

1) Columbus House Senior Housing CO-OP - \$1,000.00
October 3, 2023 to Dec 5, 2023 (multi-session)

The Columbus House Senior Housing Co-op is a non-profit 55+ apartment complex that strives to provide affordable housing, free programs, and social activities to its members. The Columbus House organized 20 sessions of chair yoga workshops to encourage a low maintenance exercise that is inclusive to all mobility skills.

This project addressed three priority areas of the Chalmers Five Year Neighbourhood Plan: Community Connecting, Recreation, and Health/Wellness.

This project had 8-10 participants, with a high number of them being women. As community was built through these classes, the participants looked forward to gathering outside of session time to enjoy each other's company with people they newly met. In addition, the participants felt healthier and active, and this is due to the project's accessibility for all participants who are at a beginner's level. This project ensured inclusivity amongst all activity levels of older adults regardless of age and skills.

This project supported one of the community building activities: Well-Being.

2) Kildonan Horizons – \$2,500.00
December 12, 2023 (one-day)

Kildonan Horizons is a non-profit 55+ apartment complex that strives to provide affordable housing, free programs, and social activities to its members. This Kildonan Horizons Committee organized and held a community Christmas Dinner for the tenants and other local residents who do not have family to spend time with around the holidays.

This project addressed two priority areas of the Chalmers Five Year Neighbourhood Plan: Community Connecting, Poverty and Opportunity, and Health/Wellness.

They had 90 people come out for the event, including volunteers. During this event, they had games, raffle prizes, gift giving, and a photo booth. This event helped to build community with the tenants, especially those who do not have family supports. The tenants were very thankful for the opportunity to have a Christmas dinner, games and gifts, and the chance to build community.

The project supported one of the community building activities: Well-Being.

3) Elmwood Supply Company - \$2,500.00
September 18, 2023 to March 28, 2024 (on-going)

The Elmwood Supply Company is a student group in Elmwood High School. The ESC hosted a showcase, which was a combination, of performances, stories, and a fashion show, which coincided with the launch of new pieces that the students have been working on for this year. There were many students that were excited to participate, this project gave them another avenue to explore and expand on their growing entrepreneurial abilities.

This project addressed three priority areas of the Chalmers Five Year Neighbourhood Plan: Poverty and Opportunity, Citizen Engagement and Community Connecting.

This project raised awareness for the ESC brand, showcased their talented students, and celebrated the Elmwood community in way that makes the residents proud, and brings positive attention to our neighbourhood. There were about 70 participants involved.

This project supported two of the community building activities: Well-Being and Economic Development.

4) Colombian Association in Manitoba Inc - \$2,415.00

October 14 2023, June 22 2024 (On-going)

Colombian Alliance in Manitoba Inc (CAMI) is a non-profit organization that is striving to preserve and promote Colombian and support Latin culture and traditions. The folk music group is a new group that was aimed for boys and girls to help develop their interests through music, although in the end, it was mostly adult men that participated. This was an open space where everyone is welcome to join with their instruments they have at home, from school, or CAMI also offered some traditional ones.

This project addressed three priority areas of the Chalmers Five Year Neighbourhood Plan: Safety, Health/Wellness, Community Connecting.

Having this space for people aged 16-55 has helped them build self-confidence, positive relationships and mental wellness for all ages. Getting the opportunity to meet other individuals that have been through similar experiences helps everyone understand the importance of talking with others as part of their well-being. This program has been an excellent way to connect with community members. There were 7 participants and 5 volunteers.

This program supported one of the community building activities: Well-Being.

5) Chalmers Neighbourhood Renewal (Action Plan) - \$350.00

November 14, 2023 to November 15, 2022 (multi-day)

The Chalmers Neighbourhood Renewal Corporation offered a 3-session "Safer Cleaner Chalmers" safety workshops in November of 2023 consisting of 8 presenters while promoting the safety patrol group (Elmwood Unity Walk) for the Elmwood neighbourhood. The presenters included: West Broadway Tenant Supports, Efficiency Manitoba, Winnipeg Police Service, Manitoba Justice, Emergency Paramedics in the Community, and Aboriginal Alert.

This project addressed four priority areas of the Chalmers Five Year Neighbourhood Plan: Safety, Housing, Health/Wellness and Citizen Engagement.

This project had a total of 2 sessions: Nov.14 (13 attendees), Nov. 15 (20 attendees). The Small Grants Fund significantly helped with the pizza dinner for the attendees, and solar-power motioned lights for door prizes. The feedback summary from the community consisted of learning and awareness in different areas of safety. This

project provided an opportunity to unite the community in the pursuit of one common goal which is to create and promote a safe and cleaner Chalmers that ensures the safety and success of all community members.

This program supported three of the community building activities: Capacity Building, Stability and Well-Being.

**6) Chalmers Neighbourhood Renewal (Community Outreach) - \$2,500.00
December 28, 2023 (one - day)**

CNRC's Community Outreach Team sent out 6,048 mail pieces to residences and apartments situated within the Chalmers Neighbourhood area boundaries, showcasing an overview of CNRC's 2023 programs, services, and events. Through this, they were able to engage with homeowners and tenants in the community by promoting the various programs they offer. They were able to connect with the community and received many phone calls and emails after the mail-out inquiring about their programs and services.

This project addressed one priority areas of the Chalmers Five Year Neighbourhood Plan: Community Connecting.

They received incredible support from their community members, especially towards their Emergency Food Hamper. Many individuals generously donated various goods after learning about their need for donations through our community mail-out. The most unexpected outcome of their initial community mail-out was the overwhelmingly positive response from community members. They were pleasantly surprised to receive numerous phone calls during the first week after the winter break.

This project supported one of the community building activities: Capacity Building.

**7) Winnipeg REACT Inc. - \$2,500.00
January 15, 2024 to February 12, 2024 (multi-session)**

The Recharge project enabled 20 participants of RE/ACT Winnipeg Inc. to access recreational and therapeutic activities, giving them skills and knowledge that they can then integrate into their morning classes. They also had the opportunity to practice communication skills and build healthy relationships in a group setting. They were supported as they practiced new coping skills, goal setting, and making future plans as they focused on their personal lives.

This project addressed four priority areas of the Chalmers Five Year Neighbourhood Plan: Health/Wellness, Poverty and Opportunity, Citizen Engagement, and Community Connecting.

The participants shared that the integrative art activities helped them to focus and understand the core curriculum in a new way. They also reported that engaging in art activities was therapeutic and helpful in processing emotions and in stress management. There were 25 participants.

This project supported three of the community building activities: Capacity Building, Well-Being, and Economic Development.

8) Elmwood Business Coalition - \$811.55

February 1, 2024 to March 31, 2024 (on-going)

The Elmwood Business Coalition is a group of individuals and business owners who want to engage with local businesses in the Elmwood Community. The EBC created a website where the community can access the projects, events, and services happening in the Elmwood Neighbourhood, and with the local businesses. They know that having an online home is a key piece to becoming a full-fledged BIZ. They also created a newsletter to send out to the community, to keep them connected and informed of what is going on and what is available.

This project addressed four priority areas of the Chalmers Five Year Neighbourhood Plan: Citizen engagement.

The EBC currently has 25 of the required 40 businesses who have signed the petition to create a BIZ. Elmwood Businesses have demonstrated a commitment and enthusiasm for participating in local events and programs, such as the Elmwood Night Market, Happy Days on Henderson, and CNRC's Game Night.

This project supported one of the community building activities: Capacity Building.

9) Happy Days on Henderson - \$2,500.00

June 22, 2024 (one-day)

Happy Days on Henderson (HDOH) is an annual event that takes place in the Elmwood neighbourhood of Winnipeg. This event encompasses a wide range of family friendly events that are enjoyed by children, adults, and the wider community alike. Some of the activities and amenities that take place include: a bouncy castle, petting zoo, silent auction, Winnipeg Fire/Paramedic Service Truck, food, and refreshments, and more at no cost.

This project addressed three priority areas of the Chalmers Five Year Neighbourhood Plan: Parks/Recreation/Greening, Community Connecting, and Health/Wellness.

The feedback was widely positive from the community. Since this was the 22nd annual Happy Days on Henderson, the wider Elmwood community was already anticipating the event, and eager to take part. This project gained positive responses from all those who participated. The layout of the event was effective in facilitating such a large number of people. The activities, refreshments, and registration were placed effectively so that it reduced the amount of crowding and lines in these areas compared to previous years. This allowed for the event of over 3000 people to flow effectively.

This program supported two of the community building activities: Capacity Building, Well-Being.

10) Reimagine Elmwood (CNRC)- \$2,170.00

May 27, 2024 – Oct 31, 2024 (on-going)

This summer, Reimagine Elmwood will be hosting a variety of events and temporary pop up art installations around the community. They will be hosting a Pride event on May 27th - May 31st to celebrate Queer culture. They are also using the event to provide their Queer community members an accessible safe space.

This project addressed two priority areas of the Chalmers Five Year Neighbourhood Plan: Community Connecting and Health/Wellness.

The Pride event contributes to capacity building as it provides a chance for community organizations to listen to the Queer community in Elmwood. The event also provides a chance for all community members who may be facing social isolation, especially 55+ queer adults who may not have a well-established community, an opportunity to meet each other and create lasting friendships. The event allows businesses to show their support for the Queer community by providing donations towards the event, allowing them to build rapport with the public.

This project supported one of the community building activities: Well-Being.

11) Elmwood East Kildonan Active Living Centre - \$2,500.00

March 31, 2024 (one-day)

The Elmwood East Kildonan Active Living Centre provides programs for older adults aged 55 and over. The local residents and attendees that participate in the facility at 180 Poplar Avenue access a variety of programs on a daily basis. After many years, and wear and tear, different equipment needs to be repaired or upgraded for participants to be able to continue to access these programs. This project allowed the EEKALC to make some necessary upgrades and repairs to their woodshop, kitchen, pool tables, carpet bowling set, and dart boards.

This project addressed one priority area of the Chalmers Five Year Neighbourhood Plan: Health/Wellness.

Through this project, the members expressed excitement and gratitude for new dart boards, a new carpet bowling set, and 'like new' pool tables. The staff are cooking in the kitchen almost every day to put out low-cost food for the community, they are now able to work more effectively with a new mixer. The woodshop members are also very excited to have some new items in there to help them with all their projects.

This program supported one of the community building activities: Well being.

12) Beautify Elmwood - \$600.00

May 1, 2024 to August 1, 2023 (on-going)

Beautify Elmwood is a committee built by residents in Elmwood to beautify the Elmwood neighbourhood. In this project, the committee members beautified the neighbourhood with the use of flowers to put along the flower planter boxes in Henderson Highway and Watt Street. The committee gained additional help from 12

community volunteers, Elmwood Community Resource Centre and Chalmers Neighbourhood Renewal Corp. Green Team and students at Lord Selkirk School.

This project addressed three priority areas of the Chalmers Five Year Neighbourhood Plan: Parks/Recreation/Greening, Community Connecting, and Housing.

The addition of flowers and plants in the area not only beautifies the neighbourhood but it also produces intergenerational gardening with the older adults helping students understand and value how flowers are planted and cared for. Engaging in intergenerational activities such as community planting promotes active and healthy lifestyles for older adults. This project raised the importance of bringing the older and younger people together in order to learn from one another and because of this, the community is stronger.

This program supported one of the community building activities: Stability.

13) Glenelm Neighbourhood Association - \$903.45

Feb 21, 2024 to present (on-going)

The Glenelm Neighbourhood Association (GeNA) is made up of a committee of volunteers who work at improving life in the neighbourhood of Glenelm, and the wider Elmwood. GeNA worked together with Helga Jakobson to paint the wading pool in Elmwood Park. They consulted the community, and a few different artists, and created a beautiful mural on the building.

This project addressed three priority areas of the Chalmers Five Year Neighbourhood Plan: Safety, Parks/Recreation/Greening, and Community Connecting.

This project provided an opportunity for seniors and youth to actively partake in maintenance activities which foster a sense of care for the neighbourhood. In addition, the added beautification gave a sense of pride/ownership/love of the park, and our neighbourhood, as well as encouraged more people to use the park and its amenities, providing more opportunities for our neighbours to serendipitously meet and connect.

This program supported two of the community building activities: Stability and Well-Being.