



# Cycling Without Age: Hamilton/Burlington Chapter



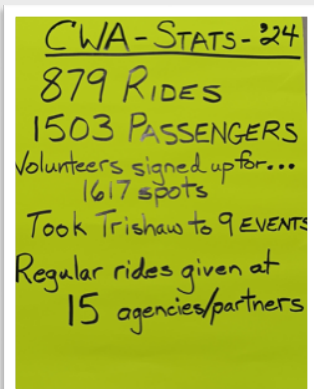
## Another Season Done!

Another successful season of Cycling Without Age is winding down and we are pleased to announce that we were able to provide 879 rides to 1503 seniors and community members.

Our passengers enjoyed rides from dedicated sites and at community events.

Our beautiful, big-hearted volunteers signed up for 1617 spots, providing safe and enjoyable rides to all our passengers.

A big shout out to Dawnelle for tracking our stats so comprehensively.



## Feedback From our Dedicated Sites

Dear Cycling without age team,

We would like to extend our heartfelt thanks for your continuous dedication and support to the residents at St. Peter's Residence at Chedoke. Your commitment has allowed them to participate in the Cycling Without Age program, which provides an opportunity for residents with wheelchairs and physical limitations to enjoy outdoor bike rides.

As the program comes to a close for this year, we look forward to connecting again next year. Wishing you happy holidays and all the best as we embrace the upcoming seasons!

Warm regards,

**Lissette Gonzalez**

**Manager of Recreation and Volunteers, St Peter's Residence at Chedoke**

## Since the last newsletter

We have been busy in the community and have attended all the following events.

- Wellwood Walk,Run,Wheel
- Bronte Village September BIA Festival
- Dundas Cactus Parade
- New Hope Community Bikes “Everesting”
- L’Arche Ability Walk & Roll
- Tour de Dundas
- Your tv.tv/Burlington-Oakville
- YMCA Senior’s Fall Fair
- Compassionate Hamilton

## Feedback From our Dedicated Sites

I want to thank all of you for another amazing season. I continue to be so touched by your willingness to offer these rides to our seniors.

Your energy, enthusiasm, kindness and generosity with your time means a lot to us.

On behalf of the seniors, thank you for adding so much to their lives. The opportunity for them to enjoy nature and your friendship is no small thing - to them or to us.

We are so, so grateful,

**Ruth Kaulback,**

**Seniors Program Coordinator &**

**Volunteer Program Coordinator (she/her)**

**Welcome Inn Community Centre**

## Dundas Trishaw Update

In August, we announced the receipt of a \$15,000 grant from the Isabel Dougner Fund at the Hamilton Community Foundation. The terms of the fund restrict the programmes to "seniors in Dundas." We have several pilots in Dundas, and likely a good number of citizens who would like rides. CWA Hamilton/Burlington has been working over the year to bring this project to fruition.

We are pleased to announce we have received additional donations to allow us to order a trishaw for Dundas, and begin planning for it to go into service next spring.

Many Thanks to:

- Rotary Club of Dundas - \$500
- Rotary Club of Dundas Valley (Sunrise) - \$1000
- Pilot Mike Moulden - \$1000
- Highland Hills Community Church - \$600 one time for a Duffle, and \$3500 towards operating costs in 2025
- Pilots Mark Tamminga and Joany Verschuuren - \$7000
- Amica Dundas for safe storage of the new trishaw in their underground garage.

## CWA Rides - Not just for Seniors

Wednesday at Williams has been excited & honoured to host several groups this season that have intellectual & physical barriers to riding a bike. Near the end of our 2023 season, we were excited to be part of the "Ability Walk & Roll" event at Hamilton City Hall where we again met some of our friends from these groups for rides, music, dance parties and friendship.

It allowed us to connect with a number of agencies who serve adults with developmental disabilities.

Volunteers have been able to give rides to these groups in the 2024 season: LArche Hamilton, Salvation Army - Lawson Ministries, Community Living Oakville, Adults in Motion Hamilton and Choices.

Our partnership with the staff and participants from these programs has been a powerful & joyful experience for all.



## A Thank You to Volunteers from NEW HOPE: 20% OFF!

New Hope Community Bikes would like to offer CWA volunteers 20% off of a fall tune-up from November until December 21 as a thank you for giving their time. As people may prepare to close out their cycling season, we suggest they service their bike now so it is ready for any cycling that may make itself available. Please identify yourself as a CWA volunteer when bringing your bike in for repair.



## Volunteer Appreciation Event

On 4 November we held our annual Volunteer Appreciation Event at Tracie's restaurant in order to give a big thank you to all the pilots, volunteers, coordinators and programme leads. We talked about the challenges of this year and celebrated our successes. We managed to capture many moments for our social media, and newsletters and encouraged our volunteers to take a moment or two to remember individual moments that will sustain you over the winter.

Also celebrated were our trainers and our "Big Wheels" (site coordinators), who do so much more than coordinate each site. The Big Wheels meet every month in order to 'keep the wheels' moving as it were.

Thanks to the organizers of the event, Val and Lorraine for a fun day.