



Fit • Friendly • Fun

2025/2026

IMPACT REPORT



Celebrating our
10th
Anniversary

Email: info@dundas55plus.com Website: dundas55plus.com
Facebook and Instagram: Dundas55+Group

Message from the Chair



September 2026 marks the 10th anniversary of the Dundas 55+ Group offering classes. Such a milestone! What started as a small group of women, determined to ensure that older adults in Dundas had access to a variety of quality, affordable programmes, has grown into an organization that served about 1000 participants in this past year. Knowing where they started, I'm in awe of what it is today.

I became Chair of Dundas 55+ Group last August, having volunteered with them for just over a year. Yet my history with them goes back to when I was with the Hamilton Council on Aging. We were partnering with the City of Hamilton and numerous others to create a plan to make Hamilton a more age-friendly city.

Dundas 55+ Group emerged because of the tenacity of a strong group of local leaders combined with proactive cooperation from senior management at the City of Hamilton. They were both responding to a need for more active programming for older adults in Dundas. The need was expressed at a public meeting held as part of the Age-friendly Hamilton initiative. We are forever indebted to Eleanor Morton, former head of Seniors Programming at the City of Hamilton, who championed our cause at the City. It's a stellar example of how governments can work in cooperation with local organizations to create good things where everybody wins.

We are grateful to the City of Hamilton and our community partners for their continued support. The city of Hamilton provides space for our programming at no cost, which allows us to keep our fees low. We appreciate the help the staff at the community centre gives us, particularly on registration days.

In this report, you will read about the growth we have experienced since 2016, the number of volunteer hours it all takes and our thoughts on what's next. We have also included some reflections from our founders, many of whom have retired from the Group and passed the torch.

We couldn't do this without the extraordinary dedication and capability of our team of accomplished volunteers and the goodwill of those of you willing to wait in line outside to register, no matter the weather. It takes a community...

Thank you! Denise O'Connor

Our Team



Back row from the left: Robin McGinlay, Maureen Ward, Kerstin Smith, Renuka Cameron, Harriet Woodside
Front row from the left: Karen Must, Denise O'Connor, Anne McMahon, Denise Thompson
Missing: Jeannine Renaud, Gaye Welch, Mahshid Dehghan, Carol Redden, Cathy Weston, Peter Hutton

Executive

Denise O'Connor - Chair

Denise Thompson - Secretary

Jeannine Renaud - Treasurer

Committee Chairs

Programming

Maureen Ward, Chair

Communications

Harriet Woodside, Chair

Future Space

Denise O'Connor, Chair

Governance

Robin McGinlay, Chair

Instructors

Cheryl Amy - Ukulele

Lisa Prebianca - Pilates and Chair Pilates,
Cardio Dance

Leanne Kelly - Yoga, Chair Yoga, SS&B1

Lynn Goruk - Line Dancing

Lindsay Knight-Pfiffer - Meditation, Cardio Fit,
SS&B2

Christine Kirkland - Pilates

David Papernick - Singing for Fun

Lesley Parans - Ballroom Dance

We appreciate the support of our partners



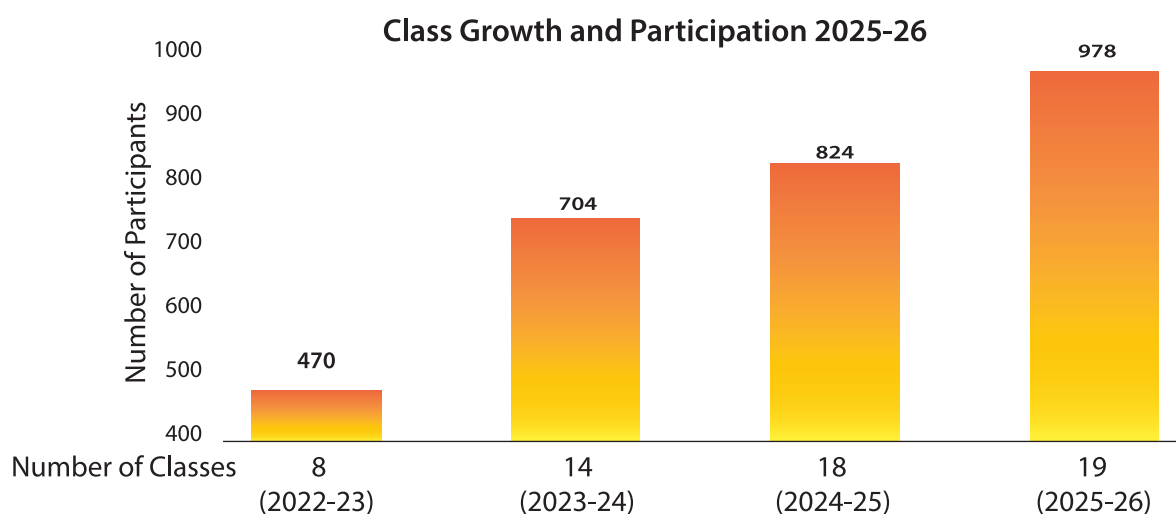
**Dundas
Senior Citizens'
Club**

Programming and Organization



In November, 2024 we held a strategic planning day, facilitated by the indomitable Marie-France LeFort. The conversations and her guidance helped get us on the same page and set us on course to increase our offerings and build our organizational capacity and sustainability. Moreover, we confirmed our commitment to advocating for more public space for recreational programming in Dundas.

- Since our last report, we have increased our classes from 14 to 19 per session. That translates into a whopping 208% increase in the number of class participants from 2022-23 to 2025-26.
- The availability of space is a significant constraint on our ability to offer new classes. We are grateful to the Dundas Seniors Club for offering some time in the Juravinski Room at a low cost. In 2026-27 we are moving our Ukulele program to the Dundas Little Theatre. This allows the Ukulele classes to grow, and frees up an afternoon for new programming at the Community Centre. The arrangement with Dundas Little Theatre is a pilot project to evaluate how moving beyond the Community Centre works for us.
- Moving to a data driven approach has paid off in terms of identifying needs and finding ways of getting more people into classes. A grant from our City Councillor's office helped us to modernize our data management systems. A big thanks to Councillor Alex Wilson and his staff.

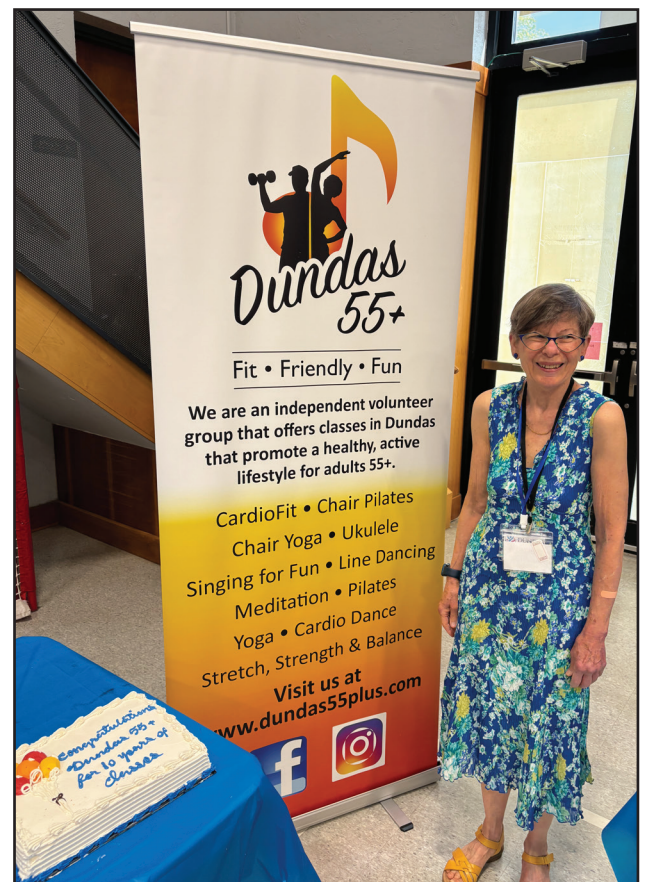


Community Engagement



One of our mandates is to collaborate with community partners to find opportunities to enrich the life of older adults in Dundas. This is some of what we have done this past year.

- We have enhanced our social media activity, adding an Instagram account and continuing to improve our Facebook presence. As well as promoting our classes, we share information on local activities offered by other community groups that we deem of interest. Thanks to Cathy Weston for taking our social media to the next level.
- Our materials will have a new look as we rebrand. We landed on “Fit • Friendly • Fun” as our slogan. We think it says a lot! Thanks to Robin McGinlay for leading us in this direction. Many thanks to Susanne Crago for her commitment and her creativity throughout this process and to Paul Wright for taking a lot of pictures for us. Finally, thanks to our Communications Committee for leading this initiative.
- We collected gifts for teens and seniors for the Salvation Army Christmas Stocking Stuffer program again this past year. Our program participants were extremely generous with their donations; A special thanks to Gaye Welch for co-ordinating this undertaking.
- We participated in the annual Dundas Community Services Seniors Fair in June. In 2026 we were a sponsor. Harriet Woodside took the lead on this.
- Members of our Ukulele classes have been entertaining residents at Wentworth Lodge, Highgate Retirement Community and a few other venues over the last several years. They are great ambassadors for our Group.
- Our greatest community engagement endeavour, however, is enlisting volunteers to sustain and grow this group. Our team accrued an estimated 1,600 hours of service this past year.



About half of this is directly related to registration, including recording the data after the fact. A special shoutout to Program Committee Chair, Maureen Ward, and to Kerstin Smith who led the pack in volunteer hours. The Program Committee is the heart of our group. The rest of our energy is spent supporting them, and reaching out to you: meeting, planning, managing, communicating. We are recruiting strategically for succession planning, specifically in the areas of governance, technology, programming ideas, and communications.

- Finally, although on-line registration might be easier for many and less work for us, we

believe that our registration process has value. It puts faces to an organization that might otherwise just be seen as a transaction. We receive a lot of thanks and offers of help from registrants. The buzz in the gym is always pleasant as people connect with old friends and new. It's a chance to socialize too.



Volunteer Appreciation Lunch



What's Next



We are very proud of what this Group has accomplished and how our existence makes a difference to our community.

As a committee, we practice good Governance, adhering to a strong, ethical Constitution and conducting ourselves professionally, both internally and externally. This allows us to attract and retain talented volunteers, manage effectively, grow strong partnerships and ensure our success.

However, there are on-going challenges. We are limited by the amount of space we have available to us and the sustainability of an entirely volunteer run organization that exists virtually and by the grace of our community partners.

The City of Hamilton Community Room at the Dundas Lions Memorial Community Centre has been made available to us Monday to Friday from 9 - 4:30, and we are allotted 8 hours per week in the gym. The contract with the City of Hamilton is renewed or renegotiated every year. In the last two years, we have been granted limited use of the Juravinski Room, which is run by the Dundas Seniors Club. We appreciate their assistance.

Join us!

If you see a role for yourself in growing our success, please reach out to Denise O'Connor by emailing the group. We are always looking towards the future.



Financials

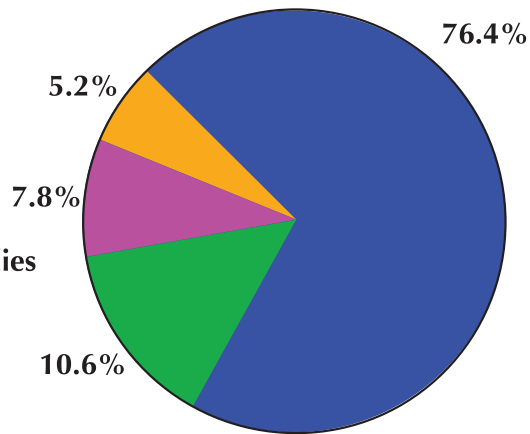


Revenue for 2025-2026 \$39,424

All of our revenue comes from fees for classes.

Expenditures

- Instructor Fees
- Donations & Subsidies
- Operating Costs
- Insurance



Our Thanks

We are forever grateful to our founding members, who embody community engagement. Without their passion for it, none of this would be happening. Several of them have retired in the past year. Many thanks to Gail Brubacher, Trudy Collis, Peter Hutton, Anne McMahon, and Rose O'Connor.

'The Dundas 55 + Group has provided an outlet for older adults, particularly younger, newer retirees, to enjoy active, low cost programs, locally. There was a great volunteer spirit. Working well together, we utilized space and programs effectively, enabling us to succeed.' - Peter Hutton

'Our initial purpose was to convince the City to commit to a Seniors Centre, in Dundas. While that goal has not yet been met, it is heartwarming to see how successful we have been at providing classes to seniors. I have an endearing memory of the dedication and consistent hard work, of our early volunteers, when all the odds seemed against us.' - Anne McMahon

'I remember the early disappointments when we started, including the Covid lockdown. But, we were determined, the Hamilton Council on Aging, and the Library got involved, and our vision prevailed. We have had an impact. People love to come and that is the really important thing.' - Rose O'Connor

'Joining the Committee was a new world to me. I was so impressed with how we got the work done, and with the talent, as new people were brought on board. I enjoyed our line dancing class for many years. I think our town needs a Senior Centre. We all need a place to gather and feel useful.' - Trudy Collis



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Visit us at:

www.dundas55plus.com

Facebook & Instagram:

Dundas55+Group

Email:

info@dundas55plus.com

Our Mission Statement

The Dundas 55+ Group is a volunteer group dedicated to encouraging older adults to participate in programs that promote and enrich a healthy, active lifestyle.