



Meeting Date: May 1, 2024

Prepared By: Sean Hanlon – Recreation Coordinator

Report No: CMS-04-2024

Subject: Seniors Active Living Centres Program

Recommendation:

THAT Report CMS-04-2024 re: Seniors Active Living Centres Program 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 and 2024-2025 Seniors Active Living Centres (SALC) Program.

Background:

Supported by the Government of Ontario, under the Ministry for Seniors and Accessibility, the SALC Program is an annual initiative that funds approximately 300 established SALC programs across Ontario to provide activities and services to the province's seniors and older adults. The Seniors Active Living Centre (SALC) programs promote wellness, social interaction, and education to help seniors stay active, independent, and engaged. In 2023-2024 the Ministry of Seniors and Accessibility expanded the program to include 17 newly funded Seniors Active Living Centres Programs.

Aligned with Strategic Priorities identified in the Community Services Master Plan and the Age Friendly Community Action Plan, the Municipality of Middlesex Centre Community Services Department has been seeking funding opportunities to help support the expansion of low cost and accessible seniors' recreation programs at local community centres. In February 2023, the municipality received notification that its application to be part of the SALC expansion was approved. As part of the SALC designation, Middlesex Centre received \$20,179 in maintenance, operating and special grant funding to support the launch of the new program.

Analysis:

The Middlesex Centre SALC program focuses on creating more seniors programming opportunities at the five community centres located in the municipality. The SALC program supports expanded seniors programming helping to address the population growth and increased demand for programming the municipality is currently facing. As a growing rural municipality with smaller “village” communities, our seniors are faced with unique challenges such as driving distances of up to a half hour between communities. The program targets seniors living in these smaller "village" communities providing opportunities close to home that reduce social isolation and loneliness.

The 2023-24 Middlesex Centre SALC offered a wide variety of programs including line dancing, yoga, pickleball, painting, knitting, cards, fraud prevention and dementia awareness training. From the start of the SALC expansion in November 2023 until year-end, March 31, 2024, there were 18 programs offered with approximately 249 participants registered.

Short-term and long-term outcomes achieved include:

- 8 new seniors recreation programs are being offered in the municipality in 2023.
- Physical, social, and cognitive focused senior’s programs are being offered at all community centres in the municipality with a focus on undeserved areas.

Financial Implications:

Funding in the amount of \$20,179 was used to launch the Middlesex Centre Seniors Active Living Centres Program. \$13,939 was allocated to operating expenses such as program instructor wages, staff wages, program supplies, equipment, promotional materials, and healthy snacks. \$6,240 was allocated to renovating the Delaware Dance Studio so it can be used as a storage space for programming supplies and equipment.

With the SALC designation, the municipality is eligible to apply for annual funding to help support expenses related to Seniors Active Living Centres program. For the 2024-2025 SALC Program, the municipality has applied for \$50,000 for SALC operating expenses and \$15,000 for a Special Grant to assist with expenses related to the Komoka Community Centre Library Room renovation.

Strategic Plan:

This matter aligns with following strategic priorities:

- Engaged Community
- Responsive Municipal Government

Attachments:

Picture of Minister Cho attending the Bryanston Community Centre on March 12, 2024 to announce funding support for the Seniors Active Living Centre (SALC) Program

