



Sunshine Centres for Seniors
Social, Recreational and Health Programs

Annual Report

2022

Mission

Sunshine Centres for Seniors is a non-profit organization providing social, recreational and health promotion day programs for seniors in the Greater Toronto Area. Our mission is to reduce social isolation, improve the health and well-being of older adults and to empower them to lead meaningful and connected lives in which they are engaged and participating in the community. Through our many centres including our Camp Sunshine program on Ward's Island, we are committed to providing inclusive, interactive, and accessible programs that make a difference in the lives of seniors, promoting independence, a sense of belonging to a supportive community, and fostering a sense of purpose in life.



Vision

Our team of committed volunteers and staff work together to ensure that every person who participates in our programs is treated with dignity and respect. The lives of our participants, our volunteers, and our staff are enriched through the fellowship, joy, and fun experienced at Sunshine Centres. We are proud of the work we do. We are rewarded by the knowledge that we make a difference to each other, to our participants, and to our communities. We spread sunshine.

Co-Chairs' Report

2022 was again a challenging year, with the COVID-19 pandemic still active in the first half of the year, but winding down from the summer through to year end. We continued to offer virtual programs as our only option during the early months of 2022, but gradually re-opened many of our in-person programs as the year progressed.

Our virtual programs included a morning chat program ("Coffee, Tea, and Sunshine"); a daily exercise program; an afternoon program featuring different activities and guest speakers; an afternoon sharing circle program facilitated by our social worker; "Rainbow Tea and Talk" for 2SLGBTQ+ seniors; and two "Sunshine After Hours" programs for our Bengali, Cantonese, and Mandarin-speaking seniors.

As COVID-19 restrictions decreased, we resumed in-person programming in accordance with government health and safety protocols. Our programs included "Sunshine @ Davenport" offered at 250 Davenport Road; "Sunshine in the East" operating twice weekly out of the East York Community Centre; "Senior's Space" offered at 460 Jarvis Street; "Triple S" and "Circle of Friends" provided at College Street United Church; "Rainbow Bridges" for 2SLGBTQ+ seniors offered at 460 Jarvis Street; "Sunshine @ Wellesley" operating out of the Wellesley Community Centre; and "Seniors Drop-in" at 84 Carlton Street.

Camp Sunshine, a bright spot in the summer for our seniors, reopened in-person on Ward's Island during the third week of May. Seniors were able to spend the day with friends, take part in themed programming and enjoy refreshments and a meal together.

Our beloved summer festivals – Welcome Back Bash, Rainbow Bridges Pride Festival, Strawberry Festival and the Sock Hop – were all well-attended. Everyone was thrilled to be back in person.

This year, Sunshine Centres played an active role in the City of Toronto-led initiative to promote vaccine engagement. We hosted seniors' wellness events in local parks and libraries, promoting vaccinations and providing opportunities for seniors to be active and engaged. Through this project, we developed new partnerships with other organizations and increased our profile in the community.

We'd like to thank our staff, both program staff and management, for their dedication and hard work, and for continuing to be a positive and stable presence for our seniors throughout the changing conditions of the past three years. We also would like to thank all of our funders, without whom we couldn't have continued to operate: all three levels of government (federal, provincial and municipal) and the United Way Greater Toronto, as well as the many private funders and foundations who continued to support us this year. We would like to give a special thanks to our major private supporter for the past several years, the George C. Hunt Family Foundation, whose generous grant has allowed us to expand our programs and reach many more seniors.

And last but certainly not least, many thanks to our volunteers who help in so many ways to supplement our staff and allow us to serve more seniors.

Susan Roller
President & Co-Chair

Veena Balram
2nd Vice President & Co-Chair

Executive Director's Report

In 2022, Sunshine Centres for Seniors continued to adapt our programs and activities to the changing landscape of the pandemic. With the Omicron outbreak in the early months of the year, we returned to offering virtual activities only. As COVID-19 restrictions decreased and the province re-opened, we gradually resumed in-person activities while still providing seniors with the option to attend virtually.

We offered a wide variety of in-person and virtual programs throughout the day and in the evenings and on weekends, including virtual activities in Cantonese and Mandarin for our Chinese Canadian seniors and in Bengali for our Bengali-speaking seniors. We also delivered 1,210 meals directly to seniors' homes accompanied by a wellness check. Our 2SLGBTIQ+ seniors enjoyed our Rainbow programs offered twice each week.

We were pleased to offer our first full in-person season of Camp Sunshine since the beginning of the pandemic. We saw the return of many long-term care facilities, retirement residences and community organizations. This year, over 1,000 seniors attended this special program including seniors from fifty-two groups.

Funding from the Ontario Trillium Foundation allowed us to offer two exciting projects. In one project, Sunshine Centres' staff trained recreation staff to deliver 2SLGBTIQ+ inclusive recreation programs in three long-term care facilities. The second is a three year Grow project which is giving us the opportunity to offer activities in Toronto's east end neighbourhoods.

Sunshine Centres continued to participate in the City-wide initiative to encourage COVID-19 vaccination. We hosted 12 seniors' wellness events promoting vaccinations and providing opportunities for seniors to engage in physical activities and learn about health topics of interest to them.

We greatly appreciate the support from our government funders, United Way Greater Toronto and from the many foundations and individual donors which allowed us to make an enormous difference in the lives of seniors. I would like to express my deep gratitude to the George C. Hunt Family Foundation for their kindness and incredible generosity to Sunshine Centres this year and so many other years.

Thank you to our staff team for all their dedication, enthusiasm, and hard work which allowed us to offer so many activities this year. As always, I am grateful to our Board of Directors, in particular, our two Co-Chairs, Susan Roller and Veena Balram for their wise leadership, support, and guidance.

Jacquie Buncel
Executive Director

Our Team

Administrative & Program Staff

Jacque Buncel — Executive Director
Anita Bloom — Associate Executive Director
Edil Bustamante de Wong — Finance Manager
Jaclyn Palmer — Program & Special Events Manager
Shanelle Rodgers - Community Outreach and Volunteer Manager
Michelle Albert – Program Coordinator
Sergio Alvarez — Program Coordinator
Mahye Choudhury – Program Coordinator
Martin Haffenden — Program Coordinator
Tina Kakavand – Program Coordinator
Daniel Persaud – Program Coordinator
Mallory Pierce — Program Coordinator
Jada Smith – Program Coordinator
Cristiani De Oliveira Dias – Community Development, Office and Volunteer Coordinator
Morgan Scalena – Administrative & Communications Coordinator
Rhea Singer — Communications Coordinator
John Vigna – Social Worker
Asta Au — Program Facilitator
Afsana Chowdhury — Program Facilitator
Irene Gabinet — Program Facilitator
Ismin Amini – Program Assistant
Anne McGrath — Banking & Office Assistant
Gary De Jong - Cleaning and Maintenance, Camp Sunshine

Summer Student Camp Sunshine Program Coordinators

Emelie Gosselin
Sophia Kozmevski
Tara Lewyzkyj
Sarah Swan

Board of Directors

Susan Roller — President and Co-Chair
John O'Connor — 1st Vice-President
Veena Balram — 2nd Vice President and Co-Chair
Jason Gaiotto — Treasurer
John Wallace — Secretary
Kevin Workentin — Director
Yona Frishman — Director
Hrishikesh Navare — Director

IN-PERSON PROGRAMS

Camp Sunshine

Camp Sunshine on Ward's Island has always been a bright spot in our seniors' summers, which is why we were thrilled to provide this special program once again in 2022. We offered select dates for individuals and for groups to attend, and saw many smiling faces on the island.



To kick-off our season with a bang, we organized a Welcome Back Bash, officially inviting members back on the Island. In addition to the Welcome Back Bash, we hosted our beloved annual festivals: Rainbow Bridges Pride Festival, Sunshine's Strawberry Festival and the '50s Sock Hop.

By the end of the summer season, we had offered 86 sessions, totalling 1,181 guests.

St. James Town

In 2006, we launched programs in Toronto's St. James Town to address the severe social isolation that seniors living in Toronto Community Housing face. The program began at 325 Bleecker Street and grew to various locations in the area. Since the pandemic, we have re-launched programs at 460 Jarvis Street and 84 Carlton and launched a new site at the Wellesley Community Centre.

To support our St. James Town seniors' physical and mental health, we provided nutritious lunches and hosted a variety of activities including gentle exercise, arts and crafts, games, trivia, and more!



Highlights:

- **460 Jarvis Street**
 - We provided meaningful programming and nutritious lunches to 52 local seniors
- **84 Carlton**
 - We offered 37 program sessions to the seniors in the neighbourhood
- **Wellesley Community Centre**
 - In just four months, we supported 26 seniors at this new program site



Sunshine in the East



In 2019, we recognized the need for increased programming in Toronto's east end. Thanks to a grant from the Ontario Trillium Foundation, we were able to offer a new program focusing on marginalized seniors in this area.

Sunshine in the East varied in frequency, taking place two to four times a week at multiple program sites in the city's east end. Seniors in the area had the opportunity to congregate with their neighbours, meet new friends, enjoy fun activities and take part in exercise programs.

Through Sunshine in the East, we were able to support 63 seniors over the course of 133 sessions.

113
sessions

Rainbow Programs

Sunshine Centres' Rainbow Programs – Rainbow Circle and Rainbow Bridges – provide a welcoming space for our 2SLGBTQ+ seniors to gather and experience a range of activities, spanning from workshops to outings. These twice-weekly, thoughtfully planned programs are always well attended.

31
attendees

Davenport

Sunshine programs at 250 Davenport launched in 2016 in response to requests from community members for social and recreational programs. Since its launch six years ago, the program has grown into a vibrant hub for seniors looking to connect with others while taking part in various health and wellness activities.

College Street United Church

Since returning to in-person programs post-COVID-19, we relocated our Yonge and Bloor Programs to College Street United Church. This new church location has acted as a home base for select day programs – Triple S and Circle of Friends – as well as for many of our special events, like our holiday parties.



Triple S

32

sessions

C.O.F

31

sessions

VIRTUAL PROGRAMS

Even though we were able to return back to in-person programming, we continued to offer a variety of virtual programming to ensure all our members were given opportunities to stay connected regardless of comfort levels



Sunshine After Hours

Our Sunshine After Hours virtual programs serve our Bengali, Mandarin and Cantonese-speaking community members. Staff members fluent in these languages facilitate evening and weekend sessions, providing social enrichment to seniors more comfortable participating in their own languages.

Virtual Exercise

Our virtual exercise classes led by certified instructors specializing in fitness for seniors ensure our members have the opportunity to stay active from the comfort of their home. These half-hour classes are gentle and do not require any equipment, making them accessible for all activity levels.

Volunteers

Volunteers are at the heart of Sunshine Centres for Seniors. We would not be where we are today without the generosity of individuals and groups eager to lend a helping hand. From moderating virtual programs, to cleaning the Camp Sunshine grounds, to providing strategic leadership on our Board of Directors, volunteers are integral to the work we do.

We greatly appreciate our devoted members who took part in our Seniors Advisory Committee, providing guidance and support throughout the year. Thank you to our 2022 committee members: Trinidad Fillon, Odette Castello, Barbara Center, Helga Humphreys and Sandy Kryzandi.

In the 2022 year, we undertook several recruitment initiatives: building outreach events, corporate fairs, recruitment fairs, Charity Village advertisements, Volunteer Toronto advertisements and special event booths. Through these various outreach activities, we recruited 164 new volunteers.

With Camp Sunshine open once again, our corporate volunteers were ready to get to work! We were grateful to have welcomed 16 corporate volunteer groups, totalling 472 hours and 118 volunteers.



164
new volunteers



Wellness Events



We were pleased to have participated in the City of Toronto's vaccination engagement project from 2021 to 2023, and to work with other organizations in Toronto's Downtown East to support seniors access COVID-19 vaccinations.

Our final component of this project consisted of hosting wellness events where seniors took part in activities such as pet therapy, chair yoga and a spa day, along with obtaining health services such as blood pressure checks and vaccines. We were delighted to partner with The 519, the Alzheimer Society and the Regent Park Community Health Centre to host these events.

Volunteers

Aaron Muller
Akshar Trivedi
Alex Minos
Allison Kwan
Ananya Viswanathan
Andre Khune
Angel Forgacs
Anna Basu
Aqeelah Patel
Arisa Azeem
Bahia Douf
Barbara Center
Bhavna Lalwani
Brooke Uszynski
Christine Gaucher
Chrystal Yen Cici Chen
Dana Marlatt
Darlene Hopper
Darlene Kaneko
Diana Vazquez
Dianne Yaneff
Don Kemp
Elaine Margaret Waddell
Emilie Guilbert

Harpreet Sethi
Hua Yu (Jessie Y)
Isabella Luppi
Jan Eadie
Jawed Akhter
Jay Bryan
Jeff Schmidt
Jennifer Wakefield
Jennifer Yu
Jenny Terwoord
Jerry Ross
Jerry Wu
Jessica Antoine
Joan Hamilton
Joan Williams
Joel Eisenberg
John Corso
Jordan Theriault
Laura Derech
Laurie (Laurene) Young
Mae Cleaver

Michael White
Nawshin Islam
Odette Costello
Otto Siu Kong Ng
Paul Collins
Pedro Marchiori Holsbach
Poulami Bhattacharjee
Roland Herman
Rosario Gallardo Bejares
Sandy Krysand
Shaheen Kauser
Shirley Weldon
Tao Shen
Tarin Moni
Trinidad Fillon
Uwe Fedde
Vry George
Werda Tariq
Yalda Ta

Volunteer Awards

3 Years

Virtual Program Volunteers

Alex Minos
Jordan Theriault
Joel Eisenberg
Ananya Viswanathan
Brooke Uszynski
Anna Basu
Harpreet Sethi

5 Years

Service Volunteers

Trini Fillon
Odette Costello

10 Years

Treasurer

Jason Gaiotto

15 Years

Service Volunteers

Joan Williams
Don Kemp

20 Years

Service Volunteer

Jerry Ross

Treasurer's Report

Sunshine Centres for Seniors had another successful financial year in 2022. The organization benefitted from new projects and grants. Program expenses increased 21% or approximately \$133,000 resulting from the expansion in activities and initiatives. This was due to a similar increase in grant revenue of approximately \$127,000. We ended the year with a small surplus of \$6,941 which we put towards our Operating Reserve Fund.

We would like to continue to express our gratitude to the George C. Hunt Family Foundation for their very generous support. Their contributions each year allow us to offer our many programs for isolated seniors, to increase volunteer engagement, develop new partnerships, and to promote our programs in the community. Thank you to the many foundations, corporations and individuals that contributed generously this year, including Canada Life, The Catharine Maxwell Meighen Foundation, Community One Foundation, Pride and Remembrance Foundation, the Tippet Foundation, and the Trust Collective of the Toronto Foundation.

Our support from our government funders remained consistently strong. The Ministry of Seniors Affairs and Accessibility gave us operating grants for our programs and administration and special grants which we used towards classes and activities for the seniors and systems to improve our administrative infrastructure. We were excited to deliver two project grants from the Ontario Trillium Foundation which allowed us to offer new programs and initiatives.

The City of Toronto provided us with additional funds to support our involvement in vaccination engagement initiatives. As always, we greatly appreciate the support from United Way Greater Toronto for our programs and services.

We would like to express our thanks to our government and community partners who provide space for our programs: Toronto Community Housing Corporation and the City of Toronto.

We expect further uncertainties over funding as we adapt to increased financial pressures resulting from rising inflation. Given this uncertainty, we continue to look for much-needed support to maintain our services and meet our growth goals when our services and programs are most needed. We are managing our program costs accordingly and we have strategies in place to maintain our fundraising revenue to help support our programs and services.

I would particularly like to thank the staff for their diligent, accurate and thoughtful work preparing these reports and our underlying financial records.

Jason Gaiotto, CPA, CA
Treasurer

This Annual Report presents the financial statements in an abbreviated form. The Board of Directors and management of Sunshine Centres for Seniors are committed to ensuring that the financial operations and results are presented in a clear, understandable and transparent manner. If desired, copies of the full financial statements, audited by HS & Partners LLP, may be obtained from Sunshine Centres' administrative office.

Supporters

The following pages recognize those individuals, foundations, organizations, companies, and governments who supported Sunshine Centres for Seniors in 2022. This generous support made it possible for us to respond to the needs of seniors in our city and to create a supportive community where seniors gain companionship, develop and maintain friendships, and participate to their fullest potential.

Special Thanks

George C. Hunt Family Foundation

Funders

The City of Toronto

Employment and Social Development Canada

Ministry for Seniors and Accessibility

Ontario Trillium Foundation

United Way Greater Toronto and all who donated to the United Way Greater Toronto on our behalf

Major Donors (\$5,000 and over)

The Catherine Maxwell Meighen Foundation

Community One Foundation

Jason Gaiotto

The George Lunan Foundation

Pride and Remembrance Foundation

Tippet Foundation

The Trust Collective of the Toronto Foundation

\$2,000 and over

Benchmark Performance Inc.

Canada Life Assurance Company

CGI ISMC Inc.

Kevin Maisonville

Nathan and Lily Silver Foundation

B & B Hamilton Fund at the Toronto Foundation

The Yona and Zev Frishman Endowment

Benefactors (\$1,000 and over)

Anna Kavanagh – Charities Aid Foundation of Canada

Chum Charitable Foundation

Geoffrey Rytell

TripArc Inc

Kevin Workentin

Supporters

Continued

\$500 and over

Rini Das
Nancy Carruthers
Kazik Jedrzejczak
Ranjith Kulatilake
Susan Roller
John Wallace

Friends

Kylle Balbido
Kabir Bajaj
Gillian Bartlett
Sheila Block
Consuelo Castillo
Kim Coghill
Paul Collins
Simone Constello
Susan Copp
Wendy Coull
Laura Derech
Smriti Dhawan
Monica Doedens
Allister Douglas
Tracey Eadie-Brown
Ida Esguerra
Margaret Foley
Sanaz Gharavi
Rolande Herman
Mark A Hinchcliffe
Hadi Jahanshahi

Chelsea James
Paul Lam
Ricky Leung
Sonia Linhares
Andre Machado
Michael McAuley
Frank Moens
Sabrina Mirabelli
Hrishikesh Navare
Laura Nussey
Quin Ouyang
Jaclyn Palmer
Bryon Patton
Feodor Ploujnikov
Anne Powell
Parikshit Ralhan
Maria Rio
Roxanne Nicolai Rollon
June Sano
Himansho Sadana
Jeff Schmidt
Natalia Shields
Kingsley Szeto
Carolynne Veffier
Fran Turner
Wendy Yeung
Hyo Yoon Shin
Lain Ying Jenny Wang
Min Zhang

Sunshine Centres for Seniors**Grant Revenue
Year Ended December 31****(Schedule 1)**

	2022	2021
Federal Government		
Federal Summer Career Placement Grant	14,214	17,838
New Horizons for Seniors Program Grant	23,161	23,726
Ministry for Seniors and Accessibility		
Operating Funding	85,400	85,398
Pay Equity	13,341	13,343
Special Grants	40,000	22,629
Community Grants Program	30,255	16,654
Ontario Trillium Foundation	124,493	31,498
Summer Experience Program	-	3,723
City of Toronto		
Community Service Partnership Grant		
United Way of Greater Toronto	50,092	49,110
Base Allocation		
Other agencies	79,115	81,018
Downtown East Vaccination Engagement and Communication Coordination Funding		
	69,362	51,176
	529,433	396,113

Sunshine Centres for Seniors Program Costs

(Schedule 2)

Year Ended December 31

	2022	2021
Employee benefits	59,487	57,572
Employee training	3,346	1,180
Entertainment and speakers	93,511	52,154
Food services	37,249	9,197
Insurance	9,004	8,169
Professional services	10,413	4,662
Program supplies	33,373	20,757
Publicity and fundraising	1,071	1,746
Rent and security	16,059	15,591
Repairs and maintenance	16,390	11,081
Salaries	447,374	421,651
Supplies and postage	1,606	1,669
Telephone	3,053	3,278
Transportation - staff and participants	9,737	2,628
Transportation and other expenses - volunteers	3,692	1,091
Utilities	4,457	4,522
	\$749,822	\$ 616,948

Administration Costs

(Schedule 3)

Association dues and conference fees	1,217	1,495
Employee benefits	6,610	6,397
Office supplies and postage	2,311	2,402
Professional services	14,984	6,709
Publicity and fundraising	1,071	1,747
Rent and security	5,353	5,197
Salaries	49,708	46,851
Telephone	2,034	2,184
Utilities	1,485	1,507
	\$ 84,773	\$ 74,489