



FOR IMMEDIATE RELEASE

Township of North Stormont Awarded Provincial Seniors Community Grant

New recreation and wellness programming will enhance opportunities for residents aged 55+

BERWICK, ON, 17 July, 2026 – The Township of North Stormont is pleased to announce it has been awarded **\$24,210** through the **Government of Ontario's Seniors Community Grant Program** to expand recreation, wellness, and educational opportunities for older adults throughout the municipality.

The funding will support the launch of a new initiative that will deliver inclusive programming at facilities across North Stormont, ensuring residents aged **55 and over** have access to activities that promote healthy living, lifelong learning, and social connection.

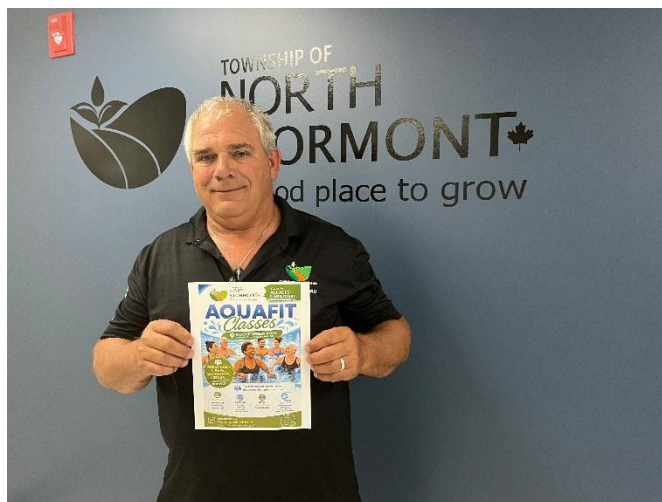
The program will feature a wide variety of activities designed to meet the diverse interests of older adults, including:

- Aquafitness classes
- Social nights and games
- Fraud awareness presentations
- Group cooking classes
- Dance lessons
- Fitness and wellness programs
- CPR and First Aid certification
- Seasonal park picnics featuring live music

By offering programming throughout the Township, the initiative will help reduce barriers to participation while creating new opportunities for seniors to remain active, engaged, and connected within their communities.

"SDG seniors built the strong, thriving community we call home today," said Nolan Quinn, MPP for Stormont-Dundas-South Glengarry. "To ensure they can continue living happy, healthy, connected lives in their golden years, our government is proud to be investing in these vital services for our seniors."

Mayor François Landry welcomed the announcement, noting that the funding represents an important investment in North Stormont's growing senior population.



"Our seniors have helped build the strong, vibrant communities we enjoy today, and they deserve opportunities to remain active, healthy, and connected close to home. This funding will allow the Township to expand recreation and educational programming across North Stormont while creating more opportunities for residents to connect with neighbours, learn new skills, and enjoy active lifestyles. Council is grateful to the Government of Ontario and MPP Nolan Quinn for supporting initiatives that enhance the quality of life for seniors in North Stormont."

The Seniors Community Grant Program provides up to **\$25,000 per project** to support local services, activities, and events that reduce social isolation, combat ageism, encourage volunteerism, and promote healthy aging. This year, the Province is investing **up to \$7 million** in more than **320 projects** across Ontario.

The Township expects to begin rolling out programming over the coming weeks and months, and will announce registration details and event schedules as they become available through its website and social media channels.

Residents are encouraged to follow the Township of North Stormont on social media and visit www.northstormont.ca for updates on upcoming seniors' programming and registration opportunities.



PHOTO: Pierre Thibault, Director of Parks, Recreation and Facilities for the Township of North Stormont holding a poster promoting new, free, aquafitness courses for 55+ participants.

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