lonely



Were participating in programs up to 4 times per month



Reported fewer visits to primary care

**Staff, volunteer & student support:**

- 125 staff
- 188 volunteers
- 43 students
- 15 universities & colleges



**Most participants receive subsidies** to remove financial barriers to participation

*Funded until 2028, we offer opportunities for partnership with OACAO member centres. Please reach out to Dena Silverberg at [dena@oacao.org](mailto:dena@oacao.org) to learn more!*

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



**Alliance for Healthier Communities**  
Alliance pour des communautés en santé



### **Aging in the Community – New CIHR Funding Opportunity**

The Canadian Institutes of Health Research Institute of Aging, in partnership with the Canadian Institute for Military and Veteran Health Research and HelpAge Canada, has launched a new funding opportunity. This grant supports the evaluation of established community-based programs and social innovations that help older adults age well in their communities.

**The goal** is to generate co-created, actionable evidence that strengthens community health systems and enhances the health span and wellbeing of older adults.

#### **What the funding supports**

Projects must evaluate programs or social innovations that are:

- Already implemented in community settings
- Demonstrating feasibility and real-world use
- Beyond the pilot or proof-of-concept stage

**Areas of focus include:** Social connectedness, Housing and innovative living models, Intergenerational programs, Caregiver support and respite, Prevention and health promotion Cultural participation, Transportation and mobility, Food security and nutrition, Health and social care navigation, Transitions from hospital to community, Digital literacy and technology

#### **Dedicated funding pools**

In addition to the general pool, three targeted streams support evaluations focused on:

- Underserved, Rural and Remote Regions
- Equity-Denied and/or Rights-Holding Communities
- Veterans and Military Families

#### **Funding available**

A total of \$3.3M is available, supporting approximately 11 grants.

Each grant provides up to \$150,000 per year for two years (maximum \$300,000).

**Application Deadline:** **September 9, 2026** Funding Start Date February 1, 2027

**More Information:** <https://www.researchnet-recherchenet.ca>

**For questions, applicants may contact the CIHR Contact Centre at:**  
[support-soutien@cihr-irsc.gc.ca](mailto:support-soutien@cihr-irsc.gc.ca) or 1-888-603-4178.



### New Horizons for Seniors Grant:



Government  
of Canada

Gouvernement  
du Canada

**Deadline: July 14, 2026 at 3:00 pm, Eastern Daylight Time (EDT)**

The New Horizons for Seniors Program (NHSP) community-based stream is a federal grant. It supports projects that are designed by seniors and for seniors in their communities. This program funds projects that empower seniors in their communities through increased social inclusion. **Eligible organizations can apply for up to \$50,000 for projects that are led by seniors and are volunteer based.**

#### Grant Objectives

- Objective 1: Promoting volunteering among seniors and other generations
- Objective 2: Engaging seniors in the community through the mentoring of others
- Objective 3: Expanding awareness of elder abuse, including financial abuse
- Objective 4: Supporting the social participation and inclusion of seniors
- Objective 5: Providing capital assistance for new and existing community projects and/or programs for seniors

#### Eligible Applicants Include:

- Not-for-profit organizations
- Coalitions, networks and ad hoc committees
- Municipal governments
- Research organizations or institutes
- Educational institutions (ie. universities, colleges, CEGEPs, school boards/school districts)
- Public health and social services institutions
- Indigenous organizations, including: band councils, tribal councils, self-government entities

#### Project Criteria

- No longer than 52 weeks
- Request no more than \$50,000
- Meet 1 program objective (see above)
- Seniors will lead or play a vital role in its planning and/or delivery
- Seek to benefit seniors and their communities
- Demonstrate cost effectiveness (value for money)
- \* Note: If your proposed project is requesting capital assistance, it must meet 2 program objectives:

**ESDC expects to make funding decisions in January 2027.**

**[For More Information visit: https://www.canada.ca/en/employment-social-development/services/funding/new-horizons-seniors-community-based.html](https://www.canada.ca/en/employment-social-development/services/funding/new-horizons-seniors-community-based.html)**

**[Programme Nouveaux Horizons pour les aînés - Canada.ca](https://www.canada.ca/Programme-Nouveaux-Horizons-pour-les-aines)**



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



### *Daily Dose of Music and Movement*

Across Canada and around the world, healthcare providers are embracing social prescribing: connecting people to community-based programs that support

physical, emotional, and cognitive well-being. At Dancing with Parkinson's (DWP), this is exactly what we offer seniors and people living with Parkinson's disease and other neurological conditions — free, 365 days a year.

A proud new member of the Ontario Association of Community Outreach Programs for Older Adults, DWP is excited to collaborate with Links2Wellbeing to share the benefits of dance through online, hybrid, and in-person programming across Canada.

We are also proud to bring this work into broader community spaces. We are looking forward to presenting a demonstration class during Seniors' Month at Rexdale Community Health Centre on June 30 at 1:00 p.m.

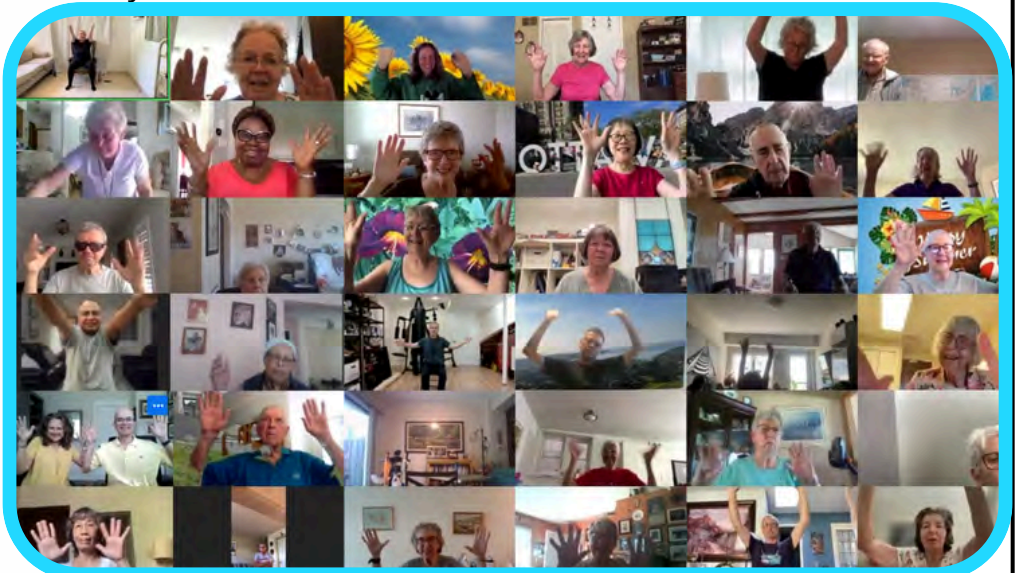
What has become abundantly clear is that DWP is so much more than a dance class — it is a community where people connect and find belonging.

"I really don't know what I'd do without DWP's program," shares Jean from Toronto. "It's like taking an antidepressant every day."

Beyond the physical benefits, participants often describe DWP as a source of hope, friendship, creativity, and routine — an environment where music and movement help people feel more like themselves again. Through dance, people rediscover confidence, self-expression, and the simple comfort of coming together in community.

Neurologist Dr. Galit Kleiner-Fisman echoes this impact: "I encourage all my patients, regardless of the extent of their disability, to get involved with Dancing with Parkinson's. The people who go tell me their lives are transformed.

" You don't need experience. You don't need to be a dancer. Simply show up and experience the power of moving together through music.



**Join us online, free, every day of the week, from wherever you are: [support-soutien@cihr-irsc.gc.ca](mailto:support-soutien@cihr-irsc.gc.ca)**

## Dance and Movement



**REXDALE**  
COMMUNITY HEALTH CENTRE

The Seniors' Program at Rexdale Community Health Centre (RCHC) continues to foster healthy aging and social connection through meaningful community partnerships. This spring, RCHC was pleased to collaborate with Arts Etobicoke to deliver a Dance & Movement Workshop Series for older adults in the Rexdale community. The program, offered over four weeks, provided seniors and older adults ages 55+ with an opportunity to participate in engaging movement-based workshops at no cost.

Participants attended weekly practice sessions, culminating in a final celebration and performance that highlighted the confidence, creativity, and connections built throughout the series. The workshops created a welcoming and inclusive environment where seniors explored movement, self-expression, and physical activity in a supportive group setting. Beyond the physical benefits, the program encouraged social interaction, reduced isolation, and promoted emotional well-being through music, rhythm, and shared experiences.

The response from the community was overwhelmingly positive, with registration filling quickly due to strong interest and enthusiasm from participants. Seniors consistently expressed joy and appreciation for the opportunity to stay active, connect with others, and engage in creative expression through dance and movement. RCHC is grateful to Arts Etobicoke for their partnership and commitment to accessible arts programming for older adults. Collaborations such as these continue to strengthen community wellness and support vibrant, healthy aging experiences for seniors in Rexdale.



**ARTS**  **ETOBICOKE**



**Dryden  
Go-Getters**

84 St. Charles Street, Dryden ON

(807) 223-5937

drydengogetters.receptionist@gmail.com

The last news article I wrote was before we hosted the 2025 Senior Active Living Fair. It was held on February 10, 2025. The Fair was very well attended. We had many vendor booths, held demonstrations of Chair Yoga, Falls Prevention, Balance and Mindfulness and we offered tours of our wood working shop. We are looking forward to being the host to another Seniors Active Living Fair in the near future. Thank you to the OACAO for all your support.

It has been a busy year for Dryden Go-Getters we have worked very hard at fund-raising to complete the lower level which was designed but not completed as we had planned in 2023. We were very successful in obtaining a grant plus our fund-raising dollars to complete the lower level. The work has started and the lower level and will have two accessible washrooms, a games room, activities rooms, program rooms as per our mandate to provide information, opportunities, and services for individuals, and /or groups, that would encourage independence growth, learning and participation in retirement and pre -retirement years.

We have 700 members to date and are growing steadily. It is a great place to have nutritional meals, exercise, and socialize by meeting with old friends and meeting new ones.

We have our lunches Monday to Friday from 11:30 am to 12:30 pm.

## Activity

**Monday:**

Line Dancing  
Floor Shuffleboard  
Cribbage (cards)

**Wednesday:**

Floor Curling  
Mahjong  
Floor Shuffleboard  
Bid Euchre (cards)

**Tuesday:**

Crafters  
Chair Yoga  
Chair Volleyball (new)  
Hand and Foot  
Canasta(cards)

**Thursday:**

Bean Bag Toss  
Bingo  
Crafters

**Friday:** Line Dance, Chair Yoga, Floor shuffleboard, Bid Euchre, Cribbage



We are holding many fund-raising events to update our kitchen. We are hoping to get accessible kitchen cabinetry and some new appliances. It will be a long road ahead as the price of everything we need to update is very costly.

***We are Go-Getters and we will achieve our goal.***

**FUNDRAISING EVENTS INCLUDE:**

- Pancake Breakfast
- Lasagna Dinners
- Special Dinners and Events
- Dinners and Dances
- Open Mic (intergenerational event)
- New items created by our carpenters.



**VIE ACTIVE**  
ACTIVE LIVING 50+



Gardening workshop



Intergenerational Cookbook



Special Easter celebration



Stratford Festival bus trip

At our center, seniors find a true sense of belonging and a second family, enjoying a better quality of life through activities that keep them healthy and active!

The heart of our community shines during our welcoming Coffee Chats, including our festive Easter Special featured here. We also love exploring together during our annual bus trip, which recently brought London-area members to the prestigious Stratford Festival with us. Back at home, we stay sharp and informed through workshops on gardening, health, technology, and fraud prevention, while bridging generations through our Intergenerational Cookbook Project.

The radiant faces in these photos beautifully capture the vitality and joy of our members!



3-901 Promenade The Rapids | 519.541.0207 | info@ccf-sarnia.com | www.CCFSarnia.com



# OACAO



## Raising Funds and Fun at the Caledon Seniors Centre



April and May have been busy at the Caledon Seniors Centre! We have brought the community together through two elegant and engaging fundraising events—**A Night in Paris and the Fashion Show & High Tea**. A Night in Paris transported guests to a charming Parisian atmosphere, complete with themed décor, music, and cuisine, creating a memorable evening that celebrated culture while supporting vital programs for local seniors. Meanwhile, the Fashion Show & High Tea offered a delightful daytime experience, featuring stylish apparel showcased by community models alongside a classic afternoon tea service. Both events raised essential funds to enhance programs, services, and social opportunities at the Centre.



# OACAO



## *Gloucester 50+ Member Roy Allen Makes Canadian History!*

Gloucester 50+ is bursting with pride – our very own Roy Allen has become a national champion at 100 years old! Roy is officially the first **Centenarian** in Canada to complete an **accredited 5K run/walk**, and he did it with determination, joy, and his trademark sense of humour.

Roy chose to dedicate his milestone to four charities close to his heart:

- Council on Aging of Ottawa
- Gloucester 50+ Centre
- The Dementia Society of Ottawa and Renfrew County
- The Perley Health Long-Term Care Centre

Through his incredible effort, Roy has already raised **over \$12,000** – and the total continues to grow. Adding to the excitement, **Ottawa Mayor Mark Sutcliffe** proudly served as Roy’s **honorary coach**, cheering him on every step of the way. Roy completed the 5K surrounded by his daughter and family members, making the achievement even more meaningful. What an extraordinary accomplishment for Roy – a shining example of resilience, community spirit, and the power of staying active at every age.



## **Congratulations, Roy! You inspire us all.**





**Peel Senior Link**

helping seniors live independently

## *Peel Senior Link Showcases How Community Hubs Help Seniors Thrive*

As we celebrate Seniors Month, Peel Senior Link (PSL) is highlighting the impact of its community hub programming in helping older adults stay active and connected. When health, wellness, learning, and recreation are available close to home, older adults can more easily connect with the supports they need. By bringing together services from multiple organizations under one roof, community hubs help remove barriers to participation and empower people to age well within their own neighbourhoods.



One example can be found on the main floor of Peel Manor in Brampton, where community and care come together under one roof. The Region of Peel’s Seniors Health and Wellness Village offers older adults access to health, wellness, and social supports, while just across the hall, the Crossroads Village Café and Shop—operated by Peel Senior Link in partnership with the Region of Peel and Punjabi Community Health Services—provides a welcoming place to gather over an affordable meal or cup of coffee. Together, these spaces create a vibrant community hub where seniors can access services, participate in programs, build friendships, and stay connected to the people and supports that help them thrive.

Meanwhile, in Mississauga’s East Credit neighbourhood, PSL coordinates the Creditvale Mills Community Wellness Hub in collaboration with more than 14 community organizations. Nestled between two affordable housing buildings for seniors and families, the Hub offers a variety of arts, recreation, wellness, educational, and social programs that foster connection across generations.

The Hub is also one of the sites that hosts PSL’s mobile Seniors’ Active Living Centre (SALC), which brings activities and educational sessions across Peel Region to help seniors stay active, engaged, and informed. The SALC will be running a special Seniors Month program calendar throughout the month of June.



From fitness classes and health education workshops to social gatherings and creative activities, PSL hopes to raise awareness of how community-based partnerships can strengthen social connections and help seniors age with dignity.



At West Scarborough Seniors' Club, we provide fitness, recreation 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.

We hosted a scam prevention workshop for seniors in collaboration with U+Community. A total of 40 seniors attended the session, which was led by a group of five youth facilitators. They shared valuable and practical information on cyber security and scam awareness. The team also brought small gifts for all participants, and we provided a pizza lunch.

We had a Service Canada workshop led by a Citizen Services Specialist with Service Canada (Government of Canada). He delivered an informative session and shared valuable information on programs and benefits for seniors, including the Canada Pension Plan, Old Age Security, and dental coverage.



We hosted an informative workshop for gardeners led by the Prairie Drive Park Tenants Association. The session provided valuable guidance on key gardening practices, including proper planting times, effective watering techniques, and soil preparation. Participants also received seeds to support their gardening efforts.

Every Monday, we distribute groceries to approximately 120 members with the support of Second Harvest. This ongoing initiative helps provide essential food supplies to our community members and continues to be an important and well-utilized service.

We had a Greeting Card Making class led by one of our seniors. She demonstrated remarkable creativity and guided participants through the creation of eight different card designs, all of which were beautifully crafted

## West Scarborough Neighbourhood Community Centre

313 Pharmacy Ave Scarborough  
M1L 3E7

[www.wsncc.org](http://www.wsncc.org)  
416-755-9215



# OACAO



The Town of Whitby  
55+ Recreation Centre

**The Town of Whitby 55+ Recreation Centre is more than a building. It is a community.**

A gathering place, where friendships are made, memories are created and wellness and health are cultivated.



This year marks a wonderful milestone – 50 years of bringing people together through friendship, recreation programs and activities, learning, entertainment, and volunteering.

To commence this milestone, many celebrations and events have and will take place over the duration of the year. From a 70’s playlist for all to enjoy, to disco line dance and fitness parties, member spotlights, and

monthly self-care initiatives, staff and members celebrate everything past and present reflecting the legacy of a building that has captured the spirit of so many individuals over the decades. To commemorate the 50th Anniversary on February 27, a local artist named Megan Kehoe was commissioned to create a mural in the Centre’s main program area which captures the feeling of belonging and community. This mural will stand as a landmark to be seen and enjoyed by all that visit the Centre for years to come (see image below).

Another exciting initiative is our "Climb" to the top: The CN Tower Step Challenge". This is a fun fitness challenge inspired by the 50th anniversary of one of Canada’s most iconic landmarks, the CN Tower! Participants will receive a limited edition 50th Anniversary pedometer and set out on a symbolic journey to the “top” of the CN Tower - 1,776 steps.

Celebrating this milestone honours the past while at the same time looking ahead to the future. As new faces join this community every day, the Town of Whitby 55+ Recreation remains committed to promoting healthy aging, social inclusion, and lifelong learning for years to come. Here’s to 50 years of incredible memories – and to many more ahead.



# OACAO



The Hamilton YWCA Seniors Active Living Centre celebrated Spring and an early kickoff to Seniors Month with a Spring Fashion Show! This is the 2nd year of this event that was a huge hit last year and proved to be a success again this year! Our event provided an afternoon of fabulous fashion, great fun, and wonderful friendship.

The heart and soul of the event is to showcase Betty's Boutique. Every outfit and accessory on the runway today was generously donated by our members and community supporters, and our shop is run entirely by our amazing volunteers! Our mission is to provide affordable, stylish clothing in a wide variety of sizes for everyone.

Betty's is a true "full-circle" thrift shop. Your donations don't just stay on our racks—they reach our members, the residents of the Transitional Living Program (who live upstairs), and community members in need. We also proudly donate to Carole Anne's Place, the YWCA Hamilton overnight shelter program right here in our building.

Through the thoughtful donations from our community, we can affordably clothe our community, keep textile waste out of landfills, and directly fund our Seniors Active Living Centre events and social lunches!

The models are members & volunteers from our YWCA Hamilton Seniors Active Living Centre.



## Windsors Life After Fifty(LAF) Celebrates 60 Years of Seniors Funding!

Windsor’s Life After Fifty (LAF) celebrates its 60<sup>th</sup> anniversary!

Submitted by Martha Mackintosh, OACAO Sr. Board Representative, Southwestern Ontario and LAF Board

Member [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)

Are we the first senior centre in Ontario? Many say so and it is a great milestone to celebrate in knowing how long we have supported older adults in our Windsor community. At LAF, we like to say be fit, be well and be social! Just think of all the fitness programs to keep fit, the number of nutritious meals shared to be well, and the hours of volunteer service to be social in a supporting community.

On May 29, 2026, the 60-year celebration kick started with Minister Cho, Minister for Seniors and Accessibility, coming to Windsor to recognize the centre, as well as announcing Seniors Month in June. The minister noted that Ontario is investing \$22.8 million to support more than 400 senior centres across the province. The celebration included local politicians, past LAF executive directors and members. And, of course there is always cake to enjoy with “remember when” conversations!

Our Executive Director, Tom Wilson, said “This anniversary is both a celebration of our shared history and a reminder of the importance of continue investment in programs that strengthen our communities. We are grateful for this enduring partnership and excited for the work that lies ahead!”. Tom also expressed appreciation for the board, staff, and most of all to the members who make LAF a great place to be where living well has no boundaries!

### Impact!

LAF is a happening place! In 25/26 we happily provided:

- 149,000** hours of Participation
- 62,000** hours of Fitness Programs
- 21,000** hours of crafts/skills development
- 42,000** hours of Cards/Games



LtoR: Gary Kaschak/City Councillor; Drew Dilkins/Mayor of Windsor; Minister Cho; Andrew Dowie/MPP; Anthony Leardi/MPP; Tom Wilson, LAF Executive Director



## *Creating Space for Men to Grieve*



**When Beth Donovan Hospice** first read about the success of a men's grief support program in British Columbia, we recognized something important. Men in our rural communities were grieving deeply, but many were not reaching out for traditional support services.

That realization led to the creation of **Grief & Grub for Guys**.

Rather than meeting in a formal setting, we chose familiar community spaces where conversation could happen naturally. Our first four-week program launched in March 2025 at a pub in North Gower, Ontario. We quietly hoped a few men might register, but the response exceeded expectations and the group quickly reached capacity at eight participants. The interest confirmed what we had suspected. Men wanted connection, but often needed support offered in a way that felt approachable and pressure-free.

Our second six-week session was held at a brewery in Kemptville, followed by a third group at a restaurant in Richmond, Ontario. Each session brought together men experiencing different kinds of loss, yet many shared similar feelings of isolation and uncertainty around grief.

One story from a participant has stayed with our facilitators. After the first meeting, one gentleman expressed frustration, saying, "I thought you were going to tell me what I had to do to get over this."

He came back the following week.

By the end of the program, he simply said, "I get it now."

What he discovered was not a solution to grief, but connection. He found other men who understood what he was carrying without needing explanations or advice.

That sense of connection has become one of the greatest successes of the program. Some participants continue meeting independently, with one group even organizing their own potluck gathering.

Today, Beth Donovan Hospice hosts a monthly Grief & Grub gathering where participants from all previous sessions continue to come together, proving that sometimes the most meaningful support begins with simply sharing space with others who understand.

**For more information about Grief & Grub for Guys reach out to Megan Dillenbeck at [Counselling@bethdonovanhospice.ca](mailto:Counselling@bethdonovanhospice.ca)**

# OACAO



## *Le Centre Pauline-Charron : une communauté francophone bien vivante à Ottawa*

LAu cœur d'Ottawa, le Centre Pauline-Charron (CPC) est bien plus qu'un centre pour personnes de 50 ans et plus. C'est un milieu de vie francophone dynamique où l'engagement, la curiosité et le plaisir d'être ensemble font partie du quotidien.

### **Bouger, apprendre, se connecter**

En 2026, le centre Pauline-Charron continue d'innover et de faire évoluer sa programmation. Après le succès d'une première activité découverte en danse sur chaise, plusieurs nouveautés viendront enrichir l'offre au cours des prochains mois, notamment le ballon-panier en marchant, le badminton extérieur et les fléchettes du soir.

Le Centre a aussi accueilli une conférence très appréciée sur le thème « Vieillir en bonne santé et prévenir la maladie d'Alzheimer », qui témoigne de la volonté du CPC d'offrir des occasions d'apprentissage utiles et inspirantes pour le mieux-être de ses membres.



### **Fiers de 200 ans d'histoire francophone à Ottawa**



Le CPC participe activement aux célébrations du 200e anniversaire de Bytown, aujourd'hui Ottawa. Une activité spéciale animée par l'expert en patrimoine Jean-Yves Pelletier a permis aux membres d'en apprendre davantage sur l'histoire de la capitale et sur la contribution des francophones à son développement.

Cette implication se poursuivra le 29 août prochain avec une grande journée citoyenne, francophone et intergénérationnelle au Centre Pauline-Charron. Au programme : conférences, activités participatives, prestations culturelles et moments de partage pour célébrer 200 ans d'histoire, de rencontres et de communauté.

### **Des souvenirs à créer, des destinations à découvrir**

L'été s'annonce également riche en découvertes. Les membres pourront notamment profiter d'une croisière sur le canal, d'une visite du Musée Diefenbunker et d'une escapade à Shawinigan. Déjà, plusieurs projets de voyages pour 2027 suscitent beaucoup d'enthousiasme.

Toutes ces initiatives sont rendues possibles grâce à l'engagement remarquable des bénévoles du Centre, dont la contribution a été chaleureusement soulignée lors de la Semaine nationale de l'action bénévole.

Au-delà des activités, le Centre Pauline-Charron demeure avant tout un lieu de rencontres, d'amitié et de solidarité, où les membres continuent de bâtir une communauté active, accueillante et profondément humaine.



# OACAO



## *Building Community Through Events, Fundraising, and Celebration*



# Seniors Association

*Celebrating 50 years*

This spring, our organization proudly hosted its first ever Mother's Day Market fundraiser, and the event exceeded all expectations. The market welcomed enthusiastic shoppers, local vendors, members, volunteers, and community supporters for a day filled with energy, connection, and spirit. From the moment the doors opened, the atmosphere was lively and positive, with visitors enjoying a wide variety of vendors with gifts and local products.

We are thrilled to share that the inaugural event raised an incredible \$10,948. The success of the market was made possible through the hard work and dedication of staff, volunteers, vendors, and attendees, who helped create such a welcoming and enjoyable experience. Given the overwhelming response and positive feedback, we are already looking forward to future community market events and finding new ways to continue bringing people together.

Another initiative that continues to grow in popularity is our community 50/50 raffle. What began as a standalone fundraiser has since grown into a recurring campaign that will be held three times each year, supporting programs, services, and improvements.

As the raffles became more frequent, we introduced distinct branding for each campaign to help participants easily recognize and differentiate the various draws while maintaining a clear connection to our organization.



This year also marks our 50th anniversary, an exciting milestone for our Association. We are looking forward to celebrating this June with members, supporters, and community partners during a large outdoor celebration featuring music, food, and activities on the front lawn of our flagship location. It will be a meaningful opportunity to reflect on five decades of community connection while looking ahead to the future.





**O.F.G.A. CLUB**

## **ONAPING FALLS GOLDEN AGE CLUB**

109 Service Road Onaping On., P0M2R0



A big event for the club was the popular Fish Fry with great attendance. The men look after all the arranging and cooking as a thank you to all the ladies that arrange, cook and cleanup for Wednesday Snack and Chat luncheons. The fish fry was a great time to satisfy your taste pallet, visit with friends, enjoy some musical entertainment and dance. Even our 107-year-old member was up enjoying a whirl around the floor.



Trying something new the Onaping Falls Golden Age Club has a Monday afternoon of open games. Everything from Yahtzee, Dominoes, Uno and a Trivia Afternoon. It's proved to have a lot of laughs with the winners of trivia enjoying some chocolate prizes. Another afternoon of Trivia will be ventured again in May.

The crafters have been busy with a Diamond Art Day and a Greeting Card making day. There is always something going on at the Onaping Falls Golden Age Club to keep you busy.



The Senior Men's Pool group had a wrap up afternoon before summer break.

# **GAME TIME**



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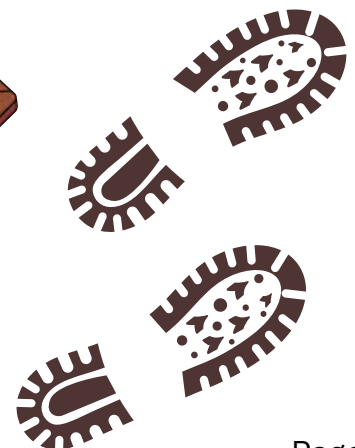
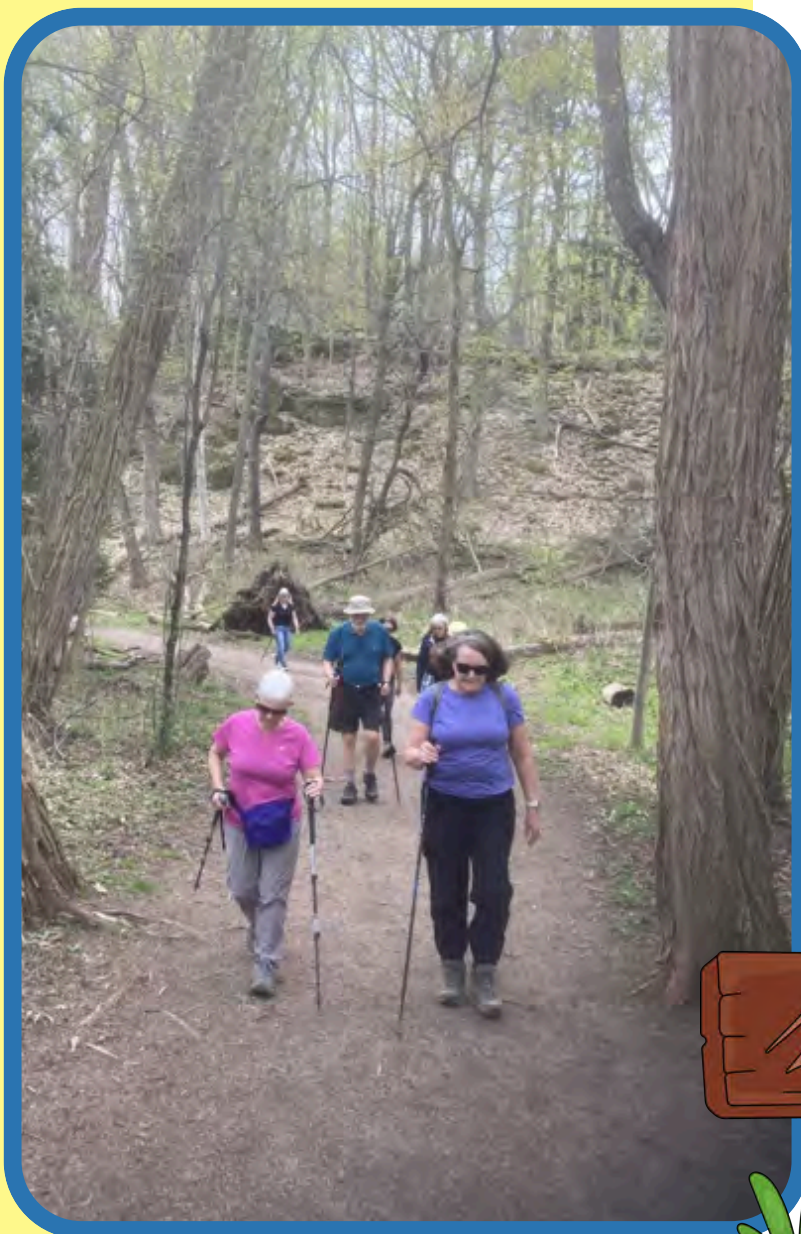
# OACAO



## *Hike Club at Hamilton Jewish Family Services' Seniors Living Well Centre*

One of the longest-running and most popular programs at our Seniors Living Well Centre is our Hike Club, which runs weekly and attracts as many as 30 seniors per hike. The club started as a walking program with a mix of urban walks and nature hikes, but we quickly realized that the nature hikes were the ones that had the most impact. Once we zeroed in on trail hiking and started planning more intrepid routes each week, word spread and our Hike Club became more and more popular. It is our most well-attended program, and the one that brings in the most first-time clients, thus acting as a fabulous introduction to HJFS and all the programs we offer at our Seniors Living Well Centre.

Because we decided to focus on relatively strenuous hikes, we did initially lose some participants who found the activity level too difficult. To remedy this, we recently started a new "Low and Slow" hike group, where we still focus on nature trails, but ones that are shorter, flatter, and easier. It's been a fabulous way to increase accessibility, and to ensure that more of our senior clients reap the benefits of movement, connection, and nature therapy.



# OACAO



## Colburne Senior Centre

### *SCHC Seniors Active Living Centre: Moving, Connecting and Creating Together*

At SCHC Seniors Active Living Centre, located inside Scarborough Village Recreation Centre at 3600 Kingston Road, older adults continue to build wellness, friendship and community through a growing mix of in-person, virtual and hybrid programs.

As we prepare for summer 2026, our Centre is focusing on movement, creativity, and social connection. Members can stay active through Chair Yoga, Relax & Restore Yoga, Gentle Fitness, Cycle Fit, Dancing with Dawn, Laughing Yoga, Dance Fitness, and our outdoor Mindful Walks at Birkdale Ravine. These programs help older adults keep moving at a comfortable pace while supporting balance, strength, mental wellness, and confidence.

Creativity and connection are also at the heart of our Centre. Our art classes, knitting social group, Creative Spaces Scarborough activities, Tea Time, Movie Friday, Bingo, East End Storyteller Group and Men's Social Club give members opportunities to share stories, learn new skills, laugh, and build meaningful friendships.

We are also proud to offer programs that respond to the needs of our community, including Seniors Tech Help, educational health sessions, Ask a Nurse Booth, fraud and scam prevention presentations, and wellness workshops such as forest bathing. Through partnerships and collaboration, we continue to connect older adults with helpful resources, practical information, and welcoming spaces.

The Active Living Centre continues to be a welcoming space where adults aged 55 and older can feel supported, included, and connected while living healthy, active lives. We look forward to continuing to grow with our members and celebrating the energy, talents and contributions of older adults in Scarborough.

For more information or to register, contact Client Intake at 416-847-4134 or [intake@schcontario.ca](mailto:intake@schcontario.ca).  
Program Coordinator: Anthony Rampersad, 416-847-4136, [activelivingcentre@schcontario.ca](mailto:activelivingcentre@schcontario.ca)



# OACAO

Welcome to Seniors  
Active Living Centre  
(SALC)

Operated by



Located in the growing “rurban” community of New Tecumseth, the CHATS Seniors Active Living Centre (SALC) in Beeton has quickly become a vibrant hub where older adults connect, learn, and thrive. Since launching in September 2025, the Beeton SALC has welcomed more than 100 registered participants, delivers up to 28 unique programs each month, and is supported by four active volunteers.



The centre offers a wide range of opportunities for older adults to access resources, build social connections, participate in wellness and fitness activities, enjoy congregating dining, and explore creative interests in an inclusive and welcoming environment.

One of the SALC’s most popular offerings is the weekly Social Wellness Program. Each session includes an engaging educational presentation featuring topics such as senior health & safety, special interests, and guest speakers from community organizations. Participants also enjoy a one-hour group exercise class led by a certified senior fitness instructor trained to provide safe, accessible movement options for older adults of all fitness and mobility levels. The morning concludes with a shared lunch and social hour, where participants can enjoy a nutritious, affordable meal while strengthening friendships and reducing social isolation. Through programs like these, the Beeton SALC continues to foster community connection, healthy aging, and meaningful engagement for older adults across South Simcoe.

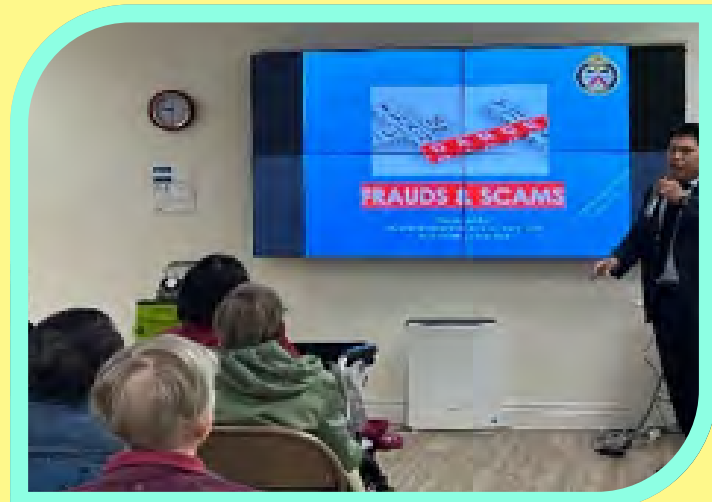
# OACAO



**Yonge Eglinton Community Centre** introduced an exciting and unique evening program in May. Older adults are meeting weekly for a kitchen program where socialization is occurring through cooking dinner together. Participants are also newcomers making it an incredible cultural exchange as they work toward a common goal. Each week, there are new leaders who delegate tasks and show off their cooking skills. They have had the opportunity to try authentic Iranian, Malaysian and Chinese food so far. Around the table friendships are enhanced as participants feast as one community.

Our members also had a wonderful time at our very first Dessert Potluck, where creativity and community paired well. Participants shared homemade baked goods and favourite treats with each other. This gathering fostered new connections and conversations around tradition and recipe sharing. We are looking forward to our next potluck, Scrumptious Salads.

In addition to social gatherings, our seniors also participated in important educational seminars. One of them being from Toronto Police's 53 Division. Constables from visited to provide valuable information on scams, fraud and distraction theft, an especially timely and relevant topic in today's world with AI and scams targeting older adults.





## *Hello from the Upper Ottawa Valley Seniors Friendship Club (UOVSTFC)*

For those who don't know us or where we are located, you can find us in the Ottawa Valley between Ottawa and North Bay. While we tend to run most of our programming in the town of Deep River, our catchment area runs from Chalk River to Deux Rivieres (an approximately 75 km stretch along Hwy 17); we do try to offer programming in these locations as well.

For this month, we would like to highlight a new endeavor that we have begun. Monthly Community Breakfasts, held at the Community Education Centre (CEC) in Deep River. We decided to run these, free to everyone, breakfasts to complement an already existing Monthly Community Dinner run by the folks from the Community Kitchen. The Community Kitchen is run through the Deep River Community Church. Like the Community Dinners, our Community Breakfasts have really taken off. With a group of dedicated volunteers, organized by the UOVSTFC Volunteer Coordinator, one Saturday morning a month is dedicated to preparing and serving a healthy and filling breakfast for all who attend. This endeavor is meant to bring people of all ages together, and to try to eliminate isolation.

We will be back next month to tell you about more of our programming that we offered in our 2025/26 program year!



# OACAO

**SUNDAY  
JULY 12**

**11:00 – 11:30 AM**

# **BRACONDALÉ SAMBA**

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FOR SENIORS**

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# OACAO



## *Open House Draws Strong Community Support*

On Saturday, May 23rd, we held our 4th annual Open House, bringing together residents of Eganville and surrounding communities for a day filled with connection and conversation. Visitors enjoyed touring the Centre, meeting volunteers, other members, and staff, and learning more about the programming offered through our organization. The event featured a popular plant and bake sale, raffle sales, and a community barbeque, all of which received an abundance of support throughout the day.

Guests spent the afternoon browsing homemade baked goods and plants while enjoying good food and conversation with friends and neighbors. We were very pleased with the encouraging turnout and participation, which made the event both enjoyable and rewarding.

Our yearly open house continues to highlight the important role we play in bringing older adults together within our community. We would like to extend our sincere thanks to everyone who attended, volunteered, donated, and supported our open house. We are incredibly grateful for the wonderful community support shown throughout the day and look forward to our Open House next year!



# OACAO

## A Word from Our Partners: OACAO Business Partners

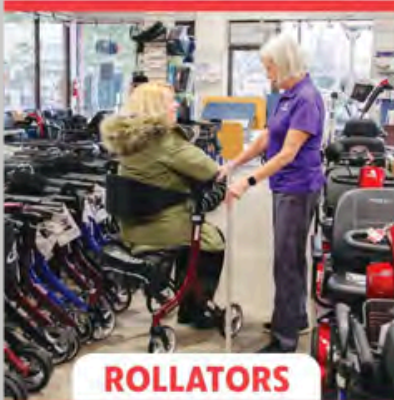
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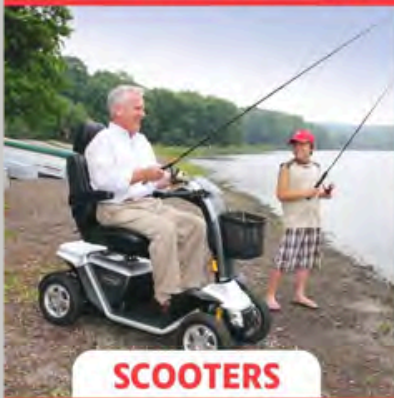
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## Intervenor Services

for Adults with Combined  
Hearing and Vision Loss



Clear communication is essential for living independently and actively participating in the community. For individuals with both hearing and vision loss, these tasks can be especially challenging.

Canadian Hearing Services offers free support services to help adults with combined hearing and vision loss remain independent and access community services.

### We can assist with:

- Attending medical, legal, or financial appointments
- Employment and volunteer opportunities
- Educational pursuits
- Social and recreational activities
- Accessing community and social services
- Managing daily tasks like shopping and groceries

### Eligibility for Intervenor Services:

To be eligible for free Intervenor Services, you must meet the following criteria:

- be at least 18 years old;
- be a current resident of Ontario;
- not attending secondary school; and
- be diagnosed with both hearing and visual impairments that are non-corrective and meet specific hearing and vision criteria

These services are currently offered in North Bay, Sudbury, Timmins,  
Thunder Bay, Sault Ste. Marie, and Parry Sound/Muskoka

Visit <https://www.chs.ca/service/deafblind-services> for more information

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# OACAO



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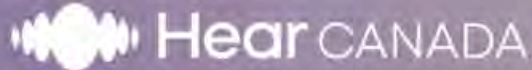
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# OACAO



## HEARING HEALTH MATTERS



### HEARING AID TECHNOLOGY

Hearing aids have advanced dramatically in recent years, offering smarter sound processing, sleeker designs, and greater ease of use. Today's technology delivers improved comfort, clarity, and control—helping you stay connected to the moments that matter most.

#### Intuitive Learning

Many premium hearing aids use machine learning to automatically adapt to different listening environments. This enhances speech clarity, sound quality, and your overall listening experience.<sup>1</sup>

#### Bluetooth® Connectivity

Enjoy seamless streaming from smartphones, tablets, and other devices. Bluetooth® technology lets you take calls, as well as listen to music and videos directly through your hearing aids.

#### Rechargeable Batteries

Say goodbye to managing small batteries. Rechargeable models provide all-day power with a simple overnight charge. They're also a more sustainable option, reducing battery waste and replacement costs.

#### Directional Microphones

These microphones help you focus on speech in noisy settings, while intelligent systems learn your preferences and adjust sound automatically.

#### Additional Features

Look for hands-free calling, app-based controls, and tinnitus support to further personalize your experience.

#### Modern, Discreet Styles

Today's hearing aids are smaller and more discreet than ever, with options to match your lifestyle and hearing needs.

### TAKE THE NEXT STEP

We're here to help you find the right solution. Call **1-866-724-6311** to book a complimentary hearing test\* at your nearest HearCANADA centre.



\*Not applicable on third-party claims. Contact HearCANADA for details. Features and capabilities may vary by model and technology level. Not all hearing aids include every feature described above. Speak with a hearing care professional about the features that matter most to you to help determine the best hearing solution for your individual needs and lifestyle. The Bluetooth® word mark and logos are owned by the Bluetooth SIG, Inc., and any use of such marks by WSAUD A/S is under license. Other trademarks and trade names are those of their respective owners.

1 SAERA Hearing Aids: Technological Advancements, Efficacy, and Impact on Hearing-Impaired Individuals (23 January 2025) <https://www.saera.eu/en/2025/01/23/hearing-aids-technological-advancements-efficacy-and-impact-on-hearing-impaired-individuals/>



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\*This promotion is valid for select hearing aid models and cannot be combined with more than 1 promotion or discount unless stated otherwise. Offer applies to private sales of select hearing aids and discount is applied after government funding has been deducted. See clinic for details. A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. Depending on the province you're located in, an administrative fee may apply if a copy of an Audiological Report is requested.

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## Discover Parkland

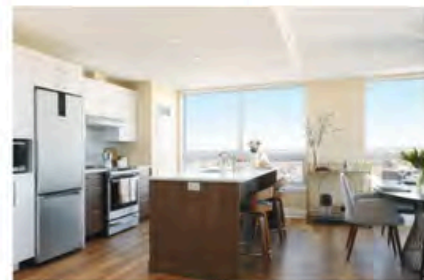
Walk through the front doors of Parkland and discover a vibrant community that feels like home. From restaurant-style dining to engaging activities, amenities, and services, choice is always on the menu. Enjoy the freedom to shape your days around what you love, or simply relax knowing a welcoming community surrounds you.

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Qualicare Home Care is a trusted Canadian home care provider with over 25 years of experience, proudly founded in Ontario. We take a 360° approach to care – combining personal support, specialized and nurse-led care where available, and family-focused coordination – so older adults can stay safe, comfortable, and connected at home.

Each client is paired with a dedicated Care Expert who builds a personalized care plan and stays closely involved as needs change, whether that means daily companionship, recovery support, or complex condition management. Our caregivers and care teams work hand-in-hand with families, healthcare providers, and community partners to make sure no one navigates care alone.

*Qualicare is proud to support healthy aging across Ontario and remains committed to raising the standard of home care from coast to coast.*



647-280-0251

Qualicare

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



## RHRA's Resident Champion Award

*Now accepting nominations*

### Do you know a remarkable retirement home resident?

The RHRA is accepting nominations for the 2026 Resident Champion Award. This award recognizes remarkable residents living in licensed retirement homes in Ontario whose actions have made a positive impact on the quality of lives of their fellow residents and retirement home community.

If you know of a resident who goes above and beyond every day, help us celebrate them by submitting a nomination. For questions, please contact us via email at [communications@rhra.ca](mailto:communications@rhra.ca).

### Nominate a resident champion from your home

Nominations can be submitted in two ways:

1. via nomination form found on the [RHRA Website](#)
2. via email at [communications@rhra.ca](mailto:communications@rhra.ca)

### **DEADLINE TO NOMINATE**

Nominations will be accepted from May 14 to July 24, 2026



SCAN HERE TO  
NOMINATE

### About the RHRA Resident Champion Award

The RHRA's Resident Champion Award honours the late Frank Kajfes, a beloved member of our Stakeholder Advisory Council. Frank was devoted to improving the lives of seniors and the lives of those living in his retirement home community. With his background as an educator, he believed in the importance of empowering people through education is legacy as a remarkable resident champion and as a member of SAC lives on in the Resident Champion Award.

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### CUSTOMER APPRECIATION DAY: A TRADITION OF THANKS

*At Starkmans Health Care Depot, one of the highlights of our year is our Customer Appreciation Day.* As a third-generation, family-owned business serving Toronto since 1929, we value the relationships we have built with our customers and look forward to this event as an opportunity to give back to the community that has supported us for generations.

Customer Appreciation Day has become one of our busiest and most anticipated sales events. Customers visit from across the GTA to take advantage of savings of up to 20% on a wide range of medical supplies, mobility products, daily living aids, compression garments, and home health care equipment.

The day is about much more than shopping. It is an opportunity for our team to connect with customers, answer questions, share product knowledge, and spend time with the people we serve every day. We are proud to see familiar faces return year after year and to welcome new customers into the Starkmans family.

A food truck serves complimentary hamburgers and hot dogs throughout the day, while the familiar aroma of Tiny Tom Donuts fills the air, creating a festive atmosphere that customers look forward to every time we host the event. For many attendees, the donuts have become just as much a tradition as the sale itself.

While customers enjoy special pricing and prize giveaways, what makes the day truly memorable is the sense of community. Events like these remind us that our business is about more than products, it is about helping people maintain their health, independence, and quality of life.

We are already looking forward to our Summer Sale, where customers can once again enjoy great savings, complimentary food, and a free ice cream truck. It promises to be another exciting opportunity to connect with our community, celebrate our customers, and thank them for their continued support.

OACAO

Gold Business Partners



GLA REHAB

## Making Homes Safer and More Accessible: Funding Options Available for You

Our OTs at GLA Rehab are trained and experienced with Home Safety Assessment. They can identify potential hazards & risks in the home, develop a plan for Home Modifications and Adaptations, and suggest changes to the home environment to promote independence & safety, and reduce the risk of injury.

These modifications can range from installing grab bars and stair lifts to redesigning bathrooms and entryways, all with the purpose to improve safety, comfort, and quality of life.

There is some financial support available to help offset the cost of these. There are a variety of federal, provincial, and community-based programs, such as the Ontario Seniors' Home Safety Tax Credit, which offer financial assistance related to home modifications. These grants are typically aimed at seniors, individuals with disabilities, and those with limited income.

March of Dimes Canada offers an Ontario Home and Vehicle Modification Program which provides fundings for basic home and vehicle modifications for people with mobility restrictions [2].

The Ontario Seniors' Home Safety Tax Credit is a refundable tax credit designed to help seniors, aged 70 years and older with making their homes safer and more accessible [3]. The expenses which are eligible for this credit are the same as those which can be claimed for the Ontario Claimable medical expenses which are the amount of medical expenses spent in the tax year over three percent of net income [3].

Additionally, the Disability Tax Credit is a federal non-refundable tax credit which helps individuals reduce income tax burden, specifically targeted towards those with severe and prolonged impairments in physical and mental functions [4]. Individuals approved for the Disability Tax Credit that are under 60 years old, may also be eligible for the Registered Disability Savings Plan (RDSP) which is a long-term savings plan targeted towards Canadians with disabilities [5].

Similarly, the Canada Disability Benefit provides financial support to individuals with disabilities between the ages of 18 to 64 years [6].

Working with an Occupational Therapist can help with facilitating the process as they can assist you with identifying programs that you may be eligible for.

If you or a loved one are considering home modifications, connecting with an Occupational Therapist is a valuable first step.

**For More Info: 416 449 6466 | [www.gla-rehab.com](http://www.gla-rehab.com)**

### References

[1] <https://www.marchofdimes.ca/en-ca/programs/am/hvmp>

[3] <https://www.ontario.ca/page/ontario-seniors-care-home-tax-credit#section-0>

[4] <https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

[5] <https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html>

[6] <https://www.canada.ca/en/services/benefits/disability/canada-disability-benefit.html>

**[Back to Table of Contents](#)**



## The most telling feedback about your dining program isn't the full seats at your tables. It's the empty chairs.

When a resident sits down, they aren't just looking for nutrition; they are looking for a reason to stay. If your dining room feels like a cafeteria instead of a destination, you're losing more than just a meal—you're losing the heart of your brand.

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# 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     | <a href="mailto:nora.jones@townofws.ca">nora.jones@townofws.ca</a>               | July 16<br>1:00 pm<br>(virtual)      |
| Eastern          | Don Amos       | <a href="mailto:DonA@seniorskingston.ca">DonA@seniorskingston.ca</a>             | July 16<br>2:30 pm<br>(Virtual)      |
| Golden Horseshoe | Julie Pennal   | <a href="mailto:Julie.pennal@oakville.ca">Julie.pennal@oakville.ca</a>           | August 26<br>10:00 am<br>(Virtual)   |
| Grand River      | Melissa Biffis | <a href="mailto:mbiffis@get.on.ca">mbiffis@get.on.ca</a>                         | August 19<br>1:00 pm<br>(Virtual)    |
| Metro            | Lisa Tobio     | <a href="mailto:yorkfairbank@on.aibn.com">yorkfairbank@on.aibn.com</a>           | July 14<br>9:30 am<br>(Virtual)      |
| Northern Regions | John Richer    | <a href="mailto:john.richer@greatersudbury.ca">john.richer@greatersudbury.ca</a> | September 21<br>1:00 pm<br>(virtual) |
| South West       | Jennifer Jones | <a href="mailto:jjones@bgclondon.ca">jjones@bgclondon.ca</a>                     | August 20<br>10:00 am<br>(virtual)   |

# OACAO

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

# OACAO

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

## Committee Chairs

**Awards:**

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

**Finance:**

Bill Krever  
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*For more information about the Older Adult Centres' Association of Ontario Board of Directors, please contact Sue Hesjedahl, Executive Director at 905-584-8125 or 1-866-835-7693 or [sue@oacao.org](mailto:sue@oacao.org). [www.oacao.org](http://www.oacao.org) P.O. Box 65, Caledon East, ON L7C 3L8*

# OACAO



## OACAO Business Partners 2026 - 2027

### Platinum Partners

- Access Abilities:** [www.accessabilities.ca](http://www.accessabilities.ca) 905-825-5335 (Oakville) 416-237-9654 (Toronto)
- Arbor Memorial Inc:** [www.arbormemorial.ca](http://www.arbormemorial.ca) 1-877-301-8066
- Belairdirect:** [www.belairdirect.com/healthcare](http://www.belairdirect.com/healthcare) 1-833-887-4626
- Canadian Hearing Services:** [www.chs.ca](http://www.chs.ca) 1-866-518-0000
- Chartwell Retirement Residences:** [www.chartwell.com](http://www.chartwell.com) 1-855-461-0685
- HearCANADA:** [www.hearCANADA.com](http://www.hearCANADA.com) 1-866-432-7226
- HearingLife:** [www.hearinglife.ca](http://www.hearinglife.ca) 1-888-514-9515
- Heart to Home Meals:** [www.HeartToHomeMeals.ca](http://www.HeartToHomeMeals.ca) 1-888-777-2219
- Insuranceland:** [www.insuranceland.ca/oacao](http://www.insuranceland.ca/oacao) 1-800-243-9379 ext 2337
- OASSIS Benefit Plans for Not-For-Profits:** [www.oassisplan.com](http://www.oassisplan.com) 1-888-233-5580
- Parkland Lifestyle Residences:** [www.experienceparkland.com](http://www.experienceparkland.com) 1-877-742-6639
- Qualicare Home Care:** [www.qualicare.com](http://www.qualicare.com) 647-280-0251
- Retirement Homes Regulatory Authority:** [www.rhra.ca](http://www.rhra.ca) 1-855-275-7472
- Senior Women Living Together:** [www.swlt.ca](http://www.swlt.ca)
- Starkmans Health Care Depot:** [www.starkmans.com](http://www.starkmans.com) 416-534-8411

### Gold Partners

- GLA Rehab:** [www.gla-rehab.com](http://www.gla-rehab.com) (416) 449-6466
- Gordon Food Service:** [www.gfs.ca/en-ca](http://www.gfs.ca/en-ca) 416-678-3201
- Medic Alert Foundation:** [www.medicalert.ca](http://www.medicalert.ca) 1-866-679-3217
- MySeniorCenter:** [www.myseniorcenter.com](http://www.myseniorcenter.com) 1-866-739-9745
- SOS MEDIC:** [www.sosmedic.ca](http://www.sosmedic.ca) 1-866-977-6266

For More Information on OACAO Business Partners Visit:

<https://www.oacao.org/business-partners/business-partner-directory/>



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



CanadaHelps

Charitable Registration

No:

125123471 RR0001



### Newsletter Deadlines

Please make note of the following deadlines for submissions:

**2026 Fall Newsletter: September 1<sup>st</sup>, 2026**

**2026 Winter Newsletter: December 1<sup>st</sup> 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](http://ArborAlliance.ca)



Arbor Alliance  
by Arbor Memorial

OACAO

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



Arbor  
Memorial

\*Arbor Alliance discount will vary for other provinces. \*\*Excluding lots, niches and cemetery crypts. \*\*\*0% discount on cemetery lots niches and crypts at time of death.  
†An "Eligible Participant" is an AAP Partner Organization Member and any of the following immediate family of the AAP Partner Organization Member: father, mother, father-in-law, mother-in-law, spouse, sibling, and child. Proof of membership required at time of contract.

## Platinum Business Partners

**access abilities**  
Your ability store. Our passion.

**Arbor Memorial**

**belairdirect.**  
car and home insurance

**CANADIAN HEARING SERVICES**

**CHARTwell**  
retirement residences

**Hear CANADA**

**HearingLife**

**HEART TO HOME MEALS**  
DELICIOUS MEALS MADE FOR SENIORS™

**Insuranceland Inc.**  
Our Family, Protecting your Family

**Parkland**  
LIFESTYLE RESIDENCES

**OASSIS**  
BENEFIT PLANS FOR NOT-FOR-PROFITS

**SENIOR WOMEN LIVING TOGETHER**

**Qualicare**

**RHRA** Retirement Homes Regulatory Authority

**STARKMANS**  
Health Care Depot  
Trusted Since 1929

## Gold Business Partners

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**Gordon**  
FOOD SERVICE

**MedicAlert**  
FOUNDATION • FONDATION CANADA

**65**  
YEARS

**myseniorcenter**

**SOS-MÉDIC**