

SUPPORTING SENIORS

Strengthening Our Community



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INVESTING IN SENIORS

The ***New Horizons for Seniors Program (NHSP)*** is a Government of Canada grant program that supports community-based projects designed by seniors and for seniors.

These projects help seniors stay socially connected, share their knowledge, participate in their communities and maintain their independence.

Eligible organizations can now receive up to ***$50,000*** for projects lasting up to ***one year.***

Funding supports initiatives that promote ***volunteering***, ***mentoring***, ***awareness*** of elder abuse, social inclusion and community programs for seniors.



Credit: Independent Living Centre Kingston



SUPPORTING LOCAL ORGANIZATIONS

Independent Living Centre Kingston

The Senior Leader's Active Living and Wellness Program: For Seniors with Disabilities is designed to foster an accessible, equitable and inclusive community, while promoting leadership amongst seniors living with disabilities. These groups are designed by seniors living with disabilities, for individuals living with disabilities.

The peer groups include adaptive yoga, art therapy, cooking on a budget, and a coffee and games group. These groups accommodate all individuals living with disabilities in the KFL&A region.

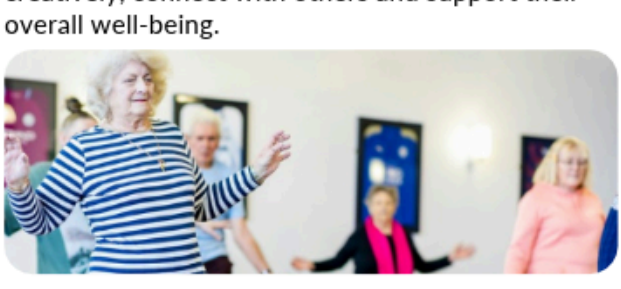




Queen's U

The project ***Accessible Music and Movement Programming for Older Adults in Isolation*** supports older adults through two welcoming and accessible music and movement programmes.

SWAY offers weekly sessions at Providence Care Hospital, combining singing with seated or standing movement adapted to participants' needs. Rise, Shine, Sing! provides weekly online music theatre sessions for older adults participating from home or long-term care settings. Together, the programmes help local seniors remain active, express themselves creatively, connect with others and support their overall well-being.



Epilepsy South Eastern Ontario

New Horizons is designed for seniors living with epilepsy to help improve memory, cognition, reduce social isolation, improve digital access and optimize safety in the home. The funding is being used to provide four main services to local seniors. The organization conducts wellness calls, and offers a technology lending library with digital support, home safety assessments and an 8 week HOBSCOTCH memory program.





2026 LOCAL FUNDING RECIPIENTS

Congratulations to all the local organizations for making a positive impact on seniors in Kingston and the Islands!

- Seniors Association Kingston Region
- Independent Living Centre Kingston
- St James' Anglican Church
- Epilepsy South Eastern Ontario
- Queen's University
- Dress for Success Kingston

Please note that the projects featured here received up to $25,000 in funding through the ***New Horizons for Seniors Program.*** Building on the program's success, the Government of Canada is increasing the maximum funding available for future projects to $50,000

I encourage local organizations to learn more and consider applying when the next call for proposals opens!

LEARN MORE ABOUT

the New Horizons for Seniors Program

Scan the QR code below or visit:
bit.ly/47j4ObX

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bit.ly/4dCZfc1

INFO

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