



Meeting Date: August 16, 2023

Submitted by: Sean Hanlon – Recreation Coordinator

Report No: CMS-06-2023

Subject: Seniors Community Grant Program – Ilderton Seniors Centre

Recommendation:

THAT Report CMS-06-2023 re: Seniors Grant Program – Ilderton Seniors Centre be received as information.

Purpose:

To provide council with an overview of the funding being received from the Ministry of Seniors and Accessibility for the 2023-2024 Seniors Community Grant Program.

Background:

The Community Services Department has been seeking funding opportunities to further expand its recreation program offerings for older adults. In March 2023, the municipality applied to the Seniors Community Grant Program for funding to establish a senior's centre in Ilderton utilizing the existing space in the Ilderton Youth Centre and Ilderton Community Centre during nonpeak times. The municipality received notification from the ministry that the grant application was approved in the amount of \$8,545.00.

Analysis:

The purpose of this grant project is to create a space for seniors to gather and participate in recreational, educational, and social programming in Ilderton. The Ilderton Seniors Centre will reduce barriers to participation, decrease social isolation, and increase quality of life for seniors in the community. The launch of the Ilderton Seniors Centre aligns with strategies in the Age Friendly Community Action Plan focused on improving physical activity, social participation, and mental health.

The Ilderton Seniors Centre will host a variety of recreation programs focused on the three aspects of well-being – physical, social, and cognitive. Studies have shown that participating in the three aspects of well-being can increase overall health and slow the progression of conditions such as dementia. Funded programs will run from September 2023 – March 2024 and include physical activity opportunities such as chair yoga,

cognitive opportunities such as fraud prevention workshops and social opportunities such as cards and board games. The funding will be used to cover expenses including program instructor and facilitator wages, equipment and supplies, promotional materials, and healthy snacks. Equipment purchased with the funding will include walking poles, weights, yoga mats, playing cards, board games and arts and crafts supplies. This grant will also provide the municipality with four Apple iPads to be used for fraud prevention and computer skills workshops. The outcome of this grant project will be more opportunities for seniors to increase physical activity levels and remain connected to their communities.

Financial Implications:

Funding in the amount of \$8545.00 will allow the municipality to establish a Seniors Centre in Ilderton without utilizing revenue from recreation programs to cover expenses.

Strategic Plan:

This matter aligns with following strategic priorities:

- Engaged Community
- Responsive Municipal Government

Attachments:

N/A