

Age-Friendly Communities Grant Recipients 2025–2026

44 projects were funded across Nova Scotia, representing a total investment of \$389,734.62.

Organization	County	Project Title	Funding Amount (\$)	What the Funding Supports
Bras d'Or and District Senior Citizens and Pensioners Club	Cape Breton	Engage 50	\$8,000	A year-long, senior-led 50th anniversary program offering wellness, learning and intergenerational activities.
Cape Breton Regional Municipality (Police Service)	Cape Breton	Storm Safe Seniors: Emergency Supply Support Initiative	\$10,000	Emergency storm-preparedness kits and outreach to help vulnerable seniors stay safe at home.
Catalone Seniors and Pensioners Association	Cape Breton	Catalone Active Together Initiative	\$5,000	An intergenerational program combining adapted fitness, social activities and digital skills support for rural seniors.
Dalhousie Community Club	Kings	Bringing people together	\$2,000	A new iceless curling surface providing low-barrier indoor physical activity and social connection for rural seniors.
Dartmouth Seniors Citizens	Halifax	Nutrition and healthy eating	\$10,000	A senior-designed low-cost recipe cookbook

Service Centre Commission				and nutrition education series for older adults.
East Preston Day Care Centre	Halifax	Preston Aqua Connections	\$10,000	A weekly senior swimming and wellness program that provides free pool passes and transportation to help African Nova Scotian older adults stay active, socially connected, and healthy.
Eastern Shore Musquodoboit Valley Well-Being HUB Association	Halifax	Building Community Care	\$10,000	A year-long series of intergenerational social, wellness, and recreational activities designed to reduce isolation, improve mental and physical well-being, and strengthen community connections for older adults in the Eastern Shore and Musquodoboit Valley region.
Evangeline Recreation Society	Kings	Annapolis Valley Senior Wellness	\$10,000	A year-long series of free intergenerational workshops, wellness sessions, and social connection activities that help rural older adults stay active, confident, and engaged at the Evangeline Mental Wellness Hub.
The Friendly Group of Senior Citizens	Halifax	Community In-person Visitation Campaign	\$5,000	A volunteer visitation team will provide in-person wellness check-ins, social support, and safety information to isolated older adults in

				Fall River, Waverley, and Windsor Junction. Seniors helped shape the project, and “younger seniors” will lead most visits. Activities include friendly check-ins, meal delivery to those recovering at home, and sharing helpful information on scams, safety, and community resources. The project aims to reduce loneliness and improve seniors’ confidence and well-being.
Greville Bay Citizens for Health & Fitness Society	Cumberland	Aging Well	\$7,000	A year-long rural wellness project offering gentle movement classes, craft workshops, music and memory nights, wellness clinics, outdoor activities, and social events to reduce isolation and improve seniors’ health in Port Greville. Older adults helped shape the project, which is supported by NS Mental Health and the RCMP. Programming is free, accessible, and includes transportation supports and food to ensure participation.
Havre Boucher and Area Cultural Development	Antigonish	The Active, Connected, and Thriving	\$8,200	A wellness and social engagement program offering workshops, subsidized meals,

and Recreation Association		Seniors in Havre Boucher		cultural events, and educational sessions to help older adults in Havre Boucher stay active and connected. Up to 150 participants will benefit from opportunities to socialize, learn, and strengthen community ties.
It Takes A Village Community Outreach and Advocacy Society	Halifax	Connected, Healthy, and Active Seniors in Our Villages	\$10,000	A neighbourhood-based engagement program that brings older adults together through local activities, culturally inclusive gatherings, and peer-support opportunities. Designed with input from seniors, the project reduces isolation by creating consistent, low-barrier spaces for social connection. ITAV staff and community partners will lead outreach, coordinate events, and ensure accessibility so older adults can participate, build relationships, and strengthen their sense of belonging.
La Société Acadienne de Clare	Digby	Square Dancing Luncheons for the Elderly: Reviving Traditions and Fostering Community	\$7,200	A series of daytime square dancing luncheons combining gentle physical activity, traditional Acadian music, and shared meals to promote social connection, cultural pride, and well-being

				among older adults in Clare.
Legal Information Society of Nova Scotia	Provincial	Seniors Rights: Toward Supported Decision-making	\$20,000	A province-wide initiative helping seniors build digital and legal literacy skills related to pre-planning, fraud prevention, and supported decision-making.
Lucasville Community Association	Halifax	Cooking for Seniors	\$10,000	Monthly intergenerational meals providing free nutritious dinners for seniors to reduce isolation and promote community connection.
Milford and Area Community Association (MACA)	Annapolis	Gentle chair yoga and functional exercise classes, in person and streamed on line (including education on digital streaming)	\$3,867	A hybrid gentle chair yoga and functional exercise program with digital skills training to support participation for adults with mobility or transportation challenges.
Municipality of Cumberland	Cumberland	Senior's Active Living Program	\$3,500	An 8-week free seniors' fitness and social connection program improving mobility, balance, confidence, and community engagement.
Municipality of the County of Richmond	Richmond	Fitness for All	\$9,890	A rural capacity-building initiative that trains local residents as certified fitness leaders to deliver free, accessible, seated

				and low-impact exercise programs for older adults across Richmond County.
Municipality of the District of Argyle	Yarmouth	Seniors Wellness Day	\$9,325	A free full-day wellness expo connecting 100 seniors with health, safety, and community resources through exhibitors, speakers, activities, and a shared meal.
New Germany Area Promotion Society	Lunenburg	F.A.C.T.S (Fun. Active. Community. Transportation. Seniors)	\$8,440	A free six-month seniors' hub offering weekly fitness, recreation, and social connection with transportation support for rural older adults.
North Shore Senior Citizens Association	Colchester	North Shore Seniors Initiative 2026	\$10,000	A year-long initiative offering recreation, wellness education, nutrition programming, and social gatherings to support older adults' physical health, connection, and well-being.
Northwoodcare Halifax Inc.	Halifax	Active Aging: An Inclusive, Physiotherapy-Led Program	\$10,000	A free year-long physiotherapist-led program providing assessments and tailored small-group classes to help older adults build strength, balance, and confidence.
Porters Lake Community	Halifax	Community United	\$10,000	A free physical activity and digital literacy program offering fitness,

Services Association				creative aging, and tech workshops to support seniors aging in place.
Recreation Nova Scotia	Halifax	Recreation for Seniors	\$10,000	A provincial series of how-to videos teaching seniors how to safely use recreational and adaptive equipment available through Equipment Loan Programs.
Rising Tides New Horizons Group	Hants	Improving Ourselves Improving Our Community	\$5,000	A year-long intergenerational program offering cooking, crafting, book clubs, wellness talks, and physical activity sessions for rural seniors.
Royal Canadian Legion Louisburg Branch 62	Cape Breton	Royal Seniors	\$10,300	Community dinners
Royal Canadian Legion Weymouth Branch 67	Digby	Gospel Sunday	\$2,500	A free community Gospel Sunday event providing 100–130 healthy meals and musical entertainment to support low-income rural seniors.
Seniors Association of St. Margaret's Bay	Halifax	Supporting the Health and Wellness of St. Margaret's Bay Seniors	\$7,620	Two senior-designed programs: weekly line dancing and group food preparation/preservation to support physical activity, nutrition, and social connection.
Seniors Take Action	Richmond	Building Capacity in	\$18,200	A partnership initiative delivering Mental Health

Coalition of Richmond County		Mental Health First Aid For Older Adults in Rural Communities- Richmond and Pictou Counties		First Aid training to build community capacity to recognize, respond to, and support mental health challenges among older adults in rural Richmond and Pictou Counties.
Shelburne County Youth Health and Support Association	Shelburne	Strong Community, Strong Seniors	\$9,465	An intergenerational mentorship and storytelling project pairing seniors and youth to create a published community book while building connection and reducing isolation.
Spencer House Seniors Centre	Halifax	TIME - Together In Movement & Exercise	\$10,000	A 12-week physiotherapy-guided exercise program improving mobility, balance, and confidence for older adults with physical limitations.
St. Ann's Bay Development Association	Victoria	Take a Break	\$9,925	A series of informal, accessible community gatherings that provide seniors with opportunities to socialize, share information, learn practical skills, and reduce social isolation in a rural setting.
Station Learning Farm Society	Hants	Meals that Heal	\$10,000	A food-security and healthy-aging program expanding garden-to-table meal preparation, chronic disease workshops, and

				intergenerational skill building.
Tartan Gardens of Judique Society	Inverness	Accessible Community Garden for Active Agers	\$10,000	A renovation and expansion of the community garden to create accessible raised beds, walkways, and multilingual signage for older adults.
Thrive 55 Social Holistic Activity Association	Lunenburg	2025-2026 Event Expansion	\$5,000	A weekly full-day social, recreational, and nutrition program for older adults including games, meals, music, and transportation support.
Tignish Crossroads Community Association (TCCA)	Cumberland	Planting Seeds of Wellness-Tidnish Style	\$9,800	An intergenerational gardening, harvesting, cooking, and wellness program with accessible garden plots and monthly sessions.
Town of Middleton	Annapolis	Seasoned Together Cook-Off Challenge and Community Meals	\$8,900	A biweekly social, digital-skills, and wellness café connecting seniors with youth volunteers to reduce isolation and build confidence.
Town of Stewiacke	Colchester	Spin Bikes	\$3,101	A low-impact spin and recumbent bike program offering daytime and evening classes for seniors to improve fitness and social connection.
Town of Yarmouth	Yarmouth	Connections Café	\$10,000	An intergenerational cook-off and community meal series where teams create healthy

				dishes for large community audiences.
Truro Elementary Student Council	Colchester	Visiting with Seniors	\$6,100	Elementary students visit seniors twice monthly to build intergenerational connections.
Town of Truro (Truro Police Service)	Colchester	Lunch and Learns	\$10,000	A 12-week biweekly Lunch & Learn series offering seniors education on safety, nutrition, scams, and health navigation.
Veterans Emergency Transition Services Canada	Provincial	Vets in Need	\$20,000	On-the-ground support providing food, housing stabilization and cooking lessons for older Veterans in crisis.
Victoria County Transit Co-Operative Ltd.	Victoria	From Home to Healthcare	\$9,900	Fully subsidized medical-appointment transit to increase access and reduce cost barriers for rural seniors.
Yarmouth Curling Association	Yarmouth	Curling for the Ages	\$6,500	A 10-week introductory curling program offering older adults a safe, social, and accessible way to stay active, build skills, and connect with others.