

SUNSHINE CENTRES FOR SENIORS

ANNUAL REPORT 2023





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MISSION AND VISION

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.



OUR VALUES



CARING

Compassionate, empathetic, friendly



INNOVATION AND EXCELLENCE

Imagination and creativity, teamwork and striving for excellence



RESPECT

Diversity, cultural values and beliefs, inclusiveness and fairness, promoting equality and upholding dignity



ACCOUNTABILITY

Responsibility, transparency, honesty, confidentiality, integrity, and safety



INDEPENDENCE

Autonomy and freedom of choice to participate however the seniors wish



CO-CHAIRS' REPORT

2023 was the year when we finally got back to normal after the COVID-19 pandemic. We provided a full slate of in-person programs and activities for seniors living in inner city neighbourhoods in downtown Toronto, and our Camp Sunshine program on the Toronto Islands operated in full swing in the summer. We also continued to offer virtual activities for seniors who still feel more comfortable participating from the safety of their homes.

Our in-person programs included: Sunshine @ Davenport at 250 Davenport Road; Rainbow Bridges and Rainbow Circle offered at 460 Jarvis Street; Sunshine @ Wellesley operating out of the Wellesley Community Centre; Seniors Drop-in at 84 Carlton Street; Seniors Space at 460 Jarvis Street; and Seniors Together: A Place for All, offered at 252 Sackville Street in Regent Park, and Sunshine in the East, offered at the East York Community Centre. This year we launched two new programs in Toronto Seniors Housing buildings in Toronto's east end and these programs are now serving 55 seniors each week, in particular Chinese Canadian seniors.

Our virtual programs included: a morning chat program, a weekly exercise program; an afternoon program featuring activities and guest speakers; a peer-led book club; a very popular evening bingo program and two "Sunshine After Hours" programs for our Bengali, Cantonese, and Mandarin-speaking seniors.

The most significant challenge we experienced this year arose from the dramatic increase in food costs. We engaged a local catering company to deliver meals to our programs on a bi-weekly basis with a grocery order on alternate weeks. Unfortunately, this arrangement proved too costly for our budget and we were forced to take a pause with providing meals in June. Thanks to the generous support of Canada Life, we were able to re-introduce meals later in the year.



CO-CHAIRS' REPORT (CONT)

We'd like to thank our staff, both program staff and management, for their continuing enthusiasm, energy, and hard work. We'd like to particularly thank Jacquie Buncel for her dedication to our seniors this year and over the past many years. Many thanks also to our volunteers who help in so many ways to supplement our staff and allow us to serve more seniors. Thank you to our fellow board members whose wise counsel helps us and Jacquie steer the organization through the ups and downs of managing a non-profit.

We also would like to thank all of our funders, without whom we couldn't continue to operate. We greatly appreciate the support of 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 contributed so generously this year. A very 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.

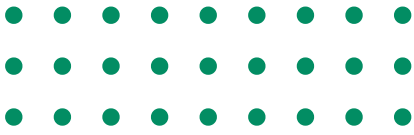


SUSAN ROLLER

PRESIDENT AND CO-CHAIR

VEENA BALRAM

2ND VICE PRESIDENT AND CO-CHAIR



EXECUTIVE DIRECTOR'S REPORT

This year was a very successful one for our organization. We provided a full slate of in-person programs and activities for seniors living in inner city neighbourhoods in downtown Toronto. Our unique Camp Sunshine program for seniors from across Toronto was a great success this year with 68 groups bringing their seniors for an enjoyable day outing to the beautiful Toronto Islands. We also offered virtual programs including very popular bingo evenings and virtual activities in Cantonese and Mandarin for our Chinese Canadian seniors and in Bengali for our Bengali-speaking seniors. Our 2SLGBTQIA+ seniors enjoyed our Rainbow programs offered twice each week.

We completed the second year of our Ontario Trillium Foundation Grow project which gave us the opportunity to launch two new sites in Toronto Seniors Housing buildings in addition to the new site we started at the East York Community Centre in 2022. These programs took off during the year and are now seeing some of the strongest attendance of all of our sites.

Through a second Ontario Trillium Foundation project, we promoted our programs to reach new seniors and we re-vitalized our volunteer program through lunch and learn events and mental health workshops. Through 6 pop-up outreach events and 7 outreach tables, we reached over 500 seniors in the community.

We concluded our participation in the City of Toronto's vaccination engagement project this year. Our final initiative consisted of hosting seniors' wellness events where seniors participated in activities such as pet therapy, chair yoga, and a spa day, along with obtaining health services such as blood pressure checks and vaccines. This project gave us the opportunity to develop new partnerships with other organizations and to increase our profile in the community.

Approximately 1,000 seniors participated in our many activities in 2023 with 9,075 visits to our programs over the course of the year.



EXECUTIVE DIRECTOR'S REPORT (CONT)

The dramatic increase in food costs and inflation created financial pressures which we struggled with this year. A decrease in our government funding, in particular for our summer employees at Camp Sunshine, also resulted in some financial challenges.

Thank you to our funders from all three levels of government, United Way Greater Toronto, and the many foundations and individual donors which give us the opportunity to make an enormous difference in the lives of seniors. I am deeply grateful to the George C. Hunt Family Foundation for their incredible dedication and generosity to Sunshine Centres for this year and so many other years.

I would like to express my thanks and appreciation to our staff team for all their efforts this year. They bring so much joy to our seniors every year! Thank you to our Board of Directors for your support and leadership, especially our two Co-Chairs, Susan Roller and Veena Balram for always being there to offer their wise words of encouragement and guidance.



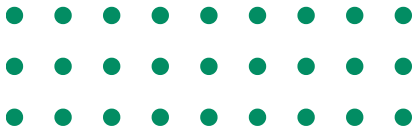
JACQUIE BUNCCEL
EXECUTIVE DIRECTOR



OUR TEAM

ADMINISTRATIVE AND PROGRAM STAFF

Jacquie Buncel	Executive Director
Anita Bloom	Associate Executive Director
Edil Bustamante	Finance Manager
Jaclyn Palmer	Program and Special Events Manager
Michelle Albert	Program Supervisor
Zuzanna Kukulka	Special Events and Engagement Specialist
Cristiani De Oliveira Dias	Community Development, Office/Volunteer Coordinator
Rhea Singer	Communications Coordinator
Sergio Jaime Alvarez	Program Coordinator
Sandy Chan	Program Coordinator
Martin Haffengen	Program Coordinator
Tina Kakavand	Program Coordinator
Victor Li Wai Tat	Program Coordinator
Lorraine Pearson	Program Coordinator
Lanie Piluden	Program Coordinator
Jada Smith	Program Coordinator
Simin Amini	Program Assistant
George Anthony Cortis	Program Assistant
Leong Ming Chan	Program Assistant
Mahye Choudhury	Program Assistant
Glenn Seville	Program Assistant
Afsana Chowdhury	Program Facilitator, Bengali Programs
Irene Gabinet	Program Facilitator, Rainbow Programs
Anne McGrath	Banking Assistant
Amanda Faraldo	Summer Student
Maria Ferrer	Summer Student
Chelsea Pradenas	Summer Student
Rosario Gallardo	Placement Student, Rainbow Programs, Social Service Worker, George Brown College

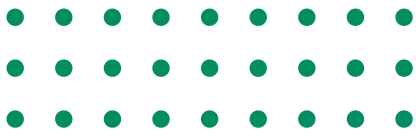


OUR TEAM

BOARD OF DIRECTORS

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





VOLUNTEERS

Sunshine Centres for Seniors is grateful for our volunteers' unwavering dedication and commitment to our seniors and community. Thank you to all of our volunteers for continuing to support and bring sunshine to our seniors.

AARON MULLER
ALAN GOTLIB
ALEX MINOS
ANANYA VISWANATHAN
ANDRE KHUNE
ANGEL FORGACS
ANNA BASU
ANNETTE O'CONNOR
AQEELAH PATEL
BAHIA DOUF
BARBARA CENTER
BARRY CAVEN
BETSY CANFIELD
BHAVNA LALWANI
BROOKE USZYNSKI
CHRISTINE KOBLIC
DARLENE HOPPER
DIANA VAZQUEZ

DIANNE YANOFF
ELAINE MARGARET WADDELL
EDMUND AREVALO
FAREEDA YASMEEN
HARPREET SETHI
HELGA HUMPHREYS
HUA (JESSIE) YU
JAN EADIE
JEFF SCHMIDT
JOAN WILLIAMS
JOHN CORSO
JORDAN THERIAULT
KAREN HERSEY
KEVIN POOK
LAURA DERECH
LAURIE (LAURENE) YOUNG
LINDA CLOWES
NEIL MUDDE

ODETTE CASTELLO
PAUL COLLINS
MIKE WARREN-DARLEY
ROLANDE HERMAN
ROWAN SHEPPARD
SANDY KRZYZANOWSKI
SHAHEEN KAUSER
SHIRLEY WELDON
SONJA BROCK
STEVE FISTELL
SUSAN JANE MCLAREN
SUSEL LEON LIMA
TRACY TURNER
TRINI FILLON

VOLUNTEER RECOGNITION

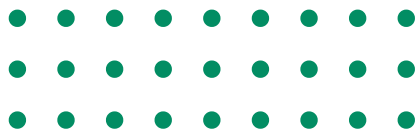
3 years of service

BARRY CAVEN
HRISHIKESH NAVARE

5 years of service

SANDY KRZYZANOWSKI
YONA FRISHMAN





IN-PERSON PROGRAMS

CAMP SUNSHINE

In 2023, Camp Sunshine on Ward’s Island brought joy to our seniors with five exciting community events, including our Intergenerational Rainbow Pride Festival, Strawberry Festival, 50's Sock Hop, Mosaic Fall Harvest Festival, and a Xenia Concert. Fun and connection filled the air, creating cherished memories for all.



1130 Visits

650 Unique Participants

We provided a comprehensive program with 57 camp sessions, welcoming 68 community groups, retirement homes, and long-term care facilities for lively day outings at our cottage-like centre. Activities ranged from golf cart rides and sing-a-longs to gentle fitness sessions, nature walks, crafts, games, and socializing opportunities. A total of 650 seniors actively engaged with Camp Sunshine, contributing to a robust summer attendance of 1,130 visits.



ST. JAMES TOWN



1437 Visits
200 Unique Participants

HIGHLIGHTS

460 Jarvis Street

- 675 Total Visits
- 97 Unique Participants

84 Carlton

- 435 Total Visits
- 50 Unique Participants

Wellesley Community Centre

- 325 Total Visits
- 54 Unique Participants

Jewelry Making with Shirley Weldon
DIY Art Projects with Irene Cabinet
Outings to Maple Leaf & Allen Gardens

The St. James Town Program for Seniors offers a wide range of social, recreational, and health promotion activities tailored for low-income, racialized, and 2SLGBTQIA+ seniors. Our diverse programming encompasses gentle exercise, discussion groups, music, arts and crafts, educational workshops, games, brain trivia, holiday celebrations, outings, intergenerational activities, refreshments, and nutritious meals. By fostering social connections and providing enjoyable and meaningful activities, our program creates a vibrant space where seniors from diverse backgrounds can engage and thrive.



RAINBOW PROGRAMS



HIGHLIGHTS

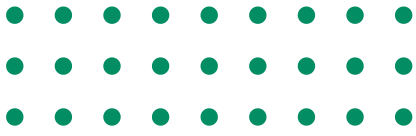
Community One Foundation Project which achieved the following goals:

- Cultivated social connections and improved wellness for 2SLGBTQIA+ seniors.
- Offered diverse dance workshops, blending physical activity and cultural enrichment across ballet, contemporary, line, ballroom, Broadway jazz, Japanese, and Jewish folk styles.
- Outings to 2SLGBTQIA+ owned or friendly venues, including cultural exhibits such as the Queer Art Exhibit at the Lakeshore Grounds Interpretive Centre and the Keith Haring Exhibit at the AGO.
- Enjoyed wellness events covering pet therapy, beauty therapy, digital literacy, and sexual health discussions.
- Drew BI-POC 2SLGBTQIA+ seniors to Sunshine Centres through inclusive activities.

975 Visits

110 Unique Participants

Our Rainbow programs tailored for 2SLGBTQIA+ seniors continued to thrive in 2023 with dynamic conversations, creative arts and crafts, and enlightening educational workshops. These inclusive programs provide a safe space for 2SLGBTQIA+ seniors to connect, share experiences, and create deep bonds while participating in activities like games, trivia, light exercise, and community outings.



SACKVILLE

Seniors Together: A Place For All

We inaugurated the Sackville site in 2014 in response to a request from Bengali seniors in TCHC buildings who were experiencing language barriers to participating in social and recreational programs. The program has grown to serve many diverse seniors, in particular Chinese-Canadian seniors within the community. The Sackville Program is now thriving with a sense of social connection, health and wellness.



455 Visits

90 Unique Participants



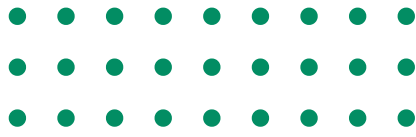
DAVENPORT

Sunshine@Davenport

Sunshine programs at 250 Davenport commenced in 2016 following community requests for enhanced social and recreational offerings. Over the past six years, the initiative has evolved into a dynamic senior hub, offering a diverse array of health and wellness activities and fostering meaningful connections among participants. Davenport boasts a bustling sense of community, fun and social activity.

677 Visits

47 Unique Participants



SUNSHINE IN THE EAST

2000 Visits

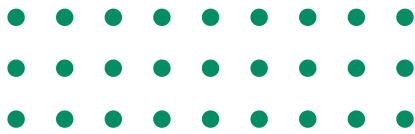
285 Unique Participants

HIGHLIGHTS:

- *Sharing Sessions on various Health Topics*
- *Sing-a-long with Amber*
- *Halloween Party*
- *Joining a Winter Wonderland Luncheon*
- *2 Chinese Music Instrument Performances by Emily*
- *Mid-Autumn Festival Celebration*

80 DANFORTH • EAST YORK CC • STRATHMORE

To address the need for seniors services in Toronto's east end, we launched a new initiative in 2021, made possible by a generous grant from the Ontario Trillium Foundation. Sunshine in the East offers activities at 2 Toronto Seniors Housing Buildings and at the East York Community Centre. This project provides seniors in the east end of the city with opportunities to gather, socialize, engage in enjoyable activities, and participate in exercise programs, fostering a sense of community and well-being. Throughout the year, we were able to serve and support 285 seniors through 2000 sessions.



VIRTUAL PROGRAMS

We continue to offer virtual programs for seniors who feel more comfortable participating from their own homes. Our virtual activities include Virtual Bingo with prizes, Coffee/Tea/Sunshine Morning Chats, a Book Club, Recorder Lessons and Gentle Exercise.



Sunshine Centres

Eric's Tablet

Eric's Tablet

SUNSHINE AFTER HOURS

Our Sunshine After Hours virtual programs cater to our Bengali, Mandarin, and Cantonese-speaking community members. Led by staff fluent in these languages, our evening and weekend sessions offer social connections, engaging activities and community involvement.





TREASURER'S REPORT

Sunshine Centres for Seniors continued to deliver our many programs and projects this year despite encountering some financial challenges. Revenue was 5% lower in 2023 compared to 2022 leading our expenditures to decline by 4% compared to 2022 as well. One unexpected challenge was a 11% decrease in our grant revenue, mainly related to summer positions for our Camp Sunshine program. Other financial pressures consisted of rising food costs and wage inflation which affects our ability to provide meals and services for our programs. We used flexibility and creativity to adapt to these financial challenges so they would not significantly impact our programs.

We ended the year with a deficit of \$3,005 which was taken out of our Operating Reserve Fund.

We would like to express our gratitude to the George C. Hunt Family Foundation for their very generous contribution this year. Their support allowed us to offer our many programs for isolated seniors, to re-vitalize our volunteer program, 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, and the Tippet Foundation.

The Ministry of Seniors Affairs and Accessibility supported us with operating grants for our Seniors Active Living Centres and special grants for pilot program activities for the seniors and administrative support services.



TREASURER'S REPORT (CONT)

We continued to provide the Sunshine in the East project as well as an outreach and volunteer development project, both funded by the Ontario Trillium Foundation. As always, we greatly appreciate the support from the City of Toronto and the 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, Toronto Seniors Housing Corporation, and the City of Toronto.

We expect further uncertainties over funding as we adapt to increased financial pressures resulting from rising inflation.

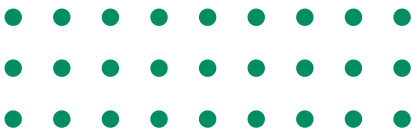
Given this uncertainty, we continue to look for much-needed support to maintain our services and meet our growth goals when our services and programs are most needed. We are managing our program costs accordingly and we have strategies in place to maintain our fundraising revenue to help support our 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

TREASURER, CPA, CA

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

Sunshine Centres for Seniors recognizes those who supported our organization in 2023. This generous support has made it possible for us to respond to our seniors' needs and create an inclusive, supportive and engaging community for older adults across the Greater Toronto Area.

SPECIAL THANKS TO:

GEORGE C. HUNT FAMILY FOUNDATION

FUNDERS:

EMPLOYMENT AND SOCIAL DEVELOPMENT CANADA

MINISTRY OF SENIORS AND ACCESSIBILITY

ONTARIO TRILLIUM FOUNDATION

THE CITY OF TORONTO

UNITED WAY GREATER TORONTO AND ALL WHO DONATED TO UWGT ON OUR BEHALF

MAJOR DONORS:

\$5,000 and over

COMMUNITY ONE FOUNDATION

CANADA LIFE ASSURANCE COMPANY

THE CATHERINE AND MAXWELL MEIGHEN FOUNDATION

TIPPET FOUNDATION

\$2,000 and over

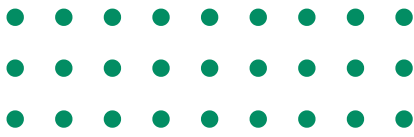
CGI ISMC INC.

KEVIN MAISONVILLE

GEOFFREY RYTELL

NATHAN AND LILY SILVER FOUNDATION

THE YONA & ZEV FRISHMAN ENDOWMENT



SUPPORTERS CONTINUED

BENEFACTORS:

\$1,000 and over

CHUM CHARITABLE FOUNDATION
CIBC
ANGELA FJASTED
ANNA KAVANAGH

SUPPORTERS:

\$500 and over

RINA DAS
JASON GAIOTTO
ROGER JACKSON
SUSAN ROLLER
JOHN WALLACE
KEVIN WORKENTIN

FRIENDS:

\$50 and over

VEENA BALRAM
GILLIAN BARTLETT
JEFF SCHMIDT
MARGARET FOLEY
JANICE CUDLIP
SABRINA MIRABELLI
ANNE POWELL
NANCY CARRUTHERS
TRACEY EADIE-BROWN
HADI JAHANSHAHI
MIN ZHANG
KABIR BAJAJ
SANAZ GHARAVI
PARIKSHIT RALHAN
QIN OUYANG
SONIA LINHARES
IDA ESGUERRA
RICKY LEUNG
KINGSLEY SZETO

FEODOR PLOUJNIKOV
LIAN YING JENNY WANG
KYLLE BALBIDO
CHELSEA JAMES
PAUL LAM
ROXANNE NICOLAI ROLLON
JACLYN PALMER
CADAMBI SRIRAM
ANDRE MACHADO
FRANK MOENS
MONICA DOEDENS
MARK HINCHCLIFFE
FRAN TURNER
MICHAEL MCAULEY
NATALIA SHIELDS
SHEILA BLOCK
DAVID BOROWSKY
KELLIE SCOTT
FRANCES LACOMBE

LAURA NUSSEY
CAROLYNNE VEFFER
SOURABH SHAH
SONIA BROCK
MARY HOFSTETTER
LUCIANA DIAS
LO FINE
RACHAEL WORDEN
SHLOMIT SEGAL
SRINIVASA RAO IJJADA
BELLA WONG
RESHMA KHAKIAN
ROSS LYNCH
SIMONE CASTELLO
SMRITI DHAWAN
MARIA RIO
WENDY YEUNG

SUNSHINE CENTRES FOR SENIORS

Statement of Operations

Year ended December 31

	2023	2022
REVENUES		
Grant Revenue, Schedule 1	\$ 477,936	\$ 529,433
Unrestricted donations	292,768	303,978
Participants' contributions and fundraising	18,592	7,503
Interest income	8,063	622
	<u>797,359</u>	<u>841,536</u>
EXPENDITURES		
Program Costs, Schedule 2	716,425	749,822
Administration Costs, Schedule 3	83,939	84,773
	<u>800,364</u>	<u>834,595</u>
(DEFICIENCY) EXCESS OF REVENUES OVER EXPENDITURES	<u>\$ (3,005)</u>	<u>\$ 6,941</u>

SUNSHINE CENTRES FOR SENIORS

Statement of Changes in Operating Fund

Year ended December 31

	2023	2022
OPERATING FUND - BEGINNING OF YEAR	\$ 18,033	\$ 11,092
(DEFICIENCY) EXCESS OF REVENUES OVER EXPENDITURES	(3,005)	6,941
OPERATING FUND - END OF YEAR	\$ 15,028	\$ 18,033

SUNSHINE CENTRES FOR SENIORS

Grant Revenue

Year ended December 31

	2023	2022
<u>Federal Government</u>		
Federal Summer Career Placement Grant	\$ -	\$ 14,214
New Horizons for Seniors Program Grant	22,777	23,161
<u>Provincial Government</u>		
Ministry of Seniors Affairs and Accessibility Operating Funding	85,400	85,400
Ministry of Seniors Affairs and Accessibility Pay Equity	13,341	13,341
Ministry of Seniors Affairs and Accessibility Special Grants	18,621	40,000
Ministry of Seniors Affairs and Accessibility Community Grants Program	13,595	30,255
Ontario Trillium Foundation	153,562	124,493
Summer Experience Program	3,812	-
Older Adult Centres Association	2,000	-
<u>City of Toronto</u>		
Community Services Partnership Grant	53,498	50,092
Downtown East Vaccination Engagement and Communications Coordination Funding	32,500	69,362
<u>United Way of Greater Toronto</u>		
Base Allocation	78,830	79,115
	\$ 477,936	\$ 529,433

SUNSHINE CENTRES FOR SENIORS

Program Costs

Year ended December 31

	2023	2022
Employee benefits	\$ 56,192	\$ 59,487
Employee training	334	3,346
Entertainment and speakers	45,829	93,511
Food services	68,703	37,249
Insurance	9,305	9,004
Professional services	8,133	10,413
Program supplies	27,407	33,373
Publicity and fundraising	1,313	1,071
Rent and security	16,371	16,059
Repairs and maintenance	7,433	16,390
Salaries	457,923	447,374
Supplies and postage	2,947	1,606
Telephone	2,482	3,053
Transportation - staff and participants	6,193	9,737
Transportation and other expenses - volunteers	3,253	3,692
Utilities	2,607	4,457
	\$ 716,425	\$ 749,822

SUNSHINE CENTRES FOR SENIORS

Administration Costs

Year ended December 31

	2023	2022
Association dues and conference fees	\$ 1,578	\$ 1,217
Employee benefits	6,244	6,610
Office supplies and postage	4,241	2,311
Professional services	11,704	14,984
Publicity and fundraising	1,313	1,071
Rent and security	5,457	5,353
Salaries	50,880	49,708
Telephone	1,654	2,034
Utilities	868	1,485
	\$ 83,939	\$ 84,773

**THANK YOU FOR AN
AMAZING YEAR!**



SUNSHINE CENTRES FOR SENIORS



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