



CWA: Hamilton and Burlington Chapter



CWA Hamilton Burlington- Ride with US

Cycling Without Age is a global movement started in 2012 in Denmark with the aim of improving the lives of our elders and those in our community who cannot ride for themselves. Our organization provides "The Right to Wind in Your Hair!"

Cycling Without Age Hamilton/Burlington was established in 2018 and now has trishaws in 4 locations- Hamilton Waterfront, Hamilton Mountain (wheelchair accessible), Burlington Waterfront and Dundas Town Centre. We now have 89 trained pilots, a team of coordinators and something on every weekday in Hamilton and Burlington. We have given over 110 rides to over 185 passengers to date.

Our 2025 summer season is off to a good start after a few rainy delays. Joining us in Hamilton this year is our latest bike, aptly named "FUNDAS", in the community of DUNDAS. We were joined by our volunteers, generous donors and the congregation at the Highland Hills Faith community in May to bless the new bike. The trishaw was funded by the Isabel Dougher Fund at the Hamilton Community Foundation and contributions from the Dundas Rotary Club, the Highland Hills Faith Community and individual donors.

Upcoming Events

"Open Streets" -the Wellington Hub (King & Wellington streets) in Hamilton on June 22, between 10am - 4pm. Come on down for a ride, or just to say hello and check out our trishaw at 200 Harbour Front Dr, Hamilton, ON L8L 1C8.

How You Can Help

This spring we have successfully trained 89 new and returning pilots on our introductory and refresher courses. We are grateful for the help we have received. In order to keep them riding our organization is funded solely by generous individual donations. Our team puts in the hours and works diligently to secure community/ corporate grants. On 09 June we were advised that we will CWA Hamilton/Burlington will receive \$13,000 from the Ontario Seniors Community Grant Programme. This grant is to fund transportation of the bikes, most notably the wheel chair accessible trishaw between sites in Hamilton and Burlington. All LTC residents will now be able to access our programme. We are patently looking for individual volunteers or those with moving company experience to help us provide this service to the seniors. If you know of someone who might be willing, please contact Nancy Gray at: cwahamilton@gmail.com

You can also help by becoming a Donor! Please consider a one time or monthly donation to help us meet our needs. All donations over \$25 are eligible for tax receipts through New Hope Community Bikes and you can specify where you want your donation to go, such as CWA. <https://www.zeffy.com/en-CA/donation-form/65c3a618-98fc-4ff0-9e3a-231741d1f63d>

Summer

Cycling Without Age Hamilton Burlington Team

Hamilton

St. Peter's Long Term Care (LTC) @ Chedoke, Idlewyld
LTC- Scott Davidson

Welcome Inn Community Centre-Senior's Programme -
Sharon Gibbons

Shalom Village Retirement and LTC - Allan Feldman,
Carolyn O'Donnell

Wednesday at Williams (Hamilton Waterfront) Lorraine
Chapman and Heather Chernetz

Good Shepherd Senior's Centre -Lorraine Chapman

Amica Retirement Dundas Hamilton Jewish Family Services
- Rose Lukosius

St Joseph's Villa, SJV Adult Day Programme; Long Term
Care -Joany and Greg Picone

Burlington:

Martha's Landing
LTC- Brynne Wrigley

Wellington Park Care
Centre- Dawnelle
Hawes

Christopher Terrace
Retirement Home-Val
Clements

Maple Villa LTC-Bill
and Deb Watson

Wellington Square
Church: The Hub-Rick
and Sue Beck

