



Annual Report 2024-2025

Saint-Antoine 50+ Community Centre

Table of content

Message from the Board of Directors	1
Message from the Director	2
Mission, Vision & Values	3
Consultation with our Community Resources	4
Saint-Antoine in Numbers...	5
Social & Recreational Activities	7
Member's Profile	11
Community Support	13
<u>Outreach Community Services</u>	
♦ HLM project	15
♦ HLM tenants	17
♦ ITMAV project	19
Volunteering at Saint-Antoine	21
Celebrating the Value of Volunteering	23
Housing Complex	24
Volunteer's Profile	25
What's Happening in 2025	27
Thank you !	28

Message from the Board of Directors

Dear Members of St. Antoine 50+,

As President of the Board, I want to begin by expressing my deepest gratitude to each member of our community, our devoted staff, and my colleagues on the Board of Directors. Your resilience, dedication, and compassion continue to shape our organization in meaningful ways.

Over the past year, we have taken important steps to strengthen our foundations. We successfully renewed our funding with Centraide for two more years and began implementing internal evaluation tools to help us track our impact. We've also worked closely with our Executive Director and staff to ensure our programs meet the evolving needs of our members, especially those who face isolation or economic hardship.

One of our ongoing priorities is to broaden our reach and ensure that St. Antoine 50+ remains welcoming and inclusive for both long-standing and new members. While we continue to value the wisdom of our elders, we are also looking to engage more adults aged 50 to 65, whose participation is essential to the future of the Centre. This means adapting programs, increasing outreach, and ensuring we reflect the diversity of Little Burgundy.

Looking ahead, we know that strong community partnerships and active member participation are vital to our success. I invite you to continue sharing your ideas and energy with us. Bring a friend, stay for a while, and help us keep St. Antoine 50+ a "home away from home" for all.

With sincere appreciation,

Debbie Del Vecchio
President

All Board Members are members of the Community Centre

Debbie DelVecchio, President, User

Walter Torres, Vice-President, User

Jean-Paul Lalonde, Treasurer, User

Nenita Mariano, Programs, User

Sandy Urquart, Administrator, User

Elizabeth Quinn, Immediate Past President, User

Alexandra Hiscok, Administrator

Marie France Filipovic, Administrator

Message from the Director

Dear Members of the Board, Staff, Supporters and Friends,

As we look back on 2024, I am proud and grateful to share a year-end report which highlights the significant changes and impressive progress we've achieved. Over the past twelve months, we've faced obstacles head-on, seized chances for growth, and achieved some project goals that have reshaped our past. Through our collective efforts, we strived to be supportive, responding to the many changes and needs of the community. Prioritizing health, well-being, and independence, we tackled ongoing challenges to help older adults age in their homes, despite a strained healthcare system.

Our meal program, offering in-house meals three days a week along with monthly dining and frozen meals, addresses the urgent need for food security amid rising costs. We have served over **6,726** meals. Since 2005, I have been proud to be part of an organization that has grown to meet the needs of our community. The expansion of our team from four to twelve staff members reflects not only the increasing demand from seniors but also the dedication we all share in providing them with the support they deserve. This journey has been deeply fulfilling. We've served thousands, including those reached through our Outreach Community efforts in HLMs, OBNLs, and on the streets. We've expanded and enhanced programs, introducing evening activities to engage younger seniors, leading to remarkable growth in participation. We have closed 2024 with **286** members, an increase of **42** new members.

Despite the challenges of last year, our organization remains committed to strong financial management and long-term strategic goals. Through careful planning, we will continue to set priorities that drive sustainable growth and lasting impact.

Reflecting on past achievements, we recognize the vital role of collaboration and the unwavering support of our board, staff, volunteers, donors, and partners—whose dedication makes our success possible.

I am deeply grateful to each of you for your unwavering dedication to our mission. Your enthusiasm, generosity, and teamwork have played a vital role in propelling our organization toward success.

Rose Mary Silletta
Director

Mission, Vision & Values

Mission

Saint-Antoine 50+ Community Centre is a social service organization that offers diverse programs and services to all seniors, as well as other adults in the community. We strive to enhance the quality of life of individuals and community in the South-West area of Montreal.

Vision

At Saint-Antoine 50+, we are dedicated to enhancing individuals' quality of life, to breaking isolation through community integration, to favouring mutual help, to encouraging independence, and to preventing premature institutionalization.

We strive to help our Members develop their self-esteem by enhancing our core values. Those qualities are in each individual and must be promoted in order for them to achieve optimal personal growth.

The development of self-esteem must guide daily behaviours within the Centre between those providing services and those receiving services.

Values

Our core values of liberty, respect, integrity, and commitment guide our actions and are at the heart of every interaction between our staff and those we serve.

Liberty: Every person's right to choose to accomplish his/her social role by inter-relating with his/her environment.

Respect: The consideration each person deserves when in contact with our organization. Inter-personal relations must be dignified and respectful.

Integrity: The sense of values which govern our Centre and our daily activities. It is defined by straightforward attitudes, honesty, loyalty, and dedication.

Commitment: Defines the abilities, attitudes, and behaviours aimed at accomplishing the mission of the Centre to the benefit of the persons who use our services.

Hours of Operation

The Center is open Monday to Friday from 8:30 a.m. to 4:30 p.m.

Consultation With Our Community Resources

4

Name of Collaborator/Partner	Consultation's Description	Time Spent
Montreal Volunteer Bureau	Volunteer recruitment	90 hours
CHSSN	Community Housing and Social Services Network	925 hours
ROPASOM	Board Consultant	30 hours when needed
CLSC St-Henri (home support)	Referrals and Covid-19 vaccine clinics	65 hours
CLSC Verdun/Lasalle	Referrals and information	45 hours
	Volunteer Recruitment	10 hours
Solidarité Saint-Henri	Partner Meetings	15 hours
QASC (AQCCA)	Partner Meetings & trainings	40 hours
RECCA	Partner meetings	4 hours
English Speaking Catholic Council	Participate partners meeting	6 hours
Champlain College	Field Placement	28 hours
Le Sud-Ouest Montreal City	Committee Accès-Loisirs	10 hours
Government Officials	Coordinate visits at the Centre with members and tenants	12 hours
Office Municipal d'habitation de Montréal	Collaboration with HLMs to access the needs in the community with the community organizer	20 hours
Catholic Action Montreal	Meetings with other English speaking centres for information and sharing (One Voice)	20 hours
YMCA	Compensatory work program	32 hours
Dawson College	Recreation Leadership Training (round table meetings and presentations)	24 hours
	Social Services	217 hours
McGill University	Workshop on Diversity and Inclusion	70 hours
	Field placement for students	228 hours
TAV Private College	Student placements	238 hours
Concordia University	Field Placement site, Volunteer Recruitment	82 hours
	Volunteer recruitment	6 hours
Coalition de la Petite-Bourgogne	Board Member	108 hours
PARI	Coordinations' Committee	24 hours
Foundation of Catholic Community Services (FCCS)	Attend Annual General Assembly—owner of the land	2 hours
COMACO	Partner Meetings & trainings	30 hours

Our Website: <http://centrestantoine50plus.org>

And follow us on Facebook <http://Facebook.com/centrestantoine50plus.org> and our monthly Newsletter

Saint-Antoine in Numbers...

286 Active membres
200 Women
86 Men

990 People served
in Community
Support
59 Cases followed

6,726 Meals served

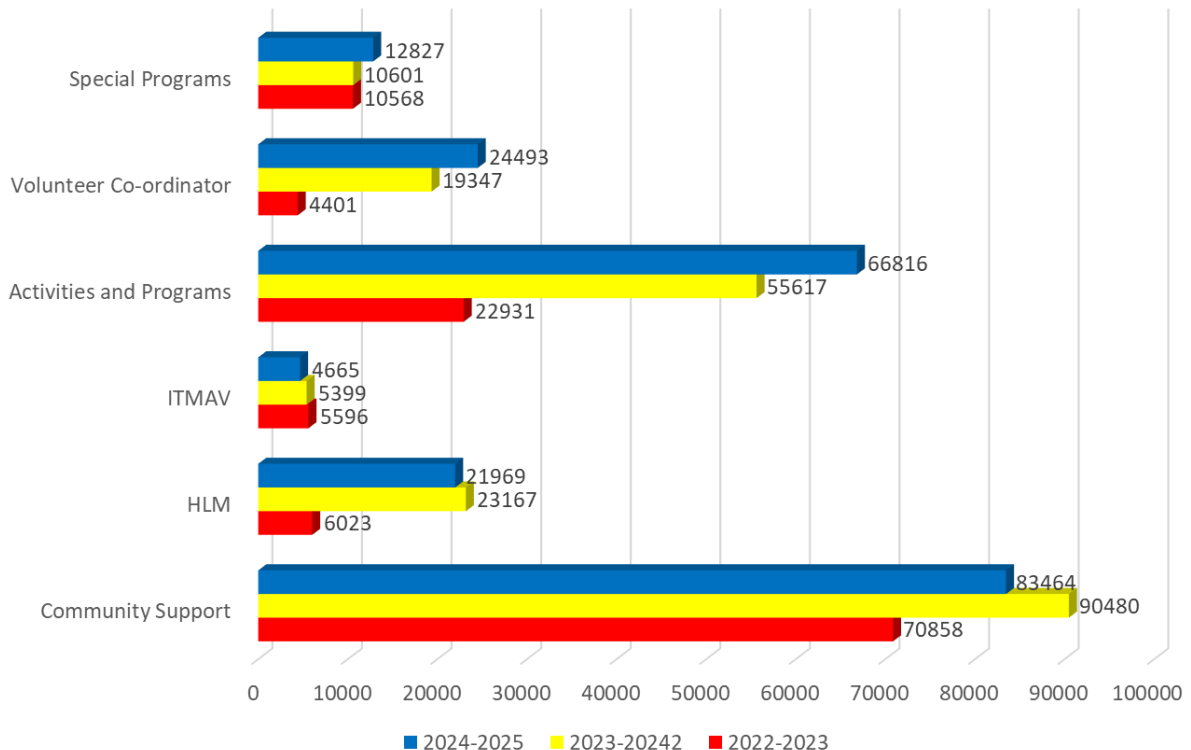
214,416 Units of
services provided by
the team

207 Volunteers
22,850 Service Units
6,824 hours
16 Students
28 Corporate

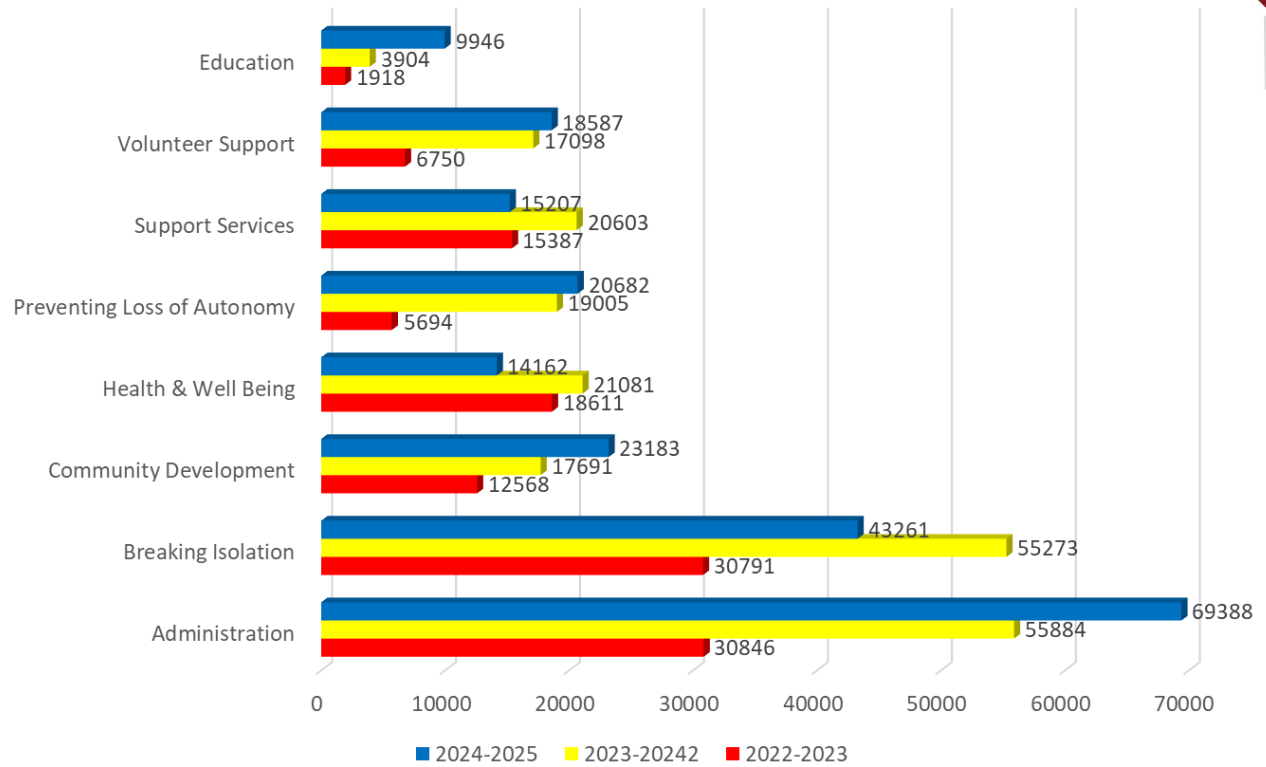
89 Different
service & activities
and users

2,215 People served
by HLM and
ITMAV Community
Workers

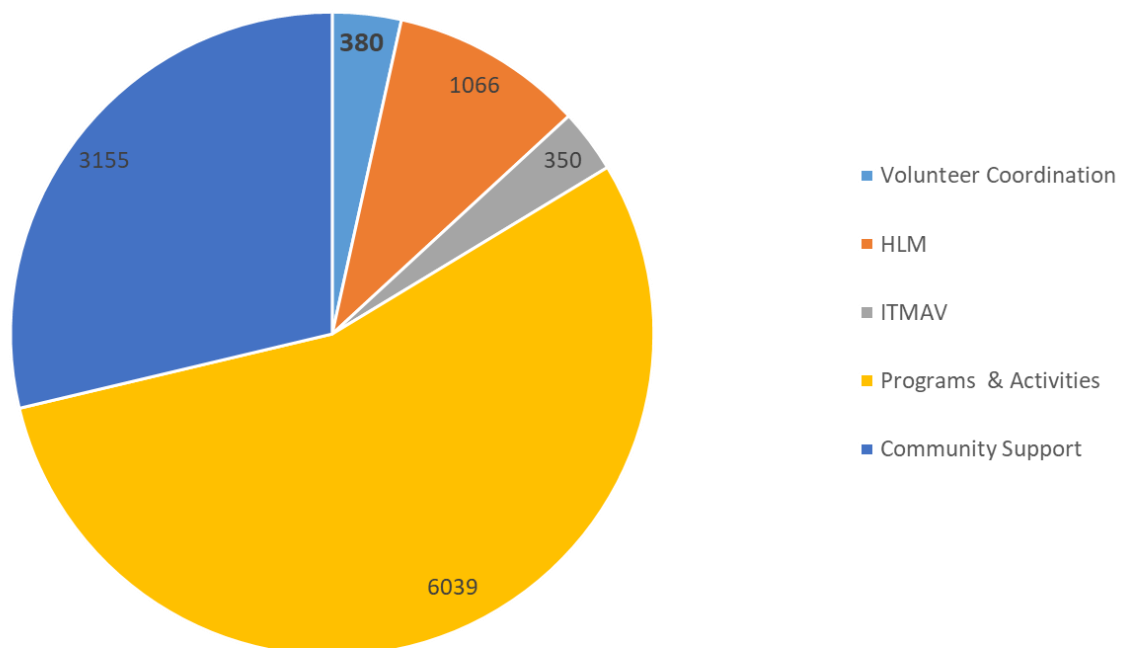
UNITS OF SERVICE BY DEPARTMENT



UNITS OF SERVICE BY TYPE OF ACTION



NUMBER OF PEOPLE REACHED BY DEPARTMENT



Social & Recreational Activities

At the Saint Antoine 50+ Community Centre, 2024 was a transformative year, marked by growth, innovation, and a deep commitment to enriching the lives of older adults. Guided by values of inclusion, compassion, and connection, we offered dynamic programs that supported creativity, wellness, and community. With the dedication of our volunteers, staff, and students, we proudly share the year's achievements in this annual report.

Membership

As of March 31, 2025, membership grew to **286**, including many under 60 years old. We retained over **75%** of existing members while attracting newcomers through inclusive, engaging programs that promote connection and independence.

Programs

Our multifaceted programs and activities are at the heart of our mission to enhance the well-being of our members. These initiatives prioritize health, nutrition, and social engagement, while encouraging members to break isolation and embrace new experiences through nine weekly activities and special events on Fridays and some evenings that foster community and socialization.



Breaking Isolation

This year, the Centre's members saw exciting additions like beach trips and flea market visits, alongside favorites like a visit at the Sugar Shack. With a renewed focus on exploring fresh experiences, we now feature enriching activities such as Zumba for fitness, calming Tai Chi exercises that enhance balance and relaxation.

Health & Wellness

With the support of volunteers, we were able to deliver **4,856** frozen meals to **78** members, ensuring that those facing mobility challenges, health issues or living alone have access to nutritious and convenient options. Additionally, we have been providing **1,870** hot and special meals through our three-times weekly lunches and special dining. Our communal dining room fostered connection and intergenerational bonding.



Fitness Programs

Our fitness programs continue to inspire and empower our members to embrace healthier, more active lifestyles. This year, the participation soared in classes like Movers & Shakers, and Chair Zumba. A highlight of this year was the introduction of Tai Chi, which quickly gained a dedicated following and offered a calming, mindful approach to physical wellness. One member stated “This is the only exercise I get each week, and I am so grateful for it. It keeps me moving and helps my mood”.



Among friends

Connecting through experiences: Museum trips, bowling outings, community engagement. This year, our activities took on a new dimension, emphasizing exploration, connection, and active participation and deepening cultural opportunities and friendships among members.

Vaccination & Income Tax

These clinics continue to be much needed resource in the community and served over **150** members this year.

Future initiatives



Looking ahead, our statistics reveal an inspiring trend – our members are increasingly embracing new activities and seeking opportunities to challenge their minds. In response, we are committed to building on this momentum by introducing innovative programs designed to stimulate intellectual curiosity, creativity, and social engagement. This year, we aim to accommodate the evolving needs of our community with the continuation of our evening programs tailored for working members, ensuring inclusivity for those with busy schedules. Physical activity remains a cornerstone of our initiatives, with plans to expand offerings such as dance classes and fitness sessions, encouraging members to stay active and healthy.

This initiative is made possible through funding from
the Secretariat for relations with English-speaking Quebecers



The views expressed herein do not necessarily represent the views of the gouvernement du Québec.

CHSSN Project

Our center is dedicated to enhancing the well-being and quality of life of older adults in our community through a diverse range of programs tailored to their interests and needs. We strive to create an enriching, supportive environment that fosters engagement and lifelong learning. A key contributor to our efforts, gerontology consultant Judy Jarvis, plays a pivotal role in delivering specialized information sessions that address the unique concerns of older adults. Covering topics from health and wellness to travel, history, and current events, these sessions equip participants with essential knowledge, skills, and resources to support successful aging.

Beyond her informative sessions, the consultant collaborates with fellow professionals to curate special events that foster meaningful interaction, engagement, and a strong sense of community. Our past successes include captivating classical music performances, insightful health and wellness presentations, and dynamic cultural events celebrating diverse traditions and histories. One of our most cherished gatherings is the annual Christmas 'All About Love' celebration, where individuals from various cultures come together for a festive dinner, sharing traditions, exchanging insights, and creating an enriching experience.



Thanks to the generous partnership with CHSSN and the SHARP initiative, we proudly offer sessions every Friday morning. We extend our sincere gratitude for their unwavering support, which has been instrumental in making these events possible. Their commitment to our mission at St. Antoine 50+ is deeply appreciated.

Testimonials from thankful members:

♦ “Our Vision as We Age” May 31st, 2024

Sammi: “I had my eye surgery years ago, at that time I had little information about it. Thank you for this to help others”.

Ninita: “I will be having surgery soon; this Dr. really explains everything very well”.

Enid: “That was a lot of good information, thank you to CHSSN for bringing it to us”.

♦ St. Antoine 50+ Summer Classical Jazz Concert June 7th, 2024

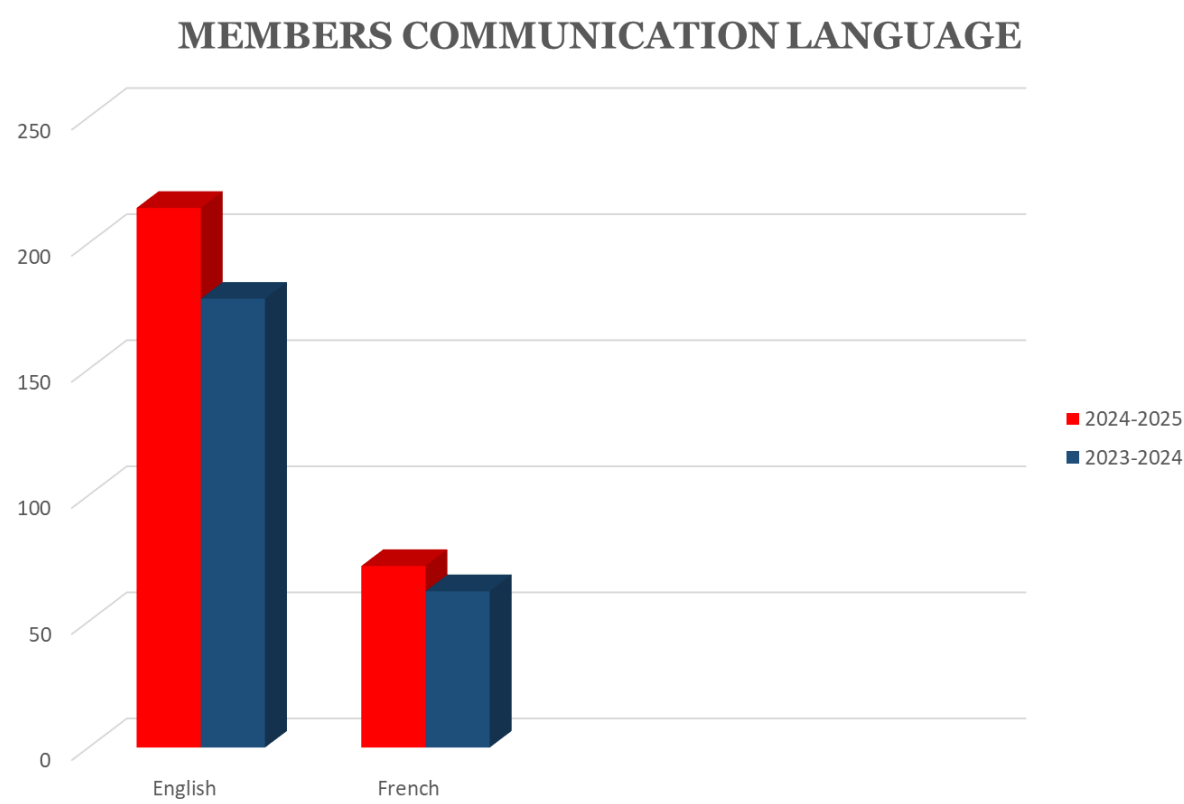
Elsie W: “Thank you so much for warming our hearts this morning, the music was magical for me, it brought back good memories. A wonderful morning”.

Norman: “This was a special and relaxing way to start my day... Thank you.”

Elaine: “The choice of the tunes was beautiful; I feel like I am off to a great day. We need more of this in our lives.”



Member's Profile



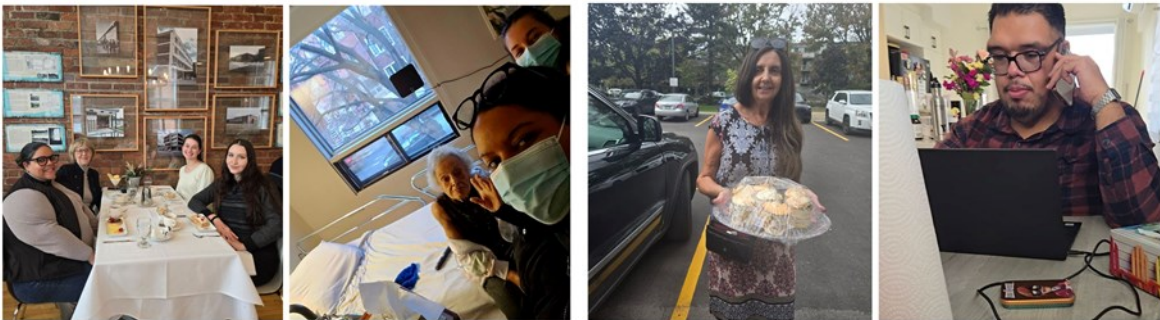


Community Support

Our Community Support (CS) Team is dedicated to encouraging our members to maintain their autonomy, improve their quality of life and reduce feelings of isolation.

Positive Impact

Over the past year, the CS Team has provided compassionate, person-centred care to over **70** members, focusing on meaningful progress in our mission to support vulnerable and isolated members in our community. Key team members, including Jeannette as coordinator and newcomer Sophia, along with former workers Noor and Tracy, contributed significantly to this impact.



Breaking Isolation

We encourage our members to stay active and engaged within our community centre as a way to combat social isolation. Their commitment has been instrumental in providing meaningful, supplemental support to our members through programs like friendly phone calls, home visits, and accompaniment services. As part of this ongoing initiative, the CS department has conducted **3,533 calls**—including regular check-ins and outreach completed by the support workers, students and volunteers. In addition, our team has carried out **737 visits** to members in their homes, hospitals, and CHSLD residences.

Preventing Loss of Autonomy

With **769** advocacy actions, **49** assessments, and **593** accompaniments, both medical and non-medical, the CS team helped members access health services, and make informed decisions about their lives. This year, one of our main focuses and popular requests has been collaborating to increase access to adapted transportation, aiming to provide a more practical and lasting solution for those we support.

Information and Referrals

As Community Support workers, we play a vital role in helping our members navigate the wide range of resources available to them and connecting them to these essential services. The team completed **88** external referrals to services such as La Maisonnette, CLSCs, social services, government offices, notaries, funeral homes, hospitals, and CHSLD residences. We also regularly receive and respond to inquiry calls from individuals in the community seeking information about the services we provide. We have completed **203** of these inquiry calls in answering questions and connecting people with the support they need.



“Thank you for visiting me, if it wasn't for you I wouldn't have any visitors at all”

Community Development

Throughout the year, we participated in nearly **50** networking events and continued to strengthen our longstanding partnerships with the CLSC, hospitals, CHSLDs, and local colleges in the Southwest area. We worked closely with doctors, social workers, nurses, and students to ensure a collaborative approach to care. Altogether, we held approximately **1,000** consultations and meetings with health professionals and interns to develop safe, personalized, and effective intervention plans tailored to the needs of our members.



“I'm so fortunate to have people like you that I can trust”



The commitment and compassion demonstrated by our dedicated intervention workers have not only changed individual lives—we have strengthened the very fabric of our elderly community. Our work reflects the heart of our mission and exemplifies the transformative power of relationship-based care.

Outreach Community Services—HLM Project

Positive Impacts

Since July 2024, the Habitation à Loyer Modique (HLM) Outreach Community Worker has provided consistent support, referrals, and advocacy to reduce isolation and promote autonomy among tenants in Little Burgundy's HLM buildings. She supported **190** individuals directly and reached **769** through broader outreach, completing **48** crisis and **316** regular interventions.

With the primary goal of reducing isolation, **991** call-ins were made as part of intervention efforts, maintaining regular contact, and identifying emerging support needs. These calls were often a first step in identifying tenants requiring deeper follow-up or formal intervention.

She maintained ongoing support for up to **43** tenants at a time, logged **468** case-notes, conducted **76** medical accompaniments (**234 hours**), and helped over **60** instances with the completion of forms, research, advocacy and translation support in medical and immigration contexts.

Outreach and Community Partnerships

The HLM worker has made a sustained effort to integrate herself into the community, developing strong relationships with both tenants and partner organizations. This year, she established **76** partnerships across **26** organizations (e.g. OMHM, CLSC, SPVM, PSO, ROPASOM, CEDA, etc.). The worker communicated over **1,200** times with partners, and represented the Centre at community events. She conducted **222** site visits across five HLMs, reaching over **600** tenants and responding weekly to high-needs tenants at buildings like Richmond and Des Fleurs. Due to elevated needs, some of these buildings were visited weekly, where this worker provided ongoing and as-needed support. She also maintained regular contact with the tenant association presidents to address building-wide concerns and identify emerging needs.



"It's nice to have someone I can trust."

Project Involvement: PARI

In partnership with L'Office Municipal d'Habitation de Montréal (OMHM), the HLM worker actively contributed to the Project d'Accompagnement, de Référence, et d'Intervention (PARI). Her involvement focused on the 2024-2025 Security & Health Intervention Questionnaire, where she worked with community partners to conduct a neighborhood-wide survey of tenants' perception of their living conditions. The HLM worker helped conduct surveys in the Des Fleurs, L'Érablière, Albert, and Richmond buildings. Beyond data collection, the initiative helped the worker build new relationships with tenants, resulting in **25** new cases. As part of this project, this worker attended **7** COCO-PARI meetings.



Thank you for coming with me to this meeting. I feel better when you are there."

Additional Contributions

The HLM worker has supported the Center by registering **8** new members.

She participated in **15** professional training sessions, focusing on Alzheimer's disease, dementia, aging, and suicide prevention. Tenants expressed deep appreciation for her trustworthy and compassionate presence.

"You do too much for me, and I appreciate it."

Outreach Community Services—HLM Tenants

As a community outreach worker in Habitation à Loyer Modique (HLM), key responsibilities include building trust with tenants, supporting tenant associations and unrepresented tenants, encouraging participation in community activities, and reducing social isolation.

Positive Impacts

By offering tailored activities, this work fosters a sense of belonging among diverse groups, including single mothers, seniors, minorities, and individuals facing mental health or substance use challenges. The worker has successfully created more inclusive tenant associations and hosts popular events like monthly women's tea parties and holiday celebrations.

"This is the first time someone has trusted me to do the right thing without constant supervision ."



Key Initiatives

- Weekly community meals at the Café to combat isolation and raise awareness of local resources
- Frozen meal distribution for tenants facing hardship
- Creative workshops (e.g., cooking, jewelry, crafts) and Collective Kitchens
- Food distribution three times a week from a local grocery store
- “Groupe d’achats” initiative for affordable food access
- Community BBQs and holiday events
- Partnerships connecting tenants to community resources and catering job opportunities

Community Representation

This worker sits on both the Little Burgundy Coalition's food and health committee and a Montreal-wide HLM safety committee, ensuring tenant voices are heard.



Lasting Impact



Living and working in Little Burgundy, the HLM worker fosters deep community ties and empowers tenants to take initiative and support one another. This grassroots approach is creating lasting change and developing future community leaders, including in historically disconnected areas like Griffintown.

"The opportunity you have given me to volunteer has resulted in hardly any more anxiety attacks for me."

Outreach Community Services—ITMAV Project



The ITMAV Project, known as *Projet d'Initiative de travail de milieu auprès des aînés vulnérables*, funded by Quebec's Ministry of Health and Social Services, supports vulnerable seniors in Little Burgundy, Saint-Henri, and Griffintown. Hosted by the Saint-Antoine 50+ Community Centre, the project offers outreach access, resources, and support to isolated or at-risk older adults in various housing situations.

Mandate and activities: Making a Difference

The ITMAV Project was created to identify older adults in vulnerable situations or at risk, to improve their access to a range of resources in their community based on their needs, to contribute to the improvement of their well-being and encourage their participation in social activities to enhance their health and social connection. By offering free, confidential services and supports, the ITMAV worker helps seniors break isolation, improve autonomy and promote aging in their own home. Through home visits, meal deliveries, calls, texts, and event participation, over **500** seniors were reached. The worker also recruited new Centre members, increasing social engagement.



Positive Impacts

The ITMAV worker supported three vaccination clinics, promoted services in local residences, and helped **200** seniors through accompaniments. Advocacy efforts enabled seniors to maintain housing, apply for subsidies, and receive essential services like tax filing, shelter access, grants application, and fraud support. Over **200** referrals were made to community and social services.

Outreach

Using a variety of outreach strategies, the ITMAV worker strives to identify vulnerable older adults (50+) in places they generally frequent—shopping centres, cafés, places of worship and cultural/recreational centres, pharmacies and so on. In 2024-2025, the ITMAV worker spent over **80 hours** a month in outreach activities. However, the most fruitful means of reaching isolated older adults continues to be referrals from trusted sources. This ITMAV worker is focused on forging strong links to community service providers in the CLSCs, local non-profit agencies and within the network of agencies serving older adults.

Individual Accompaniment

The ITMAV worker has received requests for many types of services and support. It may be a need for empathic listening, finding a resource such as a family doctor or research into an issue the senior is having trouble with—pensions, taxes, housing, transportation, etc. She provided **117** individual accompaniments to medical appointments, legal aid, banks, and food banks, responding to a wide range of support needs.

Community Partnerships



Collaborating **20 hours** monthly with local agencies and serving on the Comité des Aînés in Saint-Henri, the ITMAV worker addressed key issues like dementia, grief, the reality of anglo-seniors in Quebec and the healthcare system, lack of affordable housing, mental health in the workplace and strategizing outreach opportunities and ways to improve and promote the collective services and supports.



Finally, the ITMAV worker's individual commitment to solid research informs all of the referrals, the mandate of the project and the development of the Action Plan. The wonderful collaborations within the team at Saint-Antoine 50+ Community Centre are also very important. The critical sharing of information and resources creates a strong bond which helps to strengthen the overall mission of the Centre and its ties to the larger community.

Volunteering at St. Antoine



Positive Impact

Over **207** volunteers contributed **6,733** hours and **23,077** actions to support the St. Antoine 50+ Community Centre. Their efforts, ranging from students to retirees and newcomers, helped to meet its mandate of breaking isolation of older adults and preventing loss of autonomy. The Volunteer Department proudly facilitated this impact through **134** interviews, **1,002** follow-ups, and training for **30** friendly visitors/callers.

Volunteer Management

Beyond recruitment, volunteer retention was supported through training, supervision, events, and recognition. Partnerships with schools and businesses brought over 200 community members to the Centre. Corporate supporters like Alt Hotel, Mercer, AWS Canada, and Opal RT contributed to meals and events. Educational institutions such as McGill University, Concordia University, T.A.V College, Champlain College, and Dawson College, referred students to assist with programming and tech updates. Two major events were organized to honor our volunteers; the Volunteer Department also provided **102** birthday cards, **7** reference letters, and **26** orientations. The Centre fosters a win-win dynamic as volunteers gain fulfillment while enriching the lives of older adults.

Volunteering at Saint-Antoine



"Volunteering has helped me reconnect with my community!"

"I love to meet new people and always look forward to the volunteer events"



Celebrating the Value of Volunteering



Housing Complex

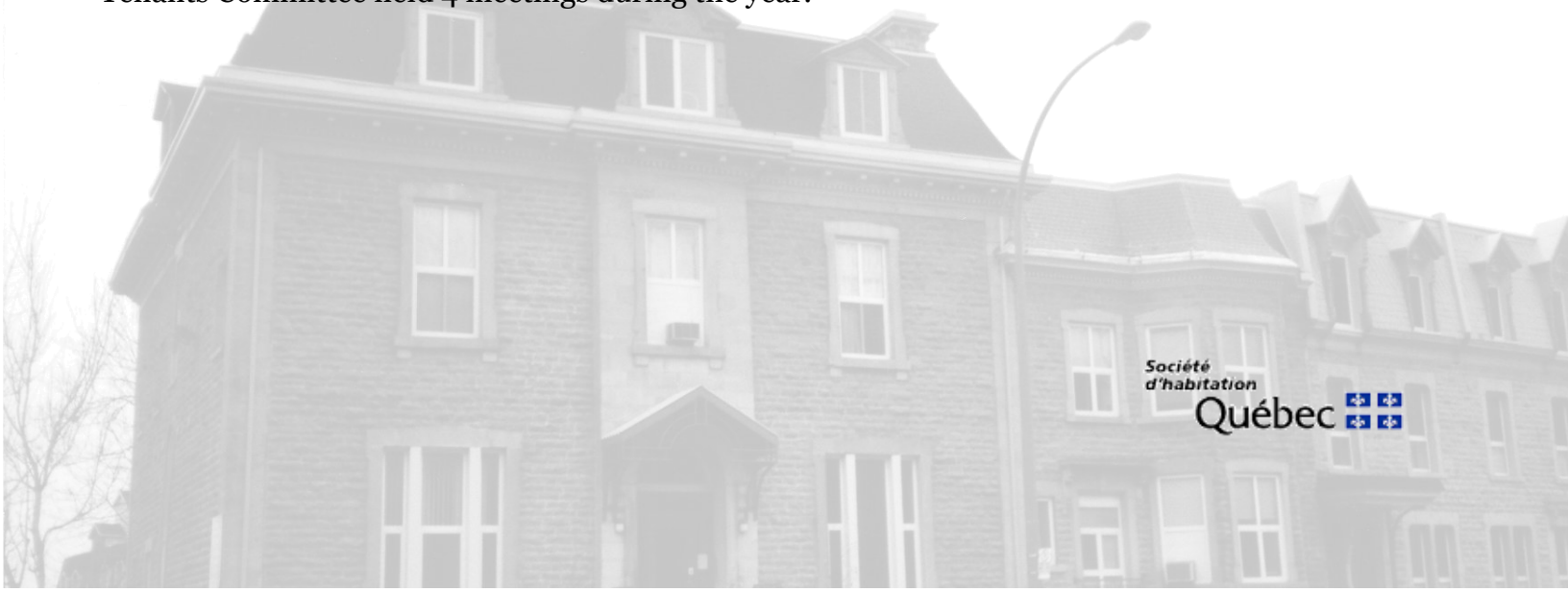
The Director and Board of Directors of Saint-Antoine 50+ Community Centre are jointly responsible for implementing the parameters under which the housing complex must operate. These operational standards are established by the Société d'habitation du Québec (hereby referred to as SHQ), which provides funding for the complex.

The housing complex comprised 23 apartment units for low-income seniors able to live autonomously. Those interested in obtaining a unit must file an application form with the Centre's Director. They must also have an income no higher than the maximum allowable income as determined by the SHQ. The complex consists of two studio apartments for a single person, seventeen 3 1/2's for a single person or a couple, and four 4 1/2's for couples who, for medical reasons, cannot share a room, or for seniors whose adult child lives with them as their caregiver.

When a unit becomes available, any necessary repairs are done in preparation for the new tenant. Candidates' applications are reviewed by a selection committee which includes the Centre's Director, an employee of the Community Support department, and a tenant representative. The selection committee interviews applicants and conducts a home visit to assess their living conditions. Applicants are evaluated based on an existing scoring system, and the person who has collected the most points is granted the apartment. For instance, in 2024, one of our long-term tenants passed away, and one apartment became available when the tenant moved to live with family members.

Unlike assisted living facilities, the complex offers no on-site medical support (no doctors, no nurses); therefore, all tenants must be fully autonomous. When tenants lose their autonomy, they, or their families, must apply to the CLSC or other social service organizations for support. This may result in their relocation to a residence better suited to their needs. Our Community Support department can assist by providing information and referrals to such organizations.

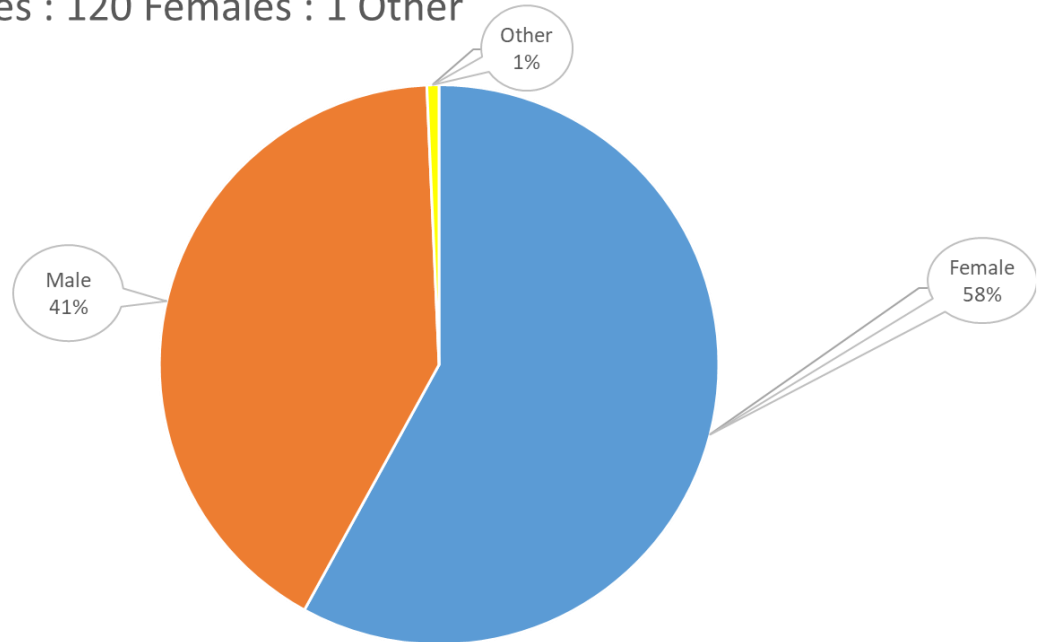
The building has standard inspections to ensure compliance with the safety code. In 2024, there were 4 vacant apartments, 3 of which are now occupied and one waiting to be renovated. The Tenants Committee held 4 meetings during the year.



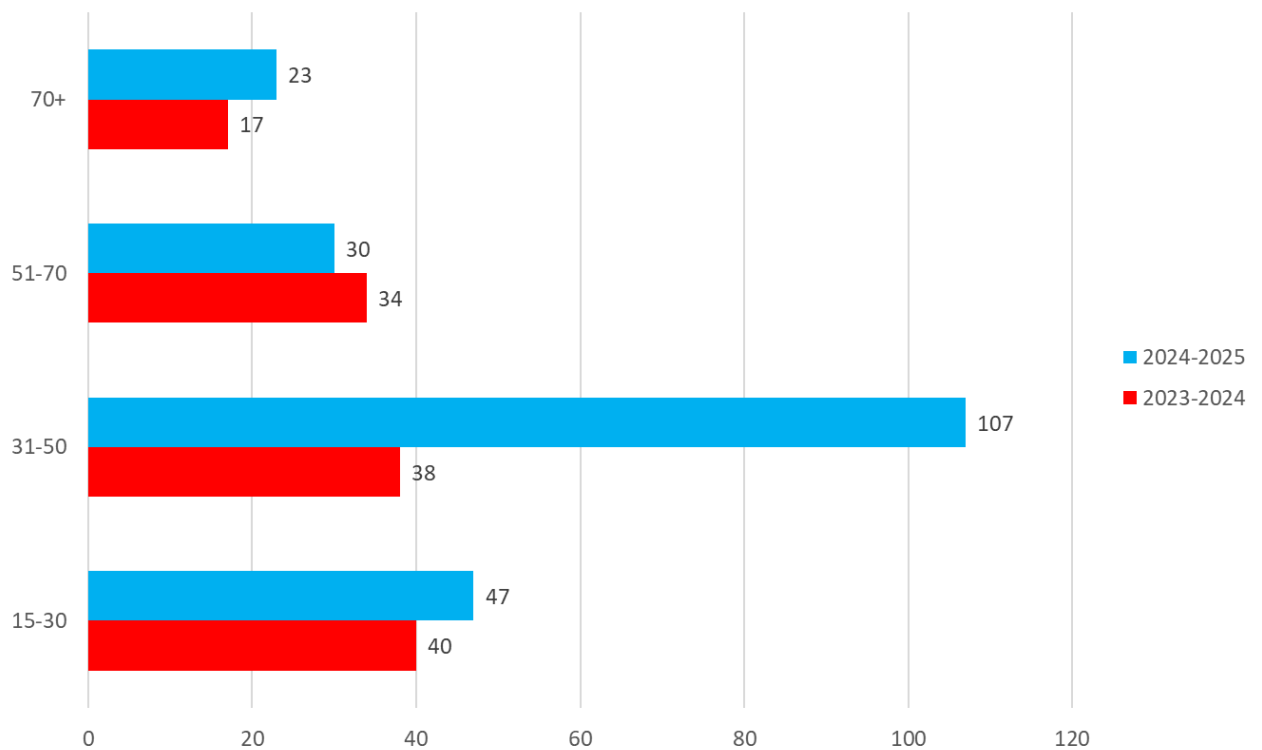
Volunteer's Profile

VOLUNTEER GENDER

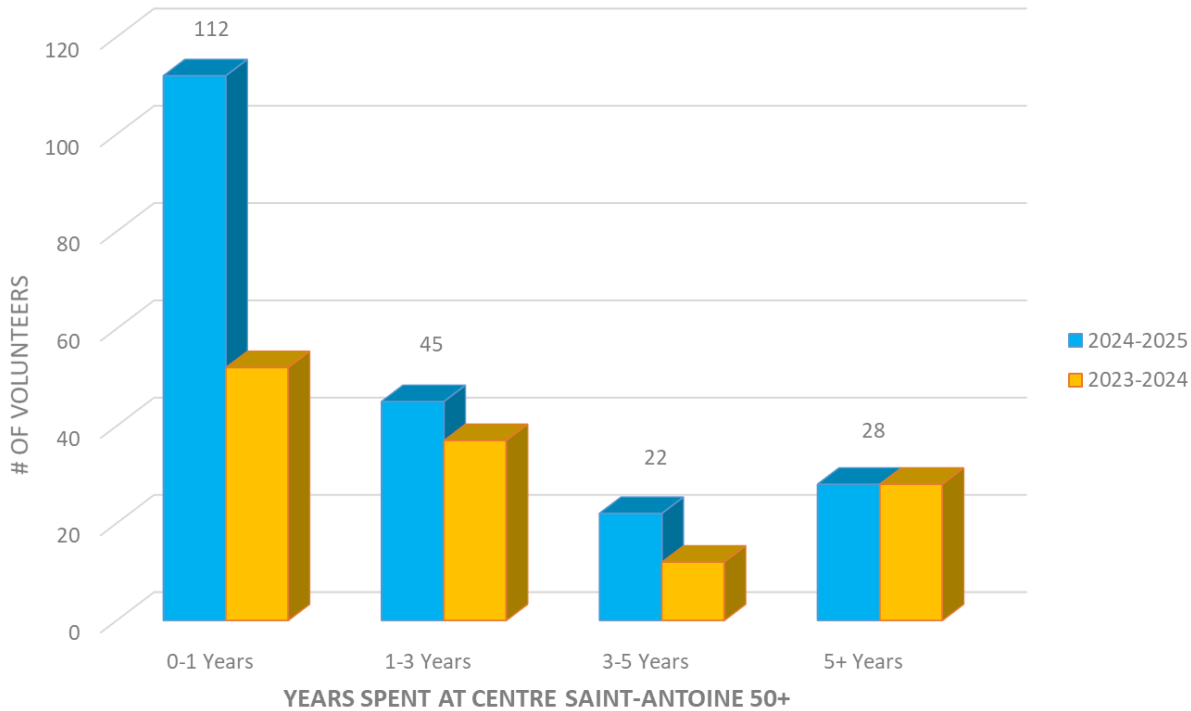
86 Males : 120 Females : 1 Other



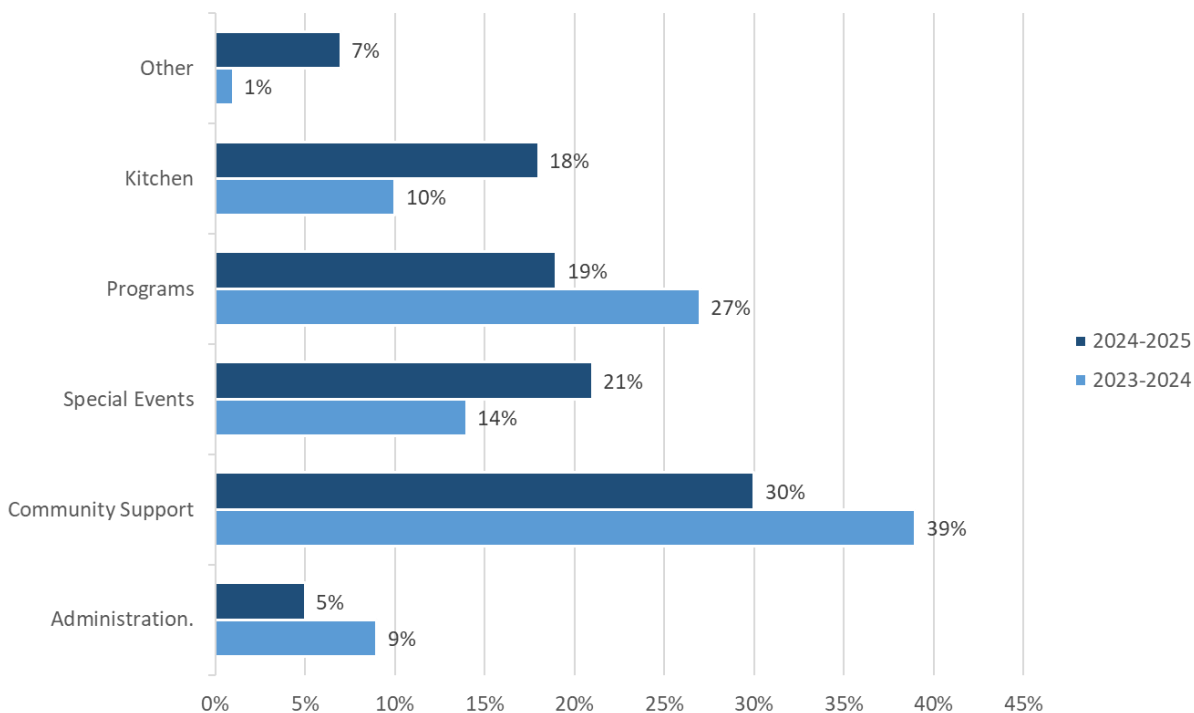
VOLUNTEER AGES



TIME SPENT VOLUNTEERING



AREA OF VOLUNTEERING BY PERCENTAGE



What's Happening in 2025

Exciting New Activities and Monthly Events

Exciting news for our members! This year, we encourage everyone to express their inner selves with exciting and engaging new activities and events.

Here are some highlights:

- **Tai Chi Classes:** Embrace relaxation and balance.
- **Rolling Seniors Bowling Group:** Strike up some fun with fellow members.
- **St. Antoine 50+ Walking Buddies:** Enjoy camaraderie and fitness on group walks.
- **Eco Explorers Outdoor Fun:** Embrace the outdoors with active fun games.

Exciting new EVENING activities this year:

- **Evening Chair Zumba:** Stay active with fun, seated dance moves.
- **Evening Art Studio:** Unleash your creativity with guided art sessions.
- **Evening Board Games:** Enjoy friendly competition and connection.
- **Once-a-Month Fancy Lunch (starting this summer):** Indulge in a special dining experience.

Health and Wellness New Initiatives

The **Community Health and Social Services Network (CHSSN)** remains dedicated to fostering support, with a strong focus on expanding our approach to health and wellness through informative sessions in 2025. We welcome change and are encouraged by the growing participation in in-person activities, fueled by the enthusiasm of returning members—a truly heartening development.

In our continued efforts for 2025, we are committed to offering hybrid programming, ensuring accessibility for individuals with low mobility and other challenges that keep them homebound. Stability remains central to increasing engagement, and to that end, we will maintain consistent outreach and implement diverse strategies to inspire and encourage participation.

Thank You !

28

We are very grateful to our funders for making it possible to accomplish our mission in the South-West Community.



Special thanks to our collaborators and partners.



We are also grateful for private donations from companies, individuals, and members. A huge thank you to the corporate and educational groups for sharing their time and talent! Your support helps us to create incredible memories for our seniors.

