WELCOME TO CAMP SUNSHINE







2025 INFORMATION PACKAGE

Sunshine Centres for Seniors

sunshinecentres.com

@sunshinecentres

SunshineCentresforSeniors



Join us at our fully wheelchair-accessible facility, “The Parsonage,” this summer for Camp Sunshine! Look forward to:

- A peaceful 15-minute ferry ride
- Lively themed weeks
- Delicious BBQ lunches
- Scenic golf cart tours and nature walks

A day at Camp Sunshine costs $8.00 per person and includes a full day of programming and refreshments. Program subsidies are available upon request if needed.

Groups are encouraged to bring their own lunch. BBQ burger lunches are available for $9.00 per person.

Please note, there is a $50.00 deposit required for group bookings. Please arrange to mail the deposit to our mailing address within 10 business days of receiving your booking confirmation to:

Sunshine Centres for Seniors
P.O. Box 3045, RPO Danforth
Toronto, ON M4J 0A1

Ferry tickets (round trip) are not included in the participant fees. They can be purchased at the ferry terminal or online. Online purchasing before your visit is strongly recommended.

Click here to submit your booking request through our fillable form. Spaces are limited and will fill up quickly.

A TYPICAL DAY AT CAMP SUNSHINE

Camp Sunshine runs from **Monday to Friday** each week. Check out the schedule below to find out how you will spend your days on the island.

10:00 A.M.

Arrive at the Jack Layton Ferry Terminal. **Board the 10:30 a.m. ferry to Ward's Island** and enjoy the 15-minute ride with Sunshine staff and volunteers.

10:45 A.M.

Arrive at Ward's Island and walk or catch a ride in one of our electric golf carts to our wheelchair-accessible facility. Please note, seating on golf carts is limited so those who are able are encouraged to walk.

11:00 A.M. PROGRAM START

Soak up some sun on our outdoor patio and enjoy refreshments served by staff and volunteers.

11:15 A.M.

Enjoy welcome announcements and conversation, followed by a spirited sing-along and gentle stretches.

11:30 A.M.

Take a short nature walk through our gardens or to Algonquin Island, or tour beautiful Ward's Island in our electric golf carts! Note: Tours run throughout the day. (5 people per cart)

12:00 P.M.

Lunch time! Enjoy refreshments served by our staff and volunteers. Participants are encouraged to bring a lunch or can pre-order a meal from our lunch menu.

1:00 P.M.

Participate in themed activities and crafts, join a game of cards or trivia, or explore our spacious gardens!

2:15 P.M. OR 2:45 P.M.

Board the ferry and relax on the 15-minute ride back to the city.





[Click Here to Book now!](#) For more information or to volunteer, please contact camp@sunshinecentres.com or leave a message at 416-924-3979 ext. 550

Sunshine Centres for Seniors

CAMP SUNSHINE THEME WEEKS

Check out the calendar below to discover our theme weeks.

BBQ lunches are available for purchase. See Page 7 for Lunch Menu.



MAY 20 - 23| ISLAND DISCOVERY & HISTORY WEEK

Kick off Camp Sunshine 2025 by exploring beautiful Ward's Island!



MAY 26 - 30 | CHINESE DRAGON BOAT WEEK

Celebrate the thrill and tradition of Chinese Dragon Boat Week. Honor the legendary races and ancient spirit of this exhilarating national holiday!



JUNE 2 - 6 | CARING RAYS OF SUNSHINE WEEK

Join us for a week of self-care and exploration as we focus on mental health's impact on our minds, bodies, and souls.



JUNE 10 - 14 | PRIDE WEEK

Celebrate love, diversity, and inclusion through dazzling music, electrifying drag performances, and a sea of rainbows!



JUNE 16 - 20 | INTERGENERATIONAL SPIRIT WEEK

Uniting generations through friendly competition, teamwork, and the joy of sports and games!



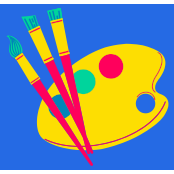
JUNE 23 - 27 | INDIGENOUS PEOPLES WEEK

Honour the cultures and traditions of Canada's Indigenous peoples.



JUNE 30 - JULY 4 | CLIMATE ACTION WEEK

Unite for the planet—join us in taking action against climate change!



JULY 7 - 11 | ART EXHIBITION WEEK

Showcasing incredible masterpieces made by our very own Camp Sunshine artists!



JULY 14 - 18 | CELEBRATE DIVERSITY WEEK

Explore Toronto's rich cultures through crafts, dance and music.

CAMP SUNSHINE THEME WEEKS

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JULY 21 - 25 | REDUCE, REUSE, RECYCLE WEEK

Join us in crafting eco-friendly art to protect the planet!



JULY 28 - AUGUST 1 | CARIBBEAN CULTURAL WEEK

Celebrate the vibrant Caribbean culture with music, dancing and crafts.



AUGUST 5 - 8 | INTERGENERATIONAL FRIENDSHIP WEEK

Share stories, spark conversations, and create art together across generations!



AUGUST 11 - 15 | CAMP SUNSHINE GARDEN WEEK

Get your hands dirty and nurture nature in our beautiful garden space!



AUGUST 18 - 22 | SPORTS & GAMES WEEK

Celebrate camaraderie, competition, and connection on and off the field!



AUGUST 25 - 29 | WOMEN'S EMPOWERMENT WEEK

Honoring women's incredible contributions to society and beyond!



SEPTEMBER 2 - 4 | HEALTH AND WELLNESS WEEK

Unwind, re-energize, and discover self-care practices to feel your best!



SEPTEMBER 9 - 11 | TIFF WEEK

Lights, camera, action! Sunshine goes to Hollywood. Dive into film trivia, movie magic, and embrace your own star power!



SEPTEMBER 16 - 18 | SUNSHINE TALENT WEEK

Shine bright and share your unique gifts during Sunshine Talent Week!



SEPTEMBER 23 - 25 | COUNTRY HARVEST WEEK

Cut loose and practice your line dancing moves as we celebrate Country Harvest Week!

CAMP SUNSHINE SPECIAL EVENTS

Learn more about our exciting special events.
Events cost $15.00 (admission + BBQ Lunch) per person with a sliding scale available.

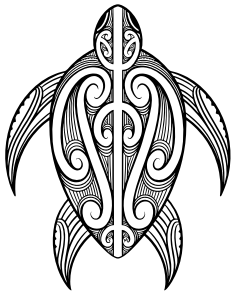


JUNE 14 | INTERGENERATIONAL RAINBOW PRIDE FESTIVAL

Show your Pride on Saturday, June 14, at Sunshine's Intergenerational Rainbow Pride Festival! We're excited to celebrate in person with our 2SLGBTQIA+ seniors, allies and community members! Featuring a drag performance with JayJay Kings and a special Xenia Concert performance with Jennarie and friends!

Time: 11:00 a.m. to 2:00 p.m.

JUNE 26 | INDIGENOUS HERITAGE DAY



Join our Indigenous Heritage Day to honour and celebrate the Indigenous cultures of Canada. Featuring Guest Speaker Lori Lamarche Boros and a Xenia Concert performance with The Sean Stanley Trio.

Time: 11:00 a.m. to 2:00 p.m.



JULY 10 | ANNUAL STRAWBERRY FESTIVAL

We're celebrating all things strawberry at our Annual Strawberry Festival! Join us on Thursday, July 10 for a berry fun afternoon featuring a Xenia Concert performance by Jennarie and Friends!

Time: 11:00 a.m. to 2:00 p.m.

AUG. 21 |SPORTS & GAMES FAIR

Join our first intergenerational Sports & Games Fair for an energetic and exciting day of physical exercise, movement, and sporting and games competitions.

Time: 11:00 a.m. to 2:30 p.m.





SEPT. 24 | HARVEST FESTIVAL

Join our Harvest Festival highlighting the importance of climate change, conservation and stewardship. Participate in gardening, eco-arts activities and climate change and conservation workshops.

Time: 11:00 a.m. to 2:00 p.m.

CAMP SUNSHINE LUNCH MENU

BBQ BEEF BURGER

Ketchup, mustard on a bun served with coleslaw and potato chips

BBQ VEGETARIAN BURGER

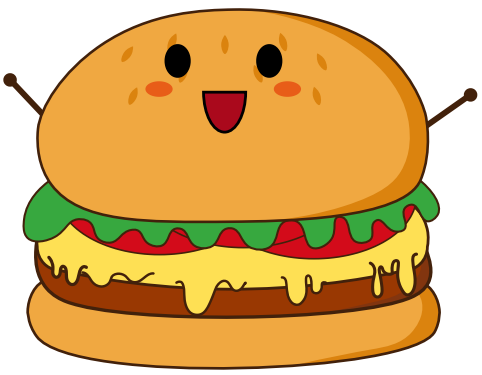
Ketchup, mustard on a bun served with coleslaw and potato chips

Lunches available for $9.00 per person.

Group bookings: Kindly submit lunch orders to Camp Sunshine 5 business days prior to your group's visit. Click Here to download our lunch & attendance form.

We are unable to provide special diet requests, including pureed or thickened meal options. Those with dietary restrictions are encouraged to bring their own lunch.







WARD'S ISLAND FERRY SCHEDULE

The ferry schedule listed below is based on the 2024 schedule. The schedule is set by the City and is subject to change. Track the ferry schedule online.

Departs City	Departs Ward's Island
9:00 a.m.	9:15 a.m.
9:30 a.m.	9:45 a.m.
10:30 a.m.	10:45 a.m.
11:30 a.m.	11:45 a.m.
12:00 p.m.	12:15 p.m.
12:30 p.m.	12:45 p.m.
1:30 p.m.	1:45 p.m.
2:00 p.m.	2:15 p.m.
2:30 p.m.	2:45 p.m.
3:30 p.m.	3:45 p.m.

TICKETS AND PRICING

Tickets can be pre-purchased here or at the Jack Layton Ferry Terminal upon arrival.

RETURN TRIP PRICES: SENIORS - $5.86 ADULTS - $9.11

The ferry ride to **Ward's Island** is approximately 15 minutes. If you need assistance upon arrival at the terminal, please look for Sunshine Centres' staff in blue branded t-shirts!