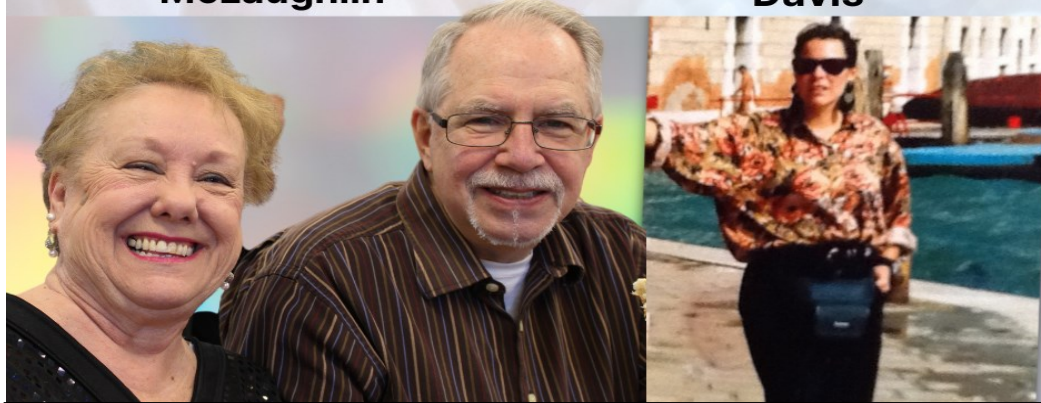


Congratulations to our newest recipients of the Martin Laforet Award

2020
Connie & Gordon McLaughlin

2021
Dorothy Davis



The Martin Laforet Award is presented in recognition of outstanding volunteer commitment to Life After Fifty.

LIFE AFTER FIFTY STRATEGIC PLAN

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

COMMUNITY ENGAGEMENT

1. Older adults are engaged and socially connected.
2. Responsive to current needs and issues in the community.
3. Collaboration with community partners.

PROGRAMS AND SERVICES

1. Inclusive, welcoming and safe environment.
2. Person-focused and driven services.
3. Innovative and enjoyable ways to maintain and restore mental, physical and social wellness.

FISCAL RESPONSIBILITY

1. Ensure effective use of resources.
2. Secure and sustainable funding sources.
3. Explore alternative funding models.



To all of our outgoing board members, we appreciate your support and work towards reaching our organizational goals.

Thank you for your support!



\$383,492

The total amount of **emergency funding and grants** that supported the new and safe delivery of our programs, services and facilities.



\$5,690

Donated through the **OLG** and charitable gaming from the **Paradise Gaming Centre** to support our low-cost frozen meals program.



\$9,521

For the first time our **LAF Lottery** went virtual as an electronic 50/50. Thank you to our dedicated sponsor, **Windsor Honda** and **Lester Group** for their contributions.

In the Community

Thanks to funding from the Gordie Howe International Bridge Community Benefits Plan. New public artwork has been installed at Dominion House Tavern and Queen's Dock at the foot of Mill Street in Sandwich Towne. By engaging youth artists in the history of the area and imagining the potential of the planned new infrastructure, over 17 local artists participated in the creation of the project.

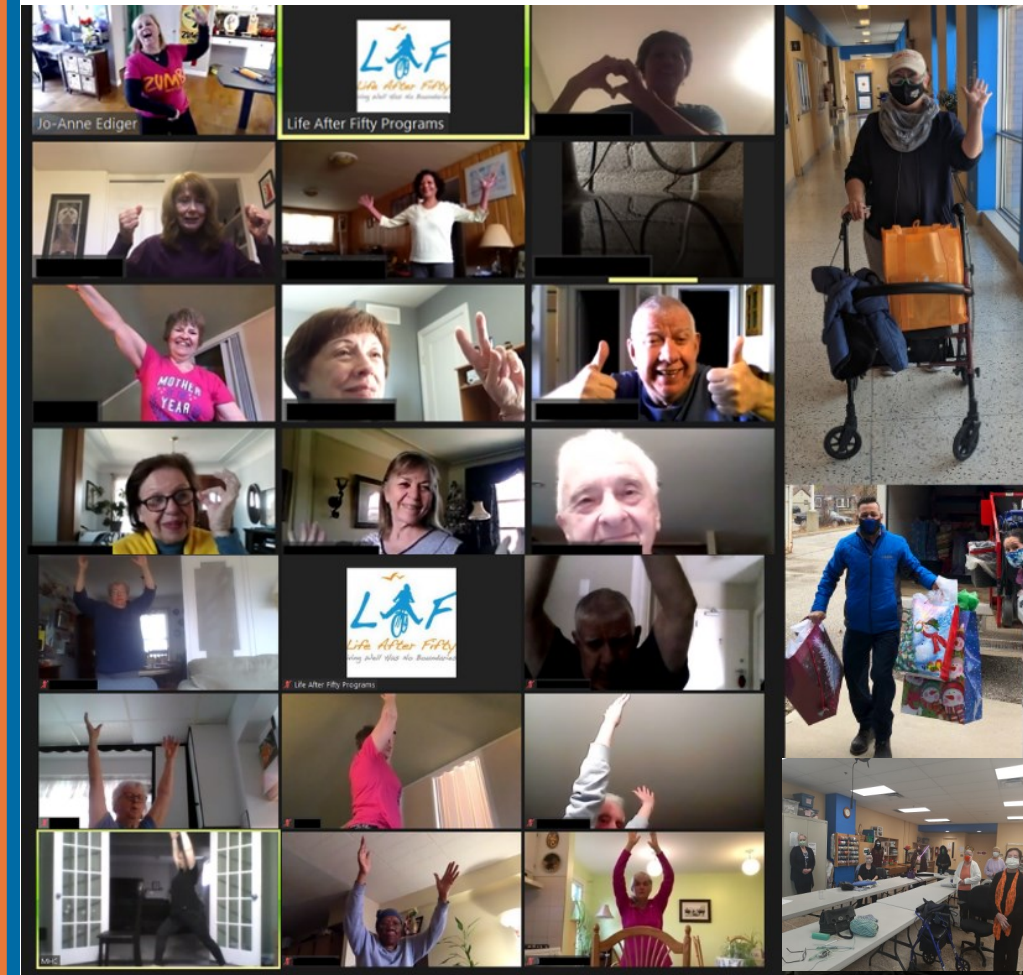


A special thank to the Windsor Port Authority for their on-going support to this project. Visit Queen's Dock or Facebook.com/WestEndArtProject for more info!



Life After Fifty
Living Well Has No Boundaries

2021 ANNUAL REPORT



@LAFWindsor



@LAFWindsor



Contact Us:
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West Side Centre
635 McEwan Ave.
Windsor, ON
N9B 2E9

East Side Centre
8787 McHugh St.
Windsor, ON
N8S 0A1

fit.
Be well.
social!



Message from:

Board of Directors' President & Executive Director



June 22, 2021

Welcome to Life After Fifty's Annual General Meeting for the 2020/21 fiscal year

As Board President, and Executive Director, we are pleased to present Life After Fifty's financial statements for the 2020/21 fiscal year. This year was a year of challenges for everyone across the globe, particularly for older adults. Life After Fifty was no different as we adapted and shifted our programs and services while maintaining our fiscal responsibility.

With the critical assistance of the many grants, government subsidies, and loans we were able to end our fiscal year in a positive position.

Thank you to our funders for their enduring support; the Province of Ontario, Ministry for Seniors and Accessibility, Ontario Health and the City of Windsor. Our program and service levels were significantly impacted by the pandemic, but their support continued.

A special thank-you to WindsorEssex Community Foundation for quickly responding to our needed shift to virtual programming and for supporting our Emergency Community Support application. This funding was pivotal to the transformation of our agency and programming in the past year. We also thank Paradise Charitable Gaming for generously continuing to forward bingo funds when we could not provide volunteers. Finally, our gratitude to the Older Adults Centres' Association of Ontario (OACAO) for their financial support of virtual programs and resources created to assist Seniors Active Living Centres across Ontario.

We are proud to say, with all of the funding and assistance provided, we were able to keep all of our staff employed throughout the pandemic. This continuity of staffing has allowed for a fulsome virtual programming schedule, frozen and drive-by meal programs along with monthly mail outs, phone calls, outreach to our community and more.

We would like to acknowledge the hard work of our Board, Staff, Members, Committees and Volunteers. Each of you has contributed time and energy to ensure our continued success and the health of seniors in our community. So many of you stepped up to the challenge of reaching out to our most vulnerable seniors to help them feel connected during a time of extreme isolation. Phone calls for weekly or daily check-ins, birthday calls, cards sent and puzzle drop-offs.

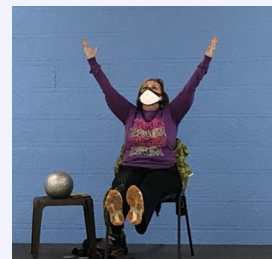
Moving into our new fiscal we, along with the Province, will continue to transform, move to stabilize and restore our programs and services as we proudly serve seniors living in Windsor and Essex County. The year ahead will, undoubtedly, present new challenges, however, with your support behind us, we can be sure to come out of this stronger than ever.

Lucie Lombardo
President

Joyce Nixon
Executive Director



Be Fit!



13

Unique programs created for the Zoom platform in late 2020, including Gentle Fitness, Zumba Gold, Stronger U and Yoga.



2052

Sign-ins to our programs on-site and held virtually including **1196 hours of Zoom** and **744 hours of in-centre programs.**



1307

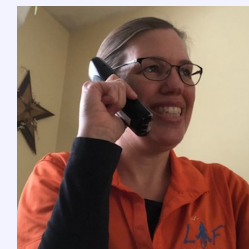
Log-ins to our new Zoom programs, with **40** exercise kits, **15** garden kits and **24** book club books provided to our members.

Be Social!



41,175

Collaborated with 7 other senior-serving organizations to provide over **22,000 calls, thousands of meals, social activity kits and essential items to seniors** resulting in **41,175 service interactions.** Thank you to the Emergency Community Support Fund + United Way/Centraide Windsor-Essex for funding this successful community initiative.



1572

Total call-ins to our Seniors' Centre Without Walls with **330** program offerings! **54,934 minutes** of call time with **over 100 seniors.**



870

Holiday mail-outs sent to our members featuring handmade cards from **10 schools across Essex County** (at all levels) including **2 Girl Guide Groups** to share messages of appreciation and creative artworks.

Be Well!



1436

Total amount of healthy frozen meals sold. These meals provided seniors with an affordable home cooked meal.



116

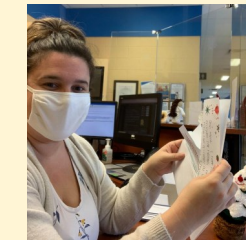
Turkey dinners served during our first ever "Turkey Dinner Drive-Thru" sponsored by Amy's Helping Hands.



240

New referrals to Life After Fifty's programs and services.

Be Connected!



8983

Phone calls made by staff and volunteers including **7600 Telephone Assurance Calls** and **1383 check-ins** to members.



5037

The number of hours on the phone making **Telephone Assurance Calls** with **30 new volunteers** and **65 active volunteers** to support our seniors during the pandemic.



140

People supported with free tax preparation services through the **Community Volunteer Income Tax Program.**