

# The Town of Oakville

## Department of Recreation & Culture

### Seniors' Working Action Group (SWAG) - We're Age Friendly

Minutes – Wednesday, March 25, 2026,

**In Attendance:** Darlene Cox, Pat Moore, Bev Cathro, Ruth Sheridan, Micheline Wheeler, Julie Pennal, Ted Lambert, Margaret Kirwin, Michele Cleary, Councillor Duddeck, Michelle Nichols, Pierre Wong, Brent Copeland

**Guests:** Connie Price, Joan Lewis from Halton Age Friendly Network, Anah Mustapha from Halton Hills Public Library.

**Guest Speaker:** Pat Dunn from Senior Women Living Together (SWLT)

**Minutes:** Kelly Meeussen

#### 1. Call to Order

By Darlene Cox – 1:30 p.m.

##### Guest Speaker: Pat Dunn from Senior Women Living Together

- Senior Women Living Together is a platform where you can learn about shared living, find compatible home mates and together find suitable rental accommodation.
- We are a volunteer-run nonprofit.
- We are women with a common passion for helping to build a better world for all Canadian women. We believe that affordable housing is a human right and intend to ensure that every senior woman will have housing options that allow her to maintain her independence, autonomy and dignity.
- Our process for finding compatible home mates is to create a profile, select others to contact, contact in chat/video calls and face to face, then create a home mate agreement and find housing.
- We encourage home mates to stay connected to our community to learn and pass on their experiences.
- We're all volunteers, responsible for governance, outreach, marketing, tech support, mediating disputes and celebrating successes.
- We use our website to provide information about shared living, and a chat system to talk to each other online and arrange in person meetups. <https://swlt.ca>
- We do outreach in communities in Ontario and BC to encourage women who are living alone to join us to have a better financial footing, and companionship.
- Most of our groups are looking for women to find new homes that are suitable for sharing, but some homeowners or leaseholders want to stay in their current homes but share their space.

- We have built it for success. Each step includes everything you need to know and everything you need to do to find compatible home mates and a home to live in together.

## **2. Attendance / Regrets**

Regrets as noted.

## **3. Acceptance of previous Minutes / Agenda**

Bev Cathro, seconded by Pat Moore, Carried.

## **4. Update from the Town of Oakville - Brent Copeland**

- An evening meeting was held on March 25 at 6:30 p.m. to discuss the Canada Day Celebration 2026. Areas of consideration is Sheridan College for a day event only. As mentioned at the AGM in early March, the Town will be launching an Older Adult Strategy with public involvement. Following a bid order a consultation company will be awarded the role in May. Sixteen Mile Creek, soft opening is set for March 31 with the grand opening scheduled for May 30. The Town is simplifying the fitness membership model to make it clearer, more affordable, and better aligned with the activities and amenities for members. The Premium Fitness Membership will be discontinued effective March 31, 2026. Members can move to our streamlined fitness membership, which offers the same benefits at a lower cost.

## **5. Standing Items:**

- Councillor update: - Cathy Duddeck

Nominations are now open for the Oakville Community Spirit Awards- deadline is April 27<sup>th</sup>

1. Arts, Culture and Heritage Award
2. Climate Action Award
3. Good Neighbour Award
4. Inclusion, Diversity, Equity and Accessibility Award
5. Inspiration Award
6. Leadership and Innovation Award

On March 30<sup>th</sup> Council discussed the options for Canada Day Celebrations. One option is Sheridan College and there is a provision to return to Bronte when appropriate (police involvement to address vandalism and discharge of fireworks by groups)

The town is reviewing the zoning bylaws for south Oakville. Zoning is the guidelines/rules to implement the official plan, setbacks, height, type of business permitted, etc.

Oakville invited residents to help shape its first Invasive Species Management Plan. A public questionnaire was open from February 23 to March 27. The plan will guide how the Town prevents and responds to threats such as the Emerald Ash Borer and Asian Long-horned Beetle, protecting local trees, parks and natural areas

Food banks in the Oakville area are reporting a record demand for donations – please consider dropping off goods to the various food banks

Fareshare Food Bank Oakville:

Kerr Street Mission

The Salvation Army Oakville

Food 4 Kids Halton

Oak Park & Neighbourhood Centre Food Bank

Nourishing Neighbours Food Bank

Date: Every Thursday from 4:00pm to 5:30pm

Location: St. Luke's Anglican Church & Community Centre (3114 Dundas St W, L6M 4J3)

- Meals on Wheels – Michelle Nichols

We are actively recruiting volunteers to assist with weekday lunch-hour meal deliveries. This is a meaningful and flexible way to make a direct impact in our community.

*Save the Date*

Please mark your calendars for our 50th Anniversary Celebration on Thursday, October 1, 2026. More details will follow as we get closer to this milestone event.

*Nomination*

We have been nominated as a finalist for the CN Altruism Award with the Oakville Chamber of Commerce.

- Senior Connector Update – Pat Moore

Shared the Halton Region Community Resource Contact List – document is attached for reference.

- enVISION Oakville Update – Ruth Sheridan

Our group took part in two presentations offered by the CNIB presented by CAMH. Each presentation provided information and tools to deal with grief, loss and mindset. We do a lot of activities in addition to in person and virtual meetings. On Saturday, March 28, we attended a luncheon for members at El Spero restaurant in Bronte. As March is nutrition month all members were sent a quiz with eight questions, such as “Is it really that bad to skip breakfast?” “What should I eat to have more energy throughout the day?” Paulina Bailek, a registered dietitian at OTMH provided answers to each question.

- OAAC - Darlene Cox

- Presentation by Connected Care Halton OHT and Burlington OHT (Ontario Health Team)
  - CCHOHT geography encompasses over 465,000 residents across
  - CCHOHT created a patient, family, caregiver advisory committee that is committed to ensuring the delivery of equitable, innovative, coordinated, and connected person-centered care while recognizing diversity and needs of the community.
  - CCHOHT also created Find a Doctor- [docmaps.ca](http://docmaps.ca). This interactive map gives you access to Doctors/Nurse Practitioners who are accepting new patients in your area in Halton.
  - Shared initiatives such as the Community Wellness Hubs. This model is designed to intervene before issues escalate to the ER or a hospital admission.
  - These hubs bring together healthcare, housing and social care in a single accessible location in affordable housing and community-accessible sites. The primary focus is on seniors, unattached patients, and equity-deserving populations.
  - These hubs will ultimately reduce strain on hospitals with shorter stays and reduce acute care utilization.
  - Initiatives focus on early intervention, smoother transitions, strong partnerships across hospital, primary care and community services.
  - Data-informed planning ensures programs respond to local population needs, including aging, chronic disease, access to barriers, and health equity considerations.
  - This is an ongoing collaboration with system partners.
- Halton Age Friendly (HAFN)
  - Creative Community Hive (CCH) is a not-for-profit arts community in Oakville and Burlington offering in-person and, periodically, virtual, or hybrid arts programming aimed at community connection. They host "Crafty Bee" sessions focusing on, but not limited to, textile arts and diverse crafting techniques for all skill levels.

- **Virtual/Hybrid Offerings:** While they operate pop-up physical locations, CCH engages with the community, offering, flexible, creative, opportunities, that can, include, online interaction or, hybrid, workshops.
- **Contact/Information:** For current schedules, including any specific virtual initiatives, visit the [Creative Community Hive website](#) or contact Jennifer Jalal at [jennifer\\_jalal@hotmail.com](mailto:jennifer_jalal@hotmail.com).

- Older Adult Isolation Table - Julie Pennal

Meeting was cancelled.

- Links2Wellbeing – Kelly Meeussen

No update provided.

## 6. Business Arising – Future Guest Speakers

- AI presentation April 2 Virtual – Please register using the link below:
  - [https://us02web.zoom.us/meeting/register/fYgTG074S\\_aZg60bPZ1iSQ](https://us02web.zoom.us/meeting/register/fYgTG074S_aZg60bPZ1iSQ)
  - If you require assistance, please contact Kelly at 905-815-5960

OAAC Older Adult Directory Input – April 22, with OAAC Chair, Doug Kelley

**MAiD and Death Café in person event – Tuesday, May 5 at 1 p.m. at the Colborne Senior Centre.**

Andy Lui and Angela Parsons, Challenge Golf – May 27

MPP Stephen Crawford – June 24

## 7. Information sharing

## 8. Date of next meeting

**Wednesday, April 22 at 1:30 p.m. in person with Zoom option.**

## 9. Adjournment

3:40 p.m.