



YMCA Northumberland Launches Age Well Program with Shuffle & Shine Seniors Dance Night in Campbellford

June 23, 2026, Campbellford, ON - YMCA Northumberland is celebrating the successful launch of its **Age Well Program** following a well attended free senior-targeted social, the Shuffle & Shine Dance Night, held on Friday, June 19 within the Campbellford YMCA facility at the Sunny Life Recreation & Wellness Centre. The event brought older adults (aged 55yrs+) together for an evening of music, movement, and meaningful connection.

The event marked the first of a series of activities designed to support healthy aging, social engagement, and community connection for adults aged 55+ in the Campbellford area. Participants enjoyed dancing, reconnecting with friends, meeting new people, snacking on some refreshments and sharing in the joy of an active and welcoming community space at the Campbellford YMCA, all at no charge.

The Age Well Program is made possible through the generous support of the **Community Foundation of Campbellford/Seymour and Northumberland**, whose investment is helping create opportunities for older adults to remain active, connected, and engaged in community life.

"We are incredibly grateful to the Community Foundation of Campbellford/Seymour and Northumberland for making this program possible," said Eunice Kirkpatrick, President & CEO. *"Their support enables us to provide meaningful opportunities for seniors to improve their well being, build friendships, and enjoy a greater sense of belonging in our community."*

A special part of the Shuffle & Shine Dance Night was a Line Dancing session offered thanks to the generosity and talents of Joanne Beer, and her team of skilled dancers who guided attendees through some Line Dancing moves for part of the evening.

The Age Well Program was developed in response to feedback from older adults in rural communities who identified social connection and accessible recreational opportunities as important factors in aging well. Through monthly social dances held within the Campbellford YMCA facility at the Sunny Life Recreation & Wellness Centre, the 10 month program aims to enhance physical health, mental well being, and social inclusion for seniors in our community.

YMCA Northumberland extends its gratitude to the Community Foundation of Campbellford/Seymour and Northumberland, volunteers, community partners, and all participants who helped make this incredible program possible.

For more information, please contact:

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ABOUT YMCA NORTHUMBERLAND

As a charity, YMCA Northumberland provides vital community services that have a positive impact on pressing social issues—from chronic disease to unemployment, social isolation, poverty, inequality and more. The Strong Community Campaign helps ignite the potential of countless children, teens, adults, and seniors in the community. YMCA Canada is one of the longest standing and largest charities nationally, with a presence in Canada since 1851 and now serving more than 2.1 million people annually across 1,700 program locations.