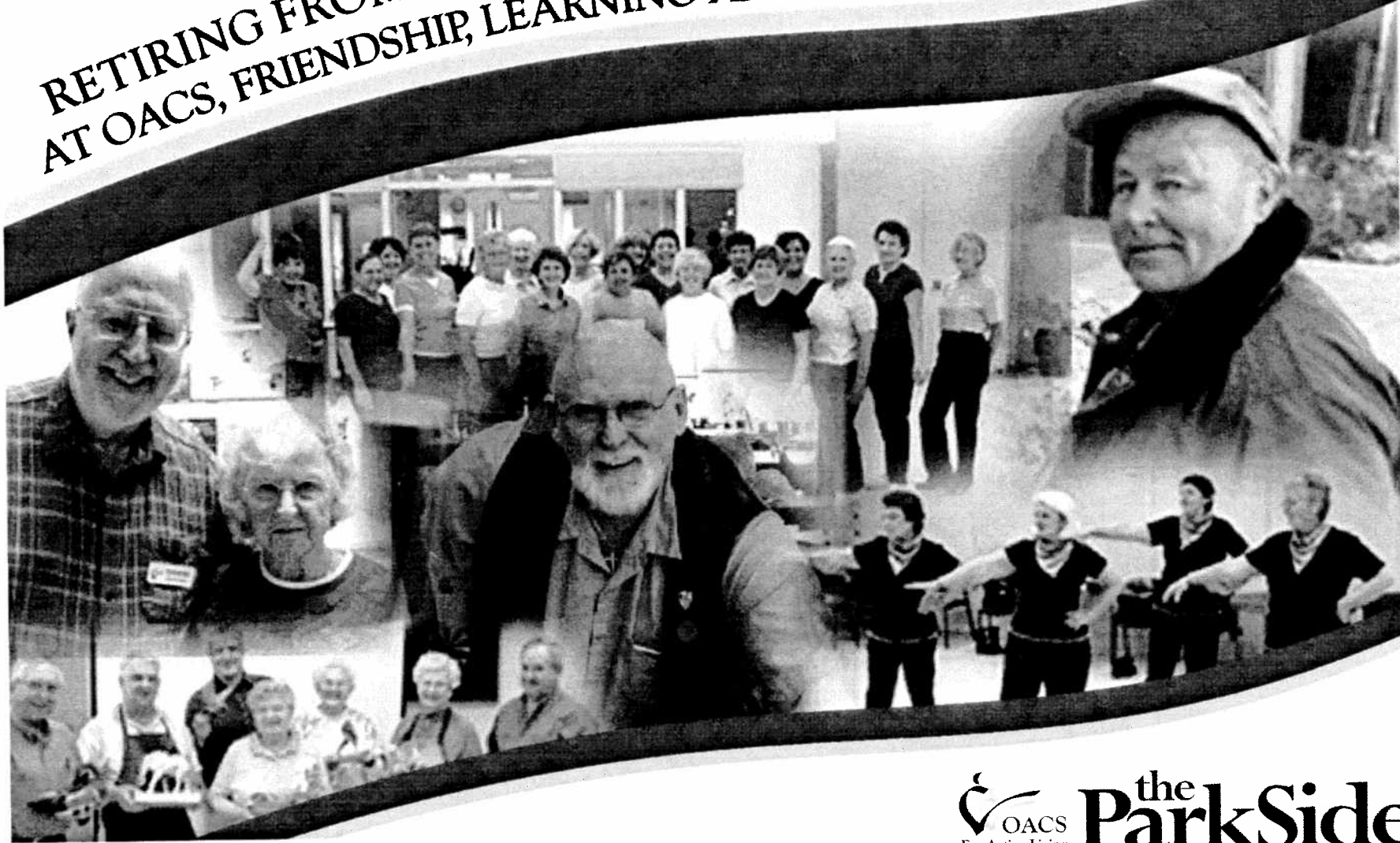


Welcome to ParkSide OACS

RETIRING FROM WORK DOESN'T MEAN SLOWING DOWN.
AT OACS, FRIENDSHIP, LEARNING AND COMMUNITY STARTS AT 50.



 OACS
For Active Living **the ParkSide**
centre



Overview of Presentation

- Who is ParkSide OACS?
- Opportunities for 50+
- Community Projects and Resources
- Continued Development
- Invitation



the
ParkSide
centre



2001 Census Statistics

30% of Sudbury's population is between the ages of 40 and 60 - Baby boomers

32% of Sudbury's population is 50 years of age and better (49,300)



Mission Statement

The Centre shall function as a non-profit corporation, registered with the Province of Ontario, providing opportunities for Older Adults to explore their potential and to maintain an active, independent lifestyle.

Goals

To provide social, recreational, educational and healthy lifestyle programs and services for Older Adults.

To serve as a resource centre for other groups and agencies working with, and for, Older Adults.

To actively participate, promote, and support the exchange of ideas and social intercommunication with other organizations and groups for the mutual benefit and enjoyment of Older Adults.



Membership

- Membership is \$35 per year
- 50 years of age or better
- Subsidized membership available
- Drop in activities and games room use
- Program Guide each session
- Program registration at member rates



Governance

- Nine Volunteer Board of Directors which includes one Council Representative
- Four elected each year for a 2 year term
- Annual General Meeting to take place June 2007



Fundraising and Finance

- \$12,000 per year from City of Greater Sudbury
- \$30,000 maximum annual grant from Ministry of Health
- OACS raises approximately \$160,00 each year for operations
- Annual Fundraising Dinner hosted by Ravi Family
- Current Fundraising Campaign for five year plan -CVRD Inco Anchor
- Annual Budget averages \$230,000 each year



- One full time Manager
- One full time Program Director
- Part time Kitchen Coordinator
- Staff based on grants and projects
- Laurentian University and Cambrian College Students





Volunteers

- 130 volunteers contributing their time and expertise
- 12 volunteer program coordinators and instructors
- Administration
- Programming
- Special Events
- Home Improvement projects
- Fundraising



Programs and Opportunities

- Computer workshops
- Health and Wellness/Active Living
- Arts and special interests
- Health and lifestyle workshops
- Drop-in and social activities
- Affordable Food Service Program



Community Projects and Resources

- Older Adult Directory - in Partnership with the City of Greater Sudbury and Sudbury Police Service
- Regional workshops on Clogging and Square Dancing
- 2nd year of Senior Winter Games
- Mayoral Candidates debate
- Senior Summer Games celebrates 21 years
- Board of Directors of Older Adult Centres' Association of Ontario
- Older Persons' Mental Health and Addictions Network of Ontario
- Aging and Depression New Horizons Grant partner
- Seniors' Community Association - seniors groups in CGS
- Seniors' Information Fair October 2006 -Seniors Secretariat



Home of Community Groups

- Greater Sudbury Toastmasters - 2 chapters
- Sudbury Regional Hospital Cardiac Rehabilitation Education workshops
- Sudbury Regional Hospital Diabetes and Nutrition Education workshops
- YMCA day camps and some evening programs
- Sudbury Quilting and Stitchery Guild
- Ministry of Transportation Driving Education for Seniors
- Ontario Genealogical Association
- India Canada
- Arthritis Information and Support Group
- Parkinson's Society Mobility Program
- CARP meetings and workshops
- Open for public use as well



Focus for 2007 - 2008

- Host of Northern Ontario Conference for Seniors' Groups - October 1 and 2, 2007
- Active Living Program expansion
- Seniors Community Network
- Continue community awareness and marketing
- Expanding Community Newsletter



Further Information

- Please come for a tour and have lunch.
- Monthly Newsletter
- Program Guide
- <http://oacsudbury.ca>



the
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centre