

Be Active
Be Healthy
Be Wise



Annual
Report



2021

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CALENDAR OF SUCCESS

1995-97

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



1996

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

A Blueprint for Action for Active Living and Older Adults



Canadian Declaration on Active Living and Older Adults

In Acknowledgement
of the United Nations General Assembly's designation of 1989 as the International Year of Older Persons; and

In Appreciation
of the significant contributions that older adults make everyday in Canada to a nation and

In Recognition
of the importance of active living for human development, as a way of life in which physical activity is valued and integrated into daily life.

We, as Canadians, endorse the following Guiding Principles as a reflection of our values, beliefs, and philosophical underpinnings as we strive to attain our collective vision of an active society where all older Canadians are leading active lifestyles, thereby contributing to their physical health and overall well-being.

- Principle 1:** It is recognized that active living is essential for daily living and a cornerstone of health and quality of life.
- Principle 2:** There is a need for more positive attitudes toward aging, with realistic images that depict older adults as respected, valued, and physically active members of society.
- Principle 3:** Older adults should be encouraged to participate in decision-making and leadership positions, in all phases of program or service development and delivery.
- Principle 4:** Through coordination and collaboration, consistent messages and programs pertaining to active living can have a significant impact on society and lead to long-term, positive change.
- Principle 5:** The interests, and needs of older adults in their communities must be identified.
- Principle 6:** While it is recognized that aging and learning are both life-long processes, it is appreciated that, for some, pre-retirement years may be a key time to re-focus on active living and well-being.
- Principle 7:** Canada is a society for all ages, therefore programs and services should be developed which accommodate older adults' choice to live with others.
- Principle 8:** There is a need to identify, support, and share research practices that apply to active living and aging.
- Principle 9:** There is a need for education and promotion of the

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



ALCOA ANNUAL REPORT 2003/2004

The Active Living Coalition for Older Adults (ALCOA) envisions a society where all older Canadians are leading active lifestyles thereby contributing to their physical and overall well-being.

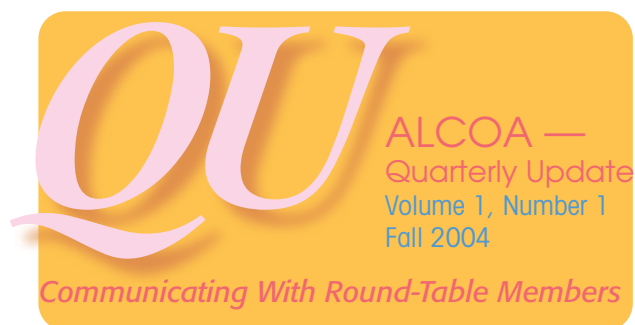


2003

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



Overcoming Ageism in Active Living



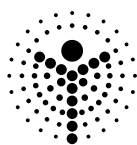
Just because I am an old apple tree doesn't mean I grow old apples. (Anonymous)

2005

Research to Action
2 Research Updates published
Ageism Project
Active Living for 80+ – training & presentations

2006

Healthy Policy Project
Membership Project
Research Update
Fabulous for Life Calendar



Osteoporosis Canada
Ostéoporose Canada



2007

Active Living & Diabetes; Building on our Success (3 yr project initiated)
Research Update

2008

Cross Canada Consultations
National Recommendations for Actions
(Diabetes project)



**ACTIVE
LIVING
FOR OLDER
ADULTS IN
TREATMENT**

2009

UW Well-Fit –holistic framework for active living with cancer and their partners in care
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
Silver Times inaugural issue published



**Your Personal
Passport to
Healthy Living**

2011

One million older adults - can be reached through the membership
"Personal Passport" pilot testing
HT Health Works initiated

2012

Silver Times website launched
Revision of 3 Active Living Tips & available in 7 languages
New Active Living Tip published
"Personal Passport" and Leaders Guide distributed
You Tube presence

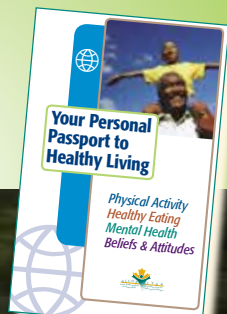
**Community
Leaders
Guidebook**



Leaders Tool Kit for Healthy Living Workshops for Older Adults



designed to be used in conjunction with
Your Personal Passport to Healthy Living



2013

Toolkit designed for Healthy Living Workshops
Cdn Physical Activity Guidelines – new posters created
3 Active Living Tips revised and translated

2014

Website 1.14 million hits in the year
Workshop Toolkit distributed

www.alcoa.ca



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



ਵਡੇਰੀ ਉਮਰ ਦੇ ਲੋਕਾਂ ਲਈ ਸਰਗਰਮ ਰਹਿਣੀ-ਬਹਿਣੀ ਦੇ ਸੁਝਾਅ

ਅੰਕ 7 ਜਨਵਰੀ 2017

ਵੱਡੀ ਉਮਰ ਦੇ ਲੋਕਾਂ ਲਈ ਸਰਗਰਮ ਰਹਿਣੀ-ਬਹਿਣੀ ਦੇ ਸੁਝਾਅ
ਹੋਣ ਵਾਲੀ ਪੀੜ, ਅਕਤੋਰਾਂ ਅਤੇ ਸੋਜਸ ਤੋਂ ਪੀੜਤ ਹਨ। ਦਰਦ ਤੁਹਾਡੀ ਰਫਤਾਰ ਨੂੰ ਘੱਟ
ਕਰ ਸਕਦਾ ਹੈ ਅਤੇ ਤੁਹਾਡੇ-ਫਿਰਨ ਨੂੰ ਸੀਮਤ ਕਰ ਸਕਦਾ ਹੈ। ਜਦ ਤੁਸੀਂ ਘੱਟ ਤੁਰਦੇ-
ਫਿਰਦੇ ਹੋ, ਤੁਹਾਡੀਆਂ ਮਾਸ-ਪੇਸ਼ੀਆਂ ਕਮਜ਼ੋਰ ਹੋ ਜਾਂਦੀਆਂ ਹਨ ਅਤੇ ਤੁਹਾਡੇ ਲਈ
ਆਪਣੇ ਆਪ ਨੂੰ ਸਥਿਰ ਅਤੇ ਸੰਤੁਲਿਤ ਰੱਖਣਾ ਜ਼ਿਆਦਾ ਚੁਣੌਤੀਪੂਰਨ ਹੋ ਜਾਂਦਾ ਹੈ।
ਜੇ ਤੁਸੀਂ ਦਰਦ ਕਾਰਨ ਹੱਡੀਆਂ ਦੇ ਕਮਜ਼ੋਰ ਹੋਣ ਵਰਗੀਆਂ ਦੂਜੀਆਂ ਸਰੀਰਕ ਤਕਲੀਫਾਂ
ਵੀ ਵੱਧ ਸਕਦੀਆਂ ਹਨ।

ਅਫਸੋਸ ਦੀ ਗੱਲ ਇਹ ਹੈ ਕਿ ਕਈ ਲੋਕ ਆਪਣੇ ਜੋੜਾਂ ਦੇ ਦਰਦ ਦਾ ਇਲਾਜ ਨਹੀਂ
ਕਰਾਉਂਦੇ ਕਿਉਂਕਿ ਉਹ ਸੋਚਦੇ ਹਨ ਕਿ ਉਹਨਾਂ ਨੂੰ ਆਪਣੀ ਤਕਲੀਫ ਦਾ ਮੁਕਾਬਲਾ
ਕਰਨ ਅਤੇ ਦਰਦ ਨੂੰ ਸਹਿਣ ਦੀ ਪਵੇਗਾ। ਇਹ ਸੋਚ ਨਹੀਂ ਹੈ। ਬਿਮਾਰੀ ਵੱਧਣ ਦੀ
ਰਫਤਾਰ ਨੂੰ ਘੱਟ ਕਰਨ ਅਤੇ ਦਰਦ ਨੂੰ ਕਾਬੂ ਕਰਨ ਲਈ ਦਵਾਈਆਂ ਉਪਲਬਧ ਹਨ।
ਜੋੜਾਂ ਦੇ ਦਰਦ ਦਾ ਛੋਟੀ ਨਿਦਾਨ ਕਰਨਾ ਅਤੇ ਉਸਦਾ ਇਲਾਜ ਕਰਨਾ ਬਹੁਤ ਜ਼ਰੂਰੀ
ਹੈ। ਇਕ ਵਾਰੀ ਜਦ ਬਿਮਾਰੀ ਕਾਬੂ ਵਿਚ ਆ ਜਾਵੇ ਤਾਂ ਤੁਸੀਂ ਸਰੀਰਕ ਤੌਰ ਤੇ ਜ਼ਿਆਦਾ
ਸਰਗਰਮ ਹੋਣਾ ਸ਼ੁਰੂ ਕਰ ਸਕਦੇ ਹੋ।

ਖੋਜ ਅਧਿਐਨ ਇਸਦਾ ਹੈ ਕਿ ਨੇਮ ਨਾਲ ਕੀਤੀ ਜਾਣ ਵਾਲੀ ਸਰੀਰਕ ਸਰਗਰਮੀ
ਤੁਹਾਨੂੰ ਨਾ ਸਿਰਫ ਜ਼ਿਆਦਾ ਮਜ਼ਬੂਤ ਬਣਾਵੇਗੀ, ਬਲਕਿ ਤੁਹਾਡੇ ਦਰਦ ਅਤੇ ਅਕਤਨ ਨੂੰ
ਬਿਹਤਰ ਤਰੀਕੇ ਨਾਲ ਕਾਬੂ ਵਿਚ ਰੱਖਣ ਵਿਚ ਵੀ ਮਦਦ ਕਰੇਗੀ।

ਡਾਕਟਰ ਨਾਲ ਮੁਲਾਕਾਤ ਤੋਂ ਸ਼ੁਰੂ ਕਰੋ

ਜੇ ਤੁਸੀਂ ਹੱਡੀਆਂ ਦੇ ਦਰਦ ਲਈ ਹਾਲਾਂ ਤਕ ਆਪਣੇ ਪਰਿਵਾਰਕ ਡਾਕਟਰ ਨੂੰ ਨਹੀਂ
ਮਿਲੇ ਹੋ ਤਾਂ ਉਸਨੂੰ ਹੁਣ ਮਿਲੋ। ਤੁਹਾਡੇ ਦਰਦ ਅਤੇ ਅਕਤਨ ਨੂੰ ਕਾਬੂ ਵਿਚ ਰੱਖਣ ਅਤੇ
ਬਿਮਾਰੀ ਨੂੰ ਅੱਗੇ ਵਧਣ ਤੋਂ ਰੋਕਣ ਵਿਚ ਮਦਦ ਕਰਨ ਲਈ ਕਈ ਦਵਾਈਆਂ ਦਿੱਤੀਆਂ ਹਨ।



ਜੋੜਾਂ ਦੇ ਦਰਦਾਂ
ਲਈ ਸਰਗਰਮ
ਰਹਿਣੀ-ਬਹਿਣੀ
ਲਾਭਦਾਇਕ ਹੈ

2017

Knowledge Translation Framework
National Meeting
Leaders Facilitation and Training Workshop
offered
Video series launched
Active Living Tip updated and translated

2018

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



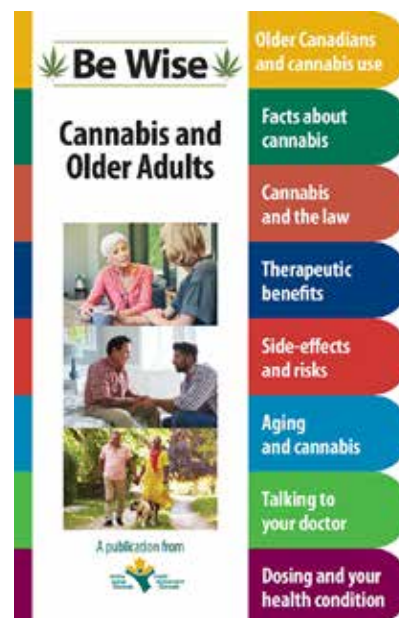
2019

Active Aging Minute weekly video series
Fitness Business Canada publishes monthly article
Communique launched with Community of Practice



2020

Be Wise - Cannabis and Older Adults booklet produced
PLAY 65+ - physical literacy for older adults working group established
Social Media Platforms increase visibility of resources



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.

Despite a year of challenges, we have strengthened our message of activity and health for older adults. Be Healthy, Be Active and Be Wise neatly summarizes our mission and objectives for older Canadians. Despite the difficulties distancing and separation have created, we have managed to contact and connect with more older adult Canadians than ever before. We do so through the many channels we have created that reach out to both the public and the community of health professionals, as well as maintaining our focus on making a daily impact to encourage healthy living.

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 activeagingcanada.ca to learn more about our organization.



EXECUTIVE SUMMARY

It is always a pleasure to write this report as it confirms the tremendous work that is being produced by a very large team of experts and volunteers who have a commitment to our mandate and our vision. None of this would have been accomplished without their contributions. A big thank you to them all for their support, wisdom and friendship.

We welcomed three new board members, the development of two committees, and two new corporate members this past year.

Communication with our members and older adults across Canada has also been a major focus for staff. A digital marketing consultant was hired to oversee our social media platforms; e-newsletters were developed for both our members and our data base contacts; a partnership continues with Media Planet; and a new brochure, were all projects completed last year.

Our funded activities included a year of research and development of our *Be Wise, Cannabis and Older Adults* resource, with the new booklet being released in April 2021. *PLAY65+*, a project relating to physical literacy for older adults, received funding

to allow for a virtual gathering of the working committee to further develop this initiative. Funding was also received to promote the benefits of the influenza vaccination for older adults.

The Board of Directors approved a logic model template for the strategic direction of the organization. We also had the opportunity to bring on a co-op student to assist with our literature review to inform our projects and grant submissions.

As the organization is primarily funded through grant programs, we spend a significant amount of time researching and writing proposals. This past year we were successful with two new grant submissions, and we are co-applicants with two others. We were unsuccessful with five submissions and two co-applicant submissions. We continue to seek out funding opportunities that are in alignment with our mandate and strategic direction.

It has been a good year for Active Aging Canada, and we are all looking forward the 2021-22 year of projects.



REPORT FROM THE CHAIR



Debbie Brown, C. Mgr
Chair
Active Aging Canada

It has been a year of challenges and opportunities. Our research funding, a proxy to the *Knowledge Translation Framework* we work within, is growing in leaps & bounds.

We were able to provide Canadians with pertinent information in areas of relevance such as educational resources on cannabis laws and safety which fits nicely with our vision: healthy living for life.

The importance of providing professional and reliable information to Canadians has never been more pertinent.

In my past, I have been an Executive Director of senior communities for 10 years, a member of the Hospital Patient Advocacy committee, and a member of Active Living Coordinating Centre of Older Adults (ALCCOA). Now, working closely with the dedicated staff and Board of Directors of Active Aging Canada, I feel very humble to be part of this organization and its invaluable contribution to the wellbeing of Canadians.

The support from Canadians and our partners has been incredibly positive. We will continue to respond to the needs of older adults in Canada and to promote physical and mental activities to enhance lifelong health.





REPORT FROM THE EXECUTIVE DIRECTOR



Patricia Clark

National Executive Director
Active Aging Canada

As I went to write this report, I first reviewed my comments in the Annual Report from last year. The pandemic had been with us for a few months, our meetings and travel were cancelled, but we were able to continue on with our work, as all staff and consultants were already working independently. And now a year later we are still in a similar situation of Zoom meetings and no in-person gatherings.

If there is a silver lining in the pandemic, I believe that more people, of all ages, have realized the importance of activity and social connection for both our physical and mental health. Sometimes it is difficult to appreciate what is really important until it is taken away. Sporting equipment shelves

became empty; people were out walking with kids, pets, and carriages; hiking trails became a popular place for activity and fresh air. "Zoom fatigue" actually became a thing, but it was a way to reach out to family and colleagues. Connections with family, friends and our health certainly became the focal point over this pandemic.

Even through the pandemic work did continue, and I must say this has been an unbelievably busy year for the organization. I think in part it was due to the imposed lockdown. Now we could have four or five meetings in one day via Zoom, instead of travelling for one meeting. No question perhaps more efficient, but I don't think they are as effective, and I am sure we all agree we can't wait to meet in person again.

I hope you find our "Year in Review" interesting and informative. It is always a pleasure to write this report as it confirms the tremendous work that is being produced by a very large team of experts and volunteers who have a commitment to our mandate and our vision. None of this would have been accomplished without their contributions. You will see all the individuals acknowledged throughout this report. A big thank you to them all for their support, wisdom and friendship.

A YEAR IN REVIEW

This has been a year of challenge and change, throughout which we have maintained and strengthened our message of being active and healthy. Indeed, this year we also added the phrase Be Wise to our library of information for older adults. We all have had to face difficulties throughout this year. Some of us have been separated from our loved ones, some of us have had to make changes to our routines and through it all our message of health has never been more resonant. Indeed, we've seen a new interest in physical activity for older adults which is often paired with recognition of the need for social interactivity and mental health.

Members

Board Members

Starting off our new fiscal year, we saw many new faces added to our Board of Directors, with eight voting members representing a variety of sectors from across Canada. This year we welcomed **Brad Young PhD**, **Jane Schneiderman PhD**, and **Doug Nutting**. We are so very grateful for the time and expertise of all the board members, as it has certainly helped shape the direction for the organization.

Please see the listing of our current Board of Directors on page 19 of this Annual Report.

Committee Members

We have also been busy reinstating two of our committees with volunteers from across Canada. Both the **Older Adult Advisory Committee** and the **Research Advisory Committee** have been created and will be meeting in the fall to discuss issues related to their mandate. We are pleased that there is such a strong show of support from the community and researchers to be part of these committees.

Please see the listing of our committee members on page 22 of this Annual Report.



Jane Schneiderman PhD



Brad Young PhD



Doug Nutting

Corporate Members

We were also pleased to accept two new Corporate Members this year. **Dr. Nicole Didyk** from **'The Wrinkle'** and **Metro Foods**.

Dr. Nicole Didyk is a Geriatrician and Internist who has been in practice in Kitchener, Ontario for almost 20 years. When she recognized that her passion for Geriatrics education needed an outlet, she completed a Master's in Education and started The Wrinkle — a YouTube channel and website dedicated to giving older adults, their families, and health professionals the information they need to age fearlessly.

www.thewrinkle.ca



My Health My Choices, a new program offered by **Metro Foods**, is a new guide for customers who want to simplify making the best product choices based on their own lifestyles, values or health needs when they shop. With nearly 9,000 products – found in store, online and the My Metro app and close to 50 attributes, this program allows Metro customers to make their shopping experience easier and faster.

www.metro.ca/en/my-health-my-choices



Communication SEO Campaign

Website optimization is such a critical feature in helping to promote any message to the public. Funding from our Health Canada SUAP grant allowed us to hire Kyle McTaggart, owner of Park House Solutions, in January 2021, to update and manage our website, social media platforms and advertising. Since that time, we have had tremendous success in increasing our page views, users and visitors.

Avg. monthly Pageviews:

2021 (8 mths Jan- Aug): 11,800
2020 (12 months): 2,500

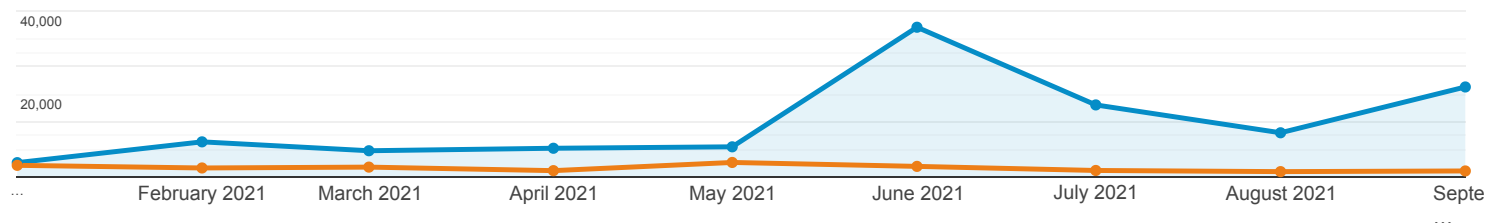
Avg. monthly Users/Visitors:

2021 (8 mths Jan- Aug) 4,600
2020 (12 months): 955

Behavioural Analysis Comparing Page-Level Metrics: 2021 vs 2020

All metrics improved in 2021, with an extremely large gain in total pageviews (94,853 vs 18,155), and an impressive increase in Average Time Spent on Page (+27%), and reduction in Bounce Rate (site session in which users viewed only a single page and then left – 20%)

Jan 1, 2021 - Sep 21, 2021: ● Pageviews
Jan 1, 2020 - Sep 21, 2020: ● Pageviews



Pageviews
487.85%
118,586 vs 20,173

Unique Pageviews
495.44%
93,567 vs 15,714

Avg. Time on Page
27.83%
00:01:53 vs 00:01:29

Bounce Rate
-23.31%
53.61% vs 69.90%

% Exit
6.62%
46.96% vs 44.05%

Media Planet

This is our third publication with **Media Planet**. This article appeared in the Chatelaine magazine in early 2021. The article spoke to the importance of staying socially connected and active during the pandemic with a link to the Active Aging Canada website and at-home exercise videos. It also highlighted the new 24-Hour Movement Guidelines that were recently released by CSEP.



At-Home Video Collection

Shortly after the realization that the pandemic was not going to be a short-lived lock down, we wanted to promote safe exercises to do at home. Our Research Director, Liza Stathokostas PhD., researched exercise videos across Canada and the list is promoted on the website.

www.activeagingcanada.ca/participants/get-active/healthy-living/active--aging-at-home.htm



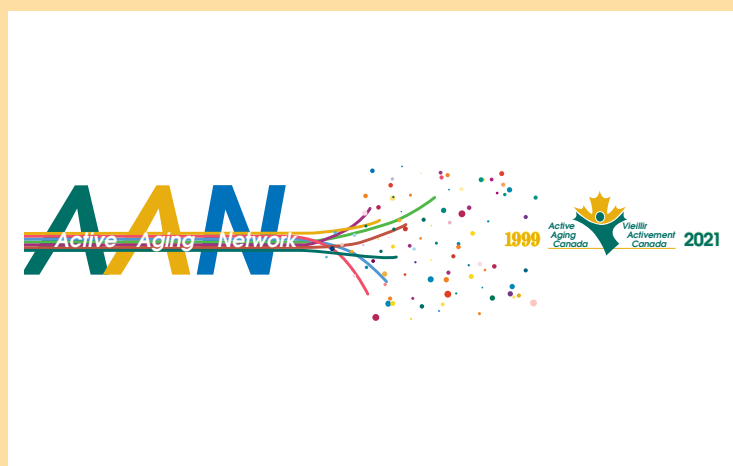
New brochure for AAC

Last summer a new brochure was created for the organization. With all the mailings from this office, we thought it would be a good idea to inform individuals about our organization. We were also expecting to be making presentations at senior's fairs, but unfortunately all those events have been cancelled for the time being.



Newsletters

In January 2021, we reinstated our monthly member's newsletters (One Minute Update) which highlights a member and provides an update on our current projects. Our Research Director initiated a new knowledge translation product through our banner of the Active Aging Network. Liza writes a monthly evidence-based article on a current topic to inform and educate our readers on the most recent published research (available in English and French.)



Activities

Unfortunately, the Mall Mover's program was cancelled last April due to the pandemic. However, the staff and consultants have been extremely busy all year with all of the other projects.

Be Wise, Cannabis and Older Adults

The funding from the Health Canada Substance Use and Addiction Program in the amount of \$1.3 million over a 26-month period has been the main focus of our work this past year. In April 2021 we launched the book, and I can say it has been very well received. The team on this project has done a tremendous job to ensure its success. No question the pandemic had us change our plans, but we have been successful in our endeavours. In a nutshell, the group of 15 individuals working and volunteering on this project were busy all year with the following tasks:

- 🌀 Environmental scan
- 🌀 Narrative review of age-specific issues
- 🌀 2 Expert Review Panel virtual meetings
- 🌀 6 Virtual focus groups
- 🌀 60-page Be Wise booklet published
- 🌀 15 language translations
- 🌀 April 2021 was the launch of the booklet with over 40,000 copies distributed in the first five months

Expert Review Committee for Cannabis and Older Adults



Jane Arkell



Robert Buller



Catherine Chiappetta-Swanson, PhD



Wendy Kraglund-Gauthier, PhD



Dessy Pavlova



Greg Penny



Liza Stathokostas, PhD



Marilyn White-Campbell

PLAY65+ (Physical Literacy in Adults 65 Years+)

The project received funding from CIHR Institute of Aging Planning and Dissemination in the amount of \$19,500. The purpose was to reconvene the Canadian working group in a planning meeting to discuss and produce an action plan for disseminating the physical literacy model for older adults produced in 2018. The planning meeting was conducted virtually and was held on June 8th, 9th, and 30th 2020.

Based on the results of the environmental scan, it was concluded that there exists the opportunity and need for resources that educate and promote all of the elements of physical literacy as they relate to older adults. In addition, an online survey was conducted to garner feedback from older adults and organizations/practitioners who work with older adults on their understanding of the concept of physical literacy. 700+ older adults and 100+ organizations completed the survey. Broadly, the term physical literacy was better understood by organizations (versus older adults), but both indicated interest in learning more about the concept as it relates to increasing physical activity among older Canadians. In October, the results of our spring online physical literacy survey was published.

[www.activeagingcanada.ca/practitioners/
resources/physical-activity-literacy.htm](http://www.activeagingcanada.ca/practitioners/resources/physical-activity-literacy.htm)

The next step of this project is to secure funding to conduct a meeting with stakeholders, policy makers, and older adults in order to identify an effective plan for disseminating potential PLAY65+ initiatives/resources.

**Canadian Physical Literacy & Aging Working
Group (PLAY 65+) pictured on right.**



**Mylène Aubertin-
Leheudre, PhD**



Christie Boyd



Shirley Chau, PhD



**Wendy Kraglund-
Gauthier, PhD**



Drew Mitchell



Michelle Porter, PhD



Debra J. Rose, PhD



Joanie Sims-Gould, PhD



Andrew V. Wister, PhD



Brad Young PhD

Influenza Promotion

With funding from Sanofi Pasteur, three articles were published on the importance of older adults getting the flu vaccine, in October, November, and December 2020. The articles were sent via an e-blast to our data base contacts, posted on our website, and posted and boosted on Face Book. The articles posted on Face book received significant feedback from over 1500 viewers, with 400+ comments over the three posts, with many (100+) individuals not in support of the vaccine. Sanofi has also provided funding again for the 2021 fiscal year to promote the influenza vaccine.

Organization Strategic Direction

Over the course of last year, the board approved a model for the strategic direction for Active Aging Canada in the format of a Logic Model. We have found over the years, using a logic model for the basis of our grant applications has been a tremendous asset in organizing our objectives, activities, outputs, and outcomes. Even though this organization exists and is somewhat directed by funding availability, we need to have a clear strategy as to what our mandate includes. This Logic Model reaffirms our direction and our purpose. The model may be found on page 26.

U of T Co-op Student

We were invited to apply for a Co-op student from the University of Toronto, Kinesiology and Physical Education Program. Under the (virtual) direction of our Research Director, Liza Stathokostas supervised Raquel Ng as she worked on several literature review tasks to assist us with our current and future work. Raquel was also hired on as a summer student.

L'effet domino dangereux de la grippe chez les personnes âgées

1989 Active Aging Canada 2020



La grippe peut sembler n'être qu'un léger inconfort, dans le pire des cas, une nuisance. Pour les personnes âgées de 65 ans et plus, toutefois, il s'agit d'une maladie potentiellement mortelle qui peut avoir de lourdes conséquences sur leur autonomie.

La population vieillissante est plus fortement touchée que toutes les autres catégories d'âges pendant la saison grippale. En fait, entre 2013 et 2018, les personnes

diverses raisons, y compris la grippe, finissent par quitter l'hôpital avec une capacité réduite à effectuer les tâches quotidiennes comme prendre son bain et s'habiller. Cette perte d'autonomie finit par entraîner une « cascade de dépendance » qui exerce de la pression sur les membres de la famille, les aidants et le système de soins de longue durée.

Cet effet domino a des répercussions sur la vie de tous et non seulement sur celle des personnes âgées. Outre ces conséquences évidentes sur les membres de la famille

Active Aging Canada Strategic Direction and Theory of Change Approach to healthy active aging of adult Canadians through participation, education

End	Knowledge Translation of Research to Practice	Communication, Collaboration and Coordination
Lead messaging that reduced impact of aging	To facilitate knowledge translation of research in practice integrating input of older adults and practitioners in promoting healthy aging	To foster communication, collaboration and coordination for active aging amongst Active Aging Canada members, older adults and stakeholder organizations.
older adults and	Establish a research committee guided by the AAC Research Director	Enhance Active Aging Canada database to extend reach among stakeholders and older adults
airs, papers, social	Form and nurture a Community of Practice of practitioners, facilitators, educators, administrators and researchers in sharing, disseminating, and applying knowledge of the best practice of active aging in living healthy aging	Expand membership at all levels: voting, corresponding, advisory, individual
da and partner	Form and nurture a Research Committee and Older Adult Advisory Committee	Re-establish working committees: Older Adult Advisory Committee and Mentorship Committee
s " through the Active	Incorporate feedback from knowledge users on current needs, what works, and how to improve implementation of research in a Knowledge Translation Framework	Consult Active Aging Canada membership and other groups across Canada
aterials: Facilitate	Engage in projects for Knowledge Translation	Meet with key decision makers, stakeholders Develop communication and marketing materials
al support older	Develop evidence based resources to support healthy living Older training opportunities	
	Community of Practice Research Director, Research Committee Adult education specialists, educators Researchers Practitioners Older adults	Active Aging Canada Board of Directors Community Leaders, trainers, educators Policy makers, Public Older adults Media Allied health organizations AAC Membership
	Reports and recommendations Material translated in multiple languages Web-based materials	Active Aging Canada Board of Directors Community Leaders, trainers, educators Policy makers, Public Older adults Media Allied health organizations AAC Membership

Grant Applications

A great deal of time is spent on researching and writing grant applications. This past year was no exception. We never expect to be 100% successful with our applications, but if we don't submit, we will never be considered. The listing below of our submissions, highlights the work required by both the Research Director and the Executive Director to keep the organization funded on an ongoing basis.

Successful

Ontario Seniors Community Grant Program – Ministry for Senior's and Accessibility

"Offering the Personal Passport to Healthy Living Workshop Online" \$69,225

To adapt our in-person 'Your Personal Passport to Healthy Living' program to be facilitated and offered online, in collaboration with OACAO and AGEWELL.

New Horizons for Seniors Program

"Supporting Access to Active Aging Resources" \$24,760

To disseminate the CSEP Exercise is Medicine resource across Canada.

Cannabis Grant Mental Health Commission

Co-Applicant - P.I. Dr Lynn McDonald, University of Toronto

"Legalization of Cannabis – A Spotlight on Seniors' Health, Safety and Well-being"

Active Aging Canada will assist with dissemination.

CIHR Project Grant

"Health-Related Quality of Life and Aging: Measuring what Matters to Older People"

Co-Applicant – P.I Dr. Nancy Mayo, McGill University

Active Aging Canada will assist with focus group and dissemination.



Unsuccessful

CIHR – Institute of Aging - Planning and Dissemination Grant

“Increasing the Accessibility of Physical Activity Resources for Canadian Older Adults Living with a Visual Impairment”. \$9,948

To produce accessible physical activity resources for older Canadians with visual impairments

PHAC – Division of Aging, Seniors and Dementia – Dementia Strategic Fund

“Moving Healthy Brain Research into Action: Active Aging Canada’s Active Living Tips for Older Adults”. \$72,625

LEAP – Call for Champions – Healthy Futures

“Scaling up the Personal Passport to Healthy Living Workshop”. \$350,000

Ontario Trillium Foundation – Seed Grant

“Older Women Inspire a MOVement for Women’s Health”. \$38,900

To produce ethnically appropriate physical activity resources for older women

Fit for Life Foundation (Liechtenstein)

Yearly award grants of US\$100,000 each to 3 non-profit organizations or social enterprises that are pioneering projects to promote life-long fitness and health around the world.

Canadian Institutes of Health Research

“Keeping Older People Active while Physical Distancing and Self-isolating”.

Co-applicant / Stakeholder Grant

P.I. Dr. Avril Mansfield, Toronto Rehabilitation Institute

Canadian Institutes of Health Research – Circulatory and Respiratory Health

Co-applicant / Stakeholder Grant

P.I. Dr. Phil Chilibeck, University of Saskatchewan

“Is stretching superior to aerobic training for reducing blood pressure?”



Looking Ahead

There is still much work to be done on the current projects and of course new grant submissions are also underway.

- ✿ The work with the *Be Wise, Cannabis and Older Adults* project will keep the staff and consultants busy until early into 2022.
- ✿ Revising and updating *Your Personal Passport to Healthy Living* is a much more extensive process than planned, but in the end, we will have a document with the most up to date evidence relating to healthy active aging, available in print and online in English and French.
- ✿ Working with CSEP's *Exercise is Medicine* document we will be distributing it across the country.
- ✿ And of course, there are a few grants in the works and a few other ideas to pursue.



EXECUTIVE

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

Chair **Debbie Brown**, Regina, SK

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

Treasurer **Doug Nutting**, Sidney, BC
Active Living Alliance for Canadians with a Disability



Ron Ferguson, PhD



Debbie Brown



Michelle Porter, PhD



Doug Nutting



**Jane Schneiderman,
PhD**

BOARD OF DIRECTORS

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Directors

Jim Evanchuk, Winnipeg, MB Older Adult Rep

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

Suzette Montreuil, Yellowknife, NT
NWT Seniors' Society

Doug Nutting, Sidney, BC
Active Living Alliance for Canadians with a Disability

Jane Schneiderman, PhD, Toronto, ON
Canadian Society for Exercise Physiology

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

Bradley Young, PhD, Ottawa, ON
U of Ottawa



Jim Evanchuk



Bradley Young, PhD



Suzette Montreuil

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

Barbara Hood

Bert Taylor

Bill Krever

Brenda Hadju

Brenda Wong

Carol Miller

Charles Keple

Charles Rice

Clara Fitzgerald

Darene Toal-Sullivan

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Frank Bellamy

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Holly Schick

Isla Horvath

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Rosanne Prinsen

Sandy Hartley

Sharon Purvis

Sheila Schuehlein

Sue Boreskie

Val Nielsen

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Active Aging in Manitoba

Active Living Alliance for Canadians with a Disability

Alberta Centre for Active Living

Canadian Association of Occupational Therapists

Canadian Physiotherapy Association

Canadian Centre for Activity and Aging

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

CORRESPONDING MEMBERS

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Centres for Seniors Windsor

Community Links

Cummings Jewish Centre for Seniors

Jewish Child and Family Service

Pictou County Council of Seniors / Outreach

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Jim Hamilton

Sandra Hartley

Barbara Hood

Charles Keple

Philippe Markon

Rosanne Prinsen

Charles Rice

Sheila Schuehlein

Bert Taylor

INDIVIDUAL MEMBERS

Debbie Brown

Janet Claes

Maria Dame

Ron Ferguson

Cinnie Noble

Anne Van Norman

Bradley Young

CORPORATE MEMBERS

Nicole Didyk MD, The Wrinkle

Metro Foods



VOLUNTEER COMMITTEE MEMBERS

Our projects rely heavily on experts and stakeholders from a variety of fields across Canada. These individuals agree to volunteer their time and to share their expertise with us, to ensure that our resources are based on the current evidence of the day and meet the needs of older adults. Our sincere thanks to the following individuals for their contributions to Active Aging Canada.

Research Committee Members

Dr. Michelle Porter, PhD

Director, Centre on Aging
University of Manitoba

Dr. Meghan McDonough, PhD

Professor, Faculty of Kinesiology
University of Calgary

Dr. Laura Middleton, PhD

Assistant Professor
Brain Health and Aging Lab
University of Waterloo

Dr. Nicolas Berryman, PhD

Centre de Recherche de l'Institut Universitaire de
Gériatrie de Montréal
Université du Québec à Montréal

Dr. Scott Kehler, PhD

Faculty of Health, School of Physical Therapy
Dalhousie University

Older Adult Advisory Committee Members

Josie d'Avernas, ON

Don Fletcher, MB

Peter Lehman, ON

Philippe Markon, PhD, QC

Laura Surman, ON

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

Faculty of Education Yorkville Landing

Dessy Pavlova BC

National Institute for Cannabis and Education

Greg Penny 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

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 Okanagan Campus

Wendy Kraglund-Gauthier, PhD NB

Research Manager, Faculty of Education
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

Liza Stathokostas, PhD ON

Research Director
Active Aging Canada

Joanie Sims-Gould, PhD BC

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

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

STAFF & CONSULTANTS

The organization has grown substantially over the last few years and it due to the hard work, dedication and commitment from the individuals who work with Active Aging Canada. They truly believe in our vision and mission. The organization would not be here without the support that we received from these valuable individuals this past year. Our sincere thank you to everyone who keeps this organization moving forward.

Jane Arkell Consultant for people with a disability

Kathy Barrett Bookkeeper

Patsy Beattie-Huggan Facilitator

Nancy Dubois Facilitator

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

Ward Maxwell Marketing and Communications Director

Sally McBeth Clear Language Editor

Kyle McTaggart Digital Media Consultant

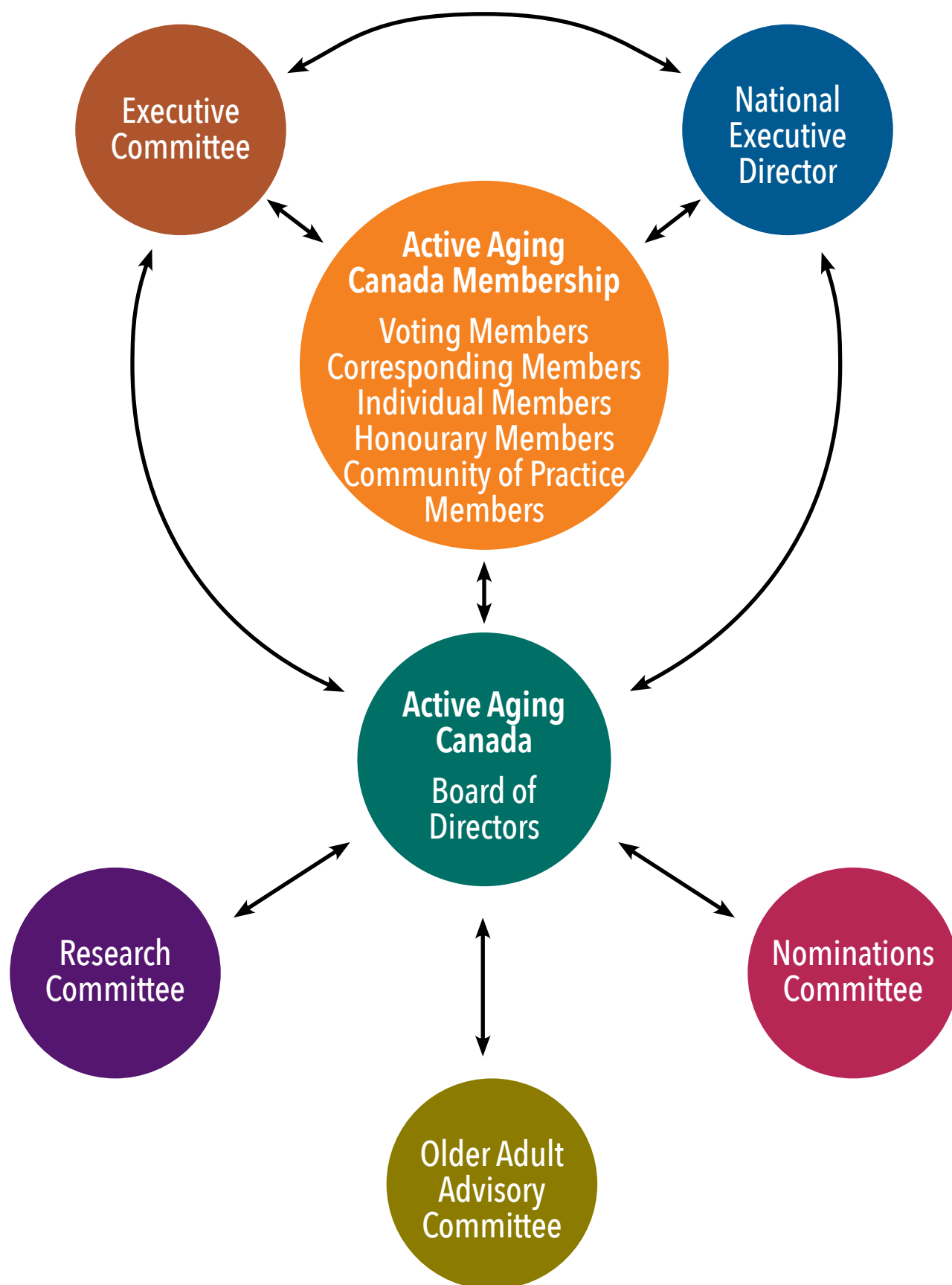
Nishka Smith Evaluator

Liza Stathokostas Research Director

Andrew Wilczynski Web Master

Lilia Zaytseva Translation & Consulting

ACTIVE AGING CANADA ORGANIZATIONAL STRUCTURE



Active Aging Canada Strategic Direction and Theory of Change April 15, 2021

Supporting lifelong healthy active aging of adult Canadians through participation, education, research, and promotion

	Promoting Older Adults and Active Living	Knowledge Translation of Research to Practice	Communication, Collaboration and Coordination	Leadership and Accountability
Objectives	To develop and disseminate evidence based messaging that promotes older adults, active aging and reduced impact of chronic disease for older adults in Canada	To facilitate knowledge translation of research to practice integrating input of older adults and practitioners in promoting healthy aging.	To foster communication, collaboration and coordination for active aging amongst Active Aging Canada members, older adults and stakeholder organizations.	To effectively achieve the objectives of the organization, evaluate and make transparent its management and impact.
Activities	Identify effective channels for reaching older adults and their circle of support Submit abstracts , attend conferences, fairs Submit articles to be published in local papers, social media, professional journals and magazines Profile resources on Active Aging Canada and partner websites Distribute communication “soundbites” through the Active Aging Canada database Disseminate resources , e.g., Passport materials Facilitate Workshops Advocate for policies and programs that support older adults and promote healthy aging	Form and nurture a Community of Practice of practitioners, facilitators, educators, administrators and researchers in sharing, disseminating, and applying knowledge of the key role of active aging in lifelong healthy aging Form and nurture a Research Advisory Committee and Older Adult Advisory Committee Incorporate feedback from knowledge users on unmet needs, what works, and how to improve implementation of research in a Knowledge Translation Framework, Engage in projects for Knowledge Translation Develop evidence based resources to support healthy living Offer training opportunities	Enhance Active Aging Canada database to extend reach to more stakeholders and older adults Expand membership at all levels: voting, corresponding, corporate, individual Re-establish working committees: Older Adult Advisory Committee and Membership Committee Consult Active Aging Canada membership and older adult groups across Canada Meet with key decision makers, stakeholders Develop communication and marketing materials	Establish and maintain Board of Directors Develop and renew Vision, Mission, Values, Strategic Direction, clarifying roles and responsibilities Develop policies to guide operations Hire, manage contracts, e.g. Executive Director Provide oversight to operations ensuring adherence to policies and values Ensure accountable financial management Ensure & manage communication with members, stakeholders Ensure effective processes to manage project progress Ensure required reports and funding proposals are submitted in a timely manner
Target Groups	Community Organizations Researchers Educators Media Older adults Government	Community of Practice Research Director, Research Committee Adult education specialists; Educators Researchers Practitioners Older adults	Active Aging Canada Board of Directors, AAC Membership Community Leaders, trainers, educators Policy makers, Public Older adults Allied health organizations Media	Active Aging Canada Board Project Manager, Team Contractors, Partners Funding agencies AAC Membership
Outputs	Website: links to resources, Blogs; Articles; Daily Dose exercises; Resources: Active Living Tips; Research Updates; Overcoming ageism and active living; Programs: Personal Passport; Framework for program design for cancer patients; Mall Movers	Reports and recommendations Material translated in multiple languages Web-based material	Active Aging Canada Database Website and social media analytics Zoom recordings, PowerPoint presentations Conference abstracts; record of meetings Active Aging Canada Annual Reports & newsletters	Website, policy manual Minutes, workplans, contracts Financial reports Progress Reports, Project Reports Evaluation Reports
Short Term Outcomes	Evidence based messages are communicated through multiple channels to motivate healthy aging and active living amongst older adults	Researchers collaborate with practitioners and older adults to generate evidence to improve practice and create accessible resources that promote healthy aging and manage chronic disease amongst older adults	Increased membership and outreach are successful, influencing policy makers, professionals, community leaders and older adults to work together in fostering healthy living in older adults	A Board of Directors and staff support transparency, efficiency and accountability at all levels to sustain and promote activities of the organization
Long Term Outcomes	Promotion of healthy aging is having an impact on prevention and early detection of chronic diseases in older adults and in influencing greater physical activity in younger generations	Stakeholders report increased capacity for facilitation, measurement, evaluation of activities to promote healthy aging and prevention of chronic disease in older adults		Active Aging Canada is recognized for its leadership in promoting a society where all adult and older adult Canadians are leading active lifestyles that contribute to their overall well-being

**ACTIVE AGING CANADA INC. /
VIEILLIR ACTIVEMENT CANADA INC.**

FINANCIAL STATEMENTS

MARCH 31, 2021

INDEPENDENT AUDITOR'S REPORT

To the Members of Active Aging Canada Inc. / Vieillir Activement Canada Inc.,

Opinion

We have audited the financial statements of Active Aging Canada Inc. / Vieillir Activement Canada Inc. (the organization), which comprise the statement of financial position as at March 31, 2021, and the statements of operations and changes in net assets and cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompanying financial statements present fairly, in all material respects, the financial position of Active Aging Canada Inc. / Vieillir Activement Canada Inc. as at March 31, 2021 and the results of its operations and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

Basis for Opinion

We conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Statements* section of our report. We are independent of the organization in accordance with the ethical requirements that are relevant to our audit of the financial statements in Canada, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Responsibilities of Management and Those Charged with Governance for the Financial Statements

Management is responsible for the preparation and fair presentation of the financial statements in accordance with Canadian accounting standards for not-for-profit organizations and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the organization's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the organization or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the organization's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Statements

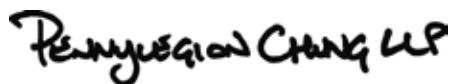
Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

INDEPENDENT AUDITOR'S REPORT (continued)

As part of an audit in accordance with Canadian generally accepted auditing standards, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the organization's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the organization's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw your attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the organization to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.



Chartered Professional Accountants
Licensed Public Accountants

June 28, 2021
Toronto, Ontario

ACTIVE AGING CANADA INC. / VIEILLIR ACTIVEMENT CANADA INC.**STATEMENT OF FINANCIAL POSITION****AS AT MARCH 31, 2021**

	2021	2020
<hr/>		
ASSETS		
Current assets		
Cash	\$ 186,219	\$ 35,113
Amounts receivable	-	660
HST rebate recoverable	26,601	2,866
Prepaid expenses	<u>11,421</u>	<u>-</u>
	<u><u>\$ 224,241</u></u>	<u><u>\$ 38,639</u></u>
 LIABILITIES AND NET ASSETS		
Current liabilities		
Amounts payable and accrued liabilities	\$ 39,312	\$ 12,055
Deferred contributions (note 3)	<u>172,215</u>	<u>21,602</u>
	<u>211,527</u>	<u>33,657</u>
 Net assets		
Designated funds (note 4)	3,000	3,000
Unrestricted	<u>9,714</u>	<u>1,982</u>
	<u>12,714</u>	<u>4,982</u>
	<u><u>\$ 224,241</u></u>	<u><u>\$ 38,639</u></u>

Approved on behalf of the Board:

_____, Director

_____, Director

see accompanying notes

ACTIVE AGING CANADA INC. / VIEILLIR ACTIVEMENT CANADA INC.**STATEMENT OF OPERATIONS AND CHANGES IN NET ASSETS****FOR THE YEAR ENDED MARCH 31, 2021**

	2021	2020
REVENUE		
Contributions (note 5)	\$ 335,501	\$ 161,570
Membership fees	<u>2,600</u>	<u>3,850</u>
	<u>338,101</u>	<u>165,420</u>
EXPENSES		
Program	188,425	24,874
Personnel	108,245	107,530
Office and general	17,110	13,339
Travel	7,326	8,469
Professional fees	6,054	6,907
Occupancy	2,550	1,800
Insurance	<u>659</u>	<u>659</u>
	<u>330,369</u>	<u>163,578</u>
EXCESS OF REVENUE OVER EXPENSES FOR THE YEAR	7,732	1,842
Net assets, beginning of year	<u>4,982</u>	<u>3,140</u>
NET ASSETS, END OF YEAR	<u><u>\$ 12,714</u></u>	<u><u>\$ 4,982</u></u>

see accompanying notes

ACTIVE AGING CANADA INC. / VIEILLIR ACTIVEMENT CANADA INC.**STATEMENT OF CASH FLOWS****FOR THE YEAR ENDED MARCH 31, 2021**

	2021	2020
<hr/>		
OPERATING ACTIVITIES		
Excess of revenue over expenses for the year	\$ 7,732	\$ 1,842
Net change in non-cash working capital items (see below)	<u>143,374</u>	<u>29,570</u>
NET INCREASE IN CASH FOR THE YEAR	151,106	31,412
Cash, beginning of year	<u>35,113</u>	<u>3,701</u>
CASH, END OF YEAR	<u><u>\$ 186,219</u></u>	<u><u>\$ 35,113</u></u>

Net change in non-cash working capital items:

Decrease (increase) in current assets		
Amounts receivable	\$ 660	\$ (360)
HST rebate recoverable	(23,735)	(1,738)
Prepaid expenses	(11,421)	300
Increase (decrease) in current liabilities		
Amounts payable and accrued liabilities	27,257	10,126
Deferred contributions	<u>150,613</u>	<u>21,242</u>
	<u><u>\$ 143,374</u></u>	<u><u>\$ 29,570</u></u>

ACTIVE AGING CANADA INC. / VIEILLIR ACTIVEMENT CANADA INC.

NOTES TO THE FINANCIAL STATEMENTS

MARCH 31, 2021

Active Aging Canada Inc. / Vieillir Activement Canada Inc. (the organization) is incorporated under the Canada Not-for-profit Corporations Act. The organization is exempt from income tax in Canada as a registered charitable organization under the Income Tax Act (Canada).

The organization's purpose is to help adults and older adults achieve a healthy active lifestyle. It focuses on the delivery services that enhance the social, mental, and physical well being of adult Canadians via education, research, promotion, and programming, to Canadians and the organizations that serve them.

1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

Management is responsible for the preparation of these financial statements in accordance with Canadian accounting standards for not-for-profit organizations. Outlined below are those policies considered significant:

Revenue recognition

The principal sources of revenue and recognition of these revenues for financial statement purposes are as follows:

Contributions

The organization follows the deferral method of revenue recognition for contributions. Externally restricted contributions, including grants and restricted donations, related to current expenses are recognized as revenue in the current year. Externally restricted contributions received in the year for expenses to be incurred in the following year are recorded as deferred contributions. Unrestricted contributions, including donations are recorded as revenue when received. Contributed materials and services which are normally purchased by the organization are not recorded in the accounts.

Membership fees

Membership fees are recognized as revenue in the year to which they apply.

2. FINANCIAL INSTRUMENTS

The organization's financial instruments include cash, amounts receivable, accounts payable and accrued liabilities. Amounts receivable, accounts payable and accrued liabilities are initially recorded at fair value and are subsequently recorded net of any provisions for impairment in value.

ACTIVE AGING CANADA INC. / VIEILLIR ACTIVEMENT CANADA INC.

NOTES TO THE FINANCIAL STATEMENTS

MARCH 31, 2021

3. DEFERRED CONTRIBUTIONS

The following amounts have been deferred at the year end:

	2021	2020
Government of Canada		
Health Canada	\$ 104,838	\$ -
Employment and Social Development Canada	24,760	-
Government of Ontario		
Ontario Seniors Community Grant Program	42,267	-
Canadian Institutes of Health Research	-	19,472
Other	<u>350</u>	<u>2,130</u>
	<u>\$ 172,215</u>	<u>\$ 21,602</u>

Continuity of deferred contributions for the year is as follows:

	2021	2020
Deferred contributions, beginning of year	\$ 21,602	\$ 360
Add cash received from contributions	486,114	182,812
Less contribution revenue recognized (note 5)	<u>(335,501)</u>	<u>(161,570)</u>
Deferred contributions, end of year	<u>\$ 172,215</u>	<u>\$ 21,602</u>

4. DESIGNATED FUNDS

The Board of Directors has designated net assets of \$3,000 as at March 31, 2021 to cover expenses in the event of an interruption in funding or an income shortfall (\$3,000 as at March 30, 2020).

5. CONTRIBUTIONS

Contributions recognized in the year were from the following sources:

	2021	2020
Government of Canada		
Health Canada	\$ 297,174	\$ 133,116
Canadian Institutes of Health Research	19,472	-
Employment and Social Development Canada	-	24,106
Government of Ontario		
Ontario Seniors Community Grant Program	13,113	-
Donations and other	<u>5,742</u>	<u>4,348</u>
	<u>\$ 335,501</u>	<u>\$ 161,570</u>

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