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New Horizons for Seniors Program - Submit

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SUMMARY OF THE APPLICATION

Tracking Number: _____

This is a copy of the application form only.

New Horizons for Seniors Program - Organization

SECTION B

Part 1 - ORGANIZATION

Organization Identification

Legal Name of your Organization

Municipality of Temagami

Is the Operating (Common) Name different from the legal name?

No

Year the Organization was Established?

1998

Employer Type:

For more details, consult the Eligibility Information section at:

<https://www.canada.ca/en/employment-social-development/services/funding/new-horizons-seniors-community-based.html#h2.03>

Public

Public Sector

Municipal governments and agencies

Other Registration Number

Territorial Registration Number:

Provincial Registration Number:
Canada Revenue Agency Business Number

First Nine Digits:

108079013

Type of Account:

RP

Specific Account:

0001

Organization Email Address

projects@temagami.ca

Organization Telephone Number

Number:

7055693421

Extension:

207

Organization Primary Address:

Street 1:

7 Lakeshore PO box 220

Street 2: (Optional)

City:

temagami

Province/territory:

Ontario

Postal Code: (X9X9X9)

P0H2H0

Is the Mailing Address the same as the Organization Primary Address?

Yes

Describe your organization's primary activities

The Corporation of the Municipality of Temagami exists to serve its residents and those who come to experience the area. We are dedicated to creating and maintaining a balance between the global attraction of Temagami's wilderness and a successful business community. We are also dedicated to achieving the sustainable development of the Temagami area's natural resources, while conserving and ensuring the area's natural heritage and ecological diversity. We provide Municipal Government services to our community, including but not limited to; Water, wastewater, solid waste, roads, bridges, recreation, emergency services, land use planning, building services, and public spaces.

Select the target group(s) that best aligns with your organization's primary activities.

- Low Income
- Newcomers
- People with Disabilities
- Remote / Rural
- Seniors

- Youth
- Women

New Horizons for Seniors – Primary Contact

SECTION B

Part 1 - Organization

Name of Primary Contact

Sabrina Pandolfo

Position Title:

Municipal Clerk

Telephone number of the primary Contact

Number:

7055693421

Extension:

207

Email Address of Primary Contact

Projects@temagami.ca

Preferred Language of Communication - Spoken

English

Preferred Language of Communication - Written

English

Primary Contact Address

Organization Primary Address: 7 Lakeshore PO box 220, temagami

Organization Primary Mailing Address: 7 Lakeshore PO box 220, temagami

Same as the Organization Primary Address

New Horizons for Seniors Program – Secondary Contact

SECTION B

Part 1 - Organization

Name of Secondary Contact

John shymko

Position Title:

Economic Development Officer

Telephone number of the Secondary Contact

Number:

2498851018

Extension:

Email Address of Secondary Contact

ecdev@remagami.ca

Preferred Language of Communication - Spoken

English

Preferred Language of Communication - Written

English

Secondary Contact Address

Organization Primary Address: 7 Lakeshore PO box 220, temagami

Organization Primary Mailing Address: 7 Lakeshore PO box 220, temagami

Same as the Organization Primary Address

New Horizons for Seniors Program – Amounts Due

SECTION B

Part 1 - Organization

Does your organization owe any amounts to the Government of Canada?

No

New Horizons for Seniors Program – Project

SECTION B

Part 2 - Project Proposal

PROJECT PROPOSAL IDENTIFICATION

Project Title

Northern Lights: Active Living Through Music, Words and Movement

Planned Project Start Date

2025-03-17

Planned Project End Date

2026-02-23

PROJECT PROPOSAL DESCRIPTION

Project Summary

In 500 words or less, describe the need of the proposed project including what it aims to achieve (objective and anticipated results), and who is the targeted group, and how the activities are new (or an expansion of existing activities) for your organization.

- Identify the need for this project, and demonstrate how your project will address the needs of seniors.
- Indicate the expected results of your project. Make sure they are realistic and clearly defined.

If applicable, describe how your project targets:

- vulnerable seniors' populations
- rural and remote areas

The Northern Lights initiative is designed to address the growing need for programs that promote social inclusion, physical activity, and mental well-being among seniors in Temagami, Ontario. According to the 2021 census, over 34% of Temagami's population is aged 65 or older, with many living in rural and remote areas where social isolation, limited access to physical activities, and cultural disconnection pose significant challenges. The senior population faces heightened risks of social isolation, which is linked to mental health issues such as depression and anxiety, as well as physical decline due to inactivity. The project aims to offer a diverse range of activities, including music sessions, square dancing, yoga, and intergenerational storytelling, which will foster physical, social, and emotional well-being among seniors. By providing consistent opportunities for social participation and engagement in culturally relevant activities, Northern Lights seeks to reduce isolation, promote healthy aging, and strengthen community ties. The program will also include educational components to raise awareness about elder abuse, helping seniors safeguard their financial security and well-being.

Objectives and/or priorities

In 500 words or less, describe in detail how your project meets:

- at least 1 program objective
- if you seek funding for capital assistance, your project must meet 2 program objectives
- if applicable, a national priority – projects that meet at least 1 of the national priorities will receive extra points in the assessment

Project Objectives and National Priorities The Northern Lights project aligns with multiple objectives of the New Horizons for Seniors Program (NHSP) and addresses national priorities, particularly around supporting healthy aging and fostering intergenerational engagement. **Program Objectives: Supporting the Social Participation and Inclusion of Seniors** The primary objective of Northern Lights is to reduce social isolation among seniors by providing regular, accessible opportunities for social participation. The project will offer activities such as music sessions, square dancing, yoga, and intergenerational storytelling, all of which foster engagement, encourage peer interactions, and strengthen community

bonds. These activities are specifically tailored to seniors of varying physical abilities and are designed to ensure that all participants feel welcome and included. By creating a space for seniors to gather and engage in culturally and socially relevant activities, Northern Lights will help to mitigate the negative effects of isolation and improve the mental and emotional well-being of seniors in Temagami.

Promoting Volunteerism Among Seniors and Other Generations

A key aspect of the project is its focus on volunteerism and mentorship. Seniors will have the opportunity to take on leadership roles, whether by leading music sessions, guiding storytelling events, or mentoring younger community members during intergenerational activities. By positioning seniors as leaders and contributors within the community, Northern Lights encourages active participation, recognizes their valuable skills, and promotes a positive image of aging. The program will also encourage younger generations to volunteer and engage in the activities, fostering intergenerational relationships and mutual learning.

Capital Assistance Request: To ensure the successful delivery of this project, Northern Lights seeks capital assistance for the purchase of essential equipment, including musical instruments, yoga mats, and a sound system. This equipment will be used to enhance the quality of the activities and ensure that they are accessible to all participants, regardless of physical ability. By meeting two key objectives—promoting social participation and volunteerism—this request for capital assistance aligns with NHSP goals while ensuring the longevity and sustainability of the project.

National Priority: Supporting Healthy Aging

Northern Lights directly addresses the national priority of supporting healthy aging by providing seniors with opportunities to engage in regular physical activity through yoga and square dancing, which are adapted to seniors' needs. These activities promote physical well-being, improve mobility, and reduce the risk of falls and other health issues related to inactivity. The program also supports mental health through mindfulness-based yoga practices and creative engagement in music and storytelling, both of which contribute to reducing stress and enhancing emotional well-being.

Celebrating Diversity and Promoting Inclusion

The project is inclusive of diverse populations, particularly vulnerable seniors such as Indigenous seniors, low-income seniors, and those living in rural and remote areas. The intergenerational storytelling sessions will foster cultural exchange and inclusion, advancing reconciliation with Indigenous Peoples by incorporating traditional stories and music from Northern Ontario. The program also aims to celebrate the diversity of the senior population by ensuring that all participants, regardless of their background or physical ability, have equal access to the activities.

Project Activities and Timelines (provide the activities and their timelines that will be taking place as part of this proposed project).

List the activities that will take place. Identify who will do them and when they will be done. Ensure the timelines and milestones are specific, detailed and realistic.

Weekly Music Sessions Who: Led by local senior musicians (volunteers) with support from community staff for setup and coordination. Open to all seniors, with special invitations to local Indigenous musicians to showcase traditional music.
When: Every Wednesday, 2 hours per session (10 a.m. – 12 p.m.). Starting March 19,

2025, and continuing weekly until February 11, 2026. Milestone: By May 2025, all participants will have had the opportunity to perform or participate in music-making sessions. Monthly Feedback Surveys to assess engagement and satisfaction, with the first survey completed by April 2025. Monthly Square Dance Classes Who: Led by a professional dance instructor with assistance from senior volunteers. Open to seniors of all physical abilities, with adaptations made for those with limited mobility. When: First Friday of every month, 2 hours per session (2 p.m. – 4 p.m.). Starting April 4, 2025, and continuing monthly until February 6, 2026. Milestone: By August 2025, half of the seniors involved will report increased physical activity and enjoyment of dance sessions. Instructor will complete mid-year participation report by September 2025, with adjustments based on feedback. Monthly Social Gatherings Who: Coordinated by community staff with contributions from senior volunteers for planning and execution. Local artists and performers will be invited for entertainment. When: Last Friday of every month, 3 hours per session (5 p.m. – 8 p.m.). Held from March 28, 2025, to February 13, 2026. Milestone: By June 2025, three gatherings will be completed, with at least 20 seniors attending each event. Educational sessions on elder abuse and financial fraud prevention will start in April 2025. Weekly Yoga for Seniors Who: Led by a certified yoga instructor with volunteer assistants to help seniors with limited mobility. Open to all seniors with chair yoga options available. When: Every Tuesday, 1.5 hours per session (10 a.m. – 11:30 a.m.). Starting March 18, 2025, and continuing weekly until February 10, 2026. Milestone: By July 2025, 75% of participating seniors will report improvements in flexibility and mobility. Yoga participation reviews will be conducted in August 2025 and February 2026 to adjust classes based on senior needs. Monthly Intergenerational Storytelling Sessions Who: Led by senior volunteers who will share life stories and cultural experiences. Youth participants will be invited to listen and engage in storytelling with seniors. When: Second Wednesday of every month, 2 hours per session (1 p.m. – 3 p.m.). From April 9, 2025, to February 11, 2026. Milestone: By June 2025, intergenerational bonds will be formed, with at least five youth attending sessions monthly. In September 2025, youth participants will be encouraged to share their stories, fostering reciprocal mentorship. Educational Sessions on Elder Abuse and Financial Fraud Prevention Who: Delivered by invited experts from local health and legal services. Supported by community staff for coordination and outreach. When: Held quarterly (June 2025, September 2025, December 2025, and February 2026) during the monthly social gatherings, 1 hour per session. Milestone: By June 2025, the first session will be completed, with educational materials distributed to all participants. By February 2026, at least 80% of participating seniors will report greater confidence in identifying and preventing financial scams. Summary of Timelines and Milestones March 17, 2025 – February 16, 2026: Weekly music sessions, yoga classes, and monthly square dance, storytelling, and social events will take place throughout this period. April 2025: First feedback surveys for music and dance sessions will be completed, and educational sessions on elder abuse will begin. June 2025: Three social gatherings will be completed, and intergenerational storytelling will be in full swing. First elder abuse prevention educational session

delivered. August 2025: Mid-year yoga reviews, square dance session reports, and improvements in flexibility and mobility among participants will be assessed.

February 16, 2026: Final participation reviews completed, with a goal of engaging at least 100 seniors in the program, 75% reporting reduced isolation, and significant improvements in physical and mental well-being achieved throughout the program duration.

Will the project or any of its activities involve or benefit people in English or French linguistic minority communities in Canada, in some way?

Yes

Provide an explanation and any details on the actions and communication activities you will take to meet that community's needs.

There will be a concerted effort to include Anishinaabe and French Canadian elements in the story telling and music aspects of the program. Temagami and its surrounding areas are home to diverse populations, including Indigenous communities, particularly the Anishinaabe people, and French Canadian residents. To ensure cultural inclusivity and recognition of these communities, the Northern Lights program will make a concerted effort to integrate Anishinaabe and French Canadian elements into both the storytelling and music components. This approach acknowledges the rich cultural heritage of these groups, fosters a sense of belonging, and creates a space for cross-cultural learning and respect.

Actions and Communication Activities 1. Consultation with Anishinaabe Elders and French Canadian Cultural Leaders Actions: Prior to the program launch, we will establish a consultation process with local Anishinaabe Elders and French Canadian cultural leaders. Meetings will be held to ensure that the program respects cultural protocols and appropriately reflects the stories, music, and traditions of these communities. These leaders will be invited to guide the structure of storytelling and musical content, ensuring authenticity and relevance. The first consultation will take place in February 2025, before the program starts on March 17, 2025. Ongoing dialogue will continue throughout the program.

Communication Activities: Invitations for consultation will be extended via direct outreach, including in-person visits and phone calls to local Indigenous and French cultural organizations and community leaders. Regular updates on the program's progress and how their input is being incorporated will be shared through community newsletters, emails, and follow-up meetings.

2. Incorporating Traditional Anishinaabe and French Canadian Stories and Music Actions: During the monthly intergenerational storytelling sessions, Anishinaabe Elders and French Canadian storytellers will be invited to share traditional stories, legends, and experiences. The program will create opportunities for these stories to be passed down to younger generations, promoting cultural preservation. In the weekly music sessions, we will include traditional Anishinaabe drumming, singing, and French Canadian folk music. Musicians from these communities will be invited to lead sessions, and the repertoire will incorporate traditional songs from both cultural backgrounds. As part of the concerted effort to ensure inclusivity, translation services will be available for French-speaking participants to ensure full participation in all program elements.

Communication Activities: These sessions

will be promoted through community channels, including posters at local cultural centers, radio announcements in both English and French, and social media posts targeted at these communities. Collaboration with local schools and community centers will ensure that younger members of the Anishinaabe and French Canadian communities are invited to participate in storytelling sessions, facilitating intergenerational engagement.

3. Cultural Celebrations During Social Gatherings
Actions: The monthly social gatherings will include cultural celebrations featuring Anishinaabe and French Canadian music, food, and storytelling. Each gathering will have a cultural theme, and special events will be planned around significant dates for both communities, such as National Indigenous Peoples Day and Saint-Jean-Baptiste Day. Performances by local Anishinaabe drummers, singers, and French Canadian musicians will be highlighted. Indigenous and French Canadian dishes will also be served, providing a holistic cultural experience.

Communication Activities: These events will be publicized in partnership with local Indigenous organizations and French Canadian community groups. Flyers will be distributed in both English and French, and bilingual announcements will be made through local radio stations and social media platforms.

4. Ensuring Inclusivity and Cultural Sensitivity
Actions: Cultural sensitivity training will be provided to all program staff and volunteers before the program begins in March 2025. This training will be facilitated by Anishinaabe Elders and French Canadian cultural leaders to ensure that all program participants understand and respect the traditions and values of these communities. Continuous feedback from the Anishinaabe and French Canadian participants will be sought to adjust the program as needed and ensure it remains culturally appropriate and inclusive.

Communication Activities: Anonymous feedback forms will be distributed during events, and one-on-one discussions will be encouraged after storytelling sessions to gather feedback from community members. Their input will be actively incorporated into future programming.

Select the specific target group(s) that applies to your project.

- Indigenous Peoples - First Nations
- Low Income
- Newcomers
- Seniors
- Youth
- Women

Will any of the proposed project activities be delivered at your organization's primary address (7 Lakeshore PO box 220, temagami)?

Yes

Will any of the proposed project activities be delivered in a different location from your organization's primary address?

Yes

In how many different locations will the activities take place? (Your organization's primary address excluded)

Standard Grant Application for Funding

Activity delivery location 1 of 2:

Street 1:

100 Spruce Drive

Street 2: (Optional)

City:

Temagami

Province/territory:

Ontario

Postal Code: (X9X9X9)

P0H2H0

Standard Grant Application for Funding

Activity delivery location 2 of 2:

Street 1:

120 Jack Guppy Way

Street 2: (Optional)

City:

temagami

Province/territory:

Ontario

Postal Code: (X9X9X9)

P0H2H0

New Horizons for Seniors Program - Budget

Amount requested from Employment and Social Development Canada:

Staff Wages:

5800

Project Costs:

5800

Capital Assets:

5000

Facilities:

6954

Number of funding sources for the proposed project ESDC excluded:

0

New Horizons for Seniors Program – Budget Summary - Funding Requested from ESDC

Funding Requested from ESDC

Cost Category	Amount
Staff Wages	\$5800
Project Costs	\$5800
Capital Assets	\$5000
Facilities	\$6954
Total	\$23554

Please review the funding requested from ESDC before proceeding.

Please use this field to describe budget details of all costs indicated under Section B, part 3.

Music Sessions Small hall rental (2 hrs/week @ \$40/hr) 3120 Square Dance Classes (Monthly) Small hall rental (2 hrs/month @ \$40/hr) 480 Social Gatherings Theatre rental (3 hrs/month @ \$66.50/hr) 2394 Yoga for Seniors Small hall rental (1.5 hrs/week @ \$40/hr) 3120 Intergenerational Storytelling Small hall rental (2 hrs/month @ \$40/hr) 960 Staffing Program staff @ \$29/hr 5800 Equipment Musical instruments, yoga mats, sound system 5000 Promotion Flyers, posters, social media ads 1000 Square Dancing Instructors and hall (12@\$400 per session) 4800

New Horizons for Seniors Program – Program Specific Questions

SECTION B

Part 4 - Program Specific Questions

New Horizons for Seniors Program (NHSP)

Choose which program objective(s) supports your proposed project.

- Promoting volunteerism among seniors and other generations.
- Engaging seniors in the community through the mentoring of others.
- Supporting the social participation and inclusion of seniors.

Choose which national priority supports your proposed project.

If applicable, choose a national priority that supports your proposed project. Projects that meet at least 1 of the national priorities will receive extra points in the assessment. See Applicant Guide for further instructions.

- Supporting Healthy Ageing.
- Celebrating Diversity and Promoting Inclusion.

Describe how your community supports this project.

The Northern Lights project will bring significant benefits to the community in several key areas:

Reducing Social Isolation: Many seniors in Temagami face isolation due to geographic and social barriers, which can lead to feelings of loneliness, depression, and disconnection from the broader community. By offering regular activities that encourage social interaction, the project will help seniors form new friendships, strengthen existing relationships, and feel more connected to their peers. This social engagement is crucial for mental and emotional well-being, as it provides seniors with a sense of purpose and belonging.

Improving Physical Health: Physical activity is an essential component of healthy aging, but many seniors in Temagami lack access to regular exercise programs that are tailored to their needs. The Northern Lights project will offer accessible physical activities such as yoga and square dancing, which will help improve seniors' mobility, strength, and overall physical health. These activities are designed to accommodate seniors of all fitness levels, ensuring that everyone can participate safely and comfortably.

Promoting Cultural Engagement and Preservation: Many seniors in Temagami come from rich cultural backgrounds, including the Anishinaabe and French Canadian communities, but there are few opportunities for them to share their traditions within the broader community. The Northern Lights project will create a platform for seniors to engage in cultural storytelling and music sessions, allowing them to celebrate and preserve their heritage. By involving younger generations in these activities, the project will also foster intergenerational connections and create a deeper appreciation for the cultural diversity within the community.

Supporting Mental Health: Regular participation in creative and social activities can have a positive impact on mental health, particularly for seniors who are at risk of depression or cognitive decline. The storytelling and music sessions will stimulate cognitive function and provide a creative outlet for seniors, while the social gatherings will offer opportunities for meaningful connection and emotional support. The integration of mindfulness practices in yoga will also help reduce stress and promote relaxation.

Building Community Bonds: By fostering intergenerational connections through storytelling and shared activities, the Northern Lights project will help bridge the gap between seniors and younger generations in the community. These activities will promote mutual understanding, respect, and appreciation between different age groups, strengthening the overall social fabric of the community.

Who Will Benefit from the Project: Seniors (65+): The primary beneficiaries of the Northern Lights project will be seniors in Temagami, particularly those who are isolated, have limited access to social and physical activities, or are at risk of declining mental and physical health.

These seniors will benefit from regular opportunities to engage with their peers, participate in physical activities, and celebrate their cultural traditions. Indigenous and French Canadian Communities: Seniors from these cultural backgrounds will have the opportunity to share their traditions with others in the community, preserving and celebrating their heritage in a meaningful way. The project will also create opportunities for cross-cultural exchange, promoting inclusivity and understanding within the broader community. Youth and Younger Generations: Through intergenerational storytelling and cultural events, younger members of the community will benefit from the wisdom, knowledge, and cultural experiences of their elders. These interactions will help build stronger connections between seniors and youth, fostering mutual respect and understanding. Local Health and Social Service Organizations: By reducing isolation and improving the mental and physical health of seniors, the project will lessen the demand on local health and social services. This will free up resources to address other community needs and ensure that seniors are able to live more independently and healthily. The Northern Lights: Active Living Through Music and Movement project is a crucial initiative for the Temagami community, addressing key issues such as social isolation, physical inactivity, and cultural disconnection among seniors. By offering regular, inclusive activities that promote social interaction, physical health, and cultural engagement, the project will significantly improve the quality of life for seniors in the community and foster stronger community bonds.

Indicate the number of seniors and non-seniors who will take part in the planning and design of the proposed project activities.

Number of Seniors:

100

Number of Non-Seniors:

20

Describe what will be their role in the planning and design of the proposed project.

Active Involvement of Seniors in Planning, Development, and Implementation: Seniors will play an essential role in the planning, development, and implementation of the Northern Lights: Active Living Through Music and Movement project. The project is designed with the needs and preferences of seniors at the forefront, and their participation in all stages will ensure the program is relevant, inclusive, and sustainable. 1. Planning Stage: - Advisory Committee of Seniors: An advisory committee composed of local seniors will be established to guide the planning of the project. This group will consist of representatives from diverse backgrounds, including Anishinaabe and French Canadian seniors, to ensure cultural inclusivity. The committee will provide input on the types of activities to be included, the frequency and timing of events, and suggestions for venues and formats that accommodate the mobility and accessibility needs of the senior population. - Focus Groups and Surveys: Before launching the project, focus groups and surveys will be conducted with seniors to gather their

input on specific activities they would like to see in the program. Their feedback will directly shape the final schedule and structure of activities, ensuring that the project meets their preferences and expectations.

2. Development Stage:

- **Content Creation for Storytelling and Music Sessions:** Seniors will be invited to contribute to the development of content for the storytelling and music sessions. For example, seniors with a background in traditional Anishinaabe or French Canadian culture will be encouraged to share their stories, songs, and cultural knowledge with the group. These contributions will help create a diverse and culturally rich program that reflects the heritage of the community.
- **Volunteer Leaders:** During the development phase, senior volunteers will be recruited to lead specific activities, such as coordinating social gatherings or assisting with yoga and dance classes. These volunteers will receive training to ensure they are comfortable in their roles and can contribute effectively to the program's success.

3. Implementation Stage:

- **Activity Leaders:** Seniors will take on leadership roles during the implementation of the project. For example:
 - **Music Sessions:** Senior musicians will lead weekly music sessions, sharing their knowledge and skills with others, while encouraging participation from the group.
 - **Storytelling Sessions:** Senior storytellers will lead monthly storytelling events, sharing their life experiences and cultural heritage with younger generations.
 - **Social Gatherings:** Senior volunteers will assist with organizing and hosting the monthly social gatherings, ensuring that the event runs smoothly and that all participants feel welcome and included.
 - **Mentorship and Peer Support:** Seniors with specific expertise, such as in music, storytelling, or yoga, will mentor other seniors who are interested in learning new skills. This peer mentorship approach will empower seniors to take an active role in the learning and development of their peers.
 - **Feedback and Continuous Improvement:** Throughout the duration of the project, seniors will be encouraged to provide feedback on the activities and suggest improvements. Their input will be gathered through informal discussions, surveys, and regular meetings with the advisory committee. This feedback will be used to make ongoing adjustments to the program to ensure it continues to meet the evolving needs and interests of the senior participants.

Participation of Seniors in Project Activities:

- 1. Music Sessions:** Seniors will be active participants in the weekly music sessions, either by playing instruments, singing, or leading group discussions about the cultural significance of the songs. Musicians among the senior participants will be encouraged to take on leadership roles, guiding others and sharing their knowledge of traditional Anishinaabe and French Canadian music. Those with less experience will still actively engage by participating in sing-alongs or learning new instruments.
- 2. Storytelling Sessions:** Seniors will play a central role in the monthly storytelling sessions, where they will be invited to share their personal stories, cultural traditions, and

experiences with the group, including youth participants. Senior volunteers will help facilitate these sessions, ensuring that the stories are inclusive and that every participant has a chance to contribute. The intergenerational format encourages seniors to actively mentor younger participants, fostering cross-generational connections. 3. Square Dancing Classes: Seniors will be encouraged to participate in the monthly square dancing classes, both as learners and as volunteer assistants for those who need extra support. Senior volunteers with experience in square dancing will be invited to assist the instructor in teaching the steps and guiding their peers, helping to create a collaborative learning environment. 4. Yoga for Seniors: Senior participants will take part in weekly yoga sessions, with options for chair yoga to accommodate varying levels of mobility. Seniors who are familiar with yoga practices will be invited to demonstrate techniques or assist others during the sessions, ensuring that all participants feel supported and included. 5. Social Gatherings: Seniors will be involved in the monthly social gatherings, which will include themed events such as potlucks, storytelling, and cultural performances. Seniors will take on leadership roles in planning the events, organizing food, setting up the venue, and facilitating activities during the gathering. Those interested in performance will have the opportunity to showcase their talents, whether in music, storytelling, or other cultural expressions.

Empowerment Through Active Participation: By actively involving seniors in every phase of the Northern Lights project, from planning to implementation, the program will empower them to take ownership of their activities and create a lasting impact in the community. Their leadership and involvement ensure that the project remains relevant, inclusive, and responsive to their needs, while fostering a sense of purpose and belonging among senior participants. This approach not only enhances the quality of the program but also strengthens the seniors' connection to their community and to one another, making the Northern Lights project a truly community-driven initiative.

After the project is complete, how many individuals do you think will benefit from the proposed project activities?

Number of Seniors:

100

Number of Non-Seniors:

15

Explain how the individuals will benefit from the proposed project.

Weekly Activities (Music Sessions and Yoga): With an expected participation of 10-20 seniors per weekly session (music and yoga), and running for approximately 48 weeks, we anticipate consistent engagement from a core group of seniors, while others may join periodically throughout the year. Estimated Reach: 40-60 seniors.

Monthly Activities (Square Dance Classes and Social Gatherings): These

activities will likely attract around 20-30 seniors per month, with the added draw of cultural events, themed social gatherings, and square dance lessons. Estimated Reach: 50-70 seniors. Intergenerational Storytelling Sessions: These monthly sessions are expected to involve at least 10-15 seniors, many of whom will participate multiple times to share their stories and engage with younger generations. Estimated Reach: 20-30 seniors. In total, we estimate that at least 100 seniors will participate in one or more activities, with many benefiting from multiple activities throughout the year. This number includes seniors from diverse backgrounds, including Indigenous and French Canadian communities, as well as those living in rural and remote areas who may not have previously had access to such programs. The project's focus on cultural inclusivity and accessibility will ensure a broad and meaningful impact on the senior population in Temagami. Seniors in Temagami often face social isolation due to the rural nature of the community and a lack of consistent, age-appropriate activities. This can lead to loneliness, depression, and disconnection from others. By participating in the Northern Lights: Active Living Through Music and Movement project, seniors will have regular opportunities to engage in social gatherings, music, storytelling, and physical activities such as yoga and square dancing. These activities will provide them with consistent, meaningful social interactions, helping to combat isolation and loneliness. Seniors will form new friendships, strengthen existing relationships, and feel more connected to their community, improving their emotional well-being. Physical health is a key concern for many seniors, as regular exercise is essential for maintaining mobility, strength, and overall well-being. However, many lack access to programs that cater to their physical abilities. The yoga and square dancing classes in the Northern Lights project are tailored to seniors, offering gentle physical activity that helps improve flexibility, balance, and cardiovascular health. These activities will help seniors stay physically active, reduce their risk of falls, and maintain their independence. Cognitive and mental health are equally important for seniors, especially those at risk of cognitive decline. Participating in creative activities such as storytelling and music stimulates the brain and fosters mental engagement. Seniors involved in the storytelling sessions will have the opportunity to share their life experiences, cultural stories, and wisdom with others, keeping their minds active and engaged. Music sessions, which include singing and playing instruments, have been shown to improve mood and reduce stress, further enhancing mental health. By offering these activities, the project provides seniors with a creative outlet that supports their cognitive function and emotional well-being. Many seniors in the Temagami community come from rich cultural backgrounds, including Anishinaabe and French Canadian traditions. However, there are limited

opportunities for them to celebrate and share their heritage with the broader community. The Northern Lights project will incorporate these cultural elements into its storytelling and music sessions, providing seniors with a platform to express and preserve their cultural traditions. This not only allows seniors to maintain a connection to their heritage but also fosters a sense of pride and belonging. The inclusion of these cultural activities will also encourage cross-cultural understanding and respect within the community. The project's intergenerational component is another important aspect of how seniors will benefit. By sharing their stories and participating in joint activities with younger community members, seniors will form meaningful connections with the next generation. These intergenerational interactions provide seniors with a sense of purpose and fulfillment as they pass on their knowledge and experience. Younger participants, in turn, gain valuable insights and a deeper appreciation for the seniors in their community, helping to bridge generational gaps. Seniors are often vulnerable to elder abuse and financial fraud, especially in isolated, rural areas. The Northern Lights project will include educational sessions during its monthly social gatherings, focusing on how seniors can protect themselves from financial scams and other forms of abuse. By equipping seniors with the knowledge and resources they need to recognize and prevent exploitation, the project will empower them to take control of their financial security and personal safety. These sessions will enhance their confidence in navigating potential threats and ensure they feel supported and informed. Seniors in the Temagami community will benefit from the Northern Lights project through increased social interaction, improved physical and mental health, greater cultural expression, intergenerational engagement, and enhanced financial security. These activities will help seniors feel more connected, empowered, and supported, ultimately improving their quality of life and well-being. The Northern Lights: Active Living Through Music and Movement project will bring significant benefits to the Temagami community by addressing social isolation and promoting the well-being of seniors. By offering regular social activities such as music sessions, storytelling, yoga, and square dancing, the project will provide seniors with consistent opportunities to engage with peers, reducing loneliness and fostering a sense of belonging. These activities will improve both the mental and emotional health of seniors, helping them form new friendships and stay connected to their community. The physical activities included in the project, like yoga and square dancing, will enhance seniors' mobility, balance, and overall fitness, helping them maintain their independence and reduce the risk of falls. Regular exercise will also contribute to better overall health and well-being for the senior population. Furthermore, the incorporation of cultural elements, including Anishinaabe and French Canadian traditions, will

promote cultural pride and inclusivity. Seniors will have the chance to share their heritage with younger generations and the wider community, strengthening intergenerational bonds and preserving cultural traditions. Overall, the Northern Lights project will create a more connected, healthy, and inclusive community, empowering seniors to stay active, engaged, and valued.

New Horizons for Seniors Program – Program Checklist and Attestation

SECTION B

Part 5 - Program Checklist and Attestation



Important:

- **Once you have pressed Submit you will not be able to update, replace or remove the supporting document(s). Please ensure that the document(s) attached is/are correct prior to clicking: Submit.**
- Supporting documents can be submitted in the following format: .docx, .pdf, .png, .jpeg, .jpg, .xlsx, .xlsm and .txt.
- Filename cannot contain special characters, such as: [# % &{ } < > * ? \$! ' " + ` | = —]
- Maximum document size is 5MB.

In order for your application to be eligible, only an official representative who has the capacity and the authority to submit project proposals and enter into contracts and agreements on behalf of your organization must attest to the following:

- I have the capacity and the authority to submit this Application for Funding on behalf of the applicant organization.
- I certify and warrant on behalf of the organization and in my personal capacity that the information provided in this Application for Funding and any supporting documentation is true, accurate, and complete.
- I have read the Prepare to Apply page and understand the program's requirements.
- I have the capacity and authority to sign an Agreement on behalf of the applicant organization.



Name of the Organization's Representative

Sabrina Pandolfo



Position Title of the Organization's Representative
Municipal Clerk

Date modified: 2024-08-01