



## Ghanaian-Canadian Association of Ontario Seniors Report

### Seniors Fitness & Wellness Program

As always, we kicked off the new year with our much-loved Seniors Fitness Program, continuing our commitment to helping older adults stay active, healthy, and socially connected.

Every Monday and Wednesday, seniors met via Zoom for guided workouts designed to promote strength, mobility, and overall wellness. After each session, participants stayed online to chat, share stories, and support one another — creating a warm sense of community that extends beyond physical activity.

It has been incredible to see how many of our seniors look forward to these exercise days each week. Their enthusiasm and dedication continue to inspire us all.

In addition, every Friday, seniors partnered with Delta Family Centre for a fun and energizing Zumba workout, adding rhythm, movement, and excitement to the weekly fitness routine.

These ongoing fitness sessions are not just about exercise — they are about connection, joy, and healthy aging, reminding us of the power of staying active together. Each week 20 seniors join this virtual session.

GHANAIAN-CANADIAN ASSOCIATION OF ONTARIO  
SENIORS GROUP INVITES YOU

**SENIORS FITNESS PROGRAM**  
JOIN US ONLINE TO EXERCISE AND KEEP OUR BODIES IN SHAPE

**MONDAYS & WEDNESDAYS**  
Time: 11:00am - 12:00pm  
Meeting ID: 852 7140 0642  
Passcode: 198122

### Nutrition and Arthritis – Understanding the Impact of Ghanaian Foods

On June 26, 2025, seniors participated in an informative wellness session led by Ms. Linda Akuamoah-Boateng, Nutritionist from Rexdale Community Health, who shared valuable insights on Nutrition and Arthritis. The session explored how certain foods — including those commonly enjoyed in Ghanaian cuisine — can affect joint health and inflammation in older adults.

While Ghanaian food remains an important part of our cultural identity, bringing families and communities together during celebrations and social gatherings, Ms. Akuamoah-Boateng highlighted the need for balance and awareness. Participants learned that although many traditional foods offer strong nutritional benefits, some ingredients and preparation methods may contribute to joint pain or other health conditions when consumed in excess.

Key points from the session included:

- The link between diet and arthritis symptoms
- Ghanaian foods that support joint and bone health
- Foods that may worsen inflammation and should be eaten in moderation
- Practical tips for maintaining cultural eating habits while supporting long-term wellness

GHANAIAN-CANADIAN ASSOCIATION OF ONTARIO  
GCAO Seniors Wing  
Present  
**Nutrition AND Arthritis**  
The role of Ghanaian food in joint health  
Presented by Ms. Linda AKUAMOAH-BOATENG  
Registered Dietitian, Nutritionist, Community Health Educator  
Sunday, June 26th 2025  
Time: 6pm - 8pm  
Zoom  
Meeting ID: 891 8678 1276  
Passcode: 089889

Seniors appreciated the culturally meaningful approach, which respected the importance of Ghanaian cuisine while encouraging informed choices for healthy aging.

Beyond personal health, the discussion touched on the broader role of Ghanaian cuisine — not only as a source of connection and tradition, but also as an emerging opportunity for economic development, cultural education, and community empowerment.

This session reinforced the idea that understanding our culture — including our food — is a foundation for well-being at every stage of life. 150 seniors attended this session.

## Sickle Cell Disease & Sickle Cell Trait: Health Begins with Knowing Your Status

On July 22, 2025, the Ghanaian-Canadian Association of Ontario hosted an important educational session titled “Sickle Cell Disease and Sickle Cell Trait: Health Begins with Knowing Your Status.” The presentation was led by Bianca Agyakwa-Bempong and Dr. Priscilla Boakye, in collaboration with Rexdale Community Health Centre and Toronto Metropolitan University.

The session provided clear and compassionate education on:

- What Sickle Cell Disease is and how it affects the body
- The difference between Sickle Cell Disease and the Sickle Cell Trait
- How individuals can find out whether they carry the trait
- Why knowing one’s status has implications for family planning, long-term health, and early care

Participants learned that understanding their Sickle Cell status is not only vital for personal health, but also for the health of future generations. The presenters emphasized that early testing, awareness, and open conversations within families are key in preventing complications and making informed decisions.

This session helped break barriers and myths surrounding Sickle Cell Disease, encouraging community members to prioritize screening and support one another in the journey toward improved health. 92 community members attended this session.

## Seniors Wednesday Trivia – Keeping Minds Active

Every Wednesday, our seniors look forward to a fun and engaging Trivia & Brain Exercise activity! Leaders post a new challenge for participants, who have until the end of the day to submit their answers for a chance to win a prize. 450 seniors on WhatsApp participate in this weekly trivia.

This weekly activity encourages mental stimulation, learning, and friendly competition, helping seniors keep their minds sharp while enjoying a sense of community. On average, about 50 seniors participate each week, making it a popular and well-loved program.

Seniors appreciate the opportunity to challenge themselves, learn new things, and stay connected with peers, all from the comfort of their own homes. It’s a simple yet impactful way to promote cognitive health and social engagement.



## Men's Health Matters – Prostate Cancer Awareness & Screening

On July 21, 2025, the Men's Seniors Wing hosted an important virtual education session on Prostate Cancer, led by Dr. Twum Barima. The presentation provided men in our community with clear and practical information on:

- What prostate cancer is and how it develops
- Risk factors and early warning signs
- Prevention strategies and lifestyle considerations
- Screening guidelines and available treatment options

The event drew strong participation, demonstrating how much men in our community value access to health education. The open discussion encouraged attendees to ask questions, share experiences, and learn in a supportive and judgment-free space.

Following the virtual session, members took part in free prostate cancer screening in collaboration with Princess Margaret Hospital and the Walnut Foundation. Thanks to this partnership, over 100 men from the community were screened — an incredible milestone in our collective effort to support men's health and early detection.

The high level of interest and need highlighted the importance of continued awareness and access to screening. Because of the overwhelming response, we anticipate hosting another session and screening event next year to ensure even more men can receive this essential care.

This initiative reflects our commitment to promoting proactive health management and empowering men to make informed decisions about their well-being.

## Golden Ages Group Excursion – Exploring Niagara-on-the-Lake



On August 29, 2025, the Golden Ages Group enjoyed a memorable excursion to Niagara Falls and Niagara-on-the-Lake, combining education, exploration, and community engagement. 120 Seniors attended and they had opportunity to learn about the history of Niagara Falls, the surrounding region, and the local opportunities that make this part of the community unique.

**Ghanaian-Canadian Association of Ontario**  
Men's wing (Seniors Group)


inviting all men and families for a conversation and education on

**Prostate Cancer**

**Monday, July 21, 2025**  
**Time: 7:00PM - 8:30PM**

Learn more about prostate cancer, its causes, prevention tips, and treatment options

**SPECIAL SPEAKER**

  
**Dr. Twum Barima**

**JOIN US ON ZOOM**  
Meeting ID: 817 0819 0575  
Passcode: 279079

**Did you know?**  
1 in 8 men will be diagnosed with prostate cancer in their lifetime.

**The good news?**  
Early detection saves lives. Prostate cancer is highly treatable when found early.

Free Screening on July 27, 2025.  
Call 416-243-2003 to book your appointment.

The day included engaging activities such as:

- Walking tours to explore the history of Niagara on the lakes and nearby areas
- Visits to local farms around the lake
- Opportunities to connect with fellow participants and share experiences

Lunch was provided, and transportation was conveniently arranged with pick-ups from Scarborough Town Centre, Sheridan Mall, and Shoppers World Brampton, ensuring a smooth and enjoyable day for all attendees.

Participants had an amazing time, enjoying both the scenic beauty and the social connections fostered during the trip. Many are already looking forward to the next Golden Ages excursion, highlighting the value of interactive, fun, and educational outings for our seniors.



## Mental Health and Wellness Education

Through collaborations and partnerships with local organizations and stakeholders, we continued our involvement with the B'Well Clinics, providing seniors in the GTA with health education, food, recreational activities, and giveaways that promote healthy living. Partners included Black Health Alliance, Rexdale Community Health, African Food Basket, and several other Black-led organizations.

This collective effort addressed critical community needs and encouraged resource sharing among organizations. Given the rise in challenges faced by Ghanaian seniors—including mental health struggles, suicide, and financial stress—we organized workshops focused on grief and mental wellness. These sessions helped participants navigate cultural barriers around grief and provided essential tools for emotional resilience and healing.

**HONOURING GRIEF:  
A COMMUNITY CONVERSATION FOR GHANAIS**

Join us for a compassionate and culturally grounded facilitated discussion on grief within the Ghanaian community. Together, we'll explore how we experience loss, the unique ways grief shows up in our lives, and how we can support one another through healing. This is a safe and affirming space to share, reflect, and connect.

**DATE: THURSDAY, JULY 31, 2025**  
**TIME: 7:30PM-9:00PM**

**zoom**  
Video Conferencing

**MEETING ID# 879 3861 1997**  
**PASSCODE: 336585**

**GUEST SPEAKER**



**AMMA GYAMFOWA**  
(REGISTERED SOCIAL WORKER & MENTAL HEALTH THERAPIST)

**HOST: MC MIC TRUTH**

**CONTACT US: EMAIL: INFO@GCAOCANADA.ORG | CALL: 416-243-2003**

**SAFE HAVEN CANCER SUPPORT SOCIETY IN COLLABORATION WITH THE GHANAIAN ASSOCIATION OF ONTARIO PRESENTS:**

**FIGHTING BREAST CANCER IN OUR BLACK COMMUNITIES. DEALING WITH BARRIERS.**

A Breast Cancer Awareness Month Event

**Keynote Speaker:**  
**DR. FAHIMA OSMAN**  
Member Support Community & Service Support

**Speaker:**  
**JULIET OPOKU**  
Member Support Community & Service Support

**OTHER ACTIVITIES:**  
**ANNA AIDOO** (Member Support Community & Service Support)  
**REV. DR. ADWOA BADJE** (Member Support Community & Service Support)

**ATTRACTIONS:**  
• Games and prizes to be won  
• Light refreshments  
• Networking

**SATURDAY, OCT 11, 2025**  
**2PM - 5PM**  
**65 MAYALL AVENUE, TORONTO, ON M3L 1E7**

**GCAO WOMEN'S WING  
4TH ANNUAL CONFERENCE**

**Theme:**  
**MENTAL HEALTH AND WELL-BEING: BUILDING RESILIENT FUTURES FOR WOMEN**

**KEYNOTE SPEAKER**  
**DR. PRISCILLA BOAKYE**  
(Assistant Professor- Daphne Cockwell School of Nursing)

**MODERATOR:** **LIZ OKAI** (BSW, MSW, RSW) (Executive/ Public Speaker / Therapist)

**PANELIST:** **EDNA ARYEE** (Ph.D in Clinical and Counselling Psychology, a Certified Clinical Traumatologist)

**PANELIST:** **DR. SAFFOUR ASAMOAH HON.** (BA, BSW, MSW, RSW, PhD.) (Registered Social Worker and Psychotherapist)

**PANELIST:** **NANA AMMA ADJEI-POKU** (Licensed Paralegal, Immigration Consultant, Notary and Commissioner of Oaths)

**WEDNESDAY | OCTOBER | 22, 2025**  
**7:30 PM-9:30 PM**

**ZOOM ID 865 3272 7837**  
**PSW: 331669**

Partial funding for our programs was made possible by the **Government of Ontario**, and we are grateful for their support in serving our community.