

Thank you for your support!



\$244,000

24

\$30,630

The total amount of **special project grants** to improve our programs, services and facilities.

Number of years Nancy Tynski worked at Life After Fifty's Foot Care clinic. Happy Retirement!

The amount raised from the 2019-2020 **LAF Lottery** with over 1700 tickets sold! Thanks to sponsors: Windsor Honda, Just Jeff's, and Pat Agnew.

Give Back!



13,597

\$24,015

19

The number of **hours** contributed by 145 dedicated Life After Fifty Volunteers.

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

The number of years Life After Fifty has been offering our annual **Jingle Bell Friends event**, hosting over 1000 kids throughout the years.



BE FIT, BE WELL, BE SOCIAL!



Thank you to the City of Windsor for increased funding!



Life After Fifty
Living Well Has No Boundaries

2020 ANNUAL REPORT



@LAFWindsor



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Proud Funded Partners



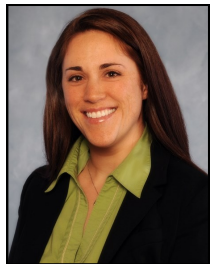
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(WFCU Centre)
8787 McHugh St.
Windsor, ON N8S 0A1

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p: (519) 254-1108
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West Side Centre
(Wyandotte & Campbell)
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Windsor, ON N9B 2E9

fit.
Be well.
social!

To honour the 2020 Martin Laforet Memorial Volunteer award recipient the presentation will be held in person at a later date.



Message from:
President, Board of Directors & Executive Director



September 22, 2020

Welcome to Life After Fifty's Annual General Meeting for the 2019/20 fiscal year.

We are pleased to present the successes of our 2019/20 fiscal year. The year was full of exciting accomplishments and improvements to our Centres, programs and services. We were almost to the end of our fiscal when the world changed. The last two weeks of our fiscal year was filled with many changes and uncertainty. Our staff, members and volunteers are resilient and we will come through this together- stronger than ever. However, the focus of this report will be on our many accomplishments of the first 50 weeks of our 2019-2020 year. 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 our continued success and the health of our Organization.

As President, and Executive Director of Life After Fifty, we are pleased to present our financial statements this year. With the assistance of the Canadian Mental Health Association and diligent work of our board and staff, we continue to present a strong financial position.

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 contribution in keeping seniors in our community fit, well and social. In these changing times, we hope for your continued support in the future. A special thank-you to our fundraising committee for adapting and creating the most successful lottery to date. It is a highly competitive market for non-profit fundraising initiatives and our success in this area can directly be attributed to the efforts of our fundraising committee, members and volunteers!

We have two Board members whose term is ending, Ann Korenic and Colin James. We thank you both for your service. We would like to thank Ann for time spent volunteering for Life After Fifty. Colin will continue on as a Centre volunteer as he has done for years, we look forward to seeing him around.

We thank you, our members, for your continued support of *your* Centre. The year ahead will undoubtedly present new challenges however with the support of all of you behind us, we can be sure to come out of this stronger than ever without compromising the quality of LAF's mission, vision and values.

Vision: Leading the way to vibrant and healthy lives.
Mission: Enriching the lives of older adults by providing opportunities to be fit, well and social.
Values: Inclusivity, Responsibility, Self-determination, Collaboration

Amy Szewczuk
President

Joyce Nixon
Executive Director

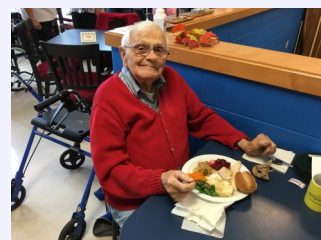


Be Social!



199

The number of **members** who joined Life After Fifty in 2019-2020. **517** members are taking advantage of the membership monthly plan (PAD).



8

The number of **new honorary members** aged 90+ who are active members of Life After Fifty!



493

The number of tours hosted at the West Side and East Centre.

Be Well!



200

The number of participants at the **Senior's Active Living Fair** with **58 vendors** taking part.



5210

The number of **Telephone Assurance Calls** and **Friendly Visits**.



1671

The number of hours contracted out through our **Home Maintenance Program**, serving 95 clients!

Be Fit!



23,134

The number of hours of **regularly scheduled programs** offered including Billiards, WalkABOUTS, Yoga, Chair Fitness, Pickleball & more!



\$4,269

Total sales for the LAF Bazaar with **652 unique handmade items** sold to support LAF programs.



361

The number of people served by our LHIN-funded **Foot Care** nurses adding up to **2182** visits.

Be Connected!



3710

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



2

New mural projects funded by the Arts, Culture and Heritage Fund through the City of Windsor for the **Our West End Neighbourhood Renewal Initiative** Program.



45

The number of community partner referrals for Social Prescription with participation in **106 hours** of LAF programming by participants.