
AGE-FRIENDLY ADVISORY COMMITTEE AGENDA

Date & Time: Monday September 21st, 2026 | 10:00 am

Location: Council Chambers | 341- 10th Street | For virtual attendance please notify lregier@hanover.ca within 24 hours of meeting.

1. DISCLOSURE OF PECUNIARY INTEREST

2. DELEGATION

3. ADOPTION OF June 15th, 2026 MINUTES

4. ITEMS FOR INFORMATION

4.1. Men's Shed

4.2. Alzheimer Society of Grey-Bruce Coffee Break | Sept 17th | P&H Centre

4.3. Hanover Age-Friendly Connections

4.3.1. July 2026

4.3.2. August 2026

4.3.3. September 2026

5. SENIORS ACTIVE LIVING CENTER GRANT (SALC)

5.1. Walk & Talk

5.2. Gentle Fitness

5.3. POUND Drum Fitness

5.4. Lunch & Socials

5.5. Carpet Bowling

5.6. Hanover Age-Friendly Connections

5.6.1. Post Cards

5.6.2. Discussion | October & November Content

5.7. Older Adult Programs Assistant

5.8. Equipment upgrades

6. OTHER BUSINESS

- 6.1. Committee member roundtable – ‘eyes and ears’ for age-friendly notes in our community

7. NEXT MEETING – September 21st, 2026

8. ADJOURNMENT

AGE-FRIENDLY ADVISORY COMMITTEE MINUTES

Date & Time: June 15, 2026 | 10:00 am

Location: Council Chambers and Zoom

MEMBERS PRESENT Loretta Dunn | Cassondra Dillman | Kaela Sales | Karen Otterbein | Warren Dickert (Council Rep) | Pat Butler | Susanne Kunkel | Laura-Lee Ribey

OTHERS PRESENT Brandon Dobson | Lyndsay Regier

REGRETS Harold Fleet | Sandra Hong

1. DISCLOSURE OF PECUNIARY INTEREST – Nil.

2. DELEGATION – Nil.

3. ADOPTION OF THE April 13, 2026 MINUTES

Moved by W. Dickert | Seconded by L. Dunn

THAT the minutes of April 13, 2026 meeting be approved as circulated. **CARRIED.**

4. ITEMS FOR INFORMATION

Included in the Age-Friendly package emailed on June 10, 2026 and copies were available to committee members.

4.1. World Elder Abuse Awareness Day (WEAAD) | June 15th

4.1.1. Town of Hanover Flag Raising ceremony | 3:00pm

4.1.2. Social media scheduled on Facebook, Twitter and Instagram

4.1.3. Graphic included in June Age-Friendly Connection

4.2. Lunch & Social | June 18th | 12:30pm | P & H Centre Lions Den - Registration is open online, by phone and in person at the P & H Centre.

5. SENIORS ACTIVE LIVING CENTRE GRANT (SALC) – Approval for the SALC Grant was confirmed. Will be receiving \$50,000 in grant money to offer programs for seniors. An overview of programs being offered and equipment that will be purchased was provided to committee members.

6. HANOVER AGE-FRIENDLY CONNECTIONS

- 6.1. Previous Age Friendly Connection newsletters – Available on the Town of Hanover website. Go to the Age Friendly web page for previous copies of the newsletter as well as current newsletter.
- 6.2. Discussion | July & August content – Committee members discussed content for upcoming newsletter and provided suggestions.

7. Other Business

- 7.1. Committee member shared that the Library staff are available to assist seniors with subscribing online for the Age-Friendly Connection newsletter. L. Ribey will investigate in having a tech savvy day for seniors.
- 7.2. Committee member shared the Grey County Age-Friendly Businesses Initiative. Committee member provided post cards to be available in Hanover with links to the website. <https://www.grey.ca/government/strategic-planning-and-studies/age-friendly-communities/age-friendly-business-initiative> Website provides resources for businesses that want to be age friendly.
- 7.3. Committee member shared upcoming Library programs for adults & seniors. For an up to date list of programs go to <https://hanoverlibrary.ca/calendar/> or contact the library.
- 7.4. K. Sales and C. Dillman have put in a proposal to speak at a 3-day conference for Ontario Professional Planners about Healthy Communities. A partnership between the County Planning Department and Public Health Unit.
- 7.5. Committee member inquired if a handout or printout and be provided to seniors about the Age-Friendly webpage.
- 7.6. Committee member shared that the Alzheimer's Society has some upcoming online education for businesses and the general public.

8. NEXT MEETING – Monday September 21, 2026 | 10:00am

9. ADJOURNMENT

Moved by C. Dillman | Seconded by S. Kunkel
THAT the meeting be adjourned at 10:45am.

Meeting Minutes
Thursday, May 21, 2026
1:00 p.m. – 2:15 p.m.

ATTENDEES

Contact	Community
Raza Mirza	HelpAge, U of T
Cheryl Athersych	Ontario AFC Outreach Program
Kimberley Sato	Richmond Hill
Bonita Desroches	Penetanguishene
Laurel Service	Region of Durham
David Richardson (Chair)	Uxbridge
Portia Lee	Richmond Hill
Kate Oxley	Regional Development Advisor
Amanda Rea	Township of King
Jessica Lee	Toronto

Welcome

Attendees were welcomed and a land acknowledgement was offered.

Approval of Agenda

Approved

Approval of previous meeting minutes

Approved

Presentation about the research around Men's Sheds

Raza Mirza shared findings from the research study he'd lead around the impact from Men's Sheds on individuals and the impact on the larger community as well.

Conducted 250 surveys with Sheddors, qualitative interviews and case studies.

Findings showed that involvement with Men's Sheds resulted in quality of life improvements for many people, reduced alcohol consumption and opportunities for intergenerational work.

Involvement with Men's Sheds also supported life transitions; specifically the men indicated they felt visible after being invisible after life transitions.

Highlights from the research showed:

- Created opportunities for engagement both in and outside of the sheds
- 25% of those surveyed felt less isolated
- 46% made 10 or more new connections since joining
- 74% report stronger social connections have improved their quality of life
- Increased physical activity
- Over 200 in Canada – none look the same and none have the same governance etc – the agility is important

- A lot of sheds have community outreach – and then they help do things like build little free libraries or raised garden beds
- Increased intergenerational relationships and reduced ageism

Many Men's Sheds are linked in with the NORCs; should be a best practice with AFC.

Each one is self-funded – some have a membership model and some are funded by the municipality, some have corporate sponsorship (Lee Valley, Canadian Tire, etc.)

Earlier this year, the federal government announced \$12M for a Men's Strategy in Canada. Raza will be offering a presentation to show that Men's Sheds could be an avenue to focus on the older male demographic. Findings showed these spaces promoted health literacy and promotion in gendered spaces.

A question was asked if there was a template or approach that's ready made to help communities get started as a Men's Shed. Information is available on their website. Raza shared a slide deck that was attached with these minutes. Attendees were reminded they could look at HelpAge Canada <https://helpagecanada.ca> for possible start-up funding opportunities.

Update from the Ministry

For a full list of open funding programs from the Provincial government, please see the following webpage: [Available funding opportunities from the Ontario Government | ontario.ca](#)

Participants were reminded to speak to their local regional development advisor. A full list can be found here: <https://www.ontario.ca/page/regional-development-advisors#advisorlist>

Funding Programs:

Enhancing Access to Spaces for Everyone Grant Just closed. 659 applications received – likely giving out 50 grants.

- The 2026–27 EASE Grant will provide **up to \$60,000 per successful applicant** to support projects that:
 - Improve accessibility in outdoor spaces and the built environment, including housing
 - Go above and beyond requirements under the Accessibility for Ontarians with Disabilities Act (AODA) and/or the Ontario Building Code
 - Help remove barriers and create opportunities for broader community participation and inclusion
 - Projects must take place between October 1, 2026 and October 31, 2027
 - This grant is currently open and closes on **May 7th 2026, at 5pm.**

Volunteer Service Awards were held last night in Oakville.

For a full list of open funding programs from the Provincial government, please see the following webpage: [Available funding opportunities from the Ontario Government | ontario.ca](#)

Knowledge Broker update

Men's Sheds in Ontario with contact links:

- Arnprior: mensshedamb@gmail.com
- Aurora: auroramensshed@gmail.com
- Brantford: brantfordmensshed@gmail.com
- Bruce Peninsula: brucemensshed@gmail.com
- Burlington: burlingtonsheds@gmail.com
- Carleton Place: inquiries@hackberrymensshed.org
- Don Mills: blmensshed@gmail.com
- Kemptville: julesb@bell.net
- Kingston: hunter.braydon@queensu.ca
- London: londonmensshed@gmail.com
- Mississippi Mills: naismithmensshed2@gmail.com
- Ottawa – Ambleside – 613 614 0031
- Ottawa – Carp: lem.carp@verveseniorliving.com
- Ottawa – Centre: csm_dan@hotmail.com
- Ottawa Makers' Shed: [website](#)
- Owen Sound: david024bell@gmail.com
- Peterborough: k3505265@gmail.com
- Puslinch: chair@puslinchmensshed.com
- Saugeen Shores (Southampton): ssmensshed@gmail.com
- Sudbury: natalie.labbee.OAC@greatersudbury.ca
- Tillsonburg: programs@tillsonburgseniorcentre.com
- Williamsburg: dcx@dundascountyhospice.ca
- Woodstock woodstockmenssheds@gmail.com