

Annual Report 2026

Year In Review And Planning Next Steps



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A Year in Review – Stepping into the Future

The face of aging is changing as is the landscape of physical activity programming, delivery, and funding. Active Aging Canada has spent the last year engaged in activities and planning next steps that will allow us to remain at the forefront in the sector and a leader in supporting active aging in Canada. Collaboration is key to identifying and developing effective programs to meet the needs of an evolving and diverse older population. Also, key, is advocacy- highlighting the crucial role that a healthy lifestyle plays as we age. Increased advocacy is needed to address the funding challenges that are an obstacle for many organizations dedicated to healthy aging. Active Aging Canada is pleased to be joining the conversation

among organizations across the country; sharing insight into innovative methods of engagement and program delivery and working together on advocacy projects. As always, the support of our network is vital to our work and remains a strong source of motivation in our mission of promoting active aging and enhancing the lives of older adults from coast to coast. We wanted to share with our readers all those people who have supported our active aging initiatives as well as flourishing partnerships stepping into the future with us.

Liza Stathokostas, PhD
Executive Director





Chair's Message

As I reflect on the past year, I am struck by one undeniable truth: active aging in Canada is evolving, and Active Aging Canada is evolving with it.

The landscape in which we work continues to change. Canada's older population is growing in both size and diversity, while the challenges facing organizations dedicated to healthy aging—from funding pressures to changing service delivery models—continue to increase. Yet these challenges also present tremendous opportunities to innovate, collaborate, and lead. This year, Active Aging Canada has embraced those opportunities. We have strengthened partnerships, expanded our national voice, and supported initiatives that improve access to physical activity and social connection for older adults, regardless of where they live or the barriers they face. Whether through increasing access to online recreation for rural older adults, contributing to inclusive neighbourhood initiatives, collaborating on national research that demonstrates the measurable benefits of physical activity, or helping bring inspiring stories of active older Canadians to audiences across the country, our work has remained firmly focused on improving quality of life.

What continues to inspire me is the power of collaboration. None of these accomplishments would have been possible without the dedication of our Board of Directors, staff, volunteers, member organizations, partners, funders, and supporters. Together, we are

building stronger communities where older adults are empowered to remain active, connected, and engaged. Advocacy has also become an increasingly important part of our work. We know that promoting active aging requires more than excellent programs—it requires sustainable investment and recognition of the significant role physical activity play in healthy aging, reducing social isolation, supporting independence, and improving overall well-being. We are proud to be working alongside organizations across Canada to advocate for these priorities and to ensure that older adults remain at the centre of policy and community planning.

As we look ahead, our commitment remains unwavering. We will continue to champion evidence-based approaches, foster meaningful partnerships, and seek innovative ways to ensure that every older Canadian has opportunities to live an active, healthy, and fulfilling life. On behalf of the Board of Directors, thank you for your continued confidence, support, and commitment to our shared vision. Together, we are not simply responding to the changing face of aging—we are helping to shape a future where active aging is recognized as an essential foundation for healthy communities across Canada. With gratitude,

Debbie Brown, C.Mgr.
Chair, Active Aging Canada

Funded Projects

Increasing Access to Recreational Activities to Rural-living Older Adults

Online programs can be an option to stay active and connected for those who don't live near recreational centres or for those times of the year when inclement weather can be a barrier to getting out of the house. With funding from the [Ontario Seniors Community Grant](#) program, and in partnership with the wonderful older adult recreational platform, Art Your Service, we offered access to online programming to older adults in the Renforth region of Ontario. With support from the Eganville and District Seniors Centre who promoted the program, over 100 older adults used the online program for six months. When surveyed, 93% of the participants reported an increase in their feeling of well-being and 94% reported feeling less socially isolated from their community. These positive results feed our inspiration in continuing our work to increase access and remove barriers to physical activity for older adults.

Active Aging Canada Supporting Others

Increasing Opportunities to be Social and Active Where we Live

Partnerships continue to be a key to Active Aging Canada achieving its mission of supporting active living among older Canadians of all abilities. We were pleased to once again have an opportunity to partner with our longtime voting member, Active Abilities Canada (formerly ALCAD) on a project funded by the [CIHR Institute of Aging](#). The goal of the project was to make local, neighborhood activities inclusive for people with disabilities and older adults by reimagining, rethinking and repurposing the spaces in our neighbourhoods to support and encourage physical activity and social connections. Our organizations added content to the existing [Activate Your Neighborhood](#) resource website page and the older adult resources will be available later this year.



Measuring the Impact of Physical Activity in Canada

This past year we finally had a chance to work directly with the [Canadian Fitness and Lifestyle Research Institute](#) (CFLRI). CFLRI is Canada's first national organization to conduct a large-scale studies of the fitness levels of the country's population. Evidence-based information on the patterns of physical activity of the Canadian population is crucial to informing the initiatives of organizations such as ours. CFLRI is producing a series of reports on various populations (including older adults) to demonstrate the measurable impact an active lifestyle can have on a population. Active Aging Canada was invited to be a partner on the report series related to older adults. The first report, providing one of the most comprehensive national snapshots to date of how older adults participate in sport and physical activity in Canada, will be available later this year.

What do older Canadians need to remain active in Sport as they get older?

Active Aging Canada was a co-applicant on a SSHRC Insight Grant application entitled "Establishing a Quality Masters Sport Participation Framework". Led by Dr. Scott Rathwell, this five-year project will provide insight into sport participation by older Canadians and provide guidance to those offering sport activity opportunities across Canada. Phase I of the project has begun and we were pleased to have a few of our members volunteer to sit on the project's older adult advisory committee as a framework is explored to assess the experiences of current older athletes.

Putting Older Adults in the Spotlight

It has been fantastic to see so many story tellers sharing examples of exemplary older adults physically active and active in their communities. On the heels of our support of the 2023 documentary, *Unsynchable*, we were pleased to support another Canadian produced film. [Good Measures Productions](#) released the documentary *"Tough Old Broads"* in early 2026. The documentary features three women, including Kathrine Switzer who was the first woman to officially run the Boston marathon in 1967 and continues to be an inspiring figure in staying active. We were thrilled to co-host a Q & A session with Art Your Service and with Ms. Switzer as a special guest. The film's message of remaining engaged and purposeful as we age, is inspiring to all; both young and older.



Executive

Chair

Debbie Brown, Saskatoon, SK

Vice-Chair

Linda Brown, Winnipeg, MB

Treasurer

Anne-Marie Quan, Toronto, ON

Board of Directors

Chair

Debbie Brown, Saskatoon, SK

Directors

Linda Brown, Winnipeg, MB

Anne-Marie Quan, Toronto, ON

Martin Wilkins, Calgary, AB

Voting Member Organizations

Active Abilities Canada

(formerly Active Living Alliance for Canadians with a Disability)

Active Aging in Manitoba

Active Living Alliance for Canadians with a Disability

Canada Seniors Games Association

Older Adult Centres' Association of Ontario

Saskatchewan Seniors Mechanism

Saskatoon Council on Aging

University of Manitoba Centre on Aging

Corresponding Members

Active Aging BC

Canadian Fitness and Lifestyle Research Institute

Parachute Canada



Corporate Members

PhysioBiometrics



Honourary Members

Margaret Barbour
Patty Clark
Ron Ferguson
Don Fletcher
Doug Nutting
Sandra Hartley
Jim Hamilton
Barbara Hood
Charles Keple
Philippe Markon
Rosanne Prinsen
Charles Rice
Sheila Schuehle

Individual Members

Janice McMillan
Martin Wilkins

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

Associate Professor and Schlegel Research Chair
Department of Kinesiology and Health Sciences
University of Waterloo

Dr. Nicolas Berryman, PhD

Centre de Recherche de l'Institut Universitaire de
Gériatrie de Montréal
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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
Anthony Gizzie, ON
Peter Lehman, ON
Philippe Markon PhD, QC
Kamal Parmar, BC
Laura Surman, ON

Staff & Consultants

The organization would not be here without the support, hard work, and dedication that we received from these valuable individuals this past year. Our sincere thank you to everyone who kept wwthis organization moving forward.

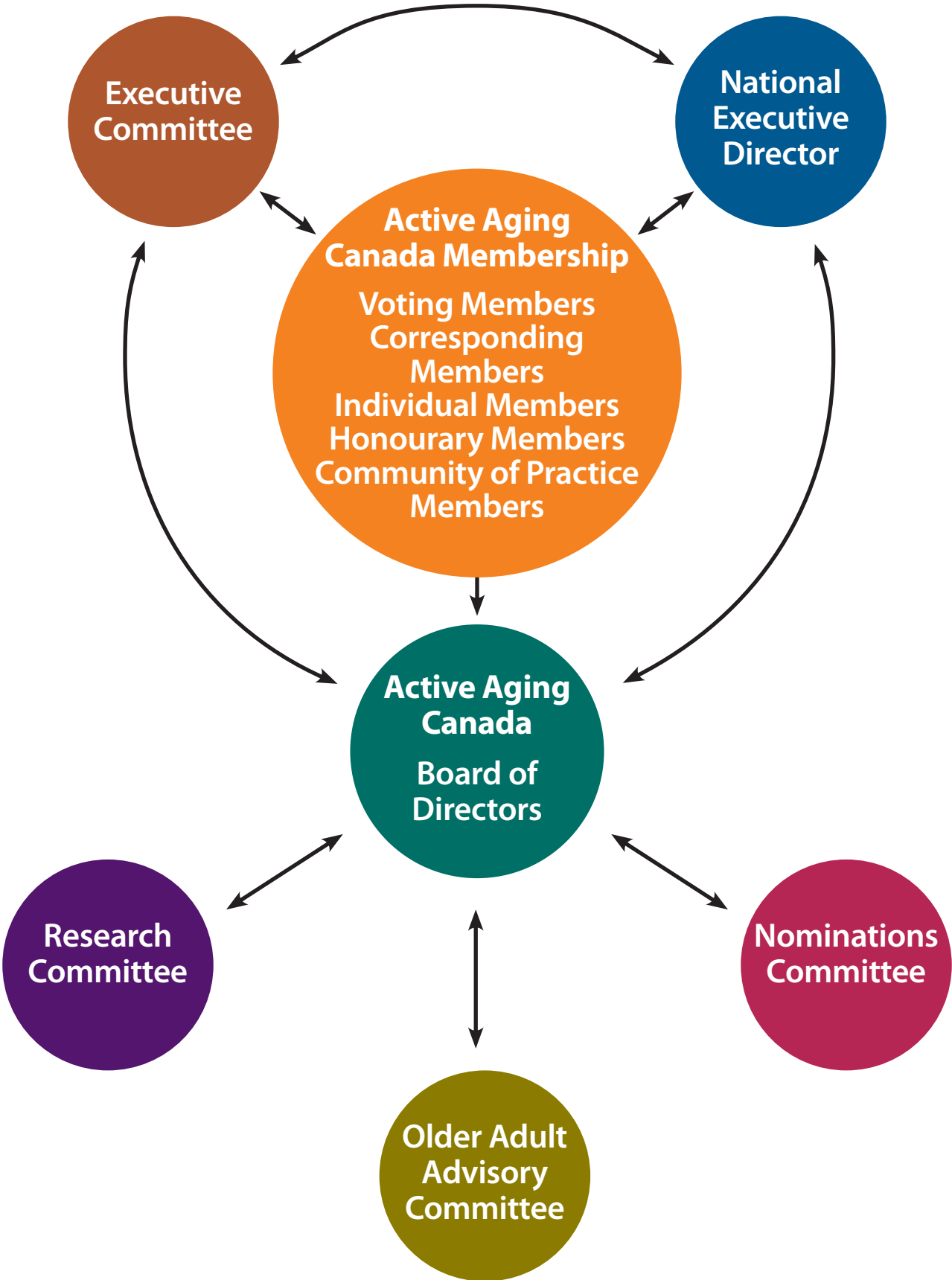
Kathy Barrett, Bookkeeper
Claire Jobidon, French Translation
Ward Maxwell, Marketing and Communications Director
Kyle McTaggart, Digital Media Consultant
Research Director, Liza Stathokostas
Andrew Wilczynski, Web Master

Donations

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The Couture Family for their donation through the Strategic Charitable Giving Foundation- Couture Family Active Lifestyle Fund
Agency Analytics
Anonymous
Michiel deRoos In honour of Mister Greco
Steve MacDonald In honour of Swati Saraiya



Active Aging Canada Organizational Structure





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