

Age-friendly Communities Grant Program 2023-2024 Funding Recipients

44 projects have been awarded a total of \$538,994.00.

Academy Innovation Lab Association

\$10,750.00

Annapolis

New Tools for New Projects: Computer based Tools and Skills for Creative People is a series of workshops by local artists, engineers and crafters demonstrating how they use computer driven and traditional tools available. This grant will support a 12-month series of 10 educational workshops for seniors, starting in February 2024. The workshops cover various topics, including basic internet and computer literacy, internet safety, mobile apps usage, yarn arts, Cricut tool applications, 3D printing, music recording, videography, drone introduction, and robotics for adults. Collaborations with organizations such as Annapolis Valley Regional Library, Friends of the Annapolis Royal Library, SOFAAR, Annapolis Royal Community Arts Council, and Centre of Geographic Studies, will enhance the diverse learning opportunities. The workshops aim to empower seniors with new skills and technologies, fostering a dynamic and engaging learning environment at the Lab.

Antigonish County Adult Learning Association

\$9,375.57

Antigonish

The Cook with Me program addresses seniors' food insecurity, nutrition, and social isolation by fostering intergenerational connections. Targeting isolated seniors, the program pairs them with young adults to learn and teach cooking skills together. In Nova Scotia, where 9.1% of seniors face poverty and 28% live alone, the program aims to bring dignity and joy through communal cooking and shared meals. It focuses on seniors in rural areas, combating social isolation by providing transportation to program sessions. Operating in four communities — Pomquet, St Andrews, Maryvale, and Antigonish—the program conducts bi-monthly sessions, rotating locations for accessibility. Seniors and young adults take turns teaching recipes, cooking, and enjoying meals together, facilitating conversations on various topics. Leftover food is distributed to seniors and, if available, to local community fridges. Partnerships with organizations like Victorian Order of Nurses (VON) and community halls help reach housebound seniors and those with limited communication access, ensuring broader program participation. Young adults from St. Francis Xavier University, ACALA learners, YREACH language services, and community members are invited to join as teachers and learners, promoting a vibrant exchange of skills and experiences.

Art Works East Association

\$10,000.00

Guysborough

New Friends Through Fine Art: This project will help promote, recruit, and organize workshops for seniors in Guysborough County. The funds will aid in creating a Facebook group dedicated to visual arts and crafts, fostering social connections, sharing opportunities, and building community. Additionally, a small budget is allocated for the Transit Association of Guysborough to assist seniors without transportation. The workshops are strategically located across the county, and a multifaceted approach, including social media, posters, ads, and radio announcements, aims to reach a broad audience of seniors.

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Arts Health Antigonish (AHA!) Society

\$12,000.00

Antigonish

Dance for Health: Gentle Movement is an AHA! initiative addressing loneliness and fostering social inclusion through dance for individuals in northeastern NS with neurological movement challenges. Based on successful pilot projects, the program offers 6, 8–10-week sessions, incorporating live music and guest dancers of diverse ethnic backgrounds to enhance social engagement. The classes aim to improve balance, gait, and mobility, promoting self-confidence and creative movement. With trained facilitators, live musicians, and guest instructors, the program fosters a supportive environment.

Aspotogan Arts and Crafts

\$700.00

Chester-St. Margaret's, Halifax

Clay workshop for seniors: Aspotogan Arts and Crafts is hosting clay workshops at Tantallon Public Library and Black Point Community Center, providing seniors with the opportunity to explore a new artistic activity in a small group setting. This initiative not only allows seniors to engage in creative expression but also contributes to the expansion of community outreach efforts by Aspotogan Arts and Crafts.

Bluenose Coastal Action Foundation

\$10,000.00

Lunenburg

Harvest for a Cause: Cultivating Community Well-Being: "Harvest for a Cause" is a community garden initiative fostering inclusivity, well-being, and sustainability. Designed for diverse community members, with a focus on older adults and marginalized groups, the project promotes physical activity, mobility, and social inclusion. In collaboration with an Accessibility Consultant, the garden ensures universal access through features like high-contrast signage, wheelchair-friendly entrances, and raised beds. The project includes a Mi'kmaq medicinal garden bed, offering educational sessions on traditional plant usage and respectful harvesting. A sensory garden provides therapeutic benefits, addressing sensory processing disorders and dementia. Coastal Action engages older adults through workshops, empowering them with gardening skills and involving them in the community's beautification. The intergenerational approach integrates youth, fostering a dynamic community environment. Beyond the garden's physical space, the project addresses food security by donating produce to the Mahone Bay Food Bank, supporting vulnerable populations, including elderly clients. Surplus produce goes to Souls Harbour Rescue Mission in Bridgewater, promoting community support and positive health outcomes.

Bras d'Or Lakes Day Camps Centre - BOLD CENTRE

\$10,000.00

Victoria

Get and Stay Healthy: This program aims to address 3 key areas: 1) Intergenerational Learning: Seniors and youth will engage in skill-sharing workshops, presentations, and demonstrations, fostering a rich exchange of knowledge. From preserving techniques to cultural heritage, computer literacy, and more, both age groups will contribute and learn. 2) Physical Activity and Mobility: Seniors will attend youth events, fostering community engagement and supporting physical activity. Joint activities, such as using the school kitchen for heritage recipes, will enhance mobility and create meaningful connections. 3) Nutrition: The program will emphasize healthy

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eating through meal plans, educational presentations, and the provision of nutritious snacks during sessions. Seniors and youth alike will benefit from practical guidance on artificial trans fats, appetite management, and the importance of staying hydrated.

Calvary Temple (A Live Well Community Church) **\$10,000.00** **Digby**
CONNECTCare Food Program: We want to expand our sustainable CONNECTCare Food Box Program, into other areas of the municipality to ensure every senior has affordable food to eat.

Three key organizations—Live Well Community Church, Bear River East Baptist Church, and Digby Food Pantry—unite for the CONNECTCare Food Box Program. This initiative delivers bi-weekly food boxes, tailored to individual preferences and health considerations. By expanding the successful CONNECTCare model to Bear River through the Baptist Church, the project aims to replicate its efficient and impactful food system. With an existing understanding of community needs, especially among seniors, the program intends to serve Bear River residents and extend its support to the Bear River First Nations community.

Cape Breton Regional Library **\$10,000.00** **Cape Breton**
Cape Breton Regional Library Memory Kits: Cape Breton Regional Library introduces Memory Kits designed for community members facing dementia and memory loss. These kits offer a diverse range of puzzles, games, sensory activities, and books to stimulate memories, encourage conversations, and facilitate meaningful engagement. Available for loan with a library membership, the kits aim to provide support and connection for seniors experiencing memory loss, along with their families and caregivers. Each kit includes accessible-format stories, large-print books, audiobooks, and easy-to-manipulate games, fostering opportunities for shared experiences and connections. Additionally, contact information for recognized community organizations offering dementia support will be included in each kit.

Centre communautaire francophone de Truro **\$25,000.00** **Provincial**
A life in music on the Radio: Promoting music written and inspired by seniors from the province, sung and recorded by the younger generation. Seniors will learn about radio hosting and interviews with both generations. Embarking on a province-wide tour, our project, inspired by the stories of Nova Scotia's elderly, features a heartfelt album of 12 songs recorded by the elders themselves, often with the assistance of their granddaughters or close friends. To amplify this wonderful initiative, we plan to visit French-language radio stations in person. Accompanied by elders and youth, either in person or via phone, we'll share the project's purpose, exemplifying the lives and experiences of our elders. Live in-studio performances, youth testimonials, and interviews will engage listeners across the province. Additionally, we aim to involve community TV stations, providing a unique blend of music, stories, and intergenerational conversations. Musicians will offer live radio shows, and both elders and youth will receive radio interview training.

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Chebucto Links Senior Support Association

\$15,000.00

HRM

Closing the Digital Divide for Seniors: Chebucto Links, in partnership with GEO Nova Scotia, has successfully provided 50 Chromebooks & Headsets to seniors, reducing social isolation and bridging the digital divide. Recognizing a growing need, this funding from the Age-friendly Communities grant will allow for the purchase of more devices through GEO, a cost-effective source. As a referral agent, Chebucto Links will streamline the intake process, empowering seniors to connect online. This project funding will expand the impact, enhance autonomy, and continue transforming lives by enabling more seniors to access the digital world. The funding will help purchase additional devices, ensuring a meaningful impact on seniors' lives.

Church of Saint Mary Magdalene

\$5,990.00

Halifax

Crafts, Creativity, and Conversation: Community-building through artmaking with others. The project will provide free arts and crafts drop-in. Participants can meet new friends, enjoy a variety of creative activities, and improve their skills. Older adults who have a favourite activity are encouraged to share it with the group or to teach it. Two-hour sessions will be held twice a week at the Captain William Spry Community Centre and once a week at the Halifax Wedding Chapel. Older adults who are unable to attend in person may connect online via Zoom.

Community Links Association

\$10,000.00

Provincial

Community Links Year of Aging Well 2024 Calendar: Community Links free 2024 Aging Well Calendar now available. Find local NS resources, celebrate the impact of community organizations, learn to make a legal inventory list, and more.

Coxheath Hills Wilderness Recreation Association

\$5,910.00

Cape Breton

Women's Health & Vitality Series: Educating, Inspiring & Empowering to Age More Powerfully: The Women's Wellness program addresses the underserved needs of women in health and wellness, especially during perimenopause and menopause. The 6-week initiative focuses on practical tips to change behaviors, improve nutrition, and introduce healthier habits. It aims to empower women to take control of their health, preventing future declines and reducing reliance on the healthcare system. The program provides science-based education in a supportive environment, encouraging positive changes in nutrition, stress management, exercise, sleep, brain health, and bone health. Movement ""snacks"" are incorporated to reinforce the importance of consistent physical activity. The goal is to create a community of support and collaboration among women.

Creignish Recreation Centre

\$10,000.00

Cape Breton

The Sunset Route 19 Creignish "Where locals work together to support each other": The project aims to enhance community programs for older adults at the Creignish Recreation Centre. This funding will expand existing programs, such as Chair Yoga and Book Club, run by volunteers with

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donation fees. New initiatives including Seat Chair Travel, Spinning Yarn-Arts & Crafts, History of Cape Breton, Mindfulness, Personal Development, planning (wills, Power of Attorney, living wills sessions), games afternoon with tea, senior buddy reading program in partnership with the local schools, cooking for one or two with take away dinners will be developed. The funding will enable hiring someone to organize and set up programs and facilitate transportation through Strait Transit. Additionally, funds will be utilized for a social media person to manage communication, marketing, and program registration, ensuring the success of the community offerings.

Digby Area Recreation Commission

\$10,000.00

Digby

Active Living for Seniors - Promoting Mind-Body-Spirit: Engaging seniors in a range of opportunities to promote healthy mind, body, & spirit through lunch & learns, healthy eating/cooking for one, movement & dancing, socials, including games/bowling, theatre.

Farm to Feast Cafe Association

\$15,200.00

Kings

Dignified Food Access for Seniors campaign addresses food challenges faced by seniors in Annapolis and Kings Counties. This initiative provides pre-paid meal cards to seniors through local support organizations, enabling them to access nutritious, ready-to-eat meals. Seniors can choose delivery, pickup, or participation in the Community Supper, where they not only enjoy a meal but also select 10 additional meals for later use. The campaign aims to reduce barriers by offering transportation support, empowering seniors with food choices, and fostering community engagement to combat isolation among food-insecure seniors.

Fisherman's Cove Development Association **\$12,000.00** **Halifax (Eastern Passage)**

Seniors Expo and exploring a Seniors Hub program will address challenges that leave our seniors isolated and lacking resources, with our monthly hang outs and Annual Seniors Expo. The program aims to create a Senior Hub at the Fisherman's Cove Development Association by fostering intergenerational activities with seniors and youth, collaborating with local service clubs, seniors' groups, and schools. A focal point is the hosting of a 3-day Seniors Expo in mid-2024 at the Fisherman's Cove Interpretive Centre. Geared towards seniors aged 55+, the expo will feature informative sessions on fall prevention, technology usage, quality of life, business resources, transportation, nutrition, and recognizing elder abuse. Attendees can explore booths from local businesses and organizations offering support and engage in activities like chair yoga. Daily luncheons and refreshments will enhance the overall experience."

Front Street Community Oven

\$10,000.00

Kings

Older Adults - We Welcome You to the Oven program in Wolfville, NS focuses on reducing food insecurity and isolation for older adults through community cookouts and sharing of stories, culture, food, and friendship. This community program will bring older adults together for cooking, movement, and connection, fostering well-being. Sessions, spanning six weeks to three months,

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will be held at an outdoor community oven and, at times, in a rented indoor facility. Each session, accommodating around 20 participants, will blend nutritional insights, physical activity, and live music, culminating in shared meals. Collaborating with experts like a musician, music therapist, massage therapist, and nutritional expert, they aim to create a program promoting fresh, local, and culturally diverse foods and nutritious budget-friendly shopping tips for single or two-person households.

Hike Nova Scotia Society

\$25,000.00

Provincial

The [NS Walks Mi'kmaw Walking Program](#) aims to extend their reach. Through strategic partnerships, they will establish and support walking groups, customize program approaches, and train leaders. NS Walks Day will be organized to celebrate community engagement. Focused on women in Mi'kmaq communities, the program, developed in collaboration with the Union of Nova Scotia Mi'kmaq and the Confederacy of Mainland Mi'kmaq, aims to benefit the entire community. A Management Committee, comprising representatives from participating communities and the Union and Confederacy, will oversee the project. Guided by a Mi'kmaw coordinator, the program combines physical activity with teachings of traditional culture and language, fostering a walk and talk series on Mi'kmaq history. The initiative includes regular activities and challenges, promoting increased physical activity, reduced social isolation, and strengthened social connections.

Kings County Seniors Safety Society

\$15,000.00

Kings

[Building Relationships](#): This project aims to enhance accessibility to Senior Safety services for indigenous seniors living in the two First Nations Communities in Kings County: Glooscap First Nation and Annapolis Valley First Nation. By employing an indigenous person, the project seeks to understand and address barriers preventing indigenous seniors in these communities from accessing the safety program's services, resources and supports. Training will be provided to foster cultural awareness and sensitivity, and adaptations will be made to Kings County Seniors Safety Society policies, procedures, programs, and services. The project aims to build trust through community events, sharing insights and fostering positive relationships. Ultimately, the goal is to create a culturally inclusive model and lessons can be shared with safety coordinators across the province.

Knox Presbyterian Church

\$3,240.00

Victoria

[Computers for Seniors](#): The Computer Skills Program for Seniors meets weekly at Knox Hall for an hour, focusing on teaching computer basics in an older adult friendly manner. Seniors learn keyboarding, Windows operating systems, internet usage, email, Microsoft Word, Microsoft Excel, and tablet use. The class provides support, and each session consists of 30 minutes of teaching and 30 minutes of practice time. Topics covered include turning the computer on/off, logging in, completing vocabulary quizzes, navigating software, keyboard exercises, and word processing skills. The program enhances seniors' digital literacy and fosters a supportive learning environment.

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Municipality of the County of Inverness

\$11,500.00

Inverness

Aging Well in Inverness County: Join us for fun, social and engaging activities which will help you stay physically and mentally active to increase quality of life.

The Aging Well in Inverness County project builds on the success of the Age Well Academy, addressing the needs of seniors for education, physical activity, and social interaction. Created in response to challenges during the Covid era, the project aims to provide safe and inclusive environments in four communities over 10 months. Monthly events will cover education, physical activity, art, book talks, crafting, and socialization. The goal is to offer seniors a consistent, free-of-charge space where they can participate in various activities, fostering a sense of community and well-being.

Municipality of the District of Saint Mary's

\$10,000.00

Guysborough

Seminars and workshops for seniors and the community: The project will offer a diverse range of free seminars and workshops for seniors and the community. Expert speakers will cover various topics, providing valuable information and hands-on learning experiences. Events will be hosted across the municipality to ensure accessibility. The project prioritizes inclusivity by making all events and materials free, allowing low-income participation. Key goals include offering different experiences and involving seniors in hosting events, fostering community engagement. The event series covers safety and care topics, gardening workshops, and painting classes, promoting education, well-being, and community involvement.

North Shore Senior Citizens Association

\$10,000.00

Colchester

The North Shore Older Adults Initiative 2024 enhances existing recreation programs with new offerings such as dance classes, movie matinees, and chair yoga. Cooking Classes extend nutritional lunches to include food preparation, cooking instruction, and shared meals. Craft Workshops continue, providing instruction on painting and embroidery, allowing participants to take their projects home. Movie Matinees create additional socializing opportunities. A Quarterly Newsletter fosters connection and social networks among older adults, sharing community event information and topics on mental and physical health, along with awareness on frauds and scams. The Foot Care Clinic promotes physical and mental well-being, preventing injuries and illnesses. The digital literacy program for older adults is expanded, providing increased internet knowledge.

Nova 7 Arts Council

\$10,000.00

Kings

Harmony in Motion project is music making and creative movement designed specifically for older adults. This program is intended for people with neurodegenerative conditions as they enjoy the healing benefits of movement & music.

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The 'Harmony in Motion' project, based in Greenwood, NS, focuses on seniors' health and wellness at the 7 Arts Community Art Studio. Tailored for older adults, including those with neurodegenerative conditions like dementia, Alzheimer's and Parkinson's, the program integrates therapeutic music-making and creative movement. Participants benefit from enhanced physical, emotional, and cognitive health through activities that improve cognitive function, hand-eye coordination, and social-emotional learning. The program strengthens social connections, encourages sustained physical activity, relaxation, and the use of fine motor skills.

Project Lifesaver Association Nova Scotia

\$25,000.00

Provincial

Bringing Loved Ones Home: Although we cannot predict when someone will go missing, we can prepare. The Project Lifesaver Association of Nova Scotia (PLANS) prepares people with dementia, caregivers, spouses, families, and our community partners by providing education, training, and support to work together and bring lost loved ones home safely. This funding will address challenges in maintaining an adequate inventory of transmitters for their lifesaving service. With a growing demand for their services, especially from aging Nova Scotians and individuals with dementia, they aim to purchase additional transmitters to meet the increasing need. The organization is working on strategic planning and fundraising initiatives to ensure effective responses to inquiries and sustained growth. Funding support is crucial for Project Lifesaver to enhance their inventory, better serve clients, and continue their commitment to saving lives in the community.

Regroupement des aînés de la Nouvelle-Écosse (RANE)

\$25,000.00

Provincial

Let's move together: Active and healthy seniors is a comprehensive program promoting active and positive aging through two key domains: 1) Sport and Recreational Activities: Engaging seniors in physical activities such as walks, Nordic walking, yoga, pickleball, pétanque, and swimming. Fostering regular participation in physical activities, making exercise enjoyable for seniors. Creating opportunities for seniors to connect and network with peers in communities like Argyle, Clare, Halifax, Isle Madame, Chéticamp, and Sydney. 2) Cooking and Nutrition Workshops: Conducting cooking workshops to diversify seniors' diets, share budget-friendly eating tips, emphasize the importance of nutrition in aging, and promote social connections in Argyle, Halifax, and Isle Madame.

Collaborating with local partners, including Acadian/Francophone community centers and Réseau Santé – Nouvelle-Écosse, RANE will ensure widespread community involvement. Transportation services will be organized to facilitate seniors' participation across communities.

Richmond River Roots Market Garden Society,

\$12,000.00

Richmond

Nourishment for Body and Soul: This project aims to address nutritional and social challenges faced by seniors in Richmond County. With a focus on combating food insecurity, isolation, and promoting well-being, the initiative offers weekly meals from a community garden, coffee/tea sessions, and classes on food-related topics.

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The goal is to create a comfortable space for seniors to engage, share knowledge, and build social connections. Utilizing resources like a market garden, commercial kitchen, and accessible spaces, the project integrates fresh produce access, social engagement, and physical activity. The inclusive approach, with donations, aims to enhance accessibility, and additional strategies include community giving gardens, a seniors' night out, and a "from seed to pot" workshop series. Social prescribing in collaboration with health care staff adds another dimension by prescribing activities like gardening workshops for improved health and well-being.

Rising Tide New Horizon Group

\$10,000.00

Hants

Noel New Horizons Community Wellness Initiatives: Noel New Horizons programs provide our community the opportunity to gather together to stay healthy, socialize with friends, learn something new, support each other and most of all laugh together and have some fun!

This program aims to foster community well-being by providing a variety of programs. These include physical wellness initiatives, sharing information on community resources, and offering social and mental health programs. The project seeks to maintain senior health, promote knowledge sharing among seniors, enhance volunteer opportunities for all age groups, and boost socialization among community members.

Seniors Take Action Coalition of Richmond County

\$24,700.00

Richmond

Community in Action! Creating a Seniors Centre Without Walls: The Seniors Take Action Coalition of Richmond County (STAC) seeks to create a Seniors Centre Without Walls. The virtual Centre, a non-profit, charitable organization, aims to enhance the well-being of Richmond County seniors through a collective impact approach, cross-sector partnerships, and evidence-informed programs. Older adults in Richmond County can access much needed resources and programs via a Seniors Centre Without Walls. Programs will come to their communities as well as via telephone and on-line. The project involves a phased exploration, understanding, and response to community needs, fostering social connections and addressing loneliness in an aging population. The model will be piloted, evaluated, and, if successful, developed into a toolkit for other rural communities facing similar challenges.

Shelburne County Mental Health & Wellness Association

\$21,270.00

Provincial

Nova Scotia Warmline & Senior Safety Callouts: The NS Warm Line provides short-term emotional support for anyone. We receive call-ins and make calls to lonely and isolated seniors around the province. The Nova Scotia Warm Line and Senior Safety Call-Outs project is an ongoing initiative that aims to expand its reach to more seniors. Building on the success of a Red Cross grant, the project trains volunteers to make regular safety calls to seniors, providing companionship and support. Seeking partnerships with Senior Safety Coordinators and accepting various referrals, the project operates Monday to Thursday, 1-5 pm, in English and French. Introducing online chat services, volunteers engage with seniors through the website. Working remotely, volunteers use VOIP for calls, ensuring a personal and supportive connection.

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Societe Mi-Careme

\$10,000.00

Inverness

Roland's Chicken – Community Dinner Theatre: The Société Mi-Carême is revitalizing community and cultural connections with a dinner theatre at the Centre de la Mi-Carême. Modeled after 1970s community dinner theatres, this event, scheduled for September 20-22, 2024, will feature senior and young artists, musicians, volunteers, and an enthusiastic audience. The initiative aims to recapture the spirit of community theatre in St. Joseph du Moine, fostering cultural preservation, intergenerational collaboration, and a strong sense of community. The show will be recorded and broadcasted on local television, ensuring broader community engagement.

Societies for Ships of 1801 Concerts

\$7,918.00

Antigonish

The Keppoch Memories Project - a stage for all ages project aims to create a captivating theatrical production involving seniors in sharing and preserving their stories. The production, set in a Ceilidh House on Keppoch Mountain, revolves around a family's preparations for a summer visit and a milling frolic. Through visits to seniors' homes, social clubs, and retirement homes, the team will collect stories and experiences from the past, particularly focusing on the impact of Boston visits and community dynamics. The goal is to engage seniors actively, showcase their stories on stage, and provide a platform for intergenerational collaboration. This project not only keeps local stories alive but also fosters connections between seniors, their families, and the broader community.

Souls Harbour Rescue Mission

\$10,000.00

Halifax

Souls Harbour Rescue Mission Senior Support: Souls Harbour Rescue Mission provides meals and community in a welcoming environment to our aging neighbours in need. This funding will support aging community members who rely on their services. The organization provides a warm and welcoming environment, serving daily hot, nutritious meals, and offering free clothing, toiletries, and essential items to those in need. The request aims to ensure that basic essentials are readily available for their aging clients, addressing the specific needs of this demographic accessing their support services.

Sou'West Nova Transit Association

\$10,000.00

Shelburne

Transportation for Healthy Aging: Reducing Fares for Shelburne County Seniors: Promoting independence, physical activity, social engagement, community involvement and access to essential services like health care through increasing transportation affordability for older adults in Shelburne County. Sou'West Nova Transit will provide fare reductions for older riders covering out-of-pocket transportation costs. The subsidy, based on income, will be accessible through a fare reduction application. The program will offer reduced fares for qualifying riders, promoting travel within the county for non-essential purposes and facilitating medical travel or access to services outside the local area. Recognizing the positive impact of social participation for isolated older adults, the program aims to maximize benefits without unnecessary limitations. Depending

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on the need and the funding available, the project may introduce fund caps and additional criteria related to travel purposes to assist as many individuals as possible.

Spencer House Seniors Centre

\$8,930.00

Halifax

Lunch and Learn at Spencer House Seniors Centre is a program that focuses on health and wellness education, nutrition, and socialization for the aging population. It enhances Spencer House's Wellness Wednesday initiative, offering a centralized space for various activities like foot care clinics and mental health peer support groups. It will take place every second week on Wednesdays, with lunch being served at 12:00pm and mini-educational workshops from 12:30 - 1:00pm. The program addresses barriers seniors face in accessing health resources by providing subsidized lunches, free workshops, transportation vouchers, language interpreters, and resource packages—all conveniently located in one accessible space.

St. Francis Xavier University

\$20,000.00

Antigonish

StFX: A Rural Age Friendly University Initiative aims to create an inclusive and age-friendly environment through a participatory approach. Using surveys and public forums in locations like Pictou, Antigonish, and Guysborough, the project seeks input from retired faculty and the broader community. Surveys will assess contributions of retired faculty and gauge perceptions of aging within the StFX community. Public forums will encourage discussions on age-friendly initiatives, including reducing financial barriers and fostering community partnerships. The scan will analyze StFX policies and processes in areas such as teaching, research, lifelong learning, intergenerational learning, encore careers, and civic engagement, aligning with principles advocated by Age Friendly Universities. Coordinated by the StFX Rural Age Friendly University Working Group, the multidisciplinary team will ensure a comprehensive examination. Public forums will be held at community hubs with quiet spaces, free parking, and accommodations for dietary preferences. Student volunteers will assist, receiving accessibility training. Outreach will prioritize historically excluded communities, supported by the University's regional partnerships. Faculty team members plan to integrate aging-related content into courses and engage in community-based research aligned with the project's goals.

Tatamagouche and Area Service Klub (TASK)

\$10,000.00

Colchester

Provide Community Gardens to the Seniors of Tatamagouche Area: The program will provide space for gardens to grow crops for the benefit of seniors and the broader community. The end product would be delicious, organic food for all in need. This project in Tatamagouche aims to address food scarcity and unemployment by creating a community garden, specifically tailored for seniors. With around 44% of the population being older adults, the initiative involves constructing raised garden beds, making gardening more accessible for seniors and those in wheelchairs. The project aims to support 20+ seniors, providing them with opportunities to plant for themselves or contribute to the broader community. The project envisions not only addressing food needs but also fostering social connections and contributions to the community.

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Town of Antigonish

\$20,000.00

Antigonish

Older Adults Moving and Mingling project enhances seniors' well-being by connecting them with certified Older Adult Fitness Leaders. Live-streamed exercise classes will be accessible at three community centers in Antigonish. Dedicated Community Champions ensure smooth sessions, fostering a sense of community. The program goes beyond fitness, promoting social engagement. After classes, participants enjoy refreshments and games, creating a vibrant atmosphere for mingling and shared experiences.

Town of Lockeport

\$10,000.00

Shelburne

Fostering healthy aging in Lockeport: This project aims to enhance connections among seniors to organize monthly events focusing on various topics such as well-being, safety, and healthy living. These events will also serve to register seniors for check-ins during crises and match them for activities like walking and gardening. The initiative recognizes the need for a support system, especially for seniors living alone during weather events or power outages. Staff will actively seek input through events, phone calls, and door-to-door visits. Additionally, the project encourages volunteer commitments from seniors to sustain and expand the initiatives generated through the project.

Town of Stewiacke

\$5,000.00

Colchester-Musquodoboit Valley

Stewiacke Community Garden creates Community project will introduce a community garden with 20 available plots for residents, priced at \$20 each for the year. Seniors in need will have the opportunity for a free plot. Additionally, 10 plots will serve as a 'Take what you need' community resource, with any surplus produce donated to the food bank. Alongside the garden, they will be offering free workshops for seniors, covering topics like planting, canning, and budget-friendly cooking. This initiative not only supports local food security but also addresses the networking needs of partners like the food bank, library, senior complex, Garden Club, and the Town. By fostering collaboration, they aim to raise awareness of community needs and enhance food education for everyone.

Town of Trenton

\$12,510.00

Pictou

16-Week Seniors Health and Wellness Program: Enhancing Strength, Balance, Mobility, and Fall Prevention. This program is rooted in the Canadian Fall Prevention Curriculum and offers a holistic approach to well-being. Through tailored exercises, educational workshops, and social activities, participants enhance strength, balance, and mobility. Led by certified professionals, sessions cover fall prevention, home safety, nutrition, budget-friendly cooking, and stress management. Held twice a week at the Trenton Rink's community room, with virtual options, the 1.5-hour sessions empower seniors with knowledge. The program is designed to prevent falls and to empower participants with the knowledge and resources. Additionally, the New Glasgow Regional Police, will share invaluable insights on home safety and fraud prevention.

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Union Centre Community Club

\$10,000.00

Pictou

Seniors' at the Centre project adopts a holistic approach to aging in place in rural communities. Led by a certified fitness instructor, the initiative aims to expand exercise classes, currently offered twice a week. Additionally, educational lunch and learn sessions, featuring local allied health professionals, will provide valuable insights on seniors' well-being. The project emphasizes healthy eating, collaborating with culinary chefs, dietitians, and local suppliers. Workshops cover topics like gut health, diabetes, cardiovascular well-being, and food preservation. The project strives to combat social isolation through regular activities such as card playing, music, and crime prevention discussions led by the RCMP or online seminars on seniors' topics.