



Senior Tamils' Centre of Ontario

An activity hub for socialization and community involvement

Preamble

The Canadian Multicultural Act emphasizes the importance of cultural diversity as a fundamental characteristic of Canadian identity and promotes the idea that all Canadians should have the opportunity to preserve, enhance and share their cultural heritage.

Multiculturalism ensures that all citizens can maintain their identities, take pride in their ancestry and have a sense of belonging. Our country's collective identity is rooted in the recognition that our many languages, traditions and beliefs enrich our social fabric.

Culture and heritage encompass the shared values, beliefs, practices, and traditions passed down through generations, including both tangible and intangible aspects of a society, fostering a sense of identity and belonging.

The Organization

Senior Tamils' Center (STC) founded in 1986 is an incorporated, non-profit organization that provides services to Tamil seniors based in Ontario. Our programs are designed to reduce social isolation and improve the well-being of homebound elderly Tamils.

Over the last 38 years, STC has demonstrated that social participation is associated with immeasurable social, mental, and physical health benefits. Social participation leads to developing meaningful social connections, getting involved in social activities and volunteering.

STC programs are funded by the support and power received from our well-wishers and the great support received from all three levels of governments in Ontario.

Our programs are administered from our own facilities based at Finch Avenue in Scarborough and delivered at various locations in and around GTA. Some of our programs are delivered in the online mode and are received well by our technology savvy recipients.

Our Believes

STC is focussed on addressing some of the important determinants of healthy aging including social connections, physical well-being, and sense of purpose. Our healthy aging strategy encompasses proactive measures needed for maintaining physical and mental well-being. Activities include regular exercise, fitness, social engagement, and ongoing learning, all aimed at supporting functional ability and overall quality of life.

At STC we inspire our members and their communities through innovative programming that promotes well-being, elevates skills and fosters community connections and belonging.

‘Aging in Place’ is an ideology promoted worldwide by the WHO. ‘Aging in Place’ helps to avoid the emotional disruption of leaving home and the expense of institutional care. STC is a strong believer in this ideology. Part of the importance of aging in place is the attachment that many older adults have to the social and physical environment they live in, which in turn contributes to their well-being. We at STC, acknowledge, that those aging in place often have a strong drive to stay active and to have meaningful social interactions with others, and they would also want to contribute to the society in meaningful ways.

We believe in the healthy aging concept which encompasses five key factors: physical activity, a nutritious diet, mental stimulation, social connection, and proactive healthcare, all contributing to fulfilling and active lives.

What We Do

We provide opportunities for seniors to engage in arts and culture, fitness, wellness, lifelong learning, and recreational activities.

- We deliver targeted programs to meet the needs of our communities
- We provide service leadership through innovative programming and services
- We maintain enhanced communications and outreach to achieve our mission
- We develop strong partnerships to provide coordinated services

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