

MPP Oosterhoff Announces New Seniors Active Living Centre in Niagara

French-Language Programming in Welland to Keep Local Seniors Fit, Active and Socially Connected

NEWS

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WELLAND – Sam Oosterhoff, MPP for Niagara West, today, announced the approval of a new Seniors Active Living Centre at Centre de santé communautaire Hamilton/Niagara in Welland. This is one of the up to 100 new Seniors Active Living Centres opening across the province this year to help improve seniors' quality of life and build community engagement.

"Founded in 1992, Centre de santé communautaire Hamilton/Niagara has been providing critical health care and community services for Francophone residents across Niagara," said MPP Oosterhoff.

"This new Seniors Active Living Centre will help older adults in Welland stay fit, active, healthy and socially connected through culturally relevant activities."

Seniors Active Living Centre programs offer seniors and older adults learning opportunities such as financial management and elder abuse prevention and a variety of recreational and social activities including fitness, healthy lifestyle and wellness classes that are important supports in communities.

France Vaillancourt, Executive Director at the CSCHN, adds "We couldn't be more excited and grateful to become a Seniors Active Living Centre. It will give us the opportunity to ensure the continuity of life changing services offered to French-speaking seniors; services that support independence and significantly enhances the quality of life of the participants. It is so important to invest in preventative measures such as this one as they help our seniors stay active, engaged, social and maintain their well-being."

"The opening of a new Seniors Active Living Centre at the Centre de santé communautaire Hamilton/Niagara is a significant milestone for our community," said Frank Campion, Mayor of the City of Welland.

"This initiative not only enhances the services available to our seniors but also strengthens Welland's commitment to fostering inclusivity and well-being for all residents. Our seniors are a vital part of Welland's identity, and this new centre will offer them opportunities to stay active, healthy, and engaged in culturally enriching programs. I thank the provincial government for this

investment in the quality of life of our older adults and look forward to seeing the positive impact it will have on our community."

"This is welcome news to see additional supports for seniors here in Niagara that will further enhance the interaction between the Francophone communities in Welland and Port Colborne," said Bill Steele, Mayor of Port Colborne.

"We are delighted to expand activities and services to more seniors in Niagara," said, Hon. Raymond Cho, Minister for Seniors and Accessibility.

"This program will help older adults of all abilities to thrive in their homes and communities."

The government remains committed to better supporting Ontario's aging population and the people who care for them by improving and expanding supports for seniors no matter where they live.

Quick Facts:

- On June 1, 2024, changes to the *Seniors Active Living Centres Act, 2017*, came into effect, allowing more types of organizations to provide the twenty percent contribution requirement towards the operating costs of Seniors Active Living Centre programs. Now Seniors Active Living Centre programs can be operated by municipalities, non-profit corporations, registered charities, Indigenous groups, Legions, Lions Clubs and recreational clubs.
- In the Fall Economic Statement of 2024, a \$17 million increase in funding over three years was approved to support up to 100 new Seniors Active Living Centres across the province.
- For 2025-26, Seniors Active Living Centre programs will be able to request up to \$55,000 for maintenance and operating costs, an increase from the previous maximum of \$50,000 in 2024 and up from \$42,700 in base funding from 2023.

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