



The Sunshine Times

Serving seniors from across Toronto since 1970

Spring 2011



"April hath put a spirit of youth in everything." ~William Shakespeare

The long winter is finally over and spring has arrived! We hope everyone is enjoying the return of budding blooms and songbirds this season, and we have a lot of exciting programming planned for the warmer weather ahead.

This issue of Sunshine Times will cover what's been happening over the winter months at Yonge and Bloor and our St. Jamestown locations, as well as important news and updates about our upcoming programs. We hope you enjoy this issue and we look forward to seeing you on the Island and at our other programs!

Winter at Yonge and Bloor

By Christa Bartlett, Program Director

Our fall and winter season was a big hit with our senior participants. With the help of two outstanding students from George Brown College, Paige and Katie, we've had fun-filled months of celebrations and activities, ranging from a banana bread baking competition for National Banana Loaf Day, a Beatles themed day featuring musical performances by Sunshine's April Voth and Alex Karzis, a very green St. Patrick's Day celebration and a Thai cultural day.

There has also been an exciting roster of guest speakers visiting our Circle of Friends and Triple S Club programs this season. Highlights include Kathy Stinson, children's writer and illustrator and Robin Bellamy from the Toronto Ghosts and Hauntings Research Society on local hauntings. A tea expert from Tao Tea Leaf taught us about all things tea, and well-known travel writer and tour guide, Ron Brown, shared his impressive knowledge about Ontario's history.

Seniors on the Go trips have included excursions to the village of St. Jacob's, Port Dover, Denninger's Foods of the World, the historic Dundurn Castle in Hamilton, a tour of Redpath Sugar and many more fun locales. We are now planning 2011 trips, so please get in touch with your ideas.



Sunshine Centres Program Director, Christa Bartlett (centre) and Yonge and Bloor participants celebrate a birthday.

The Board of Education programs at Yonge and Bloor have also been doing very well—the Gentle Fitness class with Karen and Chair Yoga with Judy remain favourites and Jay's painting class is greatly enjoyed by seniors wishing to explore their creative talents.

Sunshine Centres is also offering our own Gentle Fitness Class on Mondays and a Feisty Fitness Class on Wednesdays.

Busy Season at Bleecker St. and 460 Jarvis

By Jason Chan, Volunteer and Program Coordinator

460 Jarvis Street program

After the successful launch of our new Elderly Persons Centre (EPC) at 460 Jarvis, we have experienced a growth in our St. Jamestown programs—most notably 460 Jarvis. With many new faces at our programs, we hope we can continue to make a difference in this community and reach many more people. Reiki, Mentastics, Arts n' Mind, and our drumming programs have all been a huge success and are keeping us busy!

Our Valentine's Day party, hosted by our George Brown student Katie Thomas, featured games and was topped off with a lovely lunch. We rang in the Year of the Rabbit in February with a grand Chinese New Year celebration, with mounds of traditional Asian sweets, Korean rice cakes in soup, and vegetarian pancakes. We look forward to our upcoming special events and activities, including: Chair Yoga, our Pride day event, day trips to Camp Sunshine on Ward's Island, the 460 Community BBQ, and more.

Let's Get Active

In addition to our 460 Jarvis program, we are offering a special project called *Let's Get Active*, funded by the New Horizons for Seniors Program, Human Resources and Skills Development Canada. *Let's Get Active* is held every second Tuesday from 4:00 pm to 7:00 pm at 460 Jarvis, and is led by program staff Serena Kim and Stephen Gallant. A healthy and freshly cooked meal is served each evening and participants are enjoying fun activities such as scrapbooking, photography and poetry writing.



Program Coordinator Jason Chan with GBC student Katie Thomas and Program Assistant, April Voth.

Local youth from St. Jamestown have been participating in intergenerational activities, and we will have a team of seven year old hockey players visit our Easter theme party in April—they will be painting eggs, going on a Easter egg hunt, and of course, eating chocolate! We can look forward to many more great celebrations from Serena and Stephen, including their upcoming Prom night, Taste of Jarvis, and many more.



Participants at 460 Jarvis ring in the season at our holiday party.

325 and 375 Bleecker Street

With our EPC expansion, we were fortunate to be able to add 375 Bleecker Street to one of our program locations. This new program, held every Thursday at 10 a.m. to 1 p.m., is located in the main lobby sun room at 375 Bleecker Street. Our program at 325 Bleecker is held every Wednesday, from 10 a.m. to 1 p.m. We welcome new visitors and encourage participants to bring a friend. Many of our program participants have begun branching out to try the programs in all of our St. Jamestown locations.

What's Ahead

This summer, our Bleecker St. locations will feature many new outdoor programs, such as group painting, organizing a community yard sale, outdoor tai chi and exercises, and many other events and multicultural celebrations.

Camp Sunshine: Summer in the City

By Christa Bartlett, Program Director

I am looking forward to another GLORIOUS summer of Camp Sunshine on Ward's Island. Last summer was beautiful...the gardens were perfect, the weather sunny and warm, there was no ferry strike and we had a great team of summer staff. I think this year will be just as positive and memorable, and we have some excellent programs planned for Camp Sunshine.

The summer Island program begins Tuesday May 24th. Please sign up for a fun summer at Camp Sunshine by calling 416-924-3979 to register. Here is a sampling of the exciting weekly themes to look forward to this summer: Wedding Fashions from Around the World, Green Awareness, Rainbow Pride, Caribana and of course, our famous BBQ weeks. It's going to

be another fantastic summer at Sunshine Centres for Seniors and I'm looking forward to seeing all of you on the island!



Participants enjoy a sunny day on Ward's Island.

Sunshine Centres Gears up for the Toronto Challenge

By Monique Mathew, Communications/Administrative Coordinator

This year's Toronto Challenge will be held on Sunday June 12th, 2011. This annual fundraising walk/run raises money for non-profit organizations that are improving the quality of life for seniors in our community. The Toronto Challenge is put on each year by the City of Toronto and Monster Mortgage and allows all of the proceeds we raise to go directly towards Sunshine Centres.

If you would like to sponsor a walker or runner, you can visit our website, www.sunshinecentres.com and click on the blue "Donate Now" button near the bottom of our home page and select "Toronto Challenge 2011" as the fund/designation. You can also call our office at (416) 924-3979 and we will gladly accept your pledge over the phone.

In Memory

By Monique Mathew

Everyone at Sunshine Centres was very saddened by the recent passing of our member and friend, Isobel Adams on February 5, 2011.

Isobel was one of our most dedicated participants, and attended programs at Sunshine Centres for more than 20 years. Well-known for her devotion to cats and dogs, Isobel could also always be counted on to bring fun and enthusiasm to our events. She loved dancing and dressing up, and she always enjoyed the present moment. She will be remembered by staff and other program participants with affection and gratitude.



Isobel Adams at Camp Sunshine.

We were also saddened to hear of the passing of Dini Anderson at the start of March. A long-time friend of Sunshine Centres, Dini was a passionate gardener and her garden on the Island was a wonder to behold each summer. Isobel and Dini will be sadly missed.

Volunteer with Sunshine Centres

Volunteering with Sunshine Centres is a wonderful way for people of all ages to connect with the older adults in our community, and be part of a very fun, inclusive and active environment.

We are currently looking for volunteers to help serve tea and visit with participants at our programs, or accompany seniors with a disability to Camp Sunshine in the summer. We also need volunteers to help with fundraising initiatives. If you have an artistic or special talent, please share it with our group. You can also volunteer on our Board of Directors, a twelve member governing board that serves for a three-year term.

Please contact Chioma Nwosu at chioma@sunshinecentres.com for more info.



Volunteers Harry Redstone and Joan Hamilton at our 2010 Volunteer Appreciation Event.

New Faces at Sunshine Centres!

Sunshine Centres would like to welcome our two newest staff members: Chioma Nwosu and Monique Mathew.

Chioma is our new Volunteer Assistant & Administrative Coordinator and she has an administrative background in the social services and a B.A. in Psychology. Monique is our Communications & Administrative Coordinator and has worked in the not-for-profit arts sector and has a B.F.A. in Visual Arts. If you haven't had the opportunity to meet Chioma or Monique yet, they will be helping out with our programs over the summer and are looking forward to meeting everyone.

Members will also be seeing more of Finance Coordinator, Edil Bustamante de Wong, as she takes on a more full-time role in our Pape Avenue administrative office.

Have any news or story ideas?

Your story ideas or news about upcoming events for *Sunshine Times* are always welcome. Please contact Monique at monique@sunshinecentres.com or call (416) 924-3979 ext.51.

Upcoming Programs and Events

To reserve your spot call the office at 416-924-3979

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| • Annual General Meeting | Tuesday April 26 th | 12:00 noon |
| • Volunteer Training Day on Ward's | Wednesday May 18 th | 10:00 a.m. |
| • Camp Sunshine opens on Ward's | Tuesday May 24 th | |
| • Toronto Challenge | Sunday June 12 th | 9:30 a.m. |
| • Pride Party on the Island | Wednesday June 29 th | 11:00 a.m. |
| • Strawberry Festival | Saturday July 16 th | 11:30 a.m. |
| • Fall Fair | Wednesday September 7 th | 12:00 noon |
| • Programs begin at Bloor St. | Tuesday October 4 th | 10:00 a.m. |
| • Art & Entertainment Fundraiser | Friday November 18 th | 6:00 p.m. |
| • Christmas Luncheon | Friday December 16 th | 12:00 noon |

Sunshine Centres for Seniors

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