

1999

Active  
Aging  
Canada



Vieillir  
Activement  
Canada

2020

**T O G E T H E R**

**W E A R E**

**S T R O N G E R**

*2020 Annual Report*

# *Table of Contents*

About Us .....	4
Executive Summary .....	5
Executive Director & Chairman's Report .....	6
Executive .....	11
Board of Directors .....	11
Voting Members .....	11
Corresponding Members .....	12
Individual Member .....	12
Corporate Member .....	12
Honourary Members .....	12
Past Board Members.....	13
Staff & Consultants .....	14
Volunteer Committee Members .....	15
Organizational Structure .....	16
Physical Literacy in Older Adults – An Ecological Model .....	17
Knowledge Translation Framework .....	18
2020 Financial Statements .....	19



Centerpoint Mall Movers



# C A L E N D A R

## of Success

### 1995-97

Assembly of volunteer organizations unite and coordinate efforts in promoting a Canadian culture that supports daily older adult physical activity

### 1998

Roundtable partners meet in Toronto to reaffirm commitment to ALCOA  
Draft Canada's Expanded *Physical Activity Guide to Healthy Aging*

### 1999

Incorporated, first official Annual General Meeting  
*A Blueprint for Action* for Active Living and Older Adults –  
Moving through the Years

### 2000

24 Roundtable members  
*Canadian Declaration* on Active Living and Older Adults

### 2002

Canadian Association of Community Care (CACC) partners with  
ALCOA consultants on survey promoting health and active living in  
community care in Canada

### 2003

11 project & planning committees created

### 2004

ALCOA's first Quarterly Update (QU)

Delegation sent to Ottawa to discuss health policies related to  
active living and older adults

*Active Living with Diabetes* (3 year project completed)

2 Research Updates published

Using Physical Exercise to Enhance the Health of Adults 65+ who are Family  
Caregivers – in partnership with CACC



# C A L E N D A R of Success

## 2005

Research to Action

*Overcoming Ageism in Active Living*

2 Research Updates published

*Active Living for 80+* training and presentations

## 2006

Healthy Policy Project

Research Update

Membership Project

Fabulous for Life Calendar

## 2007

*Active Living & Diabetes: Building on our Success* (3 yr project initiated)

Research Update

## 2008

Cross Canada Consultations

*National Recommendations for Actions* (Diabetes project)

## 2009

UW Well-Fit – *Active Living for Older Adults in Treatment for Cancer*  
– Framework for Program Design

Type II Diabetes project follow up evaluations

Membership Campaign

## 2010

*Cross Canada Age Friendly Community Forums*

Knowledge Translation and Evaluation Strategy

Evaluation Tools for Community Based Primary & Secondary  
Type II Diabetes Prevention Program

## 2011

One million older adults can be reached through the  
membership

*Silver Times* inaugural issue published

"Your Personal Passport to Healthy Living" pilot testing

HT Health Works initiated



# C A L E N D A R of Success

## 2012

*Silver Times* website launched      You Tube presence  
New Active Living Tip published      "*Personal Passport*" and Leaders Guide distributed  
Revision of 4 Active Living Tips available in 7 languages

## 2013

*Toolkit* designed for Healthy Living Workshops  
Canadian Physical Activity Guidelines – new posters created

## 2014

*Website 1.14 million hits in the year*      Workshop Toolkit distributed  
2 Active Living Tips revised and translated into 7 languages

## 2015

*Mall Mover* program developed      Face Book page launched

## 2016

*Active Aging Canada* is launched (3 year activity completed)  
7 malls offering Mall Mover programs in Toronto area  
Website revised

## 2017

Knowledge Translation Framework National Meeting  
*Active Aging Minute* weekly video series  
Leaders Facilitation and Training Workshop offered  
Active Living Tip updated and translated

## 2018

Report Card on Physical Activity for Older Adults – Planning Meeting  
*Community of Practice* launched      Mall Movers program continues with 1 Mall  
Impact surveys completed with healthy living workshop participants

## 2019

Fitness Business Canada publishes monthly article  
*Communique* launched with Community of Practice





# About Us

Active Aging Canada, a national charity, incorporated in 1999, exists to promote healthy active aging with a vision of healthy living for life. Our mission is to support lifelong healthy active aging of adult Canadians through participation, education, research, and promotion.

Active Aging Canada membership consists of organizations at the national, provincial and local levels, and individuals, all who support and value our vision and mission statements.

As a voice for active living among older adults, Active Aging Canada works to:

- *Foster* communication, collaboration and coordination for active aging amongst its members and other related organizations and individuals
- *Facilitate* knowledge translation of research to practice related to older adults and active aging
- *Promote* older adults and active aging as a priority on the political, health and social agendas within Canadian society by conveying consistent, persuasive key messages developed by its members to prominent and influential individuals and organizations.

Please visit our website [www.activeagingcanada.ca](http://www.activeagingcanada.ca) to learn more about our organization.



Volunteer leaders learning Urban Poling techniques

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*Mylène Aubertin-Leheudre, PhD*  
Physical Literacy  
Working Group



*Christie Boyd*  
Physical Literacy  
Working Group



*Debbie Brown*  
Board Member

# Executive Summary

Moving into our 21<sup>st</sup> year of operation has been very positive for Active Aging Canada. No one could have possibly predicted the turn of events that would lay ahead in March 2020; a world locked down for months due to the Covid-19 Pandemic.

For Active Aging Canada, the 2019-2020 year allowed us to evolve into a much stronger organization financially, as we were successful with funding applications that will carry on for a few years. Fortunately due to the operational structure of the organization, where staff and consultants all work independently from their own homes, the imposed lock down across the country in mid-March did not affect the regular work day for staff. As time passed, meetings were changed to virtual meetings, no more travel, and many more telephone calls, but we have all adapted and work continues on.

Funding was received from the **New Horizons for Seniors Program** for a project in Manitoba. In partnership with *Active Aging in Manitoba (AAIM)* and our corporate member, *Urban Poling Inc*, we were able to train 18 older adult volunteers to become Urban Poling Leaders. A great success for both the leaders and their participants.

'Secrets to Living Happy and Healthy While Aging' video was produced thanks to volunteers from *Movie Media TV Productions*, and members from the *Active Adult Centre of Mississauga*. Check out their secrets in *our video* which is available for viewing on our You Tube site.

**Health Canada** has provided Active Aging Canada with funding of \$1.2 million for a 28-month period to create health promotion resources relating to cannabis use and older adults. There is currently very little information available for this age group. It is important for us to determine what information older adults want to know about cannabis and how they want to receive that information. Resources will be available in the spring of 2021.

Active Aging Canada is pleased to be taking the lead role to continue to move forward the concept model of **physical activity literacy** for older adults which was initiated a few years ago under the leadership of Gareth Jones PhD and Liza Stathokostas PhD.

Partnerships continue to flourish with ParticipACTION, Media Planet, the International Federation on Aging and other research groups.

Our sincere thanks to all those who have worked and volunteered with Active Aging Canada this past year. With the pandemic hitting us towards the end of our fiscal year, and we plan for our next year, it has become even more apparent that even through isolation we can still build communities. We wanted to share with our readers all those people who have helped us this build our community this past year and will continue to do so in the year to come. Thank you to all our members, staff, consultants and volunteers. We are always stronger together.

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**Robert Buller**  
Cannabis Expert  
Review Committee

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**Shirley Chau, PhD**  
Physical Literacy  
Working Group

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**Catherine  
Chiappetta-  
Swanson, PhD**  
Physical Literacy  
Working Group

# Executive Director & Chairman's Report

Moving into our 21<sup>st</sup> year of operation has been very engaging for Active Aging Canada. Positive funding announcements provided the organization with meaningful projects that we believe will have an impact on the lives of older adults. Active Aging Canada is becoming well recognized across the country. We continue to work within our [Knowledge Translation Framework](#), adopted in 2017, as we work with other organizations and stakeholders, from the creation, brokering and use of healthy aging information.

## Our Work Continues

We have some older projects that we were able to continue to promote over the past year.

### Mall Movers



Thanks to the support from Centerpoint Mall in Toronto, our Mall Mover program continues to operate at that mall. Up until mid-March (prior to the pandemic) participants enjoyed a weekly stretch and strengthen class and then a walk in the mall. Our thanks to Sharon Quigley, Marketing Director at Centerpoint Mall, for continuing to support her community members and our program. Thanks also to Serena and now Sema for their excellent leadership in the class. We expect the classes will resume once malls are open and operating again.

### Active Aging Minute Videos



Last summer, with the assistance of our summer student Mekayla Dionne, we completed another series of short video shoots with our resident expert, John Griffin. John spends endless volunteer hours researching and developing the content for the videos. Each 2-minute video provides the viewer with one or two important facts about healthy aging, or a self-assessment of functional fitness, or some simple everyday exercises that will help to keep them mobile. Each week an e-blast is sent out to the 1000+ individuals in our data base to inform them of the new video. All these videos are posted on the [Active Aging Canada YouTube site](#), so they are always available for viewing.

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*Jim Evanchuk*  
Board Member

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*John Griffin*  
Video Guest Speaker

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*Drew Mitchell*  
Physical Literacy  
Working Group



## New Initiatives

### Urban Poling Leadership Training

Funding was received from **New Horizons for Seniors Program** for a project in Manitoba. In partnership with *Active Aging in Manitoba (AAIM)* and our corporate member *Urban Poling Inc*, we were able to train 18 older adult volunteers to become Urban Poling Leaders. The funding allowed us to purchase 10 sets of Urban Poles for nine senior centres in Winnipeg and surrounding rural areas. The leaders were enthusiastic about the training and following the workshop in the fall, they have all offered classes and instructional programs in their centres. This program is sustainable over the years as the centres have the necessary equipment and also the skilled leaders to offer the programs.

Comments from the participant leaders included:

- 'One of the best courses I've taken.'
- 'Excellent presentation, and speakers were informative and engaging.'
- 'Fantastic learning, thank you.'

Equally positive are the comments from the older adult participants at the centres:

- 'Total enjoyment.'
- 'Good exercise.'
- 'Improved my mindset.'



Volunteer leader training session in Urban Poling in Winnipeg,  
September 2019

### 20th Anniversary Video

Our sincere thanks to the volunteer efforts of Ramji Thiagarajan, his team from *Movie Media TV Productions*, and the members from the *Active Adult Centre of Mississauga*. With their assistance and expertise we were able to produce a 20th anniversary video entitled '*Secrets to Living Happy and Healthy While Aging*' which is available for viewing on our You Tube site. What are their secrets for healthy aging? Watch the short video and find out!

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*Suzette Montreuil*  
Board Member



*Dessy Pavlova*  
Cannabis Expert  
Review Committee



*Greg Penney*  
Cannabis Expert  
Review Committee

## Cannabis and Older Adults

Health Canada provided Active Aging Canada with funding of \$1.2 million in October for a 28-month period, to create health promotion resources relating to cannabis use and older adults. There is currently very little information available for this age group. It is important for us to determine what information older adults want to know about cannabis and how they want to receive that information.

With the assistance of our Research Director, Liza Stathokostas PhD, a variety of consultants, and our volunteer Expert Review Committee Members, Active Aging Canada will complete the following tasks:

- planning meeting with Steering Committee
- data base expansion
- literature review
- environmental scan
- online survey for older adults
- Expert Review Committee Meetings
- focus groups
- design and testing of products
- country-wide dissemination using a variety of methods and technology
- impact evaluation

At the end of the fiscal year of March 31, 2020, plans were well underway with the planning meeting completed, data base growing every day, literature review completed, an initial on-line survey summarized 168 responses, and confirmation of members for the Expert Review Committee with the first (now virtual) meeting which was held in April 2020.

We will be contacting all our members in the next year to assist with the dissemination of resources once they are made available in the spring of 2021.

## Physical Activity Literacy & Aging Working Group – PLAY 65+

The concept of physical activity literacy for older adults started a few years ago, under the leadership of Gareth Jones PhD and Liza Stathokostas PhD. A working group developed a *model for physical activity literacy*, published their findings, and now Active Aging Canada is pleased to be the lead organization to continue to move this model forward towards implementation.

CIHR confirmed funding in the fall of 2019 which would allow the Working Group to meet and further develop this model. Meeting plans were well underway for a spring 2020 meeting with a phenomenal group of experts from across the country. When the pandemic locked down the world in March, a three-day virtual meeting was arranged for early June 2020.

We are excited about the future of this project and the possibilities for older adults to improve their physical activity literacy and their ability to lead to a more active life.

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*Michelle Porter, PhD*  
Board Member  
Physical Literacy  
Working Group



*Debra Rose, PhD*  
Physical Literacy  
Working Group



*Joanie Sims-Gould, PhD*  
Physical Literacy  
Working Group



*Ramji Thiagarajan*  
Videographer

## Partnerships Continue to Grow

### ParticipACTION

Active Aging Canada was invited to be a member of the ParticipACTION Advisory Network (PAN) where individuals from various organizations, government, and businesses from across Canada meet twice a year to discuss trends in the industry, issues around activity for all ages, and to make recommendations for future initiatives.

*2019 Report Card on Physical Activity for Adults* was launched in the fall of 2019. Active Aging Canada was one of the strategic partners that 'played a critical role in the research, development and communication' of the Report Card. Both Michelle Porter PhD (Board Member) and Patricia Clark (Executive Director) were pleased to be part of the Research Committee and worked with ParticipACTION on the development of this very important research document. Every two years an update report will be made available.



### Media Planet

Active Aging Canada worked with Media Planet on two insert publications this past year. We look forward to continuing to work with them in the future.



*Toronto Star – Empowering Aging Canadians June 2019*



*Reader's Digest – Healthy Aging & Connected Living January 2020*

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*Marilyn White-Campbell*  
Cannabis Expert  
Review Committee



*Andrew Wister, PhD*  
Physical Literacy  
Working Group



*Bradley Young, PhD*  
Physical Literacy  
Working Group



## International Federation on Aging

Active Aging Canada was invited to participate in an “Expert Meeting on Adult Influenza Vaccination: Calling Canadian Patient Organizations to Action.” The result of this 2-day meeting was a [\*consensus statement\*](#) relating to issues and barriers for older adults.



## Ontario Physical Literacy Summit

Active Aging Canada was invited to attend the ‘longest running Physical Literacy Summit in the world’, which was held in Hamilton ON, in the fall of 2019, with the theme being ‘physical literacy across the lifespan’. It was an excellent opportunity to connect with others working on this concept and to gain a better understanding of the research and programs that are currently available.

## So where to from here

The next year will be a busy one for Active Aging Canada. The two larger projects on cannabis and physical activity literacy will be the bulk of the work for the staff and consultants. We are looking forward to developing new resources that will benefit the health and wellbeing of older adults in Canada. As our partnerships continue to grow and our reach across the country expands, we are excited to continue to seek out new projects and initiatives. We currently have a few grants submitted for consideration but those decisions will not be confirmed until the fall of 2020. As members of Active Aging Canada we will do our best to keep you informed of our work and our progress. We are always available to assist member groups in dissemination or provide expertise on your various projects. Please keep us in mind and use the membership connections. We continue to be stronger working together.



**Patricia Clark**  
National Executive Director



**Ron Ferguson, PhD**  
Chairman

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**Jane Arkell**  
Cannabis Expert  
Review Committee

  
**Kathy Barrett**  
Bookkeeper

  
**Patsy Beattie-Huggan**  
Facilitator,  
Cannabis Expert  
Review Committee

## Executive

Chairman **Ron Ferguson PhD**, Montreal, QC  
John Molson School of Business, Concordia University

Vice Chair **Michelle Porter PhD**, Winnipeg, MB  
University of Manitoba Centre on Aging

Treasurer **Jim Evanchuk**, Winnipeg, MB  
Active Aging in Manitoba

## Board of Directors

### Chairman

**Ron Ferguson PhD**, Montreal, QC  
John Molson School of Business, Concordia University

### Directors

**Michelle Porter PhD**, Winnipeg, MB  
University of Manitoba Centre on Aging

**Jim Evanchuk**, Winnipeg, MB  
Active Aging in Manitoba (AAIM)

**Debbie Brown**, Regina, SK  
The Williston at Harbour Landing

**Suzette Montreuil**, Yellowknife, NT  
NWT Seniors' Society

## Voting Members

Active Aging in Manitoba

Alzheimer Society of Canada

Canadian Association of Occupational Therapists

Canadian Orthopaedic Foundation

Canada 55+ Senior Games Association

Canadian Society for Exercise Physiology

NWT Seniors' Society

Older Adult Centres' Association of Ontario

Saskatchewan Seniors Mechanism

Saskatchewan Parks & Recreation Association

Schlegel-UW Research Institute for Aging

University of Manitoba Centre on Aging



**Mekayla Dionne**  
Videographer



**Nancy Dubois**  
Facilitator,  
Physical Literacy  
Working Group



**Sema Erdogan**  
Mall Mover Leader



**Claire Jobidon**  
French Translation

## Corresponding Members

Aurora Community Tennis Club  
Better Living Health & Community Services  
Centres for Seniors Windsor  
City of Edmonton  
Cummings Jewish Centre for Seniors  
Greater Edmonton Foundation: Housing for Seniors  
Jewish Child and Family Service  
Pictou County Council of Seniors / Outreach

## Individual Member

Debbie Brown  
Ron Ferguson  
Diana O'Donoghue

## Corporate Member



## Honourary Members

Don Fletcher  
Jim Hamilton  
Sandra Hartley  
Barbara Hood  
Charles Keple  
Philippe Markon  
Rosanne Prinsen  
Charles Rice  
Sheila Schuehlein  
Bert Taylor

**C**   
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**N** *Sunyoung Serena Kim*  
Mall Mover Leader

**S**   
**U**  
**L** *Wendy Kraglund-Gauthier, PhD*  
Cannabis Expert  
Review Committee  
**T** Physical Literacy  
Working Group

**A**   
**N**  
**T** *Ward Maxwell*  
Art Director

**S**   
*Sally McBeth*  
Clear Language Editor



# Past Board Members

Our sincere thanks to those who have served on the Board of Directors or as Guardians since our inception. Our success over the years is largely due to the support and commitment from a long list of volunteers. We can all be proud of the accomplishments of this organization.

Anne Skuba  
 Archie MacKeigan  
 Barb Hood  
 Bert Taylor  
 Bill Krever  
 Brenda Hadju  
 Brenda Wong  
 Carol Miller  
 Charles Keple  
 Charles Rice  
 Clara Fitzgerald  
 Darene Toal-Sullivan  
 Denis Drouin  
 Denise Desautels  
 Don Fletcher  
 Don Wackley  
 Frank Bellamy  
 Gabriel Blouin  
 Gareth Jones  
 Holly Schick  
 Isla Horvath

Jack Brownell  
 Jennifer Dechaine  
 Jim Evanchuk  
 Jim Hamilton  
 Joyce Gordon  
 Liza Stathokostas  
 Margaret Barbour  
 Mary MacLellan  
 Melissa Anderson  
 Michelle Porter  
 Mike Sharratt  
 Peter Nordland  
 Philippe Markon  
 Ron Ferguson  
 Rosanne Prinsen  
 Sandy Hartley  
 Sharon Purvis  
 Sheila Schuehle  
 Sue Boreskie  
 Val Nielsen

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*Nishka Smith*  
 Evaluator,  
 Cannabis Expert  
 Review Committee



*Andrew Wilczynski*  
 Web Master



*Lilia Zaytseva*  
 Translation

# Staff & Consultants

Through the good times and the challenging times, we have always had a strong group of very talented individuals who have supported this organization. These past several years when grants were few and far between, our consultants were always there for us regardless of any financial rewards. They truly believe in our vision and mission, and the organization would not be here without these valuable individuals. Our sincere thank you to everyone who keeps this organization moving forward.

Jane Arkell	Consultant for Canadians with a disability
Kathy Barrett	Bookkeeper
Patsy Beattie-Huggan	Facilitator
Mekayla Dionne	Summer Student Videographer
Nancy Dubois	Facilitator
Sema Erdogmaz	Mall Mover Fitness Instructor
John Griffin	Video Guest Lecturer
Tonia Hearst	Administrative Assistant
Claire Jobidon	French Translation
Sunyoung Serena Kim	Mall Mover Fitness Instructor
Wendy Kraglund-Gauthier	Adult Education and Technology
Sally McBeth	Clear Language Editor
Ward Maxwell	Art Director
Nishka Smith	Evaluator
Liza Stathokostas PhD	Research Director
Ramji Thiagarajan	Movie Media TV Productions
Andrew Wilczynski	Web Master
Lilia Zaytseva	Translation & Consulting



*Tonia Hearst*  
Administrative Assistant



*Liza Stathokostas, PhD*  
Research Director

# *Volunteer Committee Members*

All of our projects rely heavily on experts from a variety of fields to volunteer their time to assist us in developing our resources and implementing our dissemination strategy.

This year, as in every other year, we have been fortunate to have support from people across Canada and in diverse fields, all who value the importance of healthy active aging.

Our sincere thanks to the following individuals for their expertise, wisdom and valuable time that they have graciously donated to Active Aging Canada.

## **Expert Review Committee for Cannabis and Older Adults**

**Jane Arkell, ON**

Executive Director, Active Living Alliance  
for Canadians with a Disability

**Robert Buller, ON**

Divisional Cannabis Coordinator, RCMP

**Catherine Chiappetta-Swanson PhD, ON**

McMaster University, Sociology and Social Psychology

**Wendy Kraglund-Gauthier PhD, NB**

Core Faculty, Master of Education Program  
Yorkville University

**Dessy Pavlova, BC**

National Institute for Cannabis and Education

**Greg Penney, ON**

Director of Programs,  
Canadian Public Health Association

**Liza Stathokostas PhD, ON**

Research Director, Active Aging Canada

**Marilyn White-Campbell, ON**

Clinical Geriatric Addiction Specialist,  
Baycrest Health Sciences

## **Canadian Physical Literacy & Aging Working Group (PLAY 65+)**

**Mylène Aubertin-Leheudre PhD, QC**

Department of Kinanthropology,  
Institut universitaire de gériatrie de Montréal  
Université du Québec à Montréal

**Christie Boyd, ON**

Manager Professional Standards Program  
Canadian Society for Exercise Physiology

**Shirley Chau PhD, BC**

Associate Professor  
Faculty of Health & Social Development,  
School of Social Work  
University of British Columbia, Okanagan Campus

**Wendy Kraglund-Gauthier PhD, NB**

Core Faculty, Master of Education Program  
Yorkville University

**Drew Mitchell, BC**

Physical Literacy Division  
Sport for Life

**Michelle Porter PhD, MB**

Professor and Director  
Centre on Aging, Faculty of Kinesiology  
University of Manitoba

**Debra J. Rose PhD, USA**

Professor, Co-director, Center for Successful Aging  
Department of Kinesiology California State University,  
Fullerton

**Liza Stathokostas PhD, ON**

Active Aging Canada Research Director

**Joanie Sims-Gould PhD, BC**

Assistant Professor, Department of Family Practice  
University of British Columbia  
Principal Scientist, Active Aging Research Team

**Bradley Young PhD, BC**

Professor, Department of Gerontology,  
Simon Fraser University

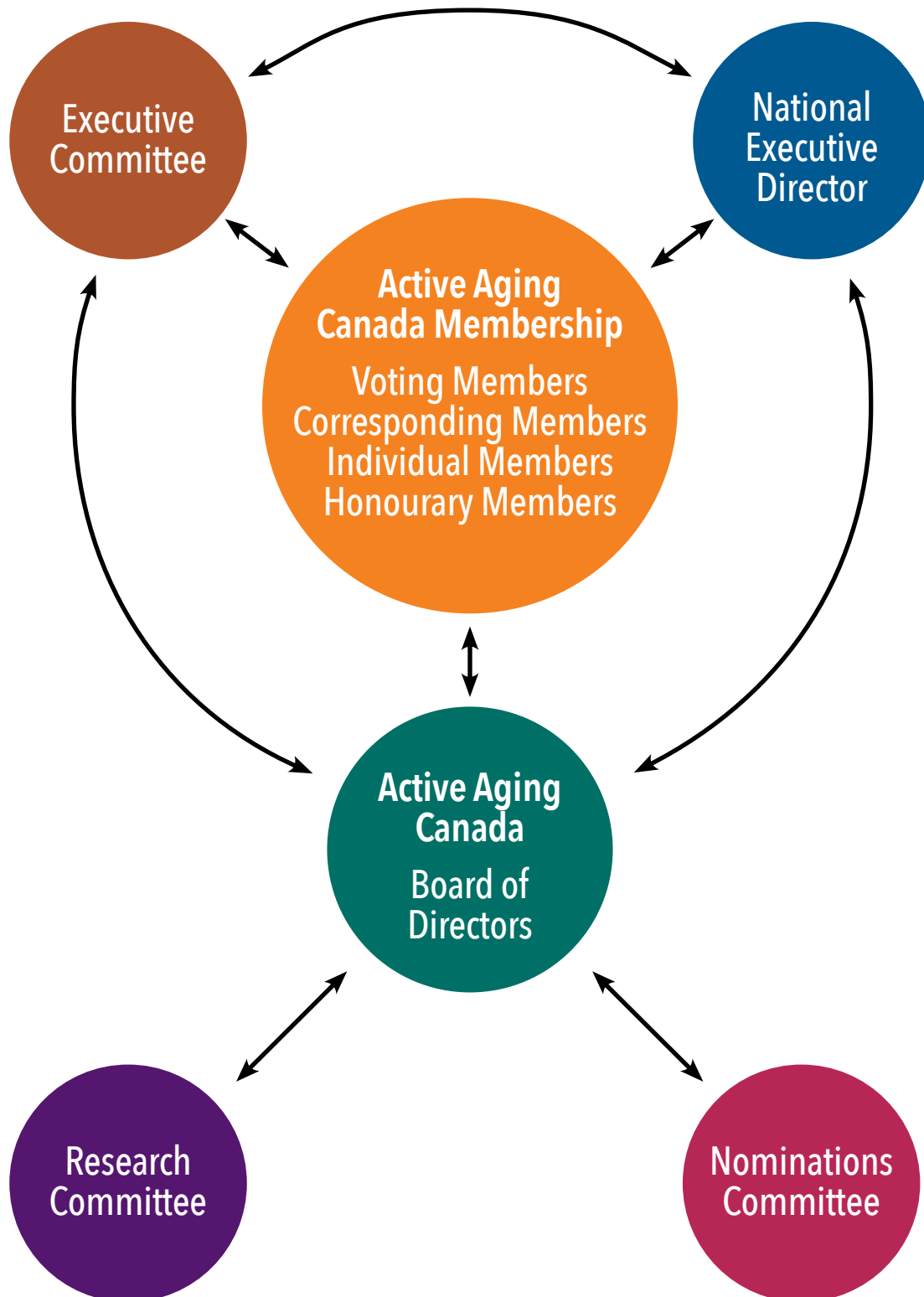
**Andrew V. Wister PhD, BC**

Director, Gerontology Research Centre  
Professor, Gerontology Department  
Simon Fraser University at Harbour Centre

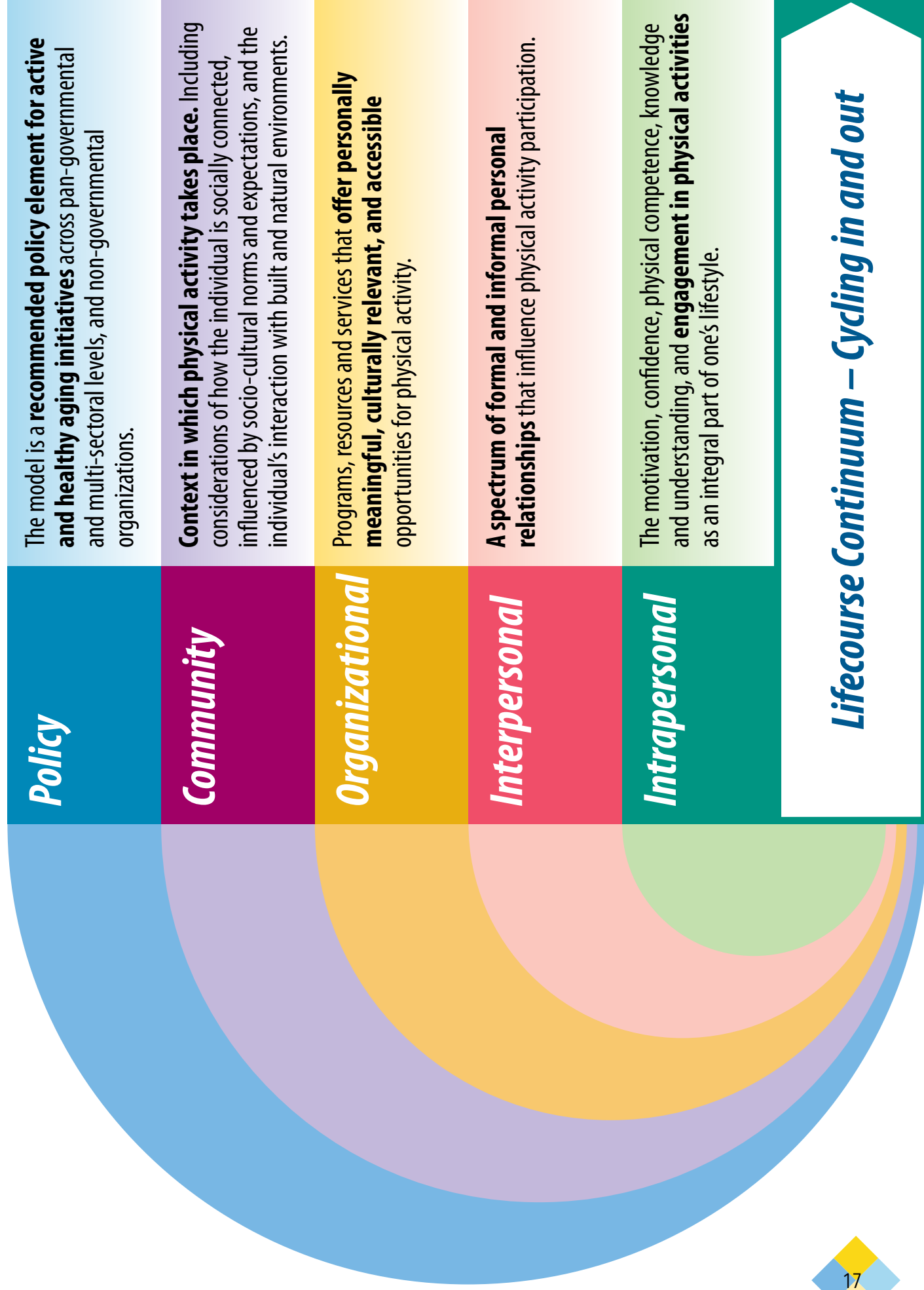


# Active Aging Canada

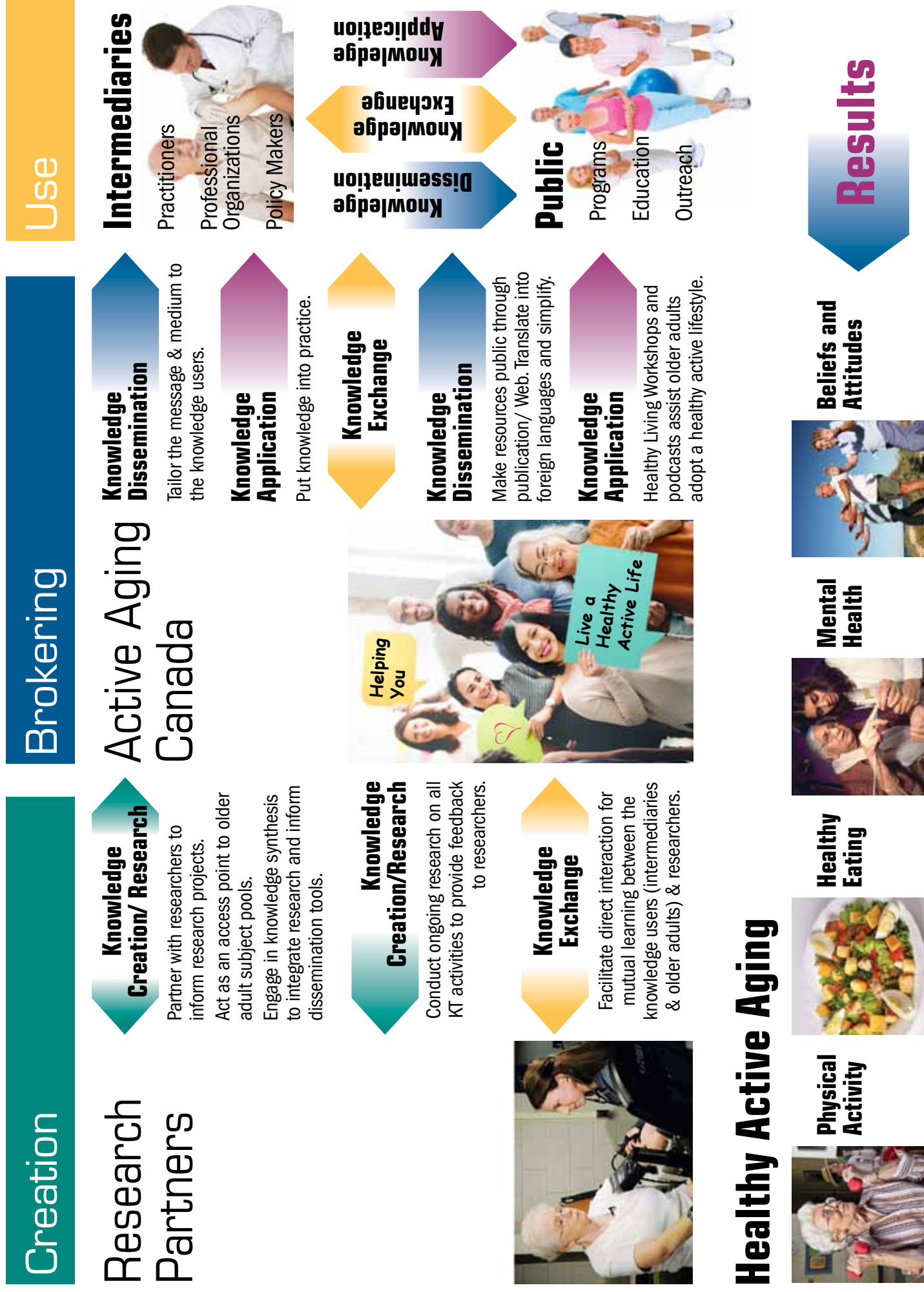
## *Organizational Structure*



# Physical Literacy in Older Adults – An Ecological Model



# Active Aging Canada's Knowledge Translation Framework





# 2020 Financial Statements

## Active Aging Canada Inc./ Vieillir Activement Canada Inc. Statement Of Financial Position

### For The Year Ended March 31, 2020

	2020	2019
<b>ASSETS</b>		
Current assets		
Cash	\$ 35,113	\$ 3,701
Amounts receivable	660	300
HST rebate recoverable	2,866	1,128
Prepaid expenses	<u>-</u>	<u>300</u>
	<u>\$ 38,639</u>	<u>\$ 5,429</u>
<b>LIABILITIES AND NET ASSETS</b>		
Current liabilities		
Amounts payable and accrued liabilities	\$ 12,055	\$ 1,929
Deferred contributions	<u>21,602</u>	<u>360</u>
	<u>33,657</u>	<u>2,289</u>
Net assets		
Designated funds	3,000	3,000
Unrestricted	<u>1,982</u>	<u>140</u>
	<u>4,982</u>	<u>3,140</u>
	<u>\$ 38,639</u>	<u>\$ 5,429</u>

# Active Aging Canada Inc./ Vieillir Activement Canada Inc.

## Statement of Operations and Changes in Net Assets

### For The Year Ended March 31, 2020

	2020	2019
<b>REVENUE</b>		
Contributions	\$ 161,570	\$ 45,724
Membership fees	<u>3,850</u>	<u>4,500</u>
	<u>165,420</u>	<u>50,224</u>
<b>EXPENSES</b>		
Personnel	107,530	34,383
Program	24,874	10,524
Office and general	13,339	4,933
Travel	8,469	1,226
Professional fees	6,907	1,671
Occupancy	1,800	1,800
Insurance	<u>659</u>	<u>661</u>
	<u>163,578</u>	<u>55,198</u>
<b>EXCESS OF REVENUE OVER EXPENSES FOR THE YEAR</b>	1,842	(4,974)
Net assets, beginning of year	<u>140</u>	<u>5,114</u>
<b>NET ASSETS, END OF YEAR</b>	<u><u>\$ 1,982</u></u>	<u><u>\$ 140</u></u>

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Active Aging Canada  
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L9V 3L8

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**1-800-549-9799**  
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Web  
[www.activeagingcanada.ca](http://www.activeagingcanada.ca)  
[www.silvertimes.ca](http://www.silvertimes.ca)