
A Story of Numbers



Active Aging Canada

Annual Report 2022

Table of Contents

Calendar of Success 1

About Us 6

Executive Summary 7

A Story of Numbers 8

From the Chair, Debbie Brown 11

From the Executive Director,
Patricia Clark 12

Executive 13

Board of Directors 13

Voting Members 14

Corresponding Members 14

Corporate Members 14

Honourary Members 14

Individual Members 14

Past Board Members 15

Staff & Consultants 16

Donations 16

Volunteer Committee Members 17

Organizational Structure 19

Strategic Direction and Theory of Change... 20

2021 Financial Statements 21



Calendar of Success

Click on photo to enlarge, click on full photo to hide.

1997

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

2001

First Research Update
Issue #1 published

2002

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

2 Research Updates published



2003



11 project & planning committees created

2 Research Updates published

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

Research to Action

2005

Research Update published

Ageism Project

Active Living for 80+ - training and presentations

2006

Healthy Policy Project

Membership Project

Research Update

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 –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

2011

One million older adults —
can be reached through the membership
Silver Times inaugural issue published
“Personal Passport” pilot testing
HT Health Works initiated

[https://www.activeagingcanada.ca/practitioners/
resources/healthy-living-workshop.htm](https://www.activeagingcanada.ca/practitioners/resources/healthy-living-workshop.htm)

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

[https://www.activeagingcanada.ca/practitioners/
resources/healthy-living-workshop.htm](https://www.activeagingcanada.ca/practitioners/resources/healthy-living-workshop.htm)

2013

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

3 Active Living Tips revised and translated

[https://www.activeagingcanada.ca/practitioners/
resources/healthy-living/cpag-posters.htm](https://www.activeagingcanada.ca/practitioners/resources/healthy-living/cpag-posters.htm)

2014

Website 1.14 million hits in the year
Workshop Toolkit distributed

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
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
Healthy tips for successful aging!

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

2021

Be Wise - Cannabis and Older Adults booklet
disseminated
Revised Passport, Tool Kit and Guidebook for
Community Leaders
Virtual Facilitation Training Pilot Workshop

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.

We are an organization that survives on project-by-project funding from local, provincial, and federal agencies. This does provide us with the opportunity to create a diverse range of health promotion resources and projects based on funding requests, but it also puts severe financial challenges on the operations of the organization.

Our membership is vital to our ability to reach older adults across Canada. We value our membership and their contribution to this organization. The 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 to learn more about our organization.



Executive Summary

This is my last report to write as the Executive Director for Active Aging Canada. It has been a wonderful 15-year stint working with talented consultants, a supportive board, and committed members. May 2022 marks a new chapter in my life, and I am very thankful for the friendships I have made, and I am so pleased with all the wonderful resources that we have produced over the years.

And this year past was no exception. This report seemed to evolve around the numbers. And we have some awesome numbers and wonderful feedback from older adults and community leaders.

Our *Be Wise Cannabis and Older Adults* booklet was a tremendous success with over 100,000 copies distributed across Canada.

Our revised *Tool Kit and Guidebook for Community Leaders* is 200+ pages of resources, workshop content, facilitation tips, videos, handouts, and the list goes on and on. A tremendous source of information for the community leader who is offering a Healthy Living Workshop either in person or online.

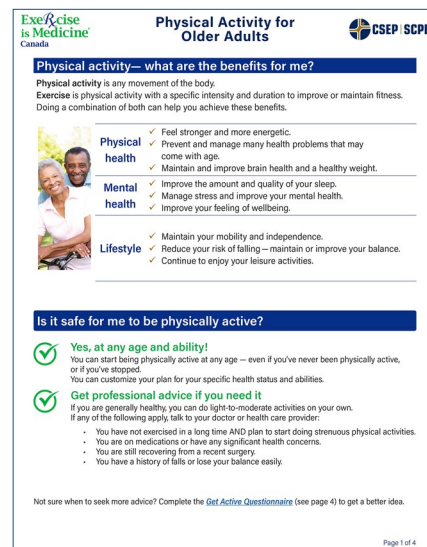
We partnered with CSEP and distributed 13,500 copies of their *Physical Activity for Older Adults* resource. Again, very positive feedback was received from seniors across Canada.

Our *Active Living Tips* continue to be requested. Since the revisions to the Tips in 2008 we have sent out 44,000+ Tip sheets to older adults and leaders. This year we reprinted and updated links to make them current.

These numbers all add up to a significant impact on older adult Canadians from our resources and programs.

Please continue reading this Report to learn more about the projects this year and all those individuals who have contributed to make them such a success.

Patricia Clark



A Year in Review

A Story of Numbers

Sometimes numbers mean nothing and sometimes numbers can be astounding. This year the organization has had some amazing numbers and the Annual Report is a great opportunity in which we can celebrate our successes. The numbers started gathering as we wrapped up three projects, and with that comes final reports. I truly was in awe at the work that had been accomplished and the impact that our resources have had on Canadian older adults. And not just with the projects from this year, but also from the ongoing health promotion resources that we continue to distribute every year.

Be Wise Cannabis and Older Adults

This 26-month project was completed in January 2022. It was a major undertaking for the staff and consultants. The overall budget for the project totalled \$1,444,684. Our largest project ever. With those funds we created a booklet to inform and educate older adults on the benefits and risks of medicinal cannabis. These are our numbers:

100,000+ copies of the booklet were distributed

16 languages, in addition to braille and e-pub format

5,044 downloads of the booklet

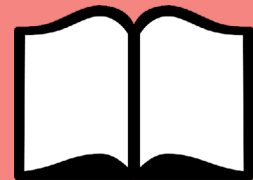
29,092 page views of Be Wise

41 virtual presentations

21 pod casts

11 videos

But in addition to the numbers, the feedback from older adults was very positive for both the booklet and the virtual presentations.



100,000+ copies



16 languages



29,092
page views

93% of respondents felt the information was presented in a way that was easy to understand

78% noted the most interesting topic was the different therapeutic uses

Readers also commented on the booklet:

"factual, non-judgemental, a great resource, concise and easy to read, very informative and useful, excellent, thank you for putting this resource together."

We couldn't ask for anything more. We will continue to support the booklet, as it will remain on our website along with the podcasts and videos.

Healthy Living Workshop Resources Revised

The final result of these resources truly is amazing, but I would be lying if I said that it was a simple revision. Many days it was more like a nightmare, but everyone continued to work on the project and the new documents are truly something of which the organization can be proud.

With the restrictions from the pandemic, community centres were not able to open, but members still wanted to socialize and be educated. Our ***Healthy Living Workshop for Older Adults*** trained 10 community leaders in Ontario to be effective facilitators in an on-line workshop format. In conjunction with their training was a virtual workshop pilot with older adults. All the resources had to be updated with the current research, documents, links, and resources. This was by no means a small task. The revised 2021 resources include ***Your Personal Passport to Healthy Living***, for use by participants, and the ***ToolKit and Guidebook for Community Leaders***. These resources are available on our website, but they are also available in print and can be ordered from our website.

These are our numbers:

- **100%** of older adult participants commented that they learned about the benefits of exercise and of leading a healthy life
- **100%** of participants indicated that they learned more about the impact of chronic diseases on older adults
- **200+ pages** of resources and facilitation tips in the revised ***Tool Kit & Guide Book***

**100% learned
about the
benefits of
exercise**

**100% learned
about the
impact of
chronic diseases**

**200+ revised
pages**

The **Passport** has been distributed since 2012. Over the past ten years 13,400 (En/Fr) Passports have been used in Healthy Living Workshops across Canada. Over these ten years, the workshop evaluations continue to indicate that participants are making healthy lifestyle choices; drinking more water; walking; being more active; making healthier food choices; sleeping better, etc.

The first step in behaviour change is to educate individuals so that they can make an informed decision and value the importance of an active and healthy lifestyle. The Passports are proving to have a positive effect on the lives of older adults. We are very pleased with the results of this resource and the impact it has on the lives of seniors.

Physical Activity for Older Adults

This project is an excellent example of how we can partner with our members. The Canadian Society for Exercise Physiology (CSEP) along with their partner Exercise is Medicine Canada®, develop a 4-page resource on physical activity for older adults. It answers lots of questions that this age group had about activity and exercise. We were able to obtain funding to assist with the dissemination of this resource to older adults across Canada. From January to April, we distributed 13,500 guides to seniors.

The survey findings told us that:

- 73% of respondents said that the information on the different types of physical activity and their benefits was most beneficial

"Good information, well presented, easy to read. I like it!"

Active Living Tips

The Tips have been a very popular resource with both older adults and community leaders over the years. In 2008 we started to update the Tips and translate them into seven languages. Since that time, we have distributed 44,000+ Tips in all seven languages. The tips sheets were recently reprinted with updated links, so that we can continue to share these resources with the public.

13,400 copies

13,500 copies

44,000+ copies

From the Chair, Debbie Brown

The Active Aging Canada Board members, past and present, wish to salute Patricia Clark for her many years of dedicated service and leadership, as she enters into her retirement. As Executive Director, Patty shepherded our national charitable organization, inspired us, and enabled us and countless partners across Canada, to support lifelong healthy active aging of adult Canadians through participation, education, research, and promotion.

Over the past 15 years with Active Aging Canada, Patty has been responsible for overseeing numerous projects from concept to successful completion totalling \$2.9 million. Her passionate efforts have produced tangible, practical and encouraging information resources, messages, and programs, which continue to guide older Canadians in making healthy choices that contribute to their health and well-being. A consummate champion of active aging, Patty has connected and collaborated with individuals and leaders, at all levels, from coast to coast to coast toward making Canada the best place to grow older.

Patty has continued to find innovative ways to share the simple truth about the benefits of active living and how Canadians, no matter their age, can integrate and habituate an active lifestyle into their life journey. Congratulations Patty on your retirement and thank you for your commitment and contributions to Active Aging Canada.

The Active Aging Canada Board will be conducting an executive search to hire a new staff to build on the legacy and accomplishments of Patricia Clark.



From the Executive Director, Patricia Clark

My education and my careers have always been in the health and fitness field. In my working career, I consider that I have had two main jobs, first at the provincial level and now at the national level. It gave me great pleasure every day to come to work for Active Aging Canada, whose core values mirrored my own personal ones.

Since 2007, it has always been an enjoyable experience to work on a variety of projects with a strong team of consultants. None of our projects would have been completed if it were not for all the individuals who helped to guide and design every project. None of us have ever worked in the same office, but we sure did work well together. We all came with strengths that made every project a success. I will certainly miss our working together. You have all become friends and I hope we will always keep in touch.

The Board Members have also been a tremendous asset to me and the organization. All volunteers, who also value the importance of active healthy aging and the work that we do as an organization. Over these 15 years many members have also become good friends, who would volunteer whenever they were asked to help. It has been a pleasure to know you all and I cherish our friendships.

Years ago, I once heard a speaker characterize people who work in the health and fitness field, as individuals 'who plant **shade trees for others to enjoy.**' **I have always hoped that in** my 41 years of working in this field, I have planted many shade trees for others to enjoy, and to live and age well.

And now it is time for me to move on. For those of you who know me well, as expected, I have a long list of things that I want to do in my next 40+ years, that will keep me busy, active, healthy, and well. To all of you, I thank you for your constant support over the years, and I wish you all good health and happiness, and I hope we will stay in touch.

My best wishes and thanks to you all,



Patricia Clark
patty-clark@bellnet.ca



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

Board of Directors

Chair

Debbie Brown, Regina, SK

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

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

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

Bradley Young PhD, Ottawa, ON
U of Ottawa

Voting Members

Active Aging in Manitoba
Active Living Alliance for Canadians with a Disability
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

Better Living Health & Community Services
Centres for Seniors Windsor
Community Links
Cummings Jewish Centre for Seniors
Hamilton Jewish Family Services
Jewish Child and Family Service
Pictou County Council of Seniors / Outreach

Corporate Members

Nicole Didyk MD,
The Wrinkle



Metro Foods



Art Your Service



Honourary Members

Margaret Barbour
Jim Evanchuk
Don Fletcher
Jim Hamilton
Sandra Hartley
Barbara Hood
Charles Keple
Philippe Markon
Rosanne Prinsen
Charles Rice
Sheila Schuehlein
Anne Skuba
Bert Taylor

Individual Members

Debbie Brown
Janet Claes
Maria Dame
Ron Ferguson
Claude Laroche
Peter Lehman
Cinnie Noble
Anne Van Norman
Curt Schroeder
Barbara Wolfe
Bradley Young

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.

Melissa Anderson

Margaret Barbour

Frank Bellamy

Gabriel Blouin

Sue Boreskie

Jack Brownell

Jennifer Dechaine

Denise Desautels

Denis Drouin

Jim Evanchuk

Clara Fitzgerald

Don Fletcher

Joyce Gordon

Brenda Hadju

Jim Hamilton

Sandy Hartley

Barbara Hood

Isla Horvath

Gareth Jones

Charles Keple

Bill Krever

Archie MacKeigan

Mary MacLellan

Philippe Markon

Carol Miller

Val Nielsen

Peter Nordland

Michelle Porter

Rosanne Prinsen

Sharon Purvis

Charles Rice

Holly Schick

Sheila Schuehlein

Mike Sharratt

Anne Skuba

Liza Stathokostas

Bert Taylor

Darene Toal-Sullivan

Don Wackley

Brenda Wong

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

Executive Director, Active Living Alliance for Canadians with a Disability

Kathy Barrett

Bookkeeper

Patsy Beattie-Huggan

Facilitator

Kat Cullen

Video Editor

Nancy Dubois

Facilitator

John Griffin

Video Guest Lecturer

Tonia Hearst

Administrative Assistant

Claire Jobidon

French Translation

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

Donations

Our sincere thanks to all those who have donated to Active Aging Canada. Your support is always greatly appreciated.

Elaine Chan

Don Fletcher

Jim Hamilton

Charles Keple

Winnie Leung

Elaine Mendicino

Joanne Siewierski

Stephen Watson

Anne Wilson

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

Sandra Hartley PhD, BC

Charles Keple, SK

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 Columbia, 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

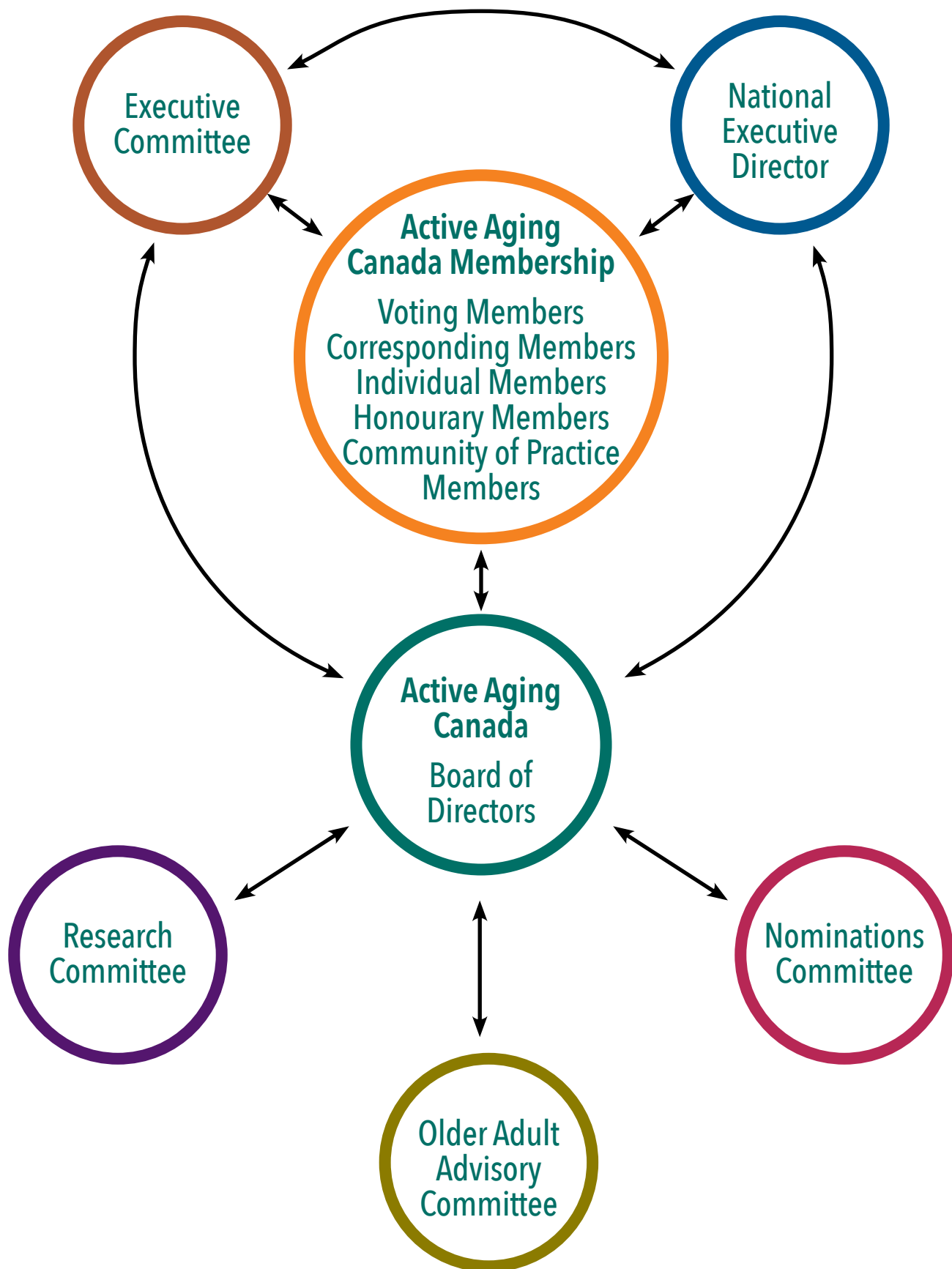
Liza Stathokostas PhD, ON
Research Director Active Aging Canada

Joanie Sims-Gould PhD, BC
Assistant Professor, Department of Family
Practice Principal Scientist, Active Aging
Research Team
University of British Columbia

Andrew V. Wister PhD, BC
Director, Gerontology Research Centre
Professor, Gerontology Department
Simon Fraser University at Harbour Centre

Bradley Young PhD, ON
U. of Ottawa Faculty of Health Sciences,
School of Human Kinetics

Organizational Structure



Strategic Direction and Theory of Change

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	<p>Identify effective channels for reaching older adults and their circle of support</p> <p>Submit abstracts, attend conferences, fairs</p> <p>Submit articles to be published in local papers, social media, professional journals and magazines</p> <p>Profile resources on Active Aging Canada and partner websites</p> <p>Distribute communication “soundbites” through the Active Aging Canada database</p> <p>Disseminate resources, e.g., Passport materials</p> <p>Facilitate Workshops</p> <p>Advocate for policies and programs that support older adults and promote healthy aging</p>	<p>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</p> <p>Form and nurture a Research Advisory Committee and Older Adult Advisory Committee</p> <p>Incorporate feedback from knowledge users on unmet needs, what works, and how to improve implementation of research in a Knowledge Translation Framework,</p> <p>Engage in projects for Knowledge Translation</p> <p>Develop evidence based resources to support healthy living Offer training opportunities</p>	<p>Enhance Active Aging Canada database to extend reach to more stakeholders and older adults</p> <p>Expand membership at all levels: voting, corresponding, corporate, individual</p> <p>Re-establish working committees: Older Adult Advisory Committee and Membership Committee</p> <p>Consult Active Aging Canada membership and older adult groups across Canada</p> <p>Meet with key decision makers, stakeholders</p> <p>Develop communication and marketing materials</p>	<p>Establish and maintain Board of Directors</p> <p>Develop and renew Vision, Mission, Values, Strategic Direction, clarifying roles and responsibilities</p> <p>Develop policies to guide operations</p> <p>Hire, manage contracts, e.g. Executive Director</p> <p>Provide oversight to operations ensuring adherence to policies and values</p> <p>Ensure accountable financial management</p> <p>Ensure & manage communication with members, stakeholders</p> <p>Ensure effective processes to manage project progress</p> <p>Ensure required reports and funding proposals are submitted in a timely manner</p>
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

2021 Financial Statements

Pennylegion | Chung LLP

C H A R T E R E D P R O F E S S I O N A L A C C O U N T A N T S

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, 2022, 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, 2022 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.

Pennylegion Chung LLP

Chartered Professional Accountants
Licensed Public Accountants

June 30, 2022
Toronto, Ontario

ACTIVE AGING CANADA INC. / VIEILLIR ACTIVEMENT CANADA INC.**STATEMENT OF FINANCIAL POSITION****AS AT MARCH 31, 2022**

	2022	2021
<hr/>		
ASSETS		
Current assets		
Cash	\$ 22,129	\$ 186,219
Amounts receivable	3,617	-
HST rebate recoverable	18,765	26,601
Prepaid expenses	<u>-</u>	<u>11,421</u>
	<u><u>\$ 44,511</u></u>	<u><u>\$ 224,241</u></u>
 LIABILITIES AND NET ASSETS		
Current liabilities		
Amounts payable and accrued liabilities	\$ 7,650	\$ 39,312
Payroll source deductions payable	2,321	-
Deferred contributions (note 3)	<u>9,900</u>	<u>172,215</u>
	<u>19,871</u>	<u>211,527</u>
Net assets		
Designated funds (note 4)	3,000	3,000
Unrestricted	<u>21,640</u>	<u>9,714</u>
	<u>24,640</u>	<u>12,714</u>
	<u><u>\$ 44,511</u></u>	<u><u>\$ 224,241</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, 2022**

	2022	2021
REVENUE		
Contributions (note 5)	\$ 1,001,786	\$ 335,501
Membership fees	4,900	2,600
Interest	<u>14</u>	<u>-</u>
	<u>1,006,700</u>	<u>338,101</u>
EXPENSES		
Program	834,630	191,126
Personnel	122,383	108,245
Office and general	24,872	14,409
Professional fees	8,844	6,054
Occupancy	2,400	2,550
Travel	1,062	7,326
Insurance	<u>583</u>	<u>659</u>
	<u>994,774</u>	<u>330,369</u>
EXCESS OF REVENUE OVER EXPENSES FOR THE YEAR	11,926	7,732
Net assets, beginning of year	<u>12,714</u>	<u>4,982</u>
NET ASSETS, END OF YEAR	<u><u>\$ 24,640</u></u>	<u><u>\$ 12,714</u></u>

see accompanying notes

ACTIVE AGING CANADA INC. / VIEILLIR ACTIVEMENT CANADA INC.**STATEMENT OF CASH FLOWS****FOR THE YEAR ENDED MARCH 31, 2022**

	2022	2021
OPERATING ACTIVITIES		
Excess of revenue over expenses for the year	\$ 11,926	\$ 7,732
Net change in non-cash working capital items (see below)	<u>(176,016)</u>	<u>143,374</u>
NET INCREASE (DECREASE) IN CASH FOR THE YEAR	(164,090)	151,106
Cash, beginning of year	<u>186,219</u>	<u>35,113</u>
CASH, END OF YEAR	<u><u>\$ 22,129</u></u>	<u><u>\$ 186,219</u></u>

Net change in non-cash working capital items:

Decrease (increase) in current assets		
Amounts receivable	\$ (3,617)	\$ 660
HST rebate recoverable	7,835	(23,735)
Prepaid expenses	11,421	(11,421)
Increase (decrease) in current liabilities		
Amounts payable and accrued liabilities	(31,662)	28,043
Payroll source deductions payable	2,321	(786)
Deferred contributions	<u>(162,314)</u>	<u>150,613</u>
	<u><u>\$ (176,016)</u></u>	<u><u>\$ 143,374</u></u>

see accompanying notes

ACTIVE AGING CANADA INC. / VIEILLIR ACTIVEMENT CANADA INC.

NOTES TO THE FINANCIAL STATEMENTS

MARCH 31, 2022

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, 2022****3. DEFERRED CONTRIBUTIONS**

The following amounts have been deferred at the year end:

	2022	2021
Government of Canada		
Health Canada	\$ -	\$ 104,838
Employment and Social Development Canada	-	24,760
Government of Ontario		
Ontario Seniors Community Grant Program	-	42,267
Other	<u>9,900</u>	<u>350</u>
	<u>\$ 9,900</u>	<u>\$ 172,215</u>

Continuity of deferred contributions for the year is as follows:

	2022	2021
Deferred contributions, beginning of year	\$ 172,215	\$ 21,602
Add cash received from contributions	839,471	486,114
Less contribution revenue recognized (note 5)	<u>(1,001,786)</u>	<u>(335,501)</u>
Deferred contributions, end of year	<u>\$ 9,900</u>	<u>\$ 172,215</u>

4. DESIGNATED FUNDS

The Board of Directors has designated net assets of \$3,000 as at March 31, 2022 to cover expenses in the event of an interruption in funding or an income shortfall (\$3,000 as at March 30, 2021).

5. CONTRIBUTIONS

Contributions recognized in the year were from the following sources:

	2022	2021
Government of Canada		
Health Canada	\$ 909,557	\$ 297,174
Canadian Institutes of Health Research	-	19,472
Employment and Social Development Canada	28,579	-
Government of Ontario		
Ontario Seniors Community Grant Program	56,112	13,113
Foundations and corporations		
Sanofi Pasteur	6,000	-
Donations and other	<u>1,538</u>	<u>5,742</u>
	<u>\$ 1,001,786</u>	<u>\$ 335,501</u>



Active Aging Canada
P.O. Box 143, Stn. Main
Shelburne ON
L9V 3L8

Toll Free
1-800-549-9799
Phone
519-925-1676

Email
info@activeagingcanada.ca
Web
www.activeagingcanada.ca

