



Gananoque Seniors Association
Annual General Meeting
2025/2026

Monday, May 25, 2026, 10:00 AM
St. Andrews Church
175 Stone St.S.
Gananoque, ON

**Gananoque Seniors Association Annual General Meeting
Table of Contents**

Cover page.....	1
Table of Contents.....	2
Mandate.....	3
History.....	4
Chair's Report.....	6
Programs Report.....	8
Membership Report.....	11
Financial Report.....	12

Gananoque Seniors Association Mandate May 25th 2026

To provide programs and services to Seniors within Gananoque and the 1000 Islands Region.

To operate a Seniors Centre within Gananoque and the 1000 Islands Region

To enhance the quality of life for Gananoque and the 1000 Islands Seniors

To provide opportunities for socialization

To provide physical activities

To provide mental stimulation

To encourage eating healthy nutritious food

Gananoque Seniors Association History

The early beginnings of the Gananoque Seniors Association started with a small group of interested individuals who recognized the growing needs of seniors within our community. The very first meeting was held at the Curling Club, where ideas and concerns were openly discussed regarding how best to support local seniors.

During these early discussions, the group received valuable encouragement and support from Kingston seniors' organizations, whose experience and guidance helped shape the Association's direction.

One of the key contributors during this formative stage was Ted Lojko, who brought valuable experience in grant writing and organizational development. With his assistance, the group developed a strategic plan that outlined goals, priorities, and future directions for the Association.

An executive committee was formed, and members worked diligently to establish a strong foundation for the organization. Many brainstorming sessions took place as members explored possible locations, program ideas, partnerships, and services that would benefit seniors in the Gananoque area.

The Association applied for and obtained not-for-profit status and successfully registered with the Canada Revenue Agency. These important steps allowed the organization to operate formally and pursue future funding opportunities.

At the first Annual General Meeting, members recognized the importance of community involvement and appealed for additional Board volunteers to help guide and support the growing organization.

A survey of local seniors was conducted to better understand the wants and needs of the community. The information gathered helped shape the programs and activities that were eventually introduced.

Programs were offered to seniors at a reasonable cost, as the Association needed to cover expenses related to facility rentals and qualified instructors. Despite these challenges, the response from the community was encouraging and demonstrated the importance of providing opportunities for seniors to connect, learn, and remain active.

The dedication, vision, and volunteer spirit of those early members laid the groundwork for what the Gananoque Seniors Association has become today. Their commitment to supporting seniors in our community continues to be appreciated and remembered.

Gananoque Seniors Association Chair's Report May 25th 2026

2025/26 marks 5 years since The Gananoque Seniors Association has been established.

This was a very busy year. In June 2024 we applied for charitable status through CRA, this was granted to us in April 2026. This was a long process that required many additions to the initial application but the end result was worth the work.

In July we changed our membership registration for our members to once a year. Annual renewal takes place in the month of September which allows for the bulk of the membership information to take place once a year. Members joining at other times of the year will have their membership prorated to the September date. We had a huge increase in our membership and we were able to provide a free Holiday Dinner for our members in December at the Curling Club.

Our programs continued to grow with many exciting new additions such as pickleball, quigong and opera as well as some of our popular programs better balance, chair yoga and various fitness classes.

In Sept we also held our first Gananoque Seniors Program meeting. This involved all agencies in the Gananoque area that were delivering different programs for Seniors. The purpose of this committee was to share information on various community services and not duplicate services for Seniors in our area avoiding competition for available programs.

Another special event that we hosted was our first Seniors Day that was held in October at O'Connor Gallery. This was a very popular event and people were provided information on Seniors Activities available in Gananoque. Probably the most exciting event happened in March when we moved our offices to St. Andrew Church in Gananoque. This move will allow us to have registration and run programs in one location.

This year we were successful in receiving 3 grants, Ontario Community Seniors Grant. Canada Summer Jobs Youth Employment grant and the New Horizons Grant. These grants resulted in new projects such as the Seniors Expo in March and the Seniors Drop in Program which is slated to begin in May 2026. We also had a 2025 summer student who was hired after the program and is now our office administrator!!

There was also a change in leadership of the Gananoque Seniors Association during this fiscal year. Ken Wilson took the Chair position when Cliff Edwards resigned from the Board. Thanks Cliff for your efforts over the last few years. Shannon Griggs took the Vice Chair position and Carolyn Haaaal took over as Treasurer when Ken took the Chair role.

New Bylaws were also developed this year which strengthens the foundation of our Association.

We hope that this next year allows us to continue to grow and develop new programs and that more Seniors are able to access programs and enjoy the services we provide in our community.

Respectfully submitted
Ken Wilson
Chair

Gananoque Seniors Association Programs Report May 25th 2026

Good afternoon everyone,

Thank you all for being here today and for your continued support of our seniors community programs.

I was very excited to share the vibrant and growing array of programs we had planned for our senior community throughout the year. Our offerings were designed to meet a wide variety of interests while promoting wellness, learning, creativity, and social connection.

We were proud to offer an excellent selection of classes and activities ranging from wellness and fitness programs to educational opportunities and social events. Our goal was to ensure there was truly something for everyone.

During the season, we introduced several new and popular programs. These included “Tone Up,” a weight sculpting class designed to improve strength and fitness, and “Stretch and Breathe,” which combined yoga and meditation to support relaxation and well-being.

We also offered an “Introduction to EFT” tapping course, along with a “ChatGPT 101” artificial intelligence class that helped seniors learn about new technology in a comfortable and supportive setting.

For those interested in arts and culture, we introduced “Introduction to Opera,” and for card enthusiasts, “Learn to Play Bridge.” In addition, we continued to offer Pickleball and a variety of dance classes, which remained extremely popular and enjoyable for participants of all skill levels.

We were also pleased to continue offering several free programs for seniors, including our walking group and Bridge 101. Our monthly Lunch and Learn sessions were very well received, featuring informative guest speakers and engaging topics that encouraged discussion and community involvement.

The response from our community was incredibly positive, and participation continued to grow. It was wonderful to see so many seniors connecting, learning, staying active, and enjoying these opportunities together.

We also introduced special events throughout the year, which provided wonderful opportunities for seniors to gather, socialize, and strengthen community connections.

Accessibility remained an important priority for us. We partnered with Flexbus to provide free transportation tickets for seniors traveling to Kingston, helping ensure our programs were accessible to as many people as possible.

As we looked ahead to the fall registration season, it continued to be our busiest and most successful time of year. This period also included our annual membership drive, giving even more seniors the opportunity to become involved and benefit from everything our association had to offer.

We were truly excited about these initiatives and the positive impact they had on our community. Together, we created opportunities for connection, learning, health, and enjoyment for seniors throughout our region.

We also learned that, through all these programs and initiatives, building a strong and connected seniors community takes time, dedication, and participation. Sometimes, you really just need to be patient as the programs grow, relationships develop, and community connections strengthen.

Thank you once again for your support, encouragement, and commitment. We look forward to continuing to provide engaging, active, and fulfilling programs for our seniors community.

Respectfully Submitted,

Barbara Medynski

Program Director

Programs Summary AGM 2026

	Summer 2025	Fall 2025	Winter 2026	Spring 2026
Individuals Registered	49	122	128	122
Total Class Enrollment	67	218	196	202

Lunch and Learn Summary AGM 2026

Lunch and Learn May 2025 - April 2026	
Individuals Attendees	138
Total Attendance	286

Reservations in Advance	88%
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Lunch and Learn Summary May 2025 - April 2026			
Month	Speaker	Topic	#
2025-May	Roberta Abbott	Mental Wellness	35
2025-Jun	Joan Mackinnon	Gardening	20
2025-Jul	George Horton	Maple Syrup	20
2025-Aug	Katherine Morris	Banking for Seniors	21
2025-Sep	Barry Gordon	Downsizing for Seniors	36
2025-Oct	Maggie Wheeler	Author Event	35
2025-Nov	Gisele Gilfalen	Meditation Circles	36
2026-Jan	Lisa Lapierre	Winter Driving for Seniors	25
2026-Feb	Anne-Marie Koiner	Flix Bus Services	40
2026-Apr	Melinda Strba	Ontario Correction	18

Gananoque Seniors Association Membership Report AGM 2026

Active Members as of April 30th 2025	150
Active members as of May 25th 2026	254

Membership Growth	104
Increase of	69%

Respectfully Submitted,
Tanis Wilson
Membership Director

Gananoque Seniors Association

Profit and Loss Comparison

April 2025 - March 2026

	TOTAL	
	APR. 2025 - MAR. 2026	APR. 2024 - MAR. 2025 (PY)
INCOME		
Membership Fees	7,312.00	3,645.00
Program Fees	43,733.50	24,731.00
Sponsorship	0.00	1,500.00
Total Income	\$51,045.50	\$29,876.00
COST OF GOODS SOLD		
Instructors	13,461.80	10,085.10
Other Costs - COS	296.56	0.00
Purchases - COS	40.09	0.00
Subcontractors - COS	1,160.00	1,840.00
Venue Expense	6,238.00	3,440.00
Total Cost of Goods Sold	\$21,196.45	\$15,365.10
GROSS PROFIT	\$29,849.05	\$14,510.90
EXPENSES		
Advertising	1,383.18	0.00
Bank charges	33.15	15.00
Christmas Dinner	6,579.76	0.00
Dues and Subscriptions	508.09	280.30
Expo Expenses	782.03	0.00
Insurance	0.00	1,566.00
Insurance - Liability	3,565.08	0.00
Legal and professional fees	1,963.38	1,327.76
Office expenses	3,091.43	1,079.08
Other general and administrative expenses	0.00	1,013.65
Payroll Expenses	0.00	0.00
Taxes	731.46	0.00
Wages	9,750.76	0.00
Total Payroll Expenses	10,482.22	0.00
Rent or lease payments	4,200.00	3,600.00
Stationery and printing	63.27	0.00
Telephone	0.00	163.83
Total Expenses	\$32,651.59	\$9,045.62
OTHER INCOME		
Donation	47.00	1,055.00
Grant	29,666.00	5,000.00
Total Other Income	\$29,713.00	\$6,055.00
PROFIT	\$26,910.46	\$11,520.28

Gananoque Seniors Association

Balance Sheet Comparison

As of March 31, 2026

	TOTAL	
	AS OF MAR. 31, 2026	AS OF MAR. 31, 2025 (PY)
Assets		
Current Assets		
Cash and Cash Equivalent		
Chequing	61,149.17	33,254.26
Total Cash and Cash Equivalent	\$61,149.17	\$33,254.26
Petty Cash	200.00	50.00
Total Current Assets	\$61,349.17	\$33,304.26
Total Assets	\$61,349.17	\$33,304.26
Liabilities and Equity		
Liabilities		
Current Liabilities		
Payroll Liabilities	0.00	0.00
Federal Taxes	1,099.45	0.00
Total Payroll Liabilities	1,099.45	0.00
Prepaid Memberships	35.00	0.00
Total Current Liabilities	\$1,134.45	\$0.00
Total Liabilities	\$1,134.45	\$0.00
Equity		
Retained Earnings	55,131.32	28,712.13
Profit for the year	5,083.40	4,592.13
Total Equity	\$60,214.72	\$33,304.26
Total Liabilities and Equity	\$61,349.17	\$33,304.26