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

OACAO NEWSLETTER

Fall 2026

Our Mission

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

Our Vision

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

As we move into the fall season, our network is buzzing with activity, momentum, and meaningful opportunities to connect, learn, and grow. This edition of the OACAO Newsletter brings together the latest updates from across our sector — from major events and learning opportunities to inspiring stories from our member centres and business partners. We hope this fall edition keeps you informed, inspired, and connected to the incredible work happening across Ontario's older adult sector.

OACAO Annual Conference

AGING WELL

REIMAGINE·REDEFINE·REDISCOVER

November 1-3, 2026 Mississauga

www.oacao.org/events/aging-well-conference

Sponsorship and Trade Show Opportunities Available

Title Sponsor Arbor Memorial

MEET OUR SPONSORS

OACAO Annual Conference
AGING WELL
REIMAGINE·REDEFINE·REDISCOVER
Conference November 1-3, 2026
Mississauga

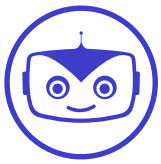
Title Sponsor

Arbor Memorial

Platinum Sponsor

Gotcare

Gold Sponsor



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belairdirect.
car and home insurance

Community Partner Sponsors

Connected Aging

Concerts in Care ONTARIO

As of Sept. 29, 2026

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OACAO

PRESIDENT AND ED MESSAGE

As we welcome fall, our sector feels renewed energy. Programs have resumed, new initiatives are taking shape, and older adult centres and Seniors Active Living Centres are bringing people together through meaningful opportunities for connection, learning, recreation and well-being.

On September 14, we held our 2026 Annual Meeting and reflected on a year of growth, collaboration and progress. Membership reached 279 organizations in 2025–2026, strengthening our collective voice across Ontario. We shared updates on advocacy and government relations, regional engagement, strategic priorities, partnerships, and initiatives delivered by our staff team with the support of our Board, members, volunteers, funders and partners. We thanked outgoing board members Suzanne Teixeira and Don Amos. The meeting concluded with the announcement of the 2026 OACAO Award recipients. Heartfelt congratulations to all recipients and thank you to everyone who helped make it another successful year.

This year also marks an important milestone for our sector: the 60th anniversary of Ontario's funding program to support Seniors Active Living Centre (SALC) programs. What began under the Elderly Persons Centres Act in 1966 under the Ministry of Health has evolved into today's SALC Program under the Ministry for Seniors and Accessibility, supporting more than 400 SALC programs across the province. For six decades, these centres have helped older adults remain active, healthy, socially connected and engaged in their communities. Since its founding in 1973, OACAO has proudly represented this remarkable network and advocated to the provincial government for expansion and increased funding to strengthen and sustain the sector.

One highlight still ahead is our 2026 Aging Well Conference, taking place November 1 to 3 in Mississauga. This year's theme is Reimagine - Redefine – Rediscover. We look forward to welcoming delegates from across Ontario for professional development, networking, knowledge sharing and celebration, while exploring emerging issues and recognizing the creativity and leadership demonstrated throughout our sector. https://www.oacao.org/events/aging-well-conference/?tab=registration

This fall also marks the launch of the Eastern Region Pilot for Seniors Centre Week, Sept. 27 – Oct. 3, 2026. Developed through the ideas and collaboration of our Eastern Region members, the initiative will highlight the vital role that seniors centres play in their communities. Under the theme "Your Place, Your Pace, Your People," participating centres will showcase their welcoming programs, services and social opportunities. OACAO will use the lessons from this pilot to help inform the future growth of Seniors Centre Week across Ontario.

We also want to acknowledge the announced wind-down of the OASSIS Employee Benefits Plans, effective December 31, 2026. For more than three decades, OASSIS has supported the not-for-profit sector by helping organizations of all sizes provide access to employee benefits. We recognize the uncertainty and challenge this transition creates for affected organizations and employees. OACAO will continue to share relevant information and resources with members as they become available.

Thank you to our members, volunteers, Board, staff and partners for the passion, creativity and dedication you bring to this work every day. Your efforts continue to enhance the lives of older adults and strengthen communities throughout Ontario. We wish everyone a successful and vibrant fall season.

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

OACAO Awards

Award of Merit

Staff Winners:

Don Amos- Seniors Association Kingston Region

Volunteer Winners:

Liz McDonald- Ridgetown and Area Adult Activity Centre

Community Spirit Award

Bernadette Gallagher- Port Rowan Seniors Social Club

Trailblazer Award

Staff Winner:

Dambé Kombaté – Communauté du Trille blanc

Volunteer Winners:

Adrienne Brown – 55+ Active Living Club – Town of Grimsby
Leanne Wallace – Active Living Club – Town of Grimsby

Legacy Award

Staff Winner:

Julie Pennal – Sir John Colborne Recreation Centre for Seniors

Volunteer Winners:

Marguerite Tellier, Beverly Barrette, and Theresa Barrette – Community Support Center of Essex County

Regional Award of Excellence

Léo Lavergne – Centre Pauline-Charron

Lifetime Supporter Award

Nancy Beddoe – OACAO and Town of Oakville

NICE TO MEET YOU

MEET THE OACAO TEAM

OACAO ADMINISTRATIVE AND SENIORS ACTIVE LIVING FAIRS TEAM

Executive Director
Sue Hesjedahl
sue@oacao.org

Marketing and Events Coordinator
Emily Angel
emily@oacao.org

Project Coordinator
Julie Moran-Illes
julie@oacao.org

Admin Assistant
Sara Saggese
admin@oacao.org

LINKS2WELLBEING: SOCIAL PRESCRIBING FOR OLDER ADULTS PROJECT TEAM

Project and Sustainability Manager
Jennifer Wiebe
jenn@oacao.org

Outreach and Engagement Coordinator
Dena Silverberg
dena@oacao.org

Evaluation and Quality Improvement Coordinator
Sarah Feeney-Martin
sarah@oacao.org

(Independent contractors supporting the projects are not listed)

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

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

🔑 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.

NEW MEMBERS

FÉDÉRATION DES AÎNÉS ET DES RETRAITÉS FRANCOPHONES DE L'ONTARIO (FARFO)
435 Donald St. Suite 336
Ottawa, ON
K1K 4X5
705-669-7139
www.farfo.ca

MOUVEMENT D'IMPLICATION FRANCOPHONE D' ORLEANS
6600 rue carriere
Orleans, ON
K1C 1J4
613-830-6436 ext 207
www.mifo.ca

RAINY RIVER SENIOR ACTIVITY CENTRE
PO Box 62
Rainy River, ON
P0W 1L0
rainyriverseniordepot.ca

THE LIFE INSTITUTE
1071 Huntingwod Drive
Scaborough, ON
M1S 3H4
416-894-4039
Info@thelifeinstitute.ca

THE SENIOR CITIZENS CLUB OF FENELON FALLS
58 Murray St.
Fenelon Falls, ON
K0M 1N0
705-887-7007
www.fenelonseniors.com

WESTERN OTTAWA COMMUNITY RESOURCE CENTRE
2 MacNeil Court
Kanaata, ON
K2L 4H7
613-591-3686 Ext 211
www.wocrc.ca

LET'S GET SOCIAL!

Make sure to follow the OACAO on Social Media

@oacao

oacao_older_adult_centres_on

Older Adult Centres' Association of Ontario

@TheOACAO

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NEW BUSINESS PARTNERS

cyberimpact

Cyberimpact is a Canadian email marketing platform built for organizations that value simplicity, compliance, and results. Trusted by over 12,000 Canadian organizations, from nonprofits to municipalities, Cyberimpact keeps your data local and your list compliant with CASL, PIPEDA, and Law 25. You focus on the message; we handle the rules.

www.cyberimpact.com
+1 (855) 964-0868

GORDONS
REAL ESTATE BROKERAGE

Gordons Real Estate Brokerage only serves downsizers, powers of attorney, and estate trustees across Ontario. Our experts include realtors, move managers, appraisers, and more - under one roof. We understand the emotional burden of downsizing and estate settlement and respect that the home and contents represent memories to be handled with care. Best of all, clients don't pay anything until our clients are satisfied that the project is completed and the real estate has been sold.

www.gogordans.com
800-267-2206

Welcome

NEW BUSINESS PARTNERS

Gotcare is a Canadian care platform helping people access safe, responsive, personalized support at home and in their communities. We provide the infrastructure for continuous care through local care providers, dedicated navigation, virtual clinical services, proactive check-ins, and digital health tools.

This gives individuals and families peace of mind through greater visibility, choice, and control over who provides care, how it is delivered, and how it adapts as needs change. A person's care and safety can be supported through a reminder before medication is missed, a virtual check-in when something changes, or rapid in-home support before a small concern becomes an emergency.

The result is care that begins sooner, reaches people wherever they live, and supports independence rather than replacing it while ensuring safety along the way.

gotcare.ca
(888) 819-1244

At Canadian Safe Step, we believe everyone deserves to feel safe, comfortable and confident in the home they love. Bathing should be a familiar part of the day, not something to worry about or avoid. That belief guides the way we listen, learn what matters to each person and help them find a solution that supports their independence and dignity.

Our walk-in tubs and showers bring together easier access, thoughtful safety features and everyday comfort. We want people to enjoy a warm bath or a refreshing shower with greater peace of mind, in a space that feels like their own. From the first conversation through installation and beyond, we're here to help make daily life a little easier and staying at home feel more possible.

Sometimes someone calls for themselves. Sometimes they call because they want bathing to be easier for the person they've shared a lifetime with. And sometimes it's a son or daughter looking out for Mom or Dad, just as Mom and Dad once looked out for them. We understand how much care is behind that call. It's about helping someone feel safe while preserving the routines, memories and independence that make home home.

(905) 650-9337

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**

Early Bird Deadline Extended to Oct. 9th.

Final Registration Deadline is Oct. 23, 2026.
https://oacao.wildapricot.org/event-6735274

Book your hotel room by Oct. 9th:
Group Code: 91Y
Online: https://book.passkey.com/go/OACAO2026
Telephone: 1-800-445-8667

DEADLINE
October 9th

Hilton Mississauga Meadowvale - 6750 Mississauga Road, Mississauga
www.oacao.org/events/aging-well-conference

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario
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Est. 1973 50+ years of service

OACAO Annual Conference

AGING WELL

REIMAGINE·REDEFINE·REDISCOVER

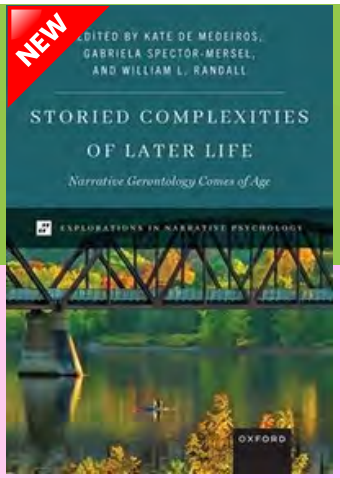
Conference November 1-3, 2026

Mississauga

SIGN UP TODAY

MEET OUR KEYNOTE

Bill Randall, EdD
Emeritus Professor of Gerontology
St. Thomas University



The Adventures of Later Life: Aging Reimagined

Fresh off the release of his new Oxford University Press book, *Storied Complexities of Later Life*, Dr. Randall brings inspiring, global perspectives on how aging can be lived with meaning, curiosity, and courage.

Bill will outline how we can re-imagine—and experience—aging in more positive ways. In other words, aging is about growing old and not just getting old. It's less a tragedy to be stoically endured than an adventure to bravely embrace, an adventure which leads us in four main directions: Outward, Backward, Inward, and Forward.

Conference Workshops

Strengthening Rural Primary Care Through Community Programs That Reduce Social Isolation and Frailty

Naturally Occurring Retirement Communities (NORCs): An Opportunity to Reach More Older Adults Where They Are At

Intentionally Living: A Living Legacy of Meaning, Peace and Dignity

Beyond Activities: Reimagining Seniors Centres as Community Hubs for Belonging, Health, and Aging Well

Tips for Good Grant Writing

Get Outside Guide for Older Adults: Activating Community Spaces and Groups to Increase Community Connection

Strengthening Social Prescribing Through Collaboration, Innovation, and Shared Learning

Bringing Indigenous Culture Into Practice

Reimagining Safety: Senior-Centered Scam Prevention

Laughter for Healing: Introduction to Laughter Yoga

Techreation - Harnessing the Power of Automation

Speaking the Clinic's Language: Tips for Increasing Social Prescribing Referrals

Simple Fitness Choreography for Older Adults

From Seniors Club to Community Hub: Navigating Growth, Change, and a New Generation of Older Adults

Beyond Emergency Response: Community Paramedicine and Social Prescribing in York Region

Rediscover Connection: A Simple Framework to Reduce Disconnection in Senior Services

Volunteer Recognition: Appropriate, Meaningful, and Not Excessive

The Housing Crisis: A New Approach to Affordable Housing

Collaborative Strategies to Prevent Elder Abuse and Support Older Adults

Make the Shift from "Planning For" to "Planning With": Facilitation for Inclusive, Intergenerational Programs

Why is Everyone So Grumpy?

Making Music, Building Community: Using Music Therapy Principles to Create Meaningful Engagement

OACAO

Trade Show Exhibitors 2026

OACAO Annual Conference
AGING WELL
REIMAGINE·REDEFINE·REDISCOVER
November 1-3, 2026 Mississauga

Access Abilities
Acclaim Health
Age-Friendly Consulting & OAKS
Amica Bronte Village
Aspira Credit River Retirement
Arbor Memorial
Arcadia Health Alliance
belairdirect
Bridgeway Wellness Retreat
Canadian Hearing Services
Canadian Safe Step - Walk in Tub and Shower
Chartwell Retirement Residences
Consumer Protection Ontario
Cyberimpact Inc
GenWell
GLA Rehab Inc Thrive@Home
Gordons Real Estate Brokerage Ltd
Gotcare
Hearing Life Canada
Heart to Home Meals
Home Care Supplies
Insuranceland Inc.
March of Dimes Canada
MedicAlert Foundation
Ontario Caregiver Organization
Ontario Men's Shed Association (OMSA)
Parkland Retirement Living
Qualicare Home Care
Retirement Homes Regulatory Authority
Senior Discovery Tours
Senior Women Living Together
Staff Relief Healthcare
Starkmans
The Moving Genie
Worlds Near and Far Gaming

As of Sept. 29, 2026

FOR MORE INFORMATION CONTACT
emily@oacao.org

www.oacao.org/events/aging-well-conference

OACAO

Webinars, Workshops and Events

JOIN US

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

Mardi le 20 Octobre
10h - 11h (EST)

Autonomiser les aînés dans le monde numérique

TELUS Averti Or montre aux personnes âgées comment participer pleinement et en toute sécurité à la vie en société à l'ère du numérique including la vie dans une société numérique, Internet, les téléphones intelligents et la sécurité sur les réseaux sociaux.

Presented by TELUS Wise

Thursday Nov. 12
1:30 - 2:30 pm (EST)

Building a Health-Literate Community to Support Healthier Seniors

Learn why health literacy is the solution to close these gaps and how it could transform community hubs into primary navigation nodes.

- Discover practical health literacy strategies to integrate into existing center programming
- Learn how to empower seniors to navigate healthcare systems and self-advocate confidently
- Position your senior center as an essential partner to local primary care teams

Presented by Dr. Gupta's Curious & Creative Lab — Translating Science for Healthier Lives

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:

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario
OACAO
The Voice of Older Adult Centres
La voix des centres pour aînés
Est. 1973 50+ years of service

Funding provided by: Ontario

Emily Angel: emily@oacao.org

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OACAO

Webinars, Workshops and Events

Fall 2026

JOIN US

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

Friday
December
4th & 11th

10:00 - 11:00am (EST)

Mindful Self-Care
A Two Part Interactive Workshop

Join us on December 4th and 11th for a mindful self-care workshop series with Jessica Lemieux (MSW). Jessica is a therapist and trauma informed meditation teacher with over 20 years of experience in the mental health field. These sessions will teach participants how to understand and recognize cues from their nervous system and how to ease and release stress activation.

Jessica will teach us several mico- practices that can be done while at work or home that will help us shift from fight, flight and flee responses and back into a more regulated state. Participants will be guided through a series of gentle movement, breathwork and meditation practices during the workshops- so simply attending these sessions will be an act of self-care!

Presented by CULTIVATION THERAPY SERVICES

THERAPY
WORKSHOPS
MEDITATION
RETREATS

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:

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Emily Angel: emily@oacao.org

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OACAO

Human Endeavour

Ontario

OACAO

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

TECHNOLOGY INFORMATION AND KNOWLEDGE SHARING VIRTUAL WORKSHOP

via Zoom and Toll Free

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

Upcoming Workshops

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, October 6th
10am-11:15am

CHAT GPT

- Intro to Chat GPT
- Different Search Options
- Analyzing Documents and Images
- Creating Documents and Images
- Projects, Workspaces and AI Memory
- Paid Version Features and Benefits

Tuesday, November 10th
10am-11:15am

SOCIAL MEDIA

- Introduction to Social Media
- Benefits of Social Media
- Popular Social Media Apps
- Requirments for Social Media
- Guide to Social Media Safety
- Q&A

Tuesday, December 1st
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 FREE1-866-835-7693 OR julie@oacao.org

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OACAO

Calling all OACAO Members, SALCs and Senior Active Living Fair Hosts

The Ministry and Hon. Minister Cho's Office are looking for photos and images that can be used as social shareables on their facebook and X social media channels. They are looking to promote as many SALCS and Seniors Active Living Fairs as possible in the coming months and into next year. There are so many great stories to tell from all the activities and events that are taking place at OACAO member centres.

Please send event posters, consented photos, images and even videos to share about the great stories taking place in centres across Ontario. *Please also tag the Ministry on your posts.*

Please send directly to:
Wallace Pidgeon
Minister's Office
Wallace.Pidgeon@ontario.ca

Funding provided by:
Ontario

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2026 - 2027 SENIORS ACTIVE LIVING FAIRS

UPCOMING EVENTS

October Fairs

Find A Fair Near You:
www.oacao.org/events

Please note: Fairs may be subject to change

October 1
- Fonthill
- Cambridge
- Queensville
- Deep River

October 6
- Haileybury

October 7
- Sault Ste. Marie
- Toronto

October 8
- Drayton

October 14
- Kemptville
- Cobourg

October 15
- Rainy River

October 16
- Havelock
- Hearst
- Pembroke

October 17
- Kanata
- Thunder Bay

October 21
- Toronto
- Scarborough

October 22
- King City

October 23
- Kagawong

October 24
- Powassan

Funding provided by:

Ontario

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

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2026 - 2027 SENIORS ACTIVE LIVING FAIRS

UPCOMING EVENTS

November Fairs

November 5
- Wawa
- Waterloo
- North York

November 6
- Haliburton
- Pointe aux Roches

November 7
- Richmond Hill

November 12
- Unionville
- Wellington
- Cobden
- Pickering

November 18
- Richmond Hill
- Vaughan
- Baden

November 19
- Port Hope

November 23
- Aurora

November 28
- Sutton West

Find A Fair Near You:
www.oacao.org/events

Please note: Fairs may be subject to change

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

Funding provided by:

Ontario

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Links2Wellbeing
social prescribing for older adults

Ocean eReferral Pilot

Bridging the gap between community-based support and clinical health care, Ocean is an eReferral platform that integrates directly into the Electronic Medical Records (EMRs), allowing health care providers to refer patients with a few clicks.

Ocean puts L2W Social Prescribing directly on the health care map, ensuring a smoother, faster referral pathway for client care.

Links2Wellbeing Centres are welcome to join the pilot, which:

- Is 100% funded by the Links2Wellbeing Project for the duration of the pilot
- Increases visibility and connection to health care providers in your area
- Reduces administrative paperwork
- Complies with Ontario's Personal Health Information Protection Act (PHIPA)

Health care providers can refer their older adult patients experiencing loneliness or isolation to non-clinical supports at Links2Wellbeing Centres. Social and recreational programs, fitness and wellness classes, meal programs and more.

Participating sites to-date include:

Aurora Seniors Centre (including virtual)
Askennonia Senior Centre
Horton St 50+ Centre (London)
Rendez-vous des aînés francophones d'Ottawa (RAFO)
St. Matthews Bracondale House (Toronto)
The ParkSide Older Adult Centre (Sudbury)
YWCA Hamilton Seniors Active Living

Ocean

Interested in learning more? Contact sarah@oacao.org

OACAO

SingWell Symposium 2026

FRIDAY, OCTOBER 16

IN-PERSON AT
TORONTO METROPOLITAN UNIVERSITY

www.singwell.ca/symposium-2026

Looking to expand your organization's dementia-inclusive programming, but don't know where to start?

Delivering evidence-based lifestyle programs for people living with dementia and care partners doesn't require starting from scratch.

The **Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) Program** provides a proven, co-designed framework that integrates physical activity, healthy eating and strategies to live well.

Why offer DELIGHT?

- Research-Backed: Developed by researchers at the University of Waterloo and Schlegel-UW Research Institute of Aging (RIA).
- Co-Designed: Built in collaboration with people living with dementia, care partners, healthcare and community service providers, and researchers.
- Adaptable: Flexible framework that can be tailored to diverse cultural settings and community needs.

Ready to explore how your organization can deliver DELIGHT?
Visit: **the-ria.ca/programs/delight**

OACAO

Elder Abuse Prevention Ontario

Elder Abuse Prevention Ontario (EAPO)

EAPO, recognized for its leadership in Elder Abuse prevention, (whether raising awareness through public educational forums, training frontline and service provider professionals across all sectors or developing tools and resources for seniors' community groups), is helping everyone better understand the complexity of issues around elder abuse.

To learn how **YOU** can recognize the warning signs and then respond appropriately, please visit: www.eapon.ca.

To learn more about EAPO's programs and services, sign-up for our e-Newsletter or plan on joining us for our up-coming events.

- Sept. 16th : Intergenerational Mediation When Lines Get Blurred : Cognitive Challenges and Elder Abuse
- Sept. 22nd : Navigating Complaints Processes: Patient Ombudsman's Role and Your Options for Support
- Oct. 7th : Aging Boldly – Challenging Ageism in Our Communities
- Oct. 20th : AI and Your Money: What Helps, What Hurts, and What to Avoid
- Oct. 27th : CyberSafe Seniors: Preventing AI Fraud and Scams
- Nov. 4th : Retirement Ready: Managing Money Later in Life
- Nov. 10th : Equifax: Identifying Fraud and Protecting your Identity
- Nov. 25th : Protecting Your Money: A Guide to Recognizing and Preventing Fraud and Scams

We look forward to meeting and engaging with members from across Ontario at OACAO's upcoming AGING WELL Conference in November!

Be sure to visit our **Exhibitor Table** to learn about our newest resources and attend our insightful presentation and contribute to our conversation on ***Embracing Challenges, Inspiring Change – Collaborative Strategies to Prevent Elder Abuse and Support Older Adults.***

Elder Abuse Risk Assessment Training

Harm to Older Persons Evaluation (HOPE)

November 20th | 12 pm - 4 pm (ET)
& November 17th, 19th | 12 pm - 3 pm (ET)

Training Certificate provided upon completion of training. By the end of the course, you will be a certified user of the HOPE.

Register Early!

We've launched the 3rd Season of our Podcast *"Aging Vibrantly: Conversations to Empower Seniors"*, the show where we amplify the voices of seniors and aging experts!

Check out all the podcast episodes on iTunes , Spotify or YouTube or wherever you listen to your favorite podcasts!

www.eapon.ca/podcast

Ontario Tax Talk | Parlons impôts en Ontario

Ontario

Free Ontario Tax Talk webinars:

Join the Ontario Ministry of Finance for free webinars to help you learn about Ontario personal income tax, credits and benefits – **Ontario Tax Talk webinars | ontario.ca**

- Learn how to make the most of your tax return
- Discover credits and benefits you may qualify for
- Webinars are free, online and open to everyone

Upcoming webinars:

Understanding Ontario's personal income tax, credits and benefits – Register now
Ontario's tax credits, benefits and programs for seniors – Register now

Webinaires fiscaux gratuits en Ontario :

Participez aux webinaires gratuits du ministère des Finances de l'Ontario pour en savoir plus sur l'impôt sur le revenu des particuliers, les crédits et les prestations en Ontario – Webinaires « Parlons impôts Ontario » | ontario.ca

- Apprenez comment optimiser votre déclaration de revenus
- Découvrez les crédits et les avantages auxquels vous pourriez avoir droit
- Les webinaires sont gratuits, en ligne et ouverts à tous

Prochains webinaires :

Comprendre l'impôt sur le revenu des particuliers, les crédits et les prestations de l'Ontario – Inscrivez-vous dès maintenant
Crédits d'impôt, prestations et programmes pour les aînés de l'Ontario – Inscrivez-vous dès maintenant

OACAO

UPCOMING GRANTS

Fall 2026

Ontario Trillium Foundation Grow Grant

Amount awarded (per year) for 2 or 3 years

Minimum $50,000
Maximum $200,000

Application period is from October 7, 2026 to November 4, 2026, at 5:00 p.m. ET.

Ontario Trillium Foundation
Fondation Trillium de l'Ontario
An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

Grow Grant

Grow grants provide a higher level of funding over 2 or 3 years to help proven community programs and services increase their impact.

Scale up a program and service to benefit your community

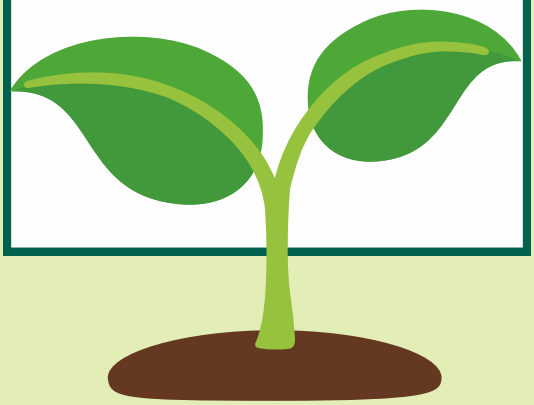
Grants support established programs and services that have a proven track record of success and meet community need. Applicants can apply for funding to expand, improve or adapt an existing program or service. https://otf.ca/

For More Details

Ontario Trillium Foundation

Ontario Trillium Grow Grant

Nos subventions | Fondation Trillium de l'Ontario



Interested applicants must:
Deliver programs and services in one of four sectors:

- sports and recreation, arts and culture, environment, and human and social services.
- Have a primary purpose, presence, and reputation for delivering community-based programs and services with direct community benefit in one of OTF's 16 geographic catchment areas in Ontario.
- Demonstrate the financial and organizational capacity to manage OTF funds, and deliver and complete the proposed project as per OTF's Financial Need and Health of Applicants policy.
- Demonstrate that it is the appropriate organization or community to carry out the proposed project.

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

Shared Stories, Shared Strength:

Updates from our OACAO Members

OAKVILLE

Colborne Senior Centre

Colborne's 35th Anniversary

The Colborne Centre sparkled with beautiful teal and jade accents as members, staff, volunteers, and special guests came together to celebrate an incredible milestone, 35 years of serving the community. The anniversary celebration was a wonderful opportunity to reflect on the Centre's rich history, recognize the many people who have contributed to its success, and look ahead to an exciting future.

Throughout the afternoon, members enjoyed reconnecting with long-time friends, sharing stories and laughter, and catching up with retired staff members whose dedication helped shape the Centre over the years. A special photo slideshow showcased treasured memories from decades of programs, events, trips, and everyday moments, highlighting the friendships and connections that make the Colborne Centre so special. The presentation also provided an opportunity to remember members and friends who are no longer with us but whose impact and spirit remain an important part of the Centre's story.

Guests heard a series of heartfelt speeches that, while short and sweet, captured the profound role the Colborne Centre plays in the lives of its members and within the broader community. Speakers reflected on the Centre's growth over the past 35 years, the sense of belonging it provides, and the countless friendships, experiences, and memories created within its walls.

Of course, no anniversary celebration would be complete without delicious food and a few keepsakes to mark the occasion. Members enjoyed a wonderful selection of refreshments, and the specially created Colborne Centre anniversary cookie quickly became a crowd favourite. Souvenirs helped commemorate the milestone and gave everyone something special to remember the day.

Most importantly, the celebration was a reminder of what makes the Colborne Centre truly remarkable: the people. For 35 years, the Centre has been a place where members can learn, connect, stay active, and build meaningful relationships. Thank you to everyone who joined us in celebrating this significant achievement. Here's to the memories we've made, the friendships we've built, and to many more years of community, connection, and belonging. Cheers to the next 35 years! 🎉🥂

For a video tribute by our local news outlet check out: https://www.youtube.com/watch?v=9aXlDKebWVk

SAULT STE.MARIE

Grandparent & Me Week

Connecting Generations, Creating Memories ⭐

When school lets out for the summer, we often notice a shift in participation at our Active 55+ Centres, with programs and activities typically seeing lower attendance. There are many reasons for this. Some older adults are spending more time outdoors, travelling or at their cottages, while others take on an important caregiving role for their grandchildren during the summer months. For many grandparents, this means balancing their own interests and social activities with the responsibility and joy of spending more time with family.

While being a caregiver can be a wonderful opportunity to spend quality time with grandchildren, it can also mean that older adults are less able to participate in the programs and activities they enjoy at our Centres. This is why we introduced Grandparent & Me Week at the Bay Street Active Living Centre and Northern Community Centre 55+.. The four-day intergenerational program was designed to give grandparents an opportunity to continue coming to the Centres while bringing their grandchildren along to participate and have fun together.

Throughout the week, grandparents and grandchildren took part in a variety of activities, including dance fitness, bocce, rock painting, cooking, mini manicures, tie-dye, a BBQ, a vintage 1950s-themed afternoon, Drumfit and a special movie afternoon. The activities were intentionally varied, social and accessible, giving both generations opportunities to try something new and enjoy time together.

The program was about more than simply keeping grandchildren occupied during the summer. It provided a chance to break up the usual summer routine, encourage active and social time away from screens, and create meaningful memories between grandparents and grandchildren. It also allowed grandparents to share a place that is an important part of their own social lives with the younger generation

.

Grandparent & Me Week demonstrated how Centres can use intergenerational programming to respond creatively to the changing needs of older adults throughout the year. Rather than viewing summer caregiving responsibilities as a barrier to participation, the program embraced the important role many grandparents play in their families and created an opportunity where both generations could benefit, connect and have fun.

The week was a simple idea with a meaningful impact: give grandparents a reason to come to the Centre, give grandchildren something fun to look forward to, and give both generations an opportunity to connect, participate and most importantly, make memories together.

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RCI 红叶文化协会
REDLEAF CULTURAL INTEGRATION

康乐之家
CHINESE SENIOR ACTIVE LIVING CENTRE

Redleaf Cultural Integration (RCI), a Burlington-based non-profit organization, has been serving the Halton Chinese community for more than a decade. RCI's Chinese Senior Active Living Centre (SALC) is officially designated as one of Ontario's Senior Active Living Centres, recognizing its longstanding commitment to supporting Chinese seniors through culturally tailored programs and services.

On June 29, 2026, RCI Chinese SALC organized a senior field trip to the Joseph Brant Museum (JBM), offering participants an opportunity to explore Burlington's history and culture. Seniors also visited a special exhibition highlighting the history of immigration to Canada. To make the experience more accessible, museum materials were available in Chinese, and English presentations were interpreted into Mandarin. More than 60 , seniors participatedenjoying not only the opportunity to learn about local history but also the social connection and companionship that are essential to healthy aging.

The visit also marked the beginning of a valuable new partnership between RCI and JBM, creating opportunities for cultural exchange and community engagement. Following the successful visit, the Museum invited RCI to present a special cultural event, "Rhythm and Taste of China," on July 18, 2026. The event welcomed community members to discover the richness and diversity of Chinese culture through travel destinations, cuisine, music, and dance. Chinese SALC seniors were also invited to showcase Tai Chi, sharing their skills and promoting healthy, active aging.

Through initiatives like these, RCI's Chinese SALC continues to connect seniors with the broader community, encourage active and healthy lifestyles, celebrate cultural diversity, and build a stronger sense of belonging in Burlington.

Peel Senior Link | helping seniors live independently

Bringing Primary Healthcare Close to Home at the Creditvale Mills Community Wellness Hub

For many seniors who face mobility or transportation challenges, accessing primary healthcare can be difficult. Peel Senior Link and its partners at the Creditvale Mills Community Wellness Hub in Mississauga are working together to address this through an innovative new partnership with ONE Medical Centre.

The CVM Hub is conveniently located between two affordable housing buildings: one for seniors and one for families and newcomers. Bringing together over fifteen community agencies, the CVM Hub acts as a community gathering space where people old and young can access programs and services to support wellbeing, including fitness classes, arts and crafts workshops, cooking classes, educational sessions, and more.

Through the partnership with ONE Medical Centre, the CVM Hub now offers convenient access to primary healthcare and specialized health services. Seniors and families can access on-site family doctors and receive priority referrals to specialists for a variety of needs, including eye, dental, and foot care, and more. For seniors living in the adjoined building, this means that they won't even need to step outside in the winter to make their doctor's appointment. But the care extends beyond just the two connected buildings. Members of the surrounding community also have access to primary care at the CVM Hub, making it a hotspot for health resources right in the neighbourhood.

This partnership is an example of how organizations can work together to break down barriers to care, making vital health and wellness services more accessible to those who need them.

"Many building tenants are already receiving care through ONE Medical Centre at the Hub, and the feedback has been very positive," says Sean Weylie, Acting CEO of Peel Senior Link. "Timely and accessible care is essential to preventing unnecessary hospitalization and delaying admissions to long-term care facilities. We're grateful to be working with such a strong network of partners who all share the same vision of supporting healthy aging in our community."

When seniors are supported, our entire community is uplifted. You can follow the Hub's activities on LinkedIn at http://www.linkedin.com/company/cvmhub and Peel Senior Link at: www.linkedin.com/company/peel-senior-link.

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YWCA HAMILTON

YWeBelong- Building Social Inclusion and Belonging for Diverse Seniors living with Cognitive Changes

YWeBelong is a culturally inclusive program at the YWCA Hamilton, part of RIA's Building Belonging for Diverse Seniors Living with Cognitive Changes project. The program creates opportunities for older adults from the Somali, Afghan, Spanish-speaking, and South Asian communities to connect with others who share their language and cultural background while building relationships across cultures.

YWeBelong offers three key components: Weekly Memory Lane Cafés, where seniors participate in games, creative and cultural activities, discussions, and social interaction; Monthly Community Connections, which bring participants together for intercultural activities and outings; and Quarterly Information Sessions, providing practical information on cognitive changes, caregiving, health, wellness, and community resources.

Celebrating Our Success

Since launching in April 2026, YWeBelong has supported seniors in building friendships, strengthening social connections, and participating in meaningful cultural activities. Seniors have enjoyed games, creative activities, cultural dances, outings, storytelling, and opportunities to share their experiences.

The program also helps seniors and caregivers navigate community services and access practical upports. Participants have been connected with resources for mobility devices, home safety equipment such as grab bars, and transportation services such as DART These supports help seniors maintain safety, independence, and meaningful connections within their communities.

Building Strong Partnerships

YWeBelong's success is strengthened through collaboration with community partners, including the Alzheimer Society, Hamilton Somali Community, Munar Learning Center, Vine Care, SAHAHR, Vicaria Health, McMaster University, and KarunaCare, among others. These partnerships help expand access to resources, learning opportunities, and community connections.

Looking Ahead

YWeBelong remains committed to creating culturally responsive spaces where older adults can connect, build relationships, maintain independence, access support, and participate fully in their communities. Together, we are building belonging—one connection at a time.

For more information:

Salomey Adongo | 📞 +1 365 324 0256

✉️ Email: sadongo@ywcahamilton.org

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OACAO

West Scarborough Neighbourhood Community Centre

West Scarborough Seniors' Club– Fall Registration and Membership Renewal

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.

Come see how we can help you live your best life!

FALL 2026 REGISTRATION& MEMBERSHIP RENEWAL

Annual Membership Renewal has begun.

Our Seniors' Club membership year runs from September 1, 2026, to August 31,2027. You may join the Club or register for programs anytime throughout the year. Please ensure you renew your membership prior to registering for programs.

Activity membership (A) is $80 per year. Includes access to two Aquafit programs, three fitness programs, and unlimited drop-in access to all other programs, excluding aquafit and lane swim, where space is available. Priority will be given to registered participants.

Basic membership (B) is $40 per year. This membership Includes unlimited access to Badminton, Pickleball, Crafts, Cards, and Tech 101. Space provider.

Our last day of programs will be Sunday, August 30, 2026. All programs will resume on Tuesday, September 8, 2026, following the Labour Day weekend.

Our Fall season will officially begin on Tuesday, September 8, 2026.

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Welcome to Seniors Active Living Centre (SALC)

Operated by

CHATS

Community & Home Assistance to Seniors

SALC Summer in South Simcoe: Taking Active Living Outdoors

Summer brought a change of scenery for the CHATS Seniors Active Living Centre in Beeton—and we embraced every sunny minute of it!

With our regular indoor space supporting summer camp programming, our SALC adapted by taking activities outdoors and into community spaces, creating new opportunities to stay active, connected and engaged. A wonderful partnership with the Beeton Lawn Bowling Club provided a welcoming home base for programming, while local parks became gathering places for coffee socials, outdoor exercise and plenty of conversation.

Sometimes a change of space opens the door to even more community.

Our summer calendar made the most of the great outdoors with croquet and bocce socials, park gatherings, walks, games and exercise programs designed to keep older adults moving and enjoying their community. Moving beyond our usual walls also gave us the opportunity to explore local spaces in new ways and show that active living can happen just about anywhere.

One of the highlights of the summer has been our growing partnership with Simcoe Manor Long-Term Care. Residents, accompanied by LTC staff, have joined as SALC participants for outdoor social and exercise programs. Bringing together older adults from different living environments to enjoy activities as members of one community.

Summer may have required us to do things a little differently, but that became part of the fun. With a little creativity, some great community partners and a group always ready for the next adventure, SALC Beeton kept right on moving, connecting and making the most of summer in South Simcoe.

Circle of Care
Sinai Health

Creating Community Through Our SALC Painting Program

For many seniors, social connection plays an important role in overall well-being. Having opportunities to participate and enjoy new experiences in a group setting can make a difference in everyday life.

Through our Seniors Active Living Centre (SALC) programming, Circle of Care offers structured, community-based programming to help seniors stay physically active, mentally engaged, and connected, while living independently at home.

Over the summer, we hosted two sessions of the Paint Like program at our Adult Day Program location in Vaughan. Inspired by famous paintings—Claude Monet's Water Lilies and Vincent van Gogh's The Starry Night—participants recreated the artistic masterpieces alongside new friends in a supportive space

What started as a simple painting activity quickly evolved into an evening of laughter, conversation, and encouragement. Many participants arrived uncertain about their artistic abilities, but by the end of the program they had completed their own paintings and gained a strong sense of pride and accomplishment. That sense of achievement is at the heart of the Paint Like programs, where participants are encouraged to try something new, enjoy the experience, and uncover their creative potential.

Together, programs like this show how SALC creates opportunities for seniors to stay engaged, discover new interests, and feel a sense of accomplishment and belonging. Sometimes, building community can start with something as simple as picking up a paintbrush.

Interested in participating in SALC programming?
Visit our events calendar at circleofcare.com to see upcoming activities. For more information, contact Devorah Benchimol at dbenchimol@circleofcare.com or 437-339-6433.

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CALEDON SENIORS CENTRE
Health & Wellness 55+

Summer Fun on the Patio

A couple of fun events were planned for our beautiful outdoor patio - Sound Bath and Music Under the Stars. With outdoor planning comes cooperation with Mother Nature!

Unfortunately, we had to move the Sound Bath event inside due to the poor air quality from the forest fires. However, all the participants still enjoyed the soothing sounds of crystal singing bowls and gentle vibrations, promoting relaxation, mindfulness, and stress reduction.

Luckily, the Music Under the Stars event went as planned! Participants were able to gather outdoors and enjoy live jazz music by the Ryan Grist Trio, delicious charcuterie and wine beneath the open sky.

OACAO

SEAWAY SENIOR CITIZENS CLUB

"Good Medicine"

Growing Healthier Community with Seaway Seniors and Friends

Seaway Senior Citizens Club is celebrating well over four decades of growing healthier community this September as they not only plant a New Health Resource Team but harvest what their Mohawk friends and neighbours call "Good Medicine".

Darleen's Accessible Community Garden Project was launched by the Seaway Seniors three years ago in Cornwall's downtown behind their Seniors Active Living Centre.

Funded by the Ontario Trillium Foundation's 2023 Resilient Communities Fund, the Garden was created to support healthy community and named in honour of the Club's former cook, Darleen Guindon, who inspired the project and passed away in 2024.

This fully accessible garden gives older adults and people with differing abilities the chance to enjoy gardening and fellowship. Built with community partners, it continues to grow what Akwesasne Club members call "good medicine" as senior volunteers nurture healing for mind, body, and spirit.

Special Project Coordinator Karen Cooper has guided the work from the start, drawing on her experience with elders and the Mohawk Council of Akwesasne's gardens. After a serious injury left her using a wheelchair for months, she gained firsthand insight into true accessibility while planning a safe, inclusive growing space with elders and students.

Karen says the Seaway Seniors are grateful for partners who have supported the project through three growing seasons—from Navy Cadet Band volunteers who first cleared invasive knotweed, to La Citadelle students who built raised beds, to Cornwall Collegiate students who designed mobility-friendly layouts. Local schools continue to join seniors in planting, harvesting, and learning through hands-on workshops led by retired Master Gardeners and Horticulturalists.

This spring, the Cornwall and District Horticultural Society added more raised beds and pollinator plants. Over the years, dozens of bags of fresh produce have been shared freely with local seniors and community members.

Since the Garden's first season, Seaway Seniors have celebrated each harvest with a traditional meal at Akwesasne's Thompson Island Cultural Camp—braiding sweetgrass, exploring medicinal plants, and cooking corn soup and fried bread. This year's visit takes place in September, when Seaway Seniors will once again share Sken:nen ko:wa — great peace.

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Centre Pauline-Charron Carrefour de vie active pour les 50 ans et plus
Retour sur les célébrations du 200e anniversaire de Bytown / Ottawa
Une journée pour célébrer notre histoire francophone

Dans le cadre des célébrations du 200e anniversaire de la fondation de Bytown, aujourd'hui Ottawa, le Centre Pauline-Charron a eu le plaisir de présenter une journée spéciale consacrée à l'histoire de notre capitale et à la contribution des francophones à son développement.

Cette journée a été animée avec enthousiasme par Claude Garneau (Père Garneau), conteur, et Daniel Richer, crieur public. Nous avons également eu le privilège d'accueillir deux passionnés et experts du patrimoine et de l'histoire, Paul-André Cyr et Dominique Lajoie, qui ont partagé leurs connaissances.

La participation des Scouts d'Ottawa, du clown Bouchon et de nombreux membres de la communauté a contribué à créer une ambiance chaleureuse, conviviale et intergénérationnelle. Un déjeuner et un dîner gratuits ont également permis aux participantes et participants de se retrouver et de partager un moment privilégié.

Des remerciements sincères à nos partenaires et bénévoles

Le succès de cette célébration repose également sur la précieuse collaboration de nos partenaires. Nous souhaitons remercier chaleureusement les Chevaliers de Colomb, la Résidence Venvi Héritage, le Muséoparc Vanier, le Centre des services communautaires Vanier et le ZAC Vanier pour leur soutien et leur contribution à cette journée mémorable.

UN GRAND MERCI À NOTRE ÉQUIPE DE BÉNÉVOLES QUI A APPUYÉ L'ORGANISATION DE CET ÉVÉNEMENT !

Les Chevaliers de Colomb

Conférencier Paul-André Cyr

Déjeuner de crêpes communautaire

Jeux d'enfants animés par les Scouts

Rémi St-Amour de la Résidence Venvi Héritage

Makhena Rankin Guérin, danseuse de cerceaux à deux esprits

Daniel Richer le crieur publique accompagné du maire d'Ottawa, Lucille Collard, députée provinciale Ottawa-Vanier, Stéphanie Plante et Solange Fortin, présidente du Centre Pauline-Charron

Sébastien Lemay, sergent de police communautaire et le clown Bouchon

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Summer at Seniors Association Kingston Region

SENIORS ASSOCIATION KINGSTON REGION

Summer tends to be a quieter season at Seniors Association Kingston Region, with a reduced program schedule compared with the rest of the year. It provides a different pace for both members and staff while still offering opportunities to stay active and connected.

For many years, the Association has offered a $15 Summer Special Membership for the summer months. It is particularly useful for people visiting the Kingston area who would like to participate while they are here, as well as those who are curious about the Association and want an opportunity to try programs before purchasing a full membership.

While regular programming operates at a slower pace over the summer, this year ended on a particularly busy note with our inaugural Seniors Active Living Expo on August 25. The Expo brought more than 50 exhibitors together at The Seniors Centre, representing businesses, community organizations and services relevant to older adults. People were lined up before the doors opened at 9:30 a.m., and attendance remained strong throughout the day, with activity across the entire building.

Feedback from both attendees and exhibitors was very positive. Vendors reported lots of foot traffic, and many indicated that they would like to participate again next year. The event was also a strong revenue generator. Table fees and sponsorships, along with additional activity at the front desk, Hatters Restaurant, an outdoor BBQ, café and boutique, brought total revenue for the day to $34,280.

For a first-time event, the turnout and response demonstrated considerable interest in bringing older adults, service providers, community organizations and businesses together under one roof.

The results have given us useful insight as we begin thinking about how the Seniors Expo could develop in future years.

With summer winding down, we are now looking forward to the return of our busy fall program session beginning in September. The transition from our quieter summer schedule to a full fall calendar is always an exciting time at the Association, as members return to regular activities and a wide range of programs get underway for the new season.

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gwsa Guelph Wellington Seniors Association

Be active Get involved Make friends

GWSA's Roaming Mascots: The Adventures of Holly and Hopscotch

Guelph and Wellingtons Senior Associations (GWSA) version of the travelling gnome or roaming gnome welcomes our mascots: Holly the Hedgehog and Hopscotch the Royal Frog. This summer our Centre was closed for 2 months as renovations updated and upgraded washrooms and entrances. Holly and Hopscotch have had a very busy summer traveling across Guelph visiting the alternate venues our Seniors have been using during the renovations at the Evergreen Seniors Community Centre. We have been to Exhibition Park, Riverside Park and we extend a huge Thank You to the following businesses that have opened their doors to our groups: Harcourt Church, Homelife Power Reality Inc., Lakeside Church, The Red Chev and West End Recreation Centre. Many of our members were able to meet in their residential buildings' community rooms.

Our mascots were accompanied by their Press Agent, Kathie and many times, their Trainer, Ava. The mascots were accompanied with their bug catcher, filled with gummy worms and were shared with many of our members. The journey has been documented on the GWSA Facebook page. Holly and Hopscotch have learned how to play various games including Bocce, Canasta, Chess, Cribbage, Euchre, Scrabble.

Holly and Hopscotch, along with our members joined local youth weekly to colour or play scrabble and share stories at the Canadian Mental Health Association Waterloo Wellington (CMHA WW) Youth Hub. This wonderful venture was a project entitled The Together Table and helped our youth and seniors share experiences over art, games and snacks. GWSA's various art groups created beautiful creations through the Beading, Bunka, Rug Hooking groups and the Art Studio where they were able to painted each others' portraits in Water Colour. Holly and Hopscotch were thrilled to participate and show their creative selves!

Hopscotch and Holly will be joining the Walking Group the first week of September and the Photography group will document our mascots return to the GWSA when the building reopens.

This was a very unusual summer and we thank our Mascots, our members and our community partners to make this summer a very memorable one!

OACAO

At Prince Edward County Community Care for Seniors, Active Living Program Members are getting a jump on all the great arts, music, fitness and educational programming the Seniors/ Centre has lined up this fall.

That's thanks to the first edition of Community Care Seniors seasonal program guide.

"While we remain committed to enhancing and rapidly adding interesting programming as the opportunities arise, our seasonal program guide provides existing ALP Members a chance to read up and register for our programs early and avoid being waitlisted after we release the program to the general public," Programming Coordinator Jason Parks said. "At Prince Edward Community Care, membership has its privileges."

This fall, the Seniors Centre in Picton hosts a pair of eight-week musical classes where participants will enjoy learning to play either the ukulele or piano by ear. Local award-winning artist Claudia Jean McCabe is leading an art class series that specializes in acrylic media.

Meanwhile, Community Care remains steadfast in its commitment to offer ALP programming in the many community halls outside of the town of Picton."Our Tai Chi classes at the Bloomfield Town Hallare as popular as ever and the sign-up list is nearly full which is also a testament to our popular instructors Micheal Gelman and Krys Baklinski," Parks added. "Our first program guide has already created a buzz and a little bit of urgency around signing up for programming. That's a big positive for coordinators when it comes to building schedules and hitting participant thresholds."

For more information on ALP programming being offered at Prince Edward Community Care's Seniors' Centre this fall, visit

What is Coming Up? – The Prince Edward County Community Care for Seniors .

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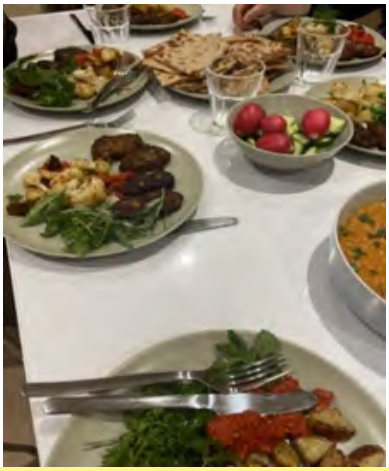
Yonge Eglinton Community Centre's weekly newcomer intergenerational cooking program is approaching month five and continues to be popular! This is a volunteer led program where participants self-appoint a leader, choose the dish, and delegate cooking instructions to the group. It continues to be an incredible way to socialize and provide a cultural exchange as they work toward a common goal. There is always sharing of recipes and cooking tips as we prepare authentic Mexican, Persian, Filipino and Chinese dishes. Around the table friendships are enhanced as participants eat as one community.

Our Cooking Connections intergenerational program brought older adults and children together in the kitchen. Together, participants prepared healthy, nutritious, and affordable meals.



Additionally, our older adults enjoyed wonderful summer outing to Edwards Gardens, where they immersed themselves in nature, discovered and learned about the many forms of horticulture, and enjoyed the beauty of the gardens. The outing was also an opportunity to connect with others, form new friendships, and socialize in a peaceful outdoor setting. It was a day filled with learning and the joys of summer.

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OACAO

Eganville and District Seniors have been given the opportunity to run our Art-Venture program thanks to the OACAO grant. With this grant we created the Art-Venture program, a multi-week program open to all makers, which takes place in different locations every week to encourage community members toward experiencing the real beauty within Renfrew County! So far, we have done "Doodling with Leigh", a class where we learned how to create beautiful doodles with lines and patterns, which took place at Pansy Patch Park. Following our first class, we had the honor of completing a "Beginner Watercolour" class with Laura from Whitewater Seniors where she taught how to manipulate our brushes and watercolour paints with specific techniques, this took place at Ottawa River Barn. Afterwards, we got to experience "Woodcarving" with Gregg and Harley where we created an "Easter Island" head piece, which took place at a local community member's home where there were many restored farm equipment and more! Soon, we will be hitting the road, heading to the popular Bonnechere Caves to enjoy some Rock-Painting thanks to Michelle and staff at the Bonnechere Caves.

This program is not just about creating art; it's about connecting with community members and embarking on new adventures whilst staying close to home.

Funding from the OACAO grant covers costs of supplies, food, and transportation, without this we could not be able to provide this amazing experience!

Our Art-Venture Programming began in early July and will be running until later September

To conclude, shared interests such as art or crafting bring together people of all ages and break the barrier toward creating new connections with community members. The joy expressed by makers during this program has made all of the hard work worth it!

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A Word from Our Partners:

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A regulated health professional who tests, treats and manages hearing loss, tinnitus, dizziness and balance issues.

What can an audiologist do for you?

- Complete a full hearing assessment
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- Test for tinnitus and balance issues
- Recommend the right hearing protection for your lifestyle

Protect the hearing you have

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- Wear hearing protection around loud noise, such as lawn equipment or power tools
- Give your ears a break after extended noise exposure

60% of Canadians aged 19 to 79 experience hearing loss, tinnitus, or both.

Source: Statistics Canada

Book a hearing assessment today.

Visit CHS.ca or call us toll-free at 1-866-518-0000 (TTY: 1-877-215-9530).

Canadian Hearing Services is a proud Canadian not-for-profit committed to providing quality hearing health care so you can feel confident, safe, and empowered. Our Ontario-based hearing clinics offer a full range of audiology services and high-quality products to support your hearing health. For over 85 years, our focus has been on prioritizing the needs of our clients, ensuring accessible, people-centered care from our dedicated team of audiologists, hearing instrument specialists, and speech-language pathologists.

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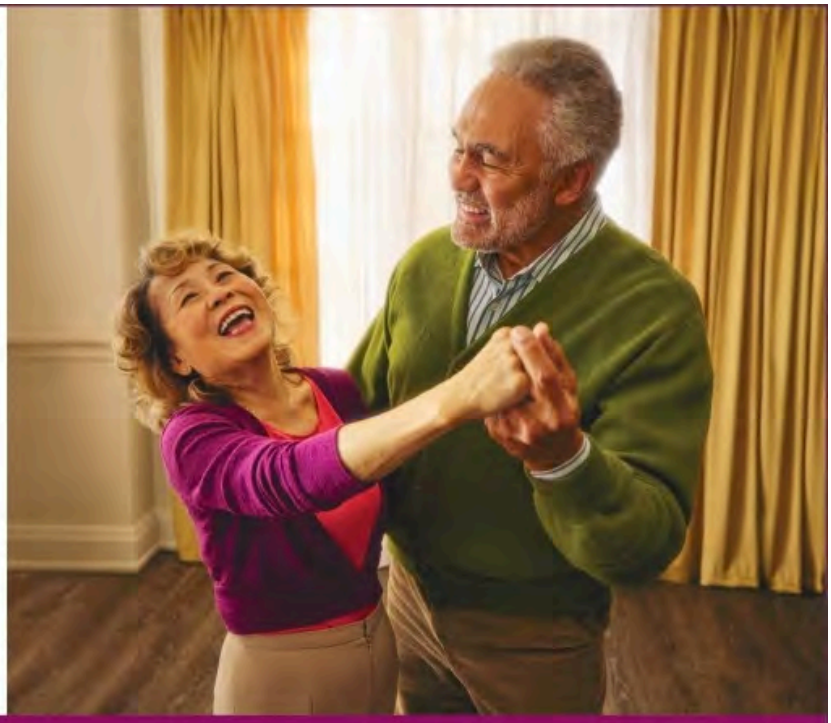

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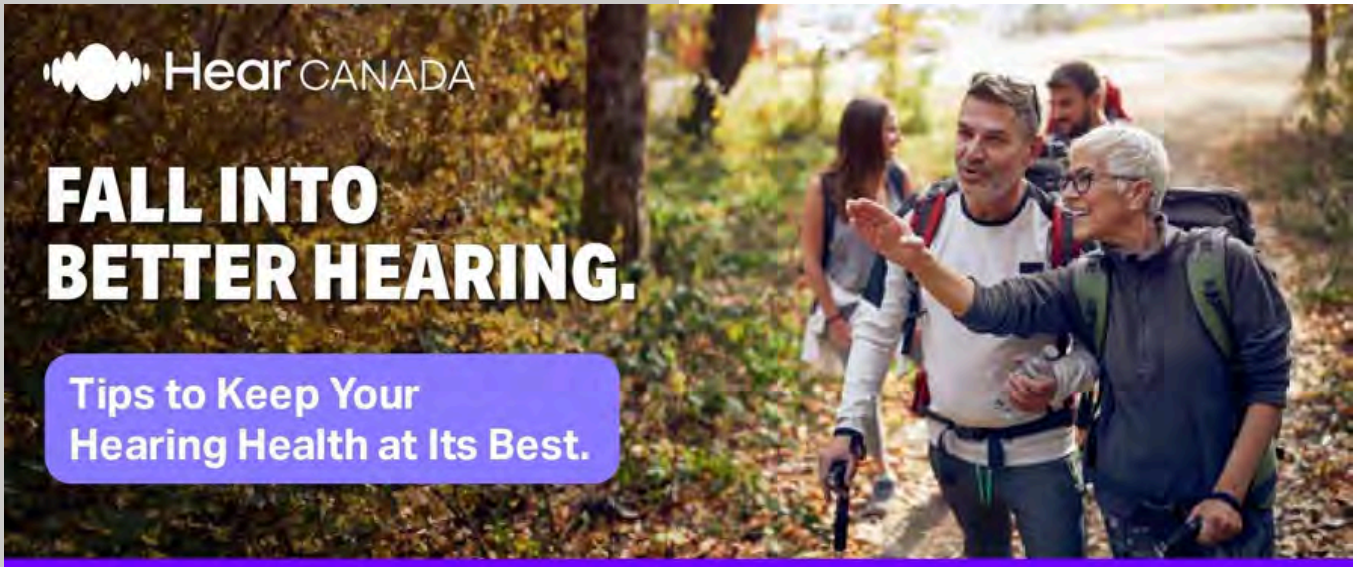

As the leaves change and the temperatures cool, fall is a great time to check in on your hearing health. From seasonal activities to preparing for the busy months ahead, a few simple steps can help keep your ears — and your hearing devices — in great shape all season long.

Here are a few tips we recommend for your hearing health this season:

1. Schedule routine hearing evaluations

It is recommended that adults aged 55+ get annual hearing evaluations as part of their hearing healthcare plan. Just as you schedule regular check-ups for other aspects of your health, make hearing care part of your routine so you can enjoy all the sounds the season has to offer.

2. Get ear wax removed professionally

Ear wax can be a common cause of hearing challenges, but it is important to have it removed professionally to help prevent injury or damage. Our rule of thumb is to never put anything smaller than your elbow in your ear — and that includes cotton swabs!

3. Protect your ears from seasonal noise

Fall brings plenty of activities that can expose your ears to loud sounds. Leaf blowers, power tools, sporting events and seasonal festivals can all reach potentially harmful noise levels. Wear appropriate hearing protection when needed to help prevent noise-induced hearing loss.

4. Take care of your hearing devices

For those who already wear hearing devices, proper care can help extend their lifespan and ensure the best possible sound experience. Keep your devices clean and dry, store them safely when not in use, and schedule cleaning or fine-tuning appointments when needed. As temperatures and weather conditions change, a little extra care can help keep your devices performing their best throughout the season.

BOOK YOUR APPOINTMENT TODAY!

Book a **FREE** hearing test at one of our hearing centres and experience the HearCANADA difference!*

1-866-724-6311

*Applicable third-party guidelines apply.

HearCANADA.com

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OR

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Mention Code: **EVT-BRND-OACAO**

Terms & Conditions: Free hearing assessments are available for adults (19+). Child assessments are available at select clinics for a fee. Results are reviewed during your appointment. Written report fees may apply, depending on province. Not applicable to industrial hearing tests. Offer valid on select hearing aid models only. Subject to HearingLife Terms of Sale. 0% financing with 20% down payment. Subject to eligibility criteria. Equal monthly PAD payments required. See clinic for details. Offer not available in Quebec.

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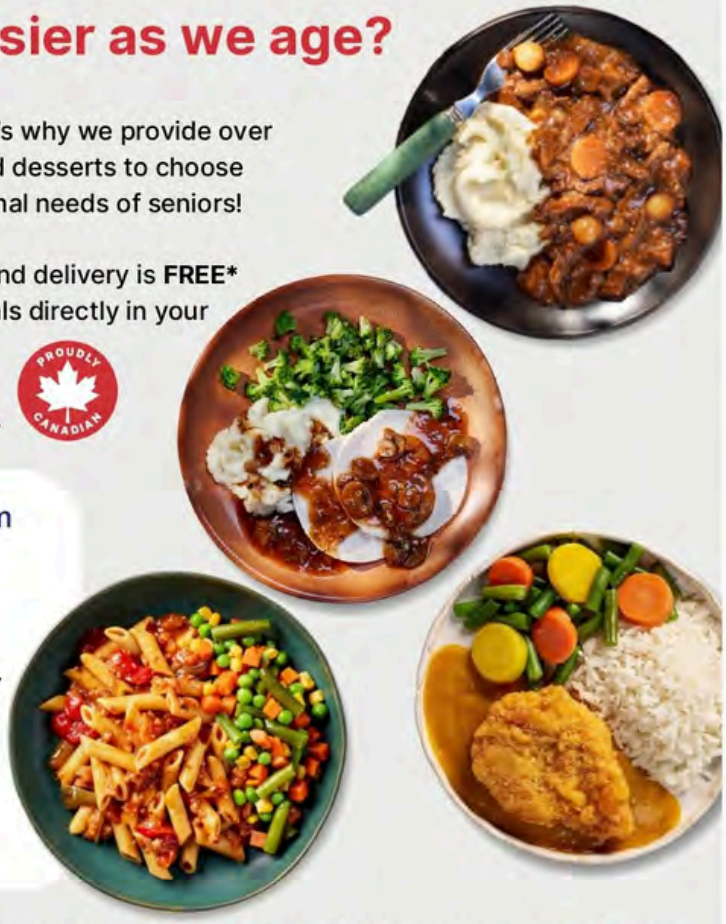
Delicious Made Easy

Shouldn't life get easier as we age?

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

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

Heart to Home Meals is Proudly Canadian.



Explore some of our **NEW** meals from **Our Annual 2026/2027 Menu!**

Warm up your appetite this season with servings of comfort and the taste of home.

- Beef Bourguignon Stew
- Turkey with Rich Mushroom Gravy
- Crispy Chicken with Japanese Curry
- Sausage Penne Bolognese

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

*Some conditions may apply.

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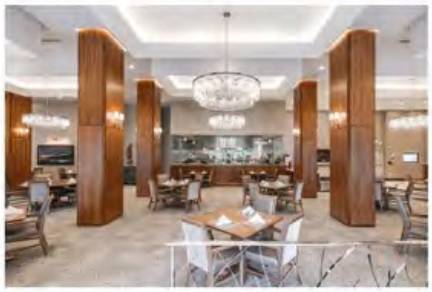
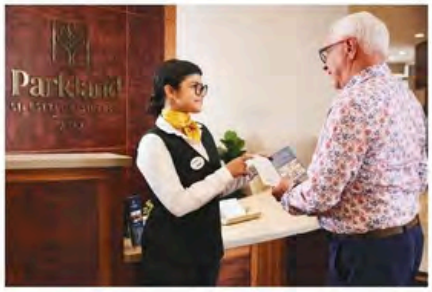
Discover the Parkland Difference

Enjoy a lifestyle with friendship, convenience, and the confidence that support is available if and when you need it.

Join us on Saturday, **October 17** for our Fall Open House across Ontario. Experience the flavours of our community and learn about our continuum of lifestyle options.

Chat with our friendly team members and explore our culinary offerings and the variety of services available to you.





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RHRA Consumer Support Hub

Information and resources to support informed decisions

Looking for information about licensed retirement homes in Ontario?

Whether you're exploring your options, planning a move or already living in a retirement home, the **RHRA Retirement Home Database** and **Consumer Support Hub** provide trusted information to help you make informed decisions.

Check before you choose with the RHRA Retirement Home Database

A free, searchable tool that helps you find licensed retirement homes in Ontario, with information on:

- Care services offered
- Inspection reports and compliance history
- Registrar orders and steps taken to address concerns
- Licence status, location and home size

Find resources in the RHRA Consumer Support Hub

Get trusted information and guides to support every stage of your retirement home journey:

- Learn about resident rights and protections
- Access practical guides and Frequently Asked Questions
- Use resources available in multiple languages: French, Chinese, Farsi, Hindi, Italian, Korean, Punjabi, Spanish, Tagalog, Tamil, Urdu, and more

Questions?

1-855-275-7472

info@rhra.ca

www.rhra.ca

RHRA Retirement Homes Regulatory Authority

Qualicare

25th ANNIVERSARY

When Qualicare founders Wayne and Andrea Nathanson helped coordinate care for Wayne's father, Bernard, they saw how much a family takes on when someone they love has complex care needs. Making sure the right help was in place, and that it kept up as his needs changed, took ongoing attention. That experience shaped the way they built Qualicare.

As we mark our 25th anniversary, those origins still inform how we work. We take time to understand daily life at home, what a person wants to keep doing for themselves and where their family could use support. Together, we develop a personalized care plan, with a dedicated point of contact to coordinate support and adjust it as needs change.

If your work helps older adults stay active and connected to their communities, you've likely had conversations about what's becoming difficult at home. Someone may need help getting dressed before coming to a program, or a spouse may be finding it harder to manage caregiving alongside their own needs. Sometimes, a family simply needs help figuring out where to begin.

This is where Qualicare can help. Our 360° approach considers how daily care, emotional well-being and family support fit together. Local teams provide personal care, companionship, respite care and support after a hospital stay, while helping families connect with other community resources when needed. We talk through the options with each family and build support around their circumstances.

As an OACAO business partner, we'd welcome a conversation about the needs you're seeing and how your local Qualicare team could help.

647-280-0251

www.qualicare.com

SENIOR WOMEN LIVING TOGETHER

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

Sometimes, single senior women will hide the fact that their housing is unaffordable.

Yet, we know that there are over 100,000 single senior women living in unaffordable housing in Ontario

How you can help

As staff at a seniors centre, you meet the women who attend your programs. So you can:

- let them know about our service
- ensure our brochures are available at your centre
- arrange for us to provide a webinar or an in-person presentation

When our members start living together:

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

For more information, to order brochures, book a webinar or presentation, please send an email to: pat@swlt.ca

WEBSITE: www.swlt.ca

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THREE GENERATIONS OF HELPING SENIORS LIVE BETTER

For three generations, Starkman's has been helping seniors and their families find practical products that make everyday life safer, easier and more comfortable.

As a family-run business, we understand that choosing the right mobility aid, bathroom-safety product or daily living solution is rarely a simple transaction. Every person has different needs, abilities and living circumstances. That is why we take a hands-on personal approach, listening carefully, asking the right questions and helping each customer find a solution that truly fits

Our experience matters. Decades of working directly with seniors, caregivers and healthcare professionals have taught us that the best product is not always the most expensive or the most complicated. It is the one that solves the customer's specific challenge, supports their independence and gives them greater confidence in their daily routine.

Unlike large corporate retailers, where customers may deal with different people each time, our family's name is on the business. We are personally accountable for the service we provide and the relationships we build. Our customers are our neighbours, and many families have trusted us across generations.

That commitment also extends to our staff. We invest the time needed to train our team properly so they understand the products we carry and can provide knowledgeable, thoughtful guidance. Customers deserve more than someone who can point to a shelf—they deserve someone who understands their concerns and can explain their options clearly.

At Starkman's, our goal is simple: combine three generations of experience with personal service to help seniors live more safely, comfortably and independently.

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

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OACAO Gold Business Partners

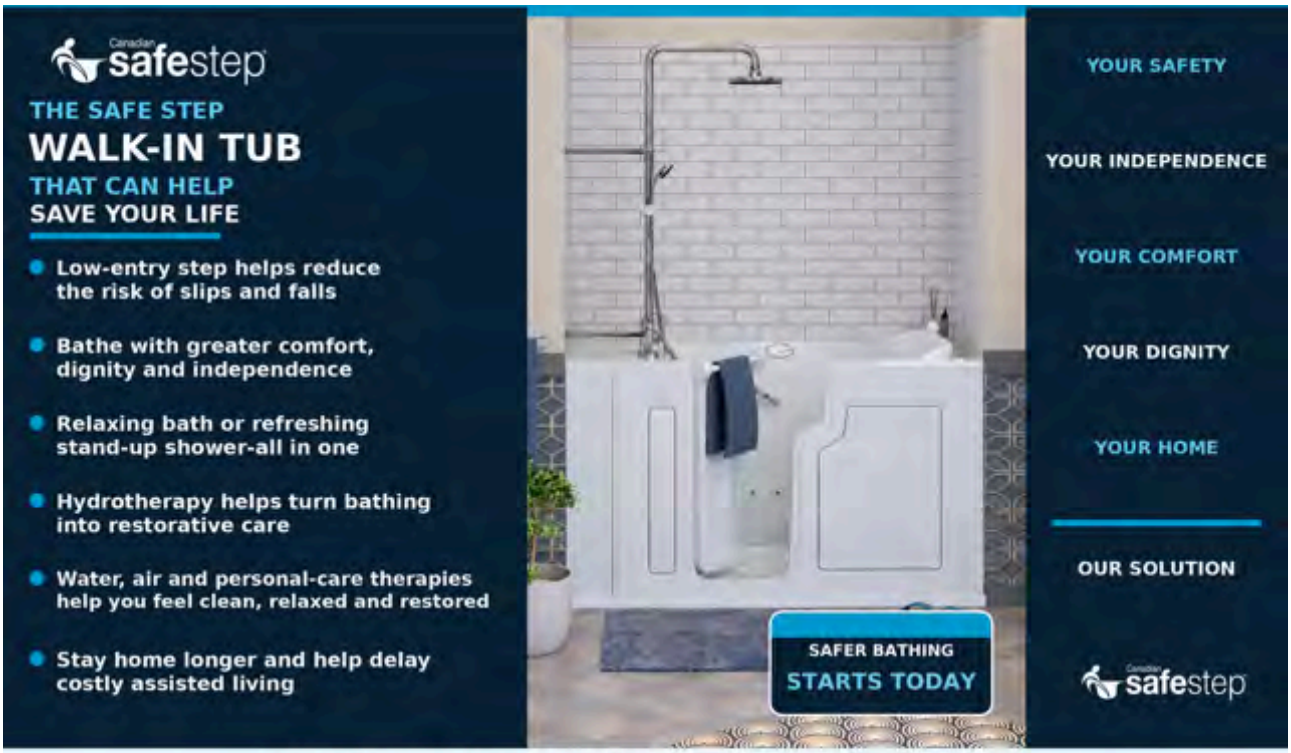
There is a heavy silence that happens when you have to tell a chef they can't afford the quality they want. Inflation has forced us all into a corner, but cost-cutting shouldn't have to taste like a sacrifice.

You need a way to lower your food spend without lowering your standards.

Our **Spend Analysis Tool** is like having a consultant who explains your spending trends, quickly identifying problem areas that need your attention.

Ask your Gordon Food Service Sales Specialist for more information today.

Gordon REPORTING™



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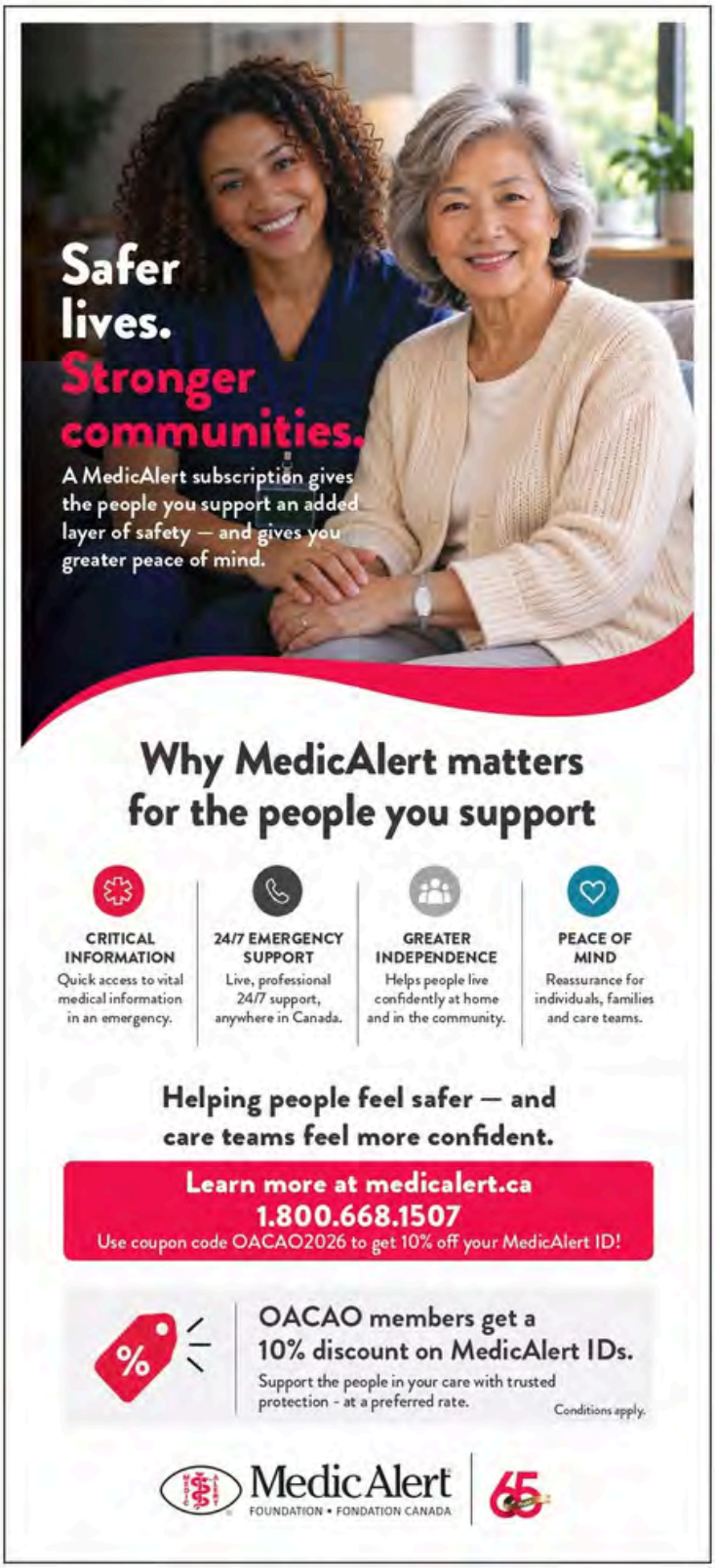

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OACAO

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	nora.jones@townofws.ca	October 15 1:00pm -2:00pm (Virtual)
Eastern	Léo Lavergne	dg@lecpc.ca	November 24 1:30pm-2:30pm (Virtual)
Golden Horseshoe	Julie Pennal	Julie.pennal@oakville.ca	October 28 11:00am- 12:00pm (Virtual)
Grand River	Melissa Biffis	mbiffis@get.on.ca	Nov 25 1:00pm-2:00pm (Virtual)
Metro	Lisa Tobio	yorkfairbank@on.aibn.com	Nov 17 10:00am-12:30pm (In Person) locationTBD
Northern Regions	John Richer	john.richer@greatersudbury.ca	December 7 1:00pm-2:00pm EST (virtual)
South West	Jennifer Jones	jjones@bgclondon.ca	October 15 2:30pm-3:30pm (virtual)

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OACAO

OACAO Board of Directors - Executive Committee		
President	Karie Papillon	kpapillon@aurora.ca
President Elect	Nora Jones	nora.jones@townofws.ca
1st Vice President	Leslie Olsen	lolsen10@gmail.com
2nd Vice President	John Richer	john.richer@greatersudbury.ca
Treasurer	Bill Krever	w.krever@victoriavillage.ca
Secretary	Sharon Oatway	soatway@gloucester50pluscentre.ca
Executive Director	Sue Hesjedahl (ex-officio)	sue@oacao.org

OACAO Board of Directors - Regional Representatives		
Central	Staff: Nora Jones Senior: Rob Gaby	nora.jones@townofws.ca robabbag@gmail.com
Eastern	Staff: Léo Lavergne Senior: Vacant	dg@lecpc.ca
Golden Horsehoe	Staff: Julie Pennal Senior: Ted Lambert	Julie.pennal@oakville.ca erlire13@hotmail.com
Grand River	Staff: Melissa Biffis Senior: Vacant	mbiffis@get.on.ca

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

Committee Chairs

Awards:
Nora Jones
nora.jones@townofws.ca

OASSIS Liaison:
Bill Krever
w.krever@victoriavillage.ca

Conference Co-Chairs:
Sarah Feeney-Martin
sarah@oacao.org
Nora Jones
nora.jones@townofws.ca

Finance:
Bill Krever
w.krever@victoriavillage.ca

Nominations:
OACAO Admin
admin@oacao.org

Strategic Planning Co-Chairs:
Leslie Olsen
laolsen10@gmail.com
Sue Hesjedahl
sue@oacao.org

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

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OACAO Business Partners 2026 - 2027

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Cyberimpact: www.cyberimpact.com +1 (855) 964-0868
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HearingLife: www.hearinglife.ca 1-888-514-9515
Heart to Home Meals: www.HeartToHomeMeals.ca 1-888-777-2219
Insuranceland: www.insuranceland.ca/oacao 1-800-243-9379 ext 2337
Parkland Lifestyle Residences: www.experienceparkland.com 1-877-742-6639
Qualicare Home Care: www.qualicare.com 647-280-0251
Retirement Homes Regulatory Authority: www.rhra.ca 1-855-275-7472
Senior Women Living Together: www.swlt.ca
Starkmans Health Care Depot: www.starkmans.com 416-534-8411

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Gordon Food Service: www.gfs.ca/en-ca 416-678-3201
Medic Alert Foundation: www.medicalert.ca 1-866-679-3217
MySeniorCenter: www.myseniorcenter.com 1-866-739-9745
SOS MEDIC: 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 and click on the 'Donate Now' Button
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CanadaHelps

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Newsletter Deadlines

Please make note of the following deadlines for submissions:

2027 Winter Newsletter: December 1st 2026
2027 Spring Newsletter : March 1st 2027

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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*:

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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.

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