

## Give Back!



20,327

The **number of hours** contributed by 137 dedicated Life After Fifty Volunteers.



\$19,167

The **amount raised** through the efforts of our Bingo and 50/50 Volunteers.



\$27,000

The amount raised by the 2017-2018 **LAF Lottery** with over 1600 tickets sold! Thanks to sponsors: Windsor Honda, Just Jeff's and Shoppers Drug Mart.

## Martin Laforet Memorial Volunteer Award

From the Board of Directors  
In recognition of outstanding volunteer commitment to Life After Fifty

Jim Kennedy  
2007

Ken McAuslan  
2008

Lynne Adams  
2009

Donna Miles  
2010

Pat Jones  
Trudy Smith  
Vivian Tregunna  
2011

Irene Vorshuk  
2012

Jim Barr  
2013

Stacy Adam  
2014

Peggy Ann &  
Paul Bradshaw  
2015

Howard Johnson  
2016

Louise Gulak  
2017



Ellen & Jim Hope  
2018

## Thank you for your support!



55

The number of **Caesars Windsor** sponsored classes held at LAF, including yoga, belly dancing, LaBlast and Zumba gold.



2000lbs

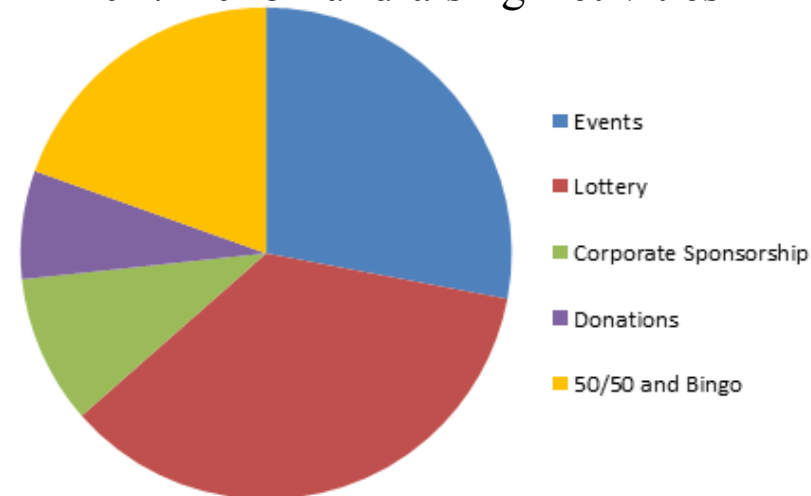
Amount of Strawberries prepared for the **LaSalle Strawberry Fest** served with 900 litres of ice cream— we received \$4,000 for our efforts.



\$4,000

Amount raised by **Tributes For Charity** at Moose Lodge. LAF will be a part of another Tributes night on August 17th, 2018.

## 2017-2018 Fundraising Activities



### Proud Funded Partners



Life After Fifty acknowledges, with gratitude, the financial, in-kind & volunteer donations received from many local businesses in 2017—2018.



## Life After Fifty

Living Well Has No Boundaries

## 2018 ANNUAL REPORT



- Recreation Centres
- Fitness Classes
- Social Activities
- Educational Programs

LAF is a non-profit organization and a registered charity.



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well.  
Be it.  
social!





Message from:  
**President,  
Board of  
Directors** & **Executive  
Director**

June 26, 2018



Welcome to Life After Fifty's Annual General Meeting for the 2017/18 fiscal year.

It's been a busy year at Life After Fifty, full of exciting programs and supportive services that has resulted in increased membership and overall benefits to our community and the seniors we serve.

As President and Executive Director of Life After Fifty, we are pleased to present our financial statements this year. Over the past two years we have been diligently monitoring our finances. It is our pleasure to be able to announce that we have eliminated the deficit earlier than anticipated. This allows us to begin our next fiscal year in a healthy financial position.

The past year has been spent solidifying a strong foundation, ensuring Life After Fifty can thrive moving forward into the future. Some of the many accomplishments of our members, staff, programs and services are highlighted throughout this report. Another key component of our success is our partnership with the Canadian Mental Health Association, which has proven to be highly successful.

We would like to acknowledge the hard work of our Board, Staff, Members, Committee and Volunteer teams. Each of you has contributed time and energy to ensure seniors in our community can enjoy everything Life After Fifty has to offer. We will be reaching out to all of you for your input on our upcoming Strategic Planning process. We are coming to the end of our current 3 year plan and look forward to working with all of you on the vision for our future.

Thank you to our funders, the Province of Ontario, Erie St. Clair Local Health Integration Network, United Way and the City of Windsor for their continued funding and full support of what we offer to the seniors in our community.

We have one Board member whose term is ending, Evan Gammon, who chaired our Program Advisory committee. Evan is moving on to pursue new opportunities and we'd like to thank him for his time spent volunteering for Life After Fifty not only on our Board of Directors but in several areas of our organization.

We thank you, our members, for your continued support of our mission and we look forward to an exciting year ahead.

Sincerely,

Phillip Young  
President, Board of Directors

Joyce Nixon  
Executive Director

## Be Social!



**168**

The number of **new members** who joined Life After Fifty in 2017-2018. They join our 1000+ Membership.

**1000+**

The number of healthy, affordable **LAF-to-Go Meals** sold for Seniors to enjoy at home.



**3500**

The number of recreation **programs and special events** offered at LAF.

## Be Fit!



**107**

The number of **regularly scheduled programs** that Life After Fifty offers each week including Billiards, Walk Abouts, Yoga, Pickleball & more!



**55**

The number of **volunteer program leaders** who helped run programs such as Choir, Creative Arts, Woodshop, Pepper, Lapidary & more.



**332**

The number of people served by our LHIN-funded **Foot Care** nurses adding up to **1,989** visits. We had 40 new clients take part in free clinics throughout the year.

## Be Well!



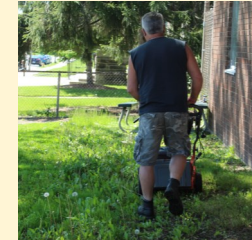
**240**

The number of visitors to the Life After Fifty **Health Fair** held at Caesars Windsor with 43 vendors taking part.



**3330**

The number of LHIN-funded **Telephone Assurance Calls** and **Friendly Visits**, with 10 Life Stories produced.



**92**

The number of clients registered for lawn cutting, power washing, and odd jobs in the LHIN-funded **Home Maintenance Program**, with 845 hours contracted out!

## Be Connected!



**3576**

The number of participants in the United Way-funded **Promoting Seniors Independence Program** in Windsor-Essex.



**1,450**

The number of residents who got involved with the United Way-funded **Our West End Neighbourhood Renewal Initiative** Program.



**200+**

The number of **outside organizations** Life After Fifty partners with, including: Windsor Essex CHC, Windsor Police Services and the 55+ Senior Games.