



YMCA CENTRE FOR LIFE

COMMUNITY BUILDING CAMPAIGN



MARCH 2026

As the days grow longer and the first signs of green return, spring offers us a natural moment to pause, reset, and look ahead with renewed energy. With longer days and warmer weather, work on-site is progressing, and exciting milestones are coming into view. We can't wait to share progress updates soon. Thank you for being part of the journey as our Centre for Life project grows right alongside the season.

BMO Announces Major Gift to Support YMCA's Centre for Life Building Campaign

The YMCA of Central East Ontario is proud to share exciting news about a transformative partnership that will help shape the future of community health and well-being across our region.

BMO has made a generous \$100,000 community contribution in support of the YMCA's Centre for Life building campaign—an ambitious initiative dedicated to expanding access to programs, services, and spaces that foster connection, resilience, and healthy living for people of all ages.

This commitment reflects BMO's enduring dedication to strengthening communities and investing in organizations that create lasting, positive impact.

The contribution will directly support projects designed to:

- Enhance accessibility
- Modernize facilities
- Create welcoming, inclusive environments for families, children, youth, seniors, and individuals seeking a sense of belonging

The YMCA extends its heartfelt appreciation to BMO for this remarkable support. This investment will have a meaningful and long-term impact on the lives of thousands of

individuals and families throughout Central East Ontario. Together, we are building stronger communities. Together, we are creating spaces where people can grow, thrive, and belong.

As a partner invested in the communities it serves across North America, BMO is proud to support initiatives that strengthen connection and well-being such as the

YMCA's Centre for Life campaign. This contribution helps advance spaces and programs that bring people of all ages together—building healthier lives and stronger communities.



With the spring thaw underway, activity will begin at the Centre for Life construction site

Supporting Healthy, Active & Connected Lives: Programs for Older Adults at the YMCA of Central East Ontario

At the YMCA of Central East Ontario, supporting the health, well-being, and social connectedness of older adults is at the heart of what we do. With a wide variety of programs designed specifically for individuals at every stage of older adulthood, the YMCA continues to be a welcoming place to stay active, build community, and embrace healthy living.

A Variety of Health-Focused Programs

We offer numerous opportunities for older adults to stay active in ways that feel comfortable, safe, and enjoyable. Our aquafit classes are among our most popular options, providing low to no-impact exercise supported by the buoyancy of water. These classes help improve cardiovascular fitness, build strength, and enhance joint mobility—all while being gentle on the body.

For those who prefer land-based activities, our diverse group fitness programs offer something for everyone. Participants can choose from classes such as aerobics, yoga, Qi Gong, and many more. These programs are designed to improve muscular strength and endurance, enhance balance, and promote overall aerobic fitness in a welcoming group setting.

Recreation, Play, and Skill Development

Physical activity can take many forms, and our recreational sports programs provide a fun and engaging way to stay active. Whether you're interested in trying something new or revisiting a favourite pastime, these programs

encourage agility, accuracy, cardiovascular fitness, and new skill development—all while connecting with others who enjoy being active.

Opportunities to Give Back

Many older adults also find fulfillment through volunteering or part-time employment, and the YMCA is proud to offer volunteer and employment opportunities across many areas of our operation. These roles allow individuals to share their talents, stay connected, and support the important work the YMCA does throughout the community.

Building Community and Social Connections

Beyond physical activity, YMCA programs also provide essential social connections. Our centres are vibrant places where people come together—whether they're newly retired, new to the community, adjusting to changing family dynamics, or simply looking to make new friends. The relationships built in classes, programs, and volunteer roles often become a meaningful part of participants' lives.

Accessible for Everyone

Thanks to our Strong Kids Campaign, we ensure that financial barriers never stand in the way of participation. Nobody is turned away due to an inability to pay the full program fee. Discreet financial assistance is available so that all older adults can enjoy the health, social, and community benefits our programs offer.



Nutrition Month

March is Nutrition Month, and this year's theme, "Nourish to Flourish," highlights the role that good nutrition plays in supporting overall health and well-being.

Nutrition and food do more than just keep us healthy – they bring us together, support our mental health, and help us connect socially and culturally.

Eat a variety of healthy foods daily:

- have plenty of vegetables and fruits
- eat protein foods
- choose whole grain foods
- make water your drink of choice

Healthy eating is more than the foods you eat:

- be mindful of eating habits
- cook more often
- enjoy your food
- eat with others
- use food labels
- limit highly processed food



Learn more at:
[Nutrition Month](#)
[Canada's Food Guide](#)