

CYCLING WITHOUT AGE



• HAMILTON & BURLINGTON •

THE RIGHT TO WIND IN YOUR HAIR

September 2025 Newsletter

L'Arche Ability to Walk and Roll



L'Arche's Ability Walk and Roll at Hamilton City Hall, was held on Sept. 23. Thirty two passengers enjoyed rides around the forecourt thanks to our CWA pilots.

In Hamilton and surrounding areas, more than 3,000 individuals with intellectual disabilities are on waiting lists for housing and/or support. Since 1978 L'Arche Hamilton, a registered Canadian charity, has been part of this city, providing support to those with intellectual disabilities.

Volunteer Profile – Nick Houston

Nick is new to CWA. This being his first year as a pilot/bike buddy, he has the highest praise for those more experienced volunteers who have taken on the role of coordinator.

“Greg and Joany, for example, take the trishaw from it's home at Amica and ride it over to St. Joseph's Villa when needed and then at the end of the day pack it all up and take it back. The coordinators of those sites have been great to work with.”

Nick has done most of his CWA riding in Dundas – both the Amica route and from St. Joseph's Villa, and a few events such as the Rotary Tour de Dundas.

“St. Joseph's Villa is really fun,” says Nick. “At the adult day program we take (took) a more challenging route and the smaller route we use for the long-term care folks. They really enjoy it.”

(Ed. Note: staff suggested an easier route so more clients could get rides. See map on pg. 3 for the new SJV route)



Nick Houston

(article continues below)

Volunteer Profile cont'd.

How did Nick learn about CWA?

"I've been going to PACE (Physical Activity Centre of Excellence) at McMaster University. Student volunteers and staff work with seniors for exercise, rehabilitation and education. They have a newsletter there and in February there was this whole thing about CWA. I thought, that's about as cool as it gets, looks like a lot of fun, I could do that, so I signed up."

"What gets me (excited about being a pilot/bike buddy) besides the people we take for a ride enjoying it, everyone smiles when we go by," Nick says.

"Riders might be visually impaired but when we take them for a ride they say 'oh the smells (along the route) are so wonderful' or 'listen to the birds' – things that you or I would take for granted it's the sensory focus of our riders. But what I didn't appreciate before I started this was knock-on effect of their caregivers or family members."

"There was once a daughter who was visiting her mother and at the end of the ride there were smiles all around and she was so happy for her mum to see her enjoying the ride so much. We've had emails from family members thanking us. There's a whole circle of people around these folks and that makes it worthwhile for me to spend my time doing this."

August Statistics

As of August 30, CWA Hamilton/Burlington gave 799 rides to 1395 passengers. Our volunteers racked up 885 hours. Many thanks to our pilots, bike buddies and co-ordinators.

New Hope
Community Bikes

Parkinson's Canada Spinning Wheels Tour



We were asked to lead out the 100 plus riders for the grand finale 66km ride of the 2025 Parkinson's Canada Spinning Wheels Tour. (Some of the riders had been riding since early August across the country!) Marie (on the trishaw in red) is 90 years old, and we took her and Clarence with the riders for the first 1km of the ride. This from the organizer ' You guys made her day! Her daughter said afterwards that she has never been happier. Thank you very much for making a difference!'



Pictured – Liz (r) passenger for 3 km in Burlington with pilot Dawnelle (l). Liz was equally grateful. Big thanks to Rose and Meredith too.

Tour de Dundas



Super day at the Rotary Club Tour de Dundas on Sept. 21. We gave 30 people rides around the park. Kids, seniors, all ages. Met lots of new and old friends. Thanks for having us.



New Route for St. Joseph's Villa, Dundas

How does Cycling Without Age align with the World Health Organization's definition of Age Friendly Communities?

Cycling Without Age is a movement that brings together seniors and volunteers to create meaningful connections, foster social inclusion, and promote active living. Rooted in the principles of accessibility and community care, the initiative aligns perfectly with the eight interconnected domains of an Age-friendly Community as defined by the World Health Organization. These domains—Social Participation, Respect and Social Inclusion, Outdoor Spaces, Community and Health Care, Civic Participation and Employment, Communication and Information, Transportation, and Housing—are crucial to ensuring that older adults can age with dignity, independence, and a strong sense of belonging.

By offering a unique blend of affordable transportation, social interaction, and engagement with the natural environment, Cycling Without Age serves as a practical and empowering response to the challenges that many seniors face. The program supports each of these domains, creating a holistic and inclusive community for seniors that enriches their lives and fosters stronger connections within their neighbourhoods.

AGE FRIENDLY



In Ontario there are more than 35 CWA chapters. To see where other chapters are across Canada, visit <https://cyclingwithoutage.ca/chapters-2/>