

Age-Friendly Communities Grant 2024-2025

\$505,667.000 in funding for 41 projects across Nova Scotia

Central Region			
Africville Heritage Trust Society	HRM	\$15,000.00	<p>Africville Senior Project This project celebrates and preserves the stories of Africville’s former residents while supporting senior interpreters and enriching the museum experience.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> • Ensure a senior interpreter is available at the museum during regular operations and events to share personal histories and uncover new narratives. • Expand the museum's collections and legacy projects using these stories. • Develop new educational content for the virtual museum and library to increase accessibility. • Free tours and events ensuring accessibility for visitors and community members. <p>Impact: Preserves Africville’s history, fosters community pride, and supports seniors’ mental well-being through storytelling and connection.</p>

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<p>Berhan Cultural And Education Center (BCEC) Association</p>	<p>HRM</p>	<p>\$10,000.00</p>	<p>Ethiopian Seniors Community Project This project blends Ethiopian traditions with modern resources, fostering a sense of belonging and support for seniors. Key Activities:</p> <ul style="list-style-type: none"> • Weekly Gatherings: Build friendships through traditional Ethiopian coffee ceremonies. • Cultural & Language Support: Ease cultural adjustment and address language barriers. • Intergenerational Exchange: Share skills and stories with younger community members. • Health & Wellness: Gentle exercises, group walks, memory games, and resilience workshops. • Nutritional Education: Cooking classes and shared meals promoting healthy eating. • Digital Literacy: Teach technology skills to connect seniors with loved ones and resources. • Transportation Assistance: Ensure access to services and activities. • Reviving “Edir”: Re-establish a traditional mutual support network for stronger bonds. <p>Impact: Reduces isolation, preserves cultural traditions, and empowers seniors to thrive in a supportive, inclusive environment.</p>
<p>Eastern Shore Musquodoboit Valley Well-Being Hub Association</p>	<p>HRM</p>	<p>\$10,000.00</p>	<p>Intergenerational Connections Pilot Project This project bridges generations through meaningful engagement and skill-sharing activities to reduce isolation among seniors and youth. Key Activities:</p> <ul style="list-style-type: none"> • Seniors and students collaborate on cooking, arts and crafts, music, gardening, and self-care workshops. • High school students lead sessions on physical activity and digital literacy for seniors. <p>Impact: Promotes intergenerational relationships, reduces isolation, and fosters skill-building and mutual support, enhancing community well-being.</p>
<p>Health Arts Society of Atlantic Canada (Concerts in Care)</p>	<p>HRM</p>	<p>\$10,000.00</p>	<p>Concerts in Care: Bringing Live Music to Seniors Concerts in Care delivers live, professional musical performances to seniors in long-term care and community facilities across Nova Scotia, enriching their lives through the joy of music. Key Activities:</p> <ul style="list-style-type: none"> • Host 120 monthly concerts at core locations like Northwood and Dartmouth Seniors Centre. • Expand to additional community venues to meet growing demand. • Engage professional musicians to bring diverse and high-quality performances. <p>Impact: The program transforms care spaces into hubs of joy and connection, addressing isolation and enhancing seniors' well-being through meaningful cultural experiences.</p>

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Hope Blooms	HRM	\$10,000.00	<p>Empowered Women Blossom Greeting Cards This project empowers seniors through art therapy, culinary traditions, and intergenerational collaboration, fostering resilience, cultural expression, and connection. Key Activities:</p> <ul style="list-style-type: none"> • Seniors create personalized greeting cards reflecting cultural identities and experiences. • Culinary classes where seniors share recipes and prepare nutritious, culturally relevant meals. • Youth and seniors collaborate in card design, cooking, and digital skill-building using AI tools. <p>Impact: Reduces social isolation, addresses food insecurity, builds digital literacy, and bridges generational gaps while celebrating cultural heritage and fostering community connections.</p>
Nova Scotia Islamic Community Center	HRM	\$15,000.00	<p>Intergenerational Wellness Program: Connecting Seniors and Youth This program fosters intergenerational relationships and well-being through shared activities, reducing isolation and promoting inclusivity. Key Activities:</p> <ul style="list-style-type: none"> • Creative workshops, board games, and storytelling sessions for seniors and youth. • Wellness-focused activities like fitness classes, outdoor gatherings, and nutrition workshops. • Special events, including community BBQs and cultural celebrations. <p>Impact: Reduces isolation, promotes physical and mental well-being, and builds meaningful intergenerational connections in a supportive community setting.</p>
Nova Scotia Mobile Food Market Society	HRM	\$20,000.00	<p>Healthy Seniors Mobile Market Program This program brings fresh, affordable produce directly to seniors' residences, eliminating transportation barriers while fostering social engagement and healthier eating habits. Key Activities:</p> <ul style="list-style-type: none"> • Weekly pop-up markets at seniors' residences offering portioned sizes to ensure accessibility and tailored to seniors' dietary needs. • Volunteer-led operations that foster intergenerational interactions and support community involvement. • Individual portions and bulk pricing ensure affordability and ease of access. <p>Impact: Improves food access, encourages light physical activity, and reduces isolation by creating welcoming spaces for connection and healthy living.</p>

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Richard Preston Centre for Excellence Society	HRM	\$9,500.00	<p>Re-Connect Program: Supporting African Nova Scotian Seniors This initiative fosters social and physical wellness for African Nova Scotian seniors in Halifax communities by providing inclusive, culturally relevant activities.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> • Social and Cultural Engagement: Activities to reduce isolation and foster community connections. • Physical Fitness: Senior-friendly fitness sessions led by trained professionals from the North End Community Health Teams. • Creative and Recreational Activities: Crafts, games, and shared experiences to build fellowship and enhance mental well-being. <p>Impact: Reduces isolation, improves mental and physical well-being, and strengthens community connections for low-income African Nova Scotian seniors.</p>
The Africadian Empowerment Academy Society	HRM	\$25,000.00	<p>Crafting Our Legacy: Stories of Skilled Trades This project celebrates the experiences of African Nova Scotian seniors in skilled trades, connecting them with youth through storytelling, mentorship, and collaborative art.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> • Document seniors' trade stories in writing, video, or audio for an anthology and showcase. • Pair seniors with youth for mentorship and intergenerational connection. • Create collaborative art projects, like mural painting, to foster community engagement. <p>Impact: The project preserves valuable stories, combats isolation, and inspires youth to explore skilled trades, enriching the community's cultural heritage.</p>
The North Grove Society	HRM	\$10,000.00	<p>SPACE to Thrive 2.0 This wellness program empowers seniors in Dartmouth North by fostering connection, well-being, and access to local resources through workshops, social events, and senior-led planning.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> • Monthly workshops on topics like online safety, healthy aging, and exercise, paired with nutritious snacks and recipes. • Intergenerational "Games Café" sessions connecting seniors and youth. • Seniors Wellness Expo showcasing local programs and resources. • Senior-led planning sessions to shape program activities. <p>Impact: Reduces isolation, promotes health and well-being, and strengthens community connections by engaging seniors in meaningful activities.</p>

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Eastern Region			
Antigonish County Adult Learning Association	Antigonish	\$9,976.80	<p>ACALA & FAST Senior Engagement Project This project celebrates cultural heritage while fostering a sense of belonging and collaboration across generations in Antigonish County.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> • Multicultural Events: Storytelling, theater, and food preparation celebrating diverse traditions. • Intergenerational Exchanges: Seniors and youth share skills and insights, fostering mutual learning. • Outdoor Gatherings: Promote mobility, connection, and engagement in natural settings. • Theater Workshops: FAST facilitates improvisational theater with seniors, youth, and university performers. • Applied Research: Identify and address seniors’ diverse needs to ensure culturally sensitive programming. <p>Impact: Promotes inclusion, reduces isolation, and strengthens cultural ties through senior-driven activities and intergenerational collaboration.</p>
Atlantic Coastal Action Program - Cape Breton	Cape Breton	\$9,550.00	<p>Intergenerational Place-Based Learning Project This project fosters intergenerational connections and preserve Gaelic, Mi'kmaw, French, and English languages through shared activities focused on storytelling, environmental awareness, and cultural preservation.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> • Nature-based storytelling sessions documenting environmental changes over seniors’ lifetimes. • Development of visual graphics and materials showcasing seniors’ environmental stories. • Community celebrations in Chéticamp, Mabou, St. Peter’s, and Wagmatcook to share intergenerational learnings and connections. <p>Impact: Strengthens intergenerational relationships, preserves local knowledge, and fosters awareness of environmental changes within rural Cape Breton communities.</p>

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<p>Cape Breton University (Dementia)</p>	<p>Cape Breton (3 counties)</p>	<p>\$9,994.50</p>	<p>Dementia Live™ Simulation Program This project increases understanding and empathy for individuals living with dementia through immersive, sensory-based simulation experiences and reflective learning. Key Activities: <ul style="list-style-type: none"> • Sensory simulations that replicate cognitive and physical challenges faced by those with dementia. • Facilitated debriefing sessions to connect experiences to practical dementia care knowledge. • Six full-day events across Cape Breton, engaging students, caregivers, and healthcare workers. Impact: Builds dementia-friendly communities by fostering empathy, awareness, and improved care practices among participants.</p>
<p>Dr. Kingston Memorial Community Health Centre</p>	<p>Richmond</p>	<p>\$10,000.00</p>	<p>Bridging Gaps in Senior Care and Volunteer Engagement A study to identify solutions for gaps in senior care and ways to engage seniors in volunteering, enhancing social connections and well-being. Key Activities: <ul style="list-style-type: none"> • Identify unmet needs like respite care and transportation. • Research successful care models for local adaptation. • Consult with seniors and community groups for insights. • Develop frameworks for safe, effective volunteer engagement. Impact: This study will provide actionable recommendations to bridge senior care gaps, connect seniors with community support, and foster volunteerism, promoting dignity and inclusion.</p>
<p>Keep Well Antigonish Society</p>	<p>Antigonish</p>	<p>\$10,000.00</p>	<p>Keep Well Antigonish: Enhancing Senior Wellness Through Exercise and Connection This project expands and improves the hybrid model of in-person and online exercise and wellness activities for seniors, improving accessibility, program delivery, and social connection for seniors. Key Activities: <ul style="list-style-type: none"> • Program Coordination: Manage weekly in-person and online exercise classes, registration, and session evaluations. • Wellness Expansion: Development of in-person wellness presentations and online resources, including newsletters and community bulletins. Provides consistent access to health and wellness resources for over 300 seniors. • Participant Support: Serve as the primary contact for participants and community members, promoting connections and addressing needs. Impact: Reduces isolation, improves access to wellness resources, and supports seniors in maintaining physical and mental health.</p>

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Municipality of the County of Victoria	Victoria	\$12,000.00	<p>Laughter Helps Older Adults Cope with Chronic Pain This project uses laughter therapy and stress management strategies to help seniors manage chronic pain and improve well-being across Victoria County. Key Activities:</p> <ul style="list-style-type: none"> • Workshops on stress management, sleep hygiene, and social connection. • Lighthearted group activities emphasizing the therapeutic value of joy and laughter. • Sessions implemented across all 8 districts of Victoria County, ensuring accessibility. <p>Impact: Provides seniors with practical tools to manage pain, reduce stress, and improve overall quality of life through joyful activities.</p>
Nova Scotia Youth Project Society	CBRM	\$10,000.00	<p>Sparkle Archives: Connecting 2SLGBTQIA+ Seniors and Youth This project fosters intergenerational connection and addresses isolation in the 2SLGBTQIA+ community by celebrating senior experiences and preserving queer histories. Key Activities:</p> <ul style="list-style-type: none"> • Build a Senior Advisory Committee to represent and connect 2SLGBTQIA+ seniors. • Host monthly social events for intergenerational and senior-specific gatherings. • Partner seniors and youth for storytelling, mentorship, and co-creation of artistic projects. • Organize "Living Archives: A 2SLGBTQIA+ Storytelling Salon" to document and share senior experiences. <p>Impact: Reduces isolation, challenges ageism, and preserves 2SLGBTQIA+ histories, fostering a sense of belonging and intergenerational support.</p>
Number Eleven Volunteer Society	CBRM	\$10,000.00	<p>NEVS Fit & Fun: Social Connections Program This year-round program fosters social connections and promotes physical and cognitive wellness for seniors through engaging events and activities. Key Activities:</p> <ul style="list-style-type: none"> • Five large community events, including a summer BBQ, outdoor dance, Halloween celebration, Christmas dinner, and winter festival. • Two outdoor summer bingo events organized by seniors with handcrafted prizes. • Connects seniors with local resources and services and volunteer opportunities. <p>Impact: Reduces loneliness, improves mental and physical health, and provides opportunities for seniors to engage with peers and community programs.</p>

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<p>Potlotek First Nation</p>	<p>\$10,000.00</p>	<p>Richmond</p>	<p>Kisiku Center Elder Support Project This project enhances Elders' well-being through cultural workshops, mental health support, and social inclusion, fostering connection and preserving traditions in a welcoming environment. Key Activities:</p> <ul style="list-style-type: none"> • Cultural Workshops: Quilt making, ribbon skirt making, peak hat making, and drum making to celebrate and preserve cultural heritage. • Weekly Events: Activities designed to encourage engagement and connection among Elders. • Community Outreach: Share information through hand-delivered newsletters and social media to ensure accessibility and involvement. <p>Impact: The project strengthens relationships, preserves cultural traditions, and supports Elders' mental health and social inclusion, creating a vibrant and inclusive community.</p>
<p>St. Ann's Bay Development Association</p>	<p>Victoria</p>	<p>\$9,425.00</p>	<p>Seniors in Action: Empowering Seniors in Rural Communities This project equips rural seniors with practical solutions to aging challenges while fostering social connections and collaborative problem-solving. Key Activities:</p> <ul style="list-style-type: none"> • Lunch-and-Learn Sessions: 20 small-group discussions on topics such as transportation, fixed incomes, home maintenance, technology, and fraud prevention. Identifying practical solutions and shared resources tailored to seniors' needs. • Community Collaboration: Seniors share skills, mentor peers, and co-create solutions to aging-related challenges. • Outreach and Accessibility: Sessions hosted in community halls and private homes, with materials provided in paper and digital formats for easy access. <p>Impact: Reduces isolation, builds community-driven solutions, and supports seniors in maintaining independence and participating in their communities.</p>

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<p>The Northside Gals Society</p>	<p>CBRM</p>	<p>\$10,000.00</p>	<p>Senior Connections Project The Senior Connections Project fosters social connections, combats loneliness, and addresses food insecurity among seniors in the Northside area through monthly intergenerational sessions from October to May 2025. Key Activities: <ul style="list-style-type: none"> • Facilitate social interactions between seniors and youth in an inclusive space. • Provide hot homemade meals and essential take-away items. • Offer educational sessions on wellness, arts, culture, digital literacy, and senior services. Impact: The project builds community, promotes intergenerational learning, and provides essential resources, tackling the effects of isolation and food insecurity among seniors.</p>
<p>YMCA of Cape Breton</p>	<p>CBRM</p>	<p>\$8,036.50</p>	<p>Senior Walking Program This program provides seniors with safe, supportive walking opportunities to enhance mobility, physical health, and social well-being. Key Activities: <ul style="list-style-type: none"> • Guided walking sessions led by a Clinical Exercise Physiologist and Occupational Therapist. • Gait analysis and ergonomic assessments to support seniors using mobility aids. • Financial assistance for walking aids where needed. Impact: Promotes safe, accessible physical activity, improves mobility, and fosters social connections among seniors.</p>

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Northern Region			
Colchester Adult Learning Association	Colchester	\$10,000.00	<p>Digital Connections for Seniors: Empowering Confidence in Technology</p> <p>This project equips seniors with essential digital skills to stay connected, independent, and thrive in a technology-driven world.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> • In-Person digital literacy classes covering internet use, online safety, and practical tasks like shopping, banking, and accessing government services. • Small group workshops fostering hands-on learning and peer support. • Focused training to address seniors’ confidence and safety in using technology. <p>Impact: Empowers seniors to navigate the digital world safely and confidently and reduces social isolation.</p>
Kemptown & Area Recreation Association	Colchester	\$2,700.00	<p>Community Suppers: Strengthening Social Connections</p> <p>The Association will host two free community suppers offering balanced meals to foster inclusion and combat social isolation in rural areas.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> • Serve nutritious meals at accessible events coordinated with seniors and volunteers. • Provide transportation and meal delivery for seniors in need. • Offer translation support in Russian and Ukrainian for newcomers. <p>Impact: The suppers will promote connection, belonging, and mental well-being by reducing loneliness and fostering relationships, particularly among seniors and rural residents.</p>
Malagash Mine Community Club	Cumberland	\$10,000.00	<p>Building Digital Skills for Seniors in Malagash</p> <p>This program provides seniors with user-friendly technology and training to ensure they can navigate the digital world in a simple, accessible way.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> • Tablet Access: Distribute lightweight, user-friendly tablets optimized for browsing and e-reading. • Hands-On Training: Host workshops covering basic tablet use, email, and online resource navigation. • Ongoing Support: Provide a space for troubleshooting, questions, and continued learning. <p>Impact: Builds seniors’ confidence in using technology for everyday needs, and reduces isolation by connecting seniors to online resources, family, and local initiatives.</p>

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<p>Pictou County Council Of Senior Citizens</p>	<p>Pictou</p>	<p>\$10,000.00</p>	<p>Senior’s Pathway to Wellness This one-day event connects seniors and caregivers with resources to promote aging in place, reduce isolation, and foster community connections. Key Activities:</p> <ul style="list-style-type: none"> • One-Day Wellness Event: Held in May 2025 at Westville Town Hall Auditorium, featuring over 50 service providers. • Interactive sessions on mental health, nutrition, and community engagement. • Resources to promote physical activity, healthy lifestyles, and preventive care. • Information on home care, mobility aids, and nutrition tailored to seniors' needs. <p>Impact: Empowers seniors and caregivers through education and accessible information and resources to improve well-being and quality of life.</p>
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<h2 style="margin: 0;">Provincial</h2>			
Caregivers Nova Scotia Association	Provincial	\$9,499.00	<p>Artful Connections: Empowering Caregivers with Creative Tools for Dementia Care</p> <p>This project equips caregivers with skills to use art as a therapeutic tool for individuals with dementia, fostering connection and improving quality of life.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> Four hands-on workshops teaching art activities like painting, collage, and sculpture. Guidance on using accessible, sensory-friendly materials tailored to dementia stages. Strategies for using art as a communication tool to express emotions and memories. <p>Impact: Empowers caregivers to integrate art into daily care, enhance stimulation, emotional well-being, and quality of life for individuals with dementia.</p>
Legal Information Society of Nova Scotia	Provincial	\$25,000.00	<p>Estate Planning for Seniors: Education and Empowerment</p> <p>This project empowers seniors with knowledge and tools to confidently plan their estates, reduce financial abuse, and build community connections.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> Workshops in Rural Communities: Half-day sessions led by legal professionals on creating and updating Wills and Personal Directives. Free Online Applications: Training on LISNS estate planning tools to create personalized legal documents. Updated Planning Guide: Distribution of It's In Your Hands: A Planning Guide for Seniors and Their Families. Community Partnerships: Collaborations with safe spaces and advocacy groups to support marginalized seniors. <p>Impact: Equips seniors with estate planning skills, mitigates financial abuse, reduces isolation through learning, and fosters mentorship and skill-sharing.</p>

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<p>Native Council of Nova Scotia</p>	<p>Provincial</p>	<p>\$25,000.00</p>	<p>Elders Empowerment and Intergenerational Engagement This project empowers Elders, preserves Mi'kmaq culture, and fosters intergenerational connections through education, mentorship, and community engagement. Key Activities:</p> <ul style="list-style-type: none"> • Mi'kmaq Medicinal Garden: Establish a therapeutic and educational sensory garden. • Elders' Health & Vitality Series: Programs to improve well-being and mobility. • Mentorship & Training: Elders mentor youth councils and participate in Emergency Management training. • Cultural Education: Offer distance learning on Mi'kmaq traditions, values, and sustainable harvesting. • Educational Library: Develop a repository of traditional recipes, stories, and cultural practices. • Training Centre: Utilize a new facility for inclusive, in-person, and online learning. <p>Impact: Empowers Elders as cultural leaders, preserves Mi'kmaq traditions, and strengthens intergenerational connections, ensuring cultural heritage thrives for future generations.</p>
<p>Regroupement des aînés de la Nouvelle-Écosse</p>	<p>Provincial</p>	<p>\$25,000.00</p>	<p>RANE Intergenerational Community Activities This project brings seniors and youth together in Acadian communities to share traditions, skills, and recreational activities that strengthen cultural connections. Key Activities:</p> <ul style="list-style-type: none"> • Collaborative Art and Crafts: Seniors and youth create art and crafts inspired by Acadian traditions. • Culinary Events: Share and celebrate traditional Acadian recipes and cooking techniques. • Community Gardening: Cultivate gardens together, promoting collaboration and sustainability. • Recreational Sports: Engage in activities that inspire teamwork and strengthen relationships. <p>Impact: Reduces isolation, fosters intergenerational ties, and strengthens the vitality of Acadian communities through collaboration and cultural exchange.</p>

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<p>Sexual Health Nova Scotia Society</p>	<p>Provincial</p>	<p>\$25,000.00</p>	<p>Sex Over Sixty: Promoting Healthy Sexuality for Seniors This project updates the award-winning Sex Over Sixty guide and delivers workshops to promote healthy sexuality, inclusion, and dignity for older adults across Nova Scotia. Key Activities:</p> <ul style="list-style-type: none"> • Updated Resource Guide: Revise the popular Sex Over Sixty guide to incorporate equity, diversity, and inclusion, with input from First Nations, newcomers, and African Nova Scotian communities. • Companion Workshops: Deliver in-person and virtual workshops led by sexual health educators, creating safe spaces for discussions in community organizations and long-term care facilities. • Resource Distribution: Distribute the guide across the province, focusing on rural areas to support Nova Scotia’s aging population. <p>Impact: Reduces stigma, supports healthy aging, and empowers seniors to embrace their sexuality with dignity and confidence.</p>
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Western Region			
Centre for Environmental Justice Society	Shelburne	\$10,000.00	<p>Elders and Youth Together</p> <p>This project connects African Nova Scotian seniors and youth in Shelburne through shared activities that promote health, cultural exchange, and intergenerational learning.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> • Intergenerational Connections: Storytelling, walks, cooking lessons, knitting, quilting, and technical skills training. • Health and Wellness: Activities to reduce social isolation, improve cognitive health, and address depression. • Community Celebration: A culminating event to showcase strengthened relationships and shared achievements. <p>Impact: Strengthens intergenerational bonds, reduces isolation, and preserves cultural knowledge, fostering a healthier, more connected community.</p>
Flourish 55+ Healthy Activity Society	Lunenburg	\$15,000.00	<p>Window on Seniors: Inclusion through Food, Sharing, and Intergenerational Connections</p> <p>This project celebrates diversity and fosters community connections through the universal language of food and storytelling, with the potential for long-term sustainability.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> • In the Kitchen Together: 24 cooking classes, including 12 featuring newcomer-taught recipes, promoting cultural exchange and friendships. Participants prepare and share meals, with recipes distributed in sessions and online. • Lunch & Share: 12 monthly free lunches for seniors to encourage social connections and reduce food insecurity. Seniors share personal stories, which are recorded, live-streamed, and celebrated at a year-end event. • Outreach and Partnerships: Collaboration with the South Shore Multicultural Association and broad promotion through flyers and social media. <p>Impact: Builds intergenerational and multicultural connections, reduces food insecurity, and preserves local history through shared meals and storytelling.</p>

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Forties Community Centre	Lunenburg	\$7,200.00	<p>Winter Lunch Connection for Seniors This project provides free weekly lunches to seniors during winter months, reducing isolation and fostering connections in a safe, accessible environment.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> • Nutritious meals served every Tuesday for 10 weeks, starting in January. • Social opportunities for seniors to connect with peers and build community relationships. <p>Impact: Reduces winter isolation, supports mental well-being, and creates a welcoming space for seniors to connect and engage.</p>
Freeport Community Development Association	Digby	\$10,000.00	<p>Accessible Gardening and Community Connections This project provides accessible garden spaces and educational workshops to foster food security and intergenerational collaboration for seniors and community members. Funding supports a part-time coordinator to ensure program sustainability and volunteer support.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> • Gardening and Cooking Lessons: Seniors and community members grow and prepare food using accessible garden plots and greenhouse resources. • Intergenerational Collaboration: High school students partner with seniors, sharing skills and fostering connections. • Community Access: Tours and open gardens invite seniors and locals to participate and take home free, fresh produce. • Food Bank Donations: Regular contributions of fresh herbs and vegetables support food security. <p>Impact: Enhances food security, reduces isolation, and strengthens community bonds through shared learning and sustainable practices.</p>
Fundy Community Recreation Club	Annapolis	\$6000.00	<p>Enhancing Senior Engagement Through Arts, Fitness, and Digital Literacy This project seeks funding to provide free programming for seniors, including weekly low-impact fitness classes, monthly art sessions, and a weekly "Internet Café" to improve digital literacy and foster social connection.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> • Low-Impact Fitness: Weekly classes taught by accredited instructors, tailored to seniors with limited mobility. • Art & Craft Classes: Monthly sessions led by local artists to explore creative expressions like "paint nights." • Internet Café: Weekly gatherings to teach seniors how to use digital devices safely, hosted with high school students providing guidance. <p>Impact: The project removes barriers to physical, artistic, and digital engagement, promoting inclusivity, reducing isolation, and empowering seniors to build skills and confidence in a supportive environment.</p>

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<p>Jordantown Acaciaville Conway Betterment Association</p>	<p>Digby</p>	<p>\$20,050.00</p>	<p>Seniors’ Empowerment through Digital Literacy (SECT) This project builds digital literacy and fosters independence for African Nova Scotian seniors in Digby and Annapolis Counties through accessible training and intergenerational support. Key Activities: <ul style="list-style-type: none"> • Digital literacy workshops covering email, online health services, banking, and internet safety. • Youth mentors provide one-on-one assistance during sessions. • Hybrid programming with in-person and virtual sessions to increase accessibility. Impact: Equips seniors with digital skills, enhances social connections, and promotes access to essential online services, improving quality of life.</p>
<p>Le Conseil des arts de la Baie</p>	<p>Digby</p>	<p>\$6,736.00</p>	<p>Seniors’ Printmaking Workshops at La Manivelle This project offers free beginner printmaking workshops to reintroduce seniors in Clare, Nova Scotia, to the joy of collaborative art. Led by seniors for seniors, the workshops promote creativity, social connection, and intergenerational learning at La Manivelle printmaking studio and other community spaces. Key Activities: <ul style="list-style-type: none"> • Workshops for Seniors: Six free workshops in fall 2025 and winter 2026, teaching techniques like linocut, mono-printing, silkscreen, collagraphy, and intaglio. • Intergenerational Collaboration: A collagraphy workshop at Clare High School combining seniors and students. • Accessible Fees: Free or pay-what-you-can for seniors 65+, with standard fees for younger participants. • Expanded Access: Continued access for seniors to the printmaking studio and high school FABLAB. • Skill Building: Senior artists as instructors and training for new artist-mentors to sustain studio use. Impact: The workshops will reengage seniors in communal art, build social connections, strengthen community partnerships, and cultivate new artist-mentors, making printmaking a lasting and enriching part of their lives.</p>
<p>Municipality of the District of Lunenburg</p>	<p>Lunenburg</p>	<p>\$10,000.00</p>	<p>Good Neighbour Project This initiative fosters stronger social connections and community inclusion through the proven Good Neighbour Method, reducing isolation and building resilient neighbourhoods. Key Activities: <ul style="list-style-type: none"> • Recruitment and training of local leaders to implement the Good Neighbour Method. • Community-wide events to launch and celebrate the program. to inspire engagement and long-term participation • Coaching Neighborhood Connectors to sustain and expand connections. </p>

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			Impact: Engages 1,300 seniors and 3,500 residents, reduces loneliness, and creates connected neighbourhoods that improve community well-being.
Queens Care Society	Queens	\$15,000.00	<p>Helping Hands Program</p> <p>This program supports seniors in the Region of Queens Municipality to live safely and independently at home by providing practical assistance and fostering community volunteerism.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> • Support with tasks like lawn care, snow removal, waste collection, and minor home repairs. • Dedicated coordinator to assess needs, recruit and train volunteers, and manage services • Community outreach and collaboration with local agencies for referrals and awareness. <p>Impact: Enhances seniors' safety and independence at home while building a network of trained volunteers to support community needs.</p>
Valley Community Learning Association	Kings	\$9,999.16	<p>VCLA Adult Day Program</p> <p>This project fosters social connections, lifelong learning, and meaningful activities for seniors and individuals with developmental disabilities, while providing job experience for adult learners.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> • Morning Activity Program (MAP): Person-centered sessions featuring art, crafts, games, music, and discussions to promote wellness and creativity. • Afternoon Senior Programs: Activities like board games, adaptive LEGO building, Indigenous art, memoir writing, and nostalgia-based sessions. • Community Meals: Hot lunches at the VCLA Community Hub and weekly community suppers. • Job Experience: Cornerstone graduates gain hands-on experience, preparing for careers in health care and community services. <p>Impact: Reduces social isolation, promotes inclusion, strengthens community connections, and provides employment readiness for adult learners.</p>