

Resilience



About NYSC

North York Seniors Centre (NYSC) is a not-for-profit organization that provides a broad spectrum of programs and services connecting older adults to their community and assisting them to live safely and independently in their own homes.

Our dedicated and compassionate staff and volunteer teams work tirelessly to meet our clients' needs. We do this through innovative, high-quality programming and services that promote an active and healthy lifestyle to our clients and their families.



OUR MISSION

North York Seniors Centre provides programs and services to promote the physical, emotional and social well-being of adults aged 55 years and older, living in our diverse community.

OUR VISION

North York Seniors Centre, an accredited organization with a solid funding base, is recognized as a leader delivering quality programs and services through the innovative use of volunteers and strategic partnerships.

OUR VALUES

Compassion: We care about our community.

Relationships: We build strong relationships through open communication and mutual respect.

Integrity: We adhere to high moral principles and professional standards.

Safety: We promote a safe, inviting and accessible environment.

Innovation: We encourage the development of new opportunities that build service excellence.

A Message

**FROM THE
BOARD
CHAIRPERSON
AND THE
EXECUTIVE
DIRECTOR**

BOARD CHAIRPERSON PETER FUCHS



EXECUTIVE DIRECTOR CANDACE THOMSON

We are pleased to table our report on the activities of North York Seniors Centre for the year 2022-2023. It has been another unique and challenging year.

As the general public is opening their doors and re-engaging after the COVID-19 pandemic, some NYSC clients and members have been hesitant to return to our programs. Participation across all NYSC programs and services has decreased, dramatically, over the past three years notwithstanding our best efforts to provide our offerings remotely wherever possible. Despite these efforts, we have been challenged with reaching out to the most vulnerable in our community with the full suite of programs and services available across all areas of the organization.

As we continue to address these monumental challenges, it is important for us to keep aware that social isolation has taken its toll on many in the community. We are here to support our clients with their mental health challenges, anxieties and general feelings of wellbeing. We also remind that within NYSC facilities, distancing and masking protocols are being lifted, we are a “mask friendly” environment and encourage all clients and members to continue to follow the practices that makes them feel safe.

Entering the 2023-2024 year, we optimistically, identify opportunities to advance our goals through the development of a new Strategic Plan. It will focus on a number of key elements such as the development of a fulsome outreach plan, a strategic human resource review that will protect and enhance the resources North York Seniors Centre needs to deliver its mandate, and the development and implementation of a sustainability plan for our journey towards diversity, equity and inclusion.

On our sustainability pathway, NYSC has focused our efforts to save energy and adopt waste reduction strategies. We are replacing our traditional incandescent overhead lighting with LED energy efficient lighting, adopting a more focused recycling program with recycle boxes (including PPE and coffee pods), and continuing our vigilance in our café for composting and waste recycling programs in collaboration with the North American Centre’s program. NYSC is also focused on furthering efforts to reduce our carbon footprint with education opportunities through a Climate Action Grant to enhance community awareness.

Finally, it is our honour to acknowledge the exceptional work of the NYSC Team and the many volunteers and Board of Directors. Although a bit weary from the pandemic years, we optimistically look forward to the coming year, filled with new challenges. We remain undeterred from our goal – helping clients and members live their best lives; happy and healthy in our community.

BREATHING NEW LIFE INTO our community

As we progress into 2023, North York Seniors Centre stands as a resilient pillar of hope and strength, revitalizing and rebuilding its programs and services to better suit the changing needs and interests of the seniors of our diverse community. Despite the challenges posed by the pandemic, the centre has been unwavering in its commitment to providing essential support and care to seniors. Embracing innovation and adaptability, the centre swiftly transitioned its activities to virtual platforms during the height of the pandemic, ensuring that seniors remained connected and engaged from the safety of their homes. As restrictions eased, the centre gradually reintroduced in-person activities, adhering to strict safety protocols to protect the health of its members. Through the unwavering support of volunteers, staff, and the wider community, North York Seniors Centre forged ahead, reinforcing its position as a vital resource for seniors' physical, emotional, and social well-being. In 2022, NYSC focused on reuniting the community and building a safe place to reconnect and remove the walls of social isolation built during the pandemic.

Together, the community and the centre's dedicated team continue to work diligently to rebuild and recover from the pandemic, fostering a spirit of camaraderie and collective resilience. In 2023, we look towards the future where North York Seniors Centre remains a shining example of strength, compassion, and unity, qualities of the human spirit greatly needed in society today.

The Impact NYSC Made:

- **Over 2000 seniors participated in programs and services**
- **Approximately 16,600 case management in-person visits and calls were conducted**
- **202 individuals served through food insecurity program**
- **726 food hampers delivered to individuals needing assistance with basic necessities**
- **3,855 meals provided by Second Harvest**
- **4682 wellness calls and visits were made to isolated seniors**

OUR JOURNEY THIS YEAR



APRIL 2022 TO JULY 2022

- Received a grant from OCSA to support food insecurity in the community
- Continued with trial of social and physical satellite programs at Forest Grove United Church
- Completed the "Volunteers are the heart of NYSC" video with For Good Films
- Participated in Doors Open Toronto at the Meridian Arts Centre promoting NYSC
- Partnered with NYEAN to host World Elder Abuse Awareness event at the Active Living Centre (ALC)
- ALC held first in-person special event celebrating the Queen's Platinum Jubilee
- Transportation vehicles moved from single rides to 2 individuals in the car at a time
- Virtual Tax Clinic offered to members
- Covid Vaccine Clinic offered at the ALC
- Finished and posted the "We are NYSC" video promoting and sharing impact stories
- Travel desk re-opened at the ALC



AUGUST 2022 TO NOVEMBER 2022

- Reorganized ALC's lobby back to pre-covid set-up
- NYSC's special fundraising event, Better With Age: Reunite 2022 returned and was held at the ALC after 3 years
- Received 3-year accreditation from CARF
- Participated in the Charity Challenge at the Toronto Waterfront Marathon
- Received Friday hot meals sponsored by Four Elms Retirement

DECEMBER 2022 TO MARCH 2023

- In person holiday parties held at the Active Living Centre and Adult Day Programs
- Virtual Active Living Fair returned with online health and wellness education sessions, including Medication Management in Korean

ACTIVE LIVING CENTRE:

A Place for Energy, Creativity and Community



“The Active Living Centre had a very exciting year. Membership increased by 32% from the previous fiscal year as more and more of the community’s seniors are returning to in person activities. Special Events were particularly popular, as our seniors want to maintain and create connections with each other. Social programs such as cards and scrabble returned as well, and provide a great venue for fellowship. The ALC continued to provide virtual programs over phone and zoom for those folks not yet ready or able to attend the Centre in person. We found through surveys that Centre participants feel good connections are important to feeling positive emotions. We are so happy to provide a space that offers that opportunity. The Active Living Centre looks forward to another great year!”

—Bethany Vallentin, ALC Supervisor

2022 was a year of resilience and revitalization. The Active Living Centre (ALC) staff team was persistent to accommodate the members through this period of transition. As circumstances improved and restrictions eased, the centre carefully reintroduced in-person programs with strict safety protocols. Through thoughtful planning and open communication through our weekly e-bulletin and social media, the staff team assured members that attending in person was a safe option.

Simultaneously, phone and online programming continued accommodating those who still faced challenges coming to the centre. By embracing this blended approach, the ALC staff team showcased their resilience and commitment to inclusivity, creating a dynamic and supportive environment that catered to the diverse needs and interests of members.





NYSC PROGRAMS STATS

Delivery mode	Zoom	Phone	In-person	Outdoor
# of programs:	357	211	839	15
Participants:	3,495	1,657	8937	61

521 Members

14,269 Service
Hours

“I joined the North York Seniors Centre in 2015, soon after I retired and have since enjoyed many different programs they offer. Very competent coaches conduct the various exercise programs suited to individual physical ability and this has made it easy for me to choose the right ones.

The presentations organized at the Centre from specialists relating to health and other pertinent subjects for seniors are very informative and useful. In the past few years, I have also benefitted from the Spanish language classes at the Centre. Throughout the years we have celebrated together at NYSC important events such as Chinese New Year, St. Patrick’s Day, the holiday party and many more events. I must also mention the cafeteria where I have enjoyed many relaxed lunches at reasonable rates and more importantly made many new friends. Additionally, with the help of NYSC I have found an opportunity to offer volunteer service, which is very fulfilling.

During the pandemic, the programs at NYSC were efficiently switched to the zoom platform. This helped me immensely at that time to deal with the imposed isolation. Many of the programs are still conducted on zoom, which is very helpful for seniors in winter. I must say thank you to the kind and helpful staff for all their help always. In short, I must say I have found a second home at NYSC.” —G.V., ALC Member and Volunteer

ADULT DAY PROGRAM "A DAY AWAY CLUB": For the Mind, Body and Soul

With support from Public Health, the Adult Day Program (ADP) implemented new policies and guidelines relating to COVID. This direction allowed NYSC to gradually increase the number of clients we served in our program.

Cohorts were assigned by focusing on the needs and strengths of each client to help maintain their engagement and capabilities, while also implementing Montessori-based techniques to help clients feel fulfilled and purposeful throughout the day. The feedback we received from our caregivers and clients fueled us to continue to think outside of the box and expand our services while maintaining infection control protocols for the safety of our vulnerable population.



**82 CLIENTS
PARTICIPATED IN
ADP PROGRAMS**
(virtually & in-person)

3,421
in-person
programs

326
virtual
programs



TRANSITIONING FROM VIRTUAL PROGRAMMING TO MORE IN-PERSON PROGRAMS

Required a lot of planning and communication with the clients. The ADP team maintained and followed strict protocols to allow more clients to participate in the programming. As protocols eased, masking for the senior clients was no longer mandatory, however staff continued to wear masks during programs and activities.

The ADP hosted a Holiday party in December 2022 which was a tremendous success. Clients and their families were able to gather and enjoy a social event in a safe and friendly environment which hadn't happened since prior to the pandemic.

*Our lovely ladies celebrating
International Women's Day in
March 2023.*



Having fun together celebrating Halloween.

A GRATEFUL NOTE

"Want to say thank you to you and the staff at NYSC! The work you guys do every day is something that is incredible and so appreciated by families and care providers like myself. Although my mom is not an active client, she did enjoy her visits when we were successful at convincing her to go. You and the ladies were always so welcoming and kind and I think, if nothing else, she will remember how important you made her feel."

—P.S., ADP client family member

CLIENT SERVICES:

Providing assistance and support to both seniors and their families

NYSC's Client Services team aims to enhance the comfort and security of seniors, enabling them to retain their autonomy within the familiarity of their homes. Our comprehensive range of services includes referrals, a community dining program, caregiver support, and transportation options. Our ultimate goal is to foster a supportive environment that empowers seniors to sustain their independence gracefully.



CAREGIVER SUPPORT

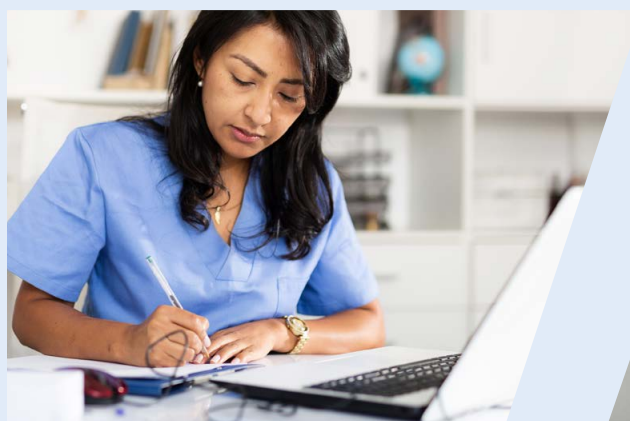
472 participants (both non-registered and registered) | 78 group sessions

North York Seniors Centre implemented a 10-week online caregiver education workshop via Zoom. Caregivers and professionals from different organizations and countries joined each week to learn more about the various topics presented such as Navigating the Dementia Care System; Dementia 101; and Chronic Disease Management.

North York Seniors Centre also partnered with "Healthy Living Now" (CLHIN), to offer a 6-week training workshop called "Powerful Tools for Caregivers". This training was aimed at providing caregivers with resources, supports, tools, and strategies to help caregivers take better care of

themselves while caring for a friend, or loved one.

NYSC's Caregiver Binder was presented at NYSC's open houses, community caregiver events and workshops. Caregivers and private agencies expressed positive feedback and interest in the binder. Soft and hard copies of the binders were made available for purchase on our website.



**CLIENT SERVICES
SATISFACTION
SURVEY
HIGHLIGHTS:**

97%
clients agreed
they could
provide input/
feedback

98%
clients satisfied
with service

94%
received
responses in a
timely manner

TRANSPORTATION

*1056 clients | 12,425 rides
provided*

IRIDE is a government-subsidized flexible, door-to-door transportation service that helps older adults/ people with mobility issues get around safely and affordably. Our friendly, trained drivers drop off and pick up individuals in clean, comfortable vehicles. Rides may be provided to medical appointments, shopping centers/ supermarkets, Adult Day Programs.

During Covid, we pivoted to include food delivery as part of

our program. Through the Ontario Community Support program grant through OCSA, we were able to provide and deliver hundreds of food hampers to clients in partnership with No Frills and other providers.

Clients were given hampers including pantry items, fresh produce and toiletries. NYSC collaborated with 13 community agencies to provide food hampers to seniors in need. These partnerships allowed us to better support our community during the pandemic and challenging economic times.



IN HOME SERVICES:

Making Life Easier at Home and in the Community

NYSC supports seniors in maintaining safety and independence, whether they reside in their own homes or within any of the three residential buildings we serve, around the clock, every day of the week. Our team of compassionate and well-trained personal support workers (PSWs) deliver a range of services, including personal care, light housekeeping, meal preparation, accompaniment to appointments, medication assistance, and 24/7 emergency response, among other offerings.

In home PSWs showed resilience and supported clients with increased needs for homemaking services which assisted in reducing waitlists for services. Through the North York Health Partners, NYSC became involved in the NY Cares Program and provided clients with 24-hour care. In home spot checks and safety drills resumed, along with in-person on-the-job trainings.

91

Clients served

5,619

Hours of care provided

IN-HOME CLIENTS:

74 new referrals

“The In-Home Services team is dedicated to provide unwavering support to our community. Over the past year, we have admirably risen to the challenge of meeting the increased demand for client services. We have significantly expanded our capacity, effectively extending our services to accommodate the needs of new clients. Ensuring an exceptional level of service, our Personal Support Workers (PSWs) have consistently participated in ongoing training covering a range of essential topics, including Mental Health, Dementia, and behavior management. We have also taken a progressive step by introducing the Mobility Plus program. This innovative tool empowers our PSWs to stay updated with evolving client service requests and any pertinent modifications. We understand that every person’s needs are unique, and we’re dedicated to meeting those needs with empathy, care, and professionalism. It is truly gratifying when I receive feedback from clients on how PSWs have made such a positive difference in their lives. From offering respite to caregivers for a few hours to taking care of cleaning chores. Our clients deeply value the support we provide.”

—Khushbu Patel, In Home Services Supervisor



Fundraising, Gifts In-Kind and Grants

FUNDRAISING

Event	Amount
Direct Mail	\$21,098
General Donations	\$90,029
Employee Giving	\$2,754

GIFTS IN-KIND

Event	Amount
Second Harvest	\$13,338
Impark	\$7,152
Event Sponsorships	\$4,743
Corporate Giving	\$10,240



GRANTS

Fund	Funder	Amount
Ontario Community Support Program	OCSA	\$13,295
Special Grant	Ministry for Seniors and Accessibility	\$17,580
Virtual Active Living Fair	OACAO	\$1,000
Education and Training Fund	CILT	\$16,290

FUNDING North York Seniors Centre operates with major funding from **Ontario Health – Central Region, Ministry for Seniors and Accessibility, United Way Greater Toronto, City of Toronto, Second Harvest, Employment and Social Development Canada, and Older Adults Centre’s Association of Ontario.**

REVENUE

Ontario Health – Community Services – \$3,353,110
Ministry for Seniors and Accessibility – \$102,981
United Way Greater Toronto – \$105,801
City of Toronto – \$102,490
Other subsidies and grants – \$162,339
VHA Home Healthcare – \$106,062
iRide – \$318,677
Community Services – \$155,285
Active Living Centre – \$63,050
Other Contracts – \$80,379
Fundraising and donations – \$113,881
Investment and miscellaneous income – \$77,588
Total – \$4,741,643

EXPENSES

Programs and Services - \$3,418,175
Administration - \$505,340
Building and Ground - \$338,205
Repairs and Maintenance - \$77,592
Amortization - \$102,050
Total - \$4,441,362

Based on March 2023

Audited Financial Statements

Awards

We appreciate the incredible service and care our invaluable volunteers and staff provide to all the members of North York Seniors Centre. **You are so valuable and appreciated!**



Jane Meredith, Volunteer and Member



“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” —Margaret Mead

ONTARIO VOLUNTEERS SERVICE AWARD

15 Years

Mehrangiz (Mary)
Imani-Mobarakeh
Helen Prebble
Kit Seelenmayer

5 Years

Jane Meredith
Doreen Scott

STAFF SERVICE AWARD

20 Years

Donna Drummond

15 Years

Ludmila Bachmutsky

5 Years

Tetiana Brygar
Jennie Canon
Margaret Codrington
James (Jim) Kendle
Johnny Wong

BOARD OF DIRECTORS

Chairperson: Peter Fuchs
Vice-Chair: Andy Kin On Wong
Treasurer: Stephen Steele
Secretary: Caterina Valentino
Directors: Janice Lai, Jamie Mayer, Rishma Nathoo,
Olivia Ng & Leonard Rudner
Executive Director: Candace Thomson



Thank you

TO OUR SUPPORTERS!

Abdel-Hafez, Regina
 Abeysinghe, Sheena
 Abrahamsohn, Veronica
 Adair, Patricia
 Adair, Suzanne
 Alfoldi, Georgina
 AlMallah, Iman
 Andreychuk, Joan
 Antiochos, Athena
 Averill, Linda
 Azimzadegan, Zahra
 Baker, Gary
 Barwinski, Michael
 Batchelor, Janet
 Bayda, Josephene (Joicy)
 Bell, Marcia
 Belmar, Mary
 Belnavis, Asra
 Benevity Community
 Impact Fund, The
 Bhagwanani, Primla
 Bisnath, Joyce
 Blitz, Karin
 Bollefer, Ann
 Bose, Basu
 Brandao, Adriana
 Brandt, Carole
 British, Ernie
 Brooke, Anne
 Brown, Florizel
 Burian, Ingrid
 Burrows, Maureen
 Burton, Gail
 Campbell, Maureen
 Champion, Margaret
 Canada Helps.org
 CDR Footcare & Services
 Charities Aid Foundation
 of Canada
 Chartwell Valley Vista
 Retirement Residence
 Chau, Bill
 Chen, Annette
 Chlebek, Agnes
 Chon, Kim
 Chong, Shaun
 Chorakaev, Dora
 Chun, Helen
 Chung-Chow, Eva
 Clinkard, Shirley
 Codrington, Margaret
 Cole, Margaret
 Compu2000
 Corriero, Amalia
 Crull, JoAnn
 Cuaresma, Stephanie
 Cuaresma, Francisco &
 Rosalinda
 Cuaresma, Rachelle
 Cumming, Geraldine
 Daniel, Kathleen
 Delmanor Northtown
 Retirement Residence
 Delmanor Wynford Inc.
 Downing, Rosemary
 Dowse, Elizabeth
 Duval, Elsie
 Eisenberg, Joel
 Ellison, Heather & Marvin
 Emberlin, Jane
 Ens, Wendy
 Faieta, Nicola
 Fakhrian, Iraj
 Faria, Myrtle
 Faria, Willa
 Feran, Monica
 Fernandes, Albertina

Field, Cyril
 Findlay, Carol
 Fishlock, Gary
 Four Elms Retirement
 Residence
 Friedman, Marla
 Friendly, Lily
 Fruitman, Larry
 Fuchs, Peter
 Gardhouse, Susan
 Gatsos, Sophie
 Gaunt, Shirley
 Ghose, Dilip
 Glencore Canada Corp
 Goldberg, Deborah
 Gonsalves, Jeanne
 Graff, Frances
 Grandhi, Padma
 Grant, Frances
 Gratacos, Joaquina
 Grenier, Mary Ellen
 Griffith, Robert
 Gunawan, Atjeng
 Haider, Syed
 Hannigan, Elizabeth
 Harauz, Josephine
 Hare, Madelaine
 Hareguy, Darlene
 Harris, Zelda
 Harsora, Nandlal & Anju
 Hawke, Liedewy
 Hayashi, Kay
 Henderson, Bruce
 Hernandez, Isabel
 Hickey, Carol
 Higginson, Donna
 Hill, Jean
 Hill, Russell
 Hill, June
 Ho, Albert
 Holland, Sue
 Hoyle, Linda
 Hughes, Robert & Joyce
 Ilahi, Zamzam
 Ing, Lillian
 Jallili, Parvin
 James, Kelly
 Jansen, Sjoukje (Shirley)
 Jeong, Ha-Kang (Maria)
 Jin, Elvine
 Jones, Barbara
 Kahn, Ines
 Kang, Jeong
 Karaleva, Liuda
 Kawasaki, Louise
 Khory, Pervin
 Kikuta, Toshiko
 Kim, Chung Sook
 Kim, Yong Jon & Tong Sop
 King, Marjorie
 Kingston, Florence
 Knighton, Gertrude
 Kozlowski, Kristina
 Kruus, Reet
 La Fontaine, Susan
 Lai, Hio Lam (Janice)
 Lalani, Zinatara
 Lam, Yuk-Shiu (Karen)
 Lansing Retirement Residence
 Lau, Kam Ping
 Lau, Molly
 Lawrance, Heidi
 Lee, Philip
 Lee, Catherine
 Lee, Lynn
 Lee, John Sun
 Lee, Lynn

Lee, Sun Hyee (Janet)
 Lee, Siu Bing (Anita)
 Lee, Mimi
 Leon, Helen
 Lerman, Lilian
 Levine, Barbara
 Levitt, Sheldon
 Lew, Sok Jing
 Liu, Barbara
 Loo, Lucia
 Lowry, Kelly
 Ludgate, Rogers
 Luu, Tonu
 MacFarlane, William or Marilyn
 MacLeod, Marion
 Madani, Saliha
 Magnin, Ellen
 Mair, Trevor
 Mak, Hannah
 Manoim, Lorraine
 Marans, Elaine
 Marcelino, Genevieve
 Marcus, Arnold
 Marley, Angela
 Marshall, S Kathleen
 Matamoros, Luisa
 Mayne, Eleanor
 McCabe, Antoinette
 McCleary, Leta
 McCrea, Thomas
 McCubbin, Agnes
 McFarland, Carol
 Mead, Charles
 Medley, Marjorie
 Meredith, Jane
 Millar, Joan
 Millington, Sandra
 Ming-Sun, Lorrie
 Moessner, Hilda
 Mohamed, Soraya
 Molleken, Frances
 Morrissey, Susanne
 Moynes, Ryan
 Murray, Margaret
 Murray, Shirley
 Myers, Elizabeth
 Nanton, Sylvia Amabelle
 Nathoo, Rishma
 Ng, Olivia
 Nicholson, Alice
 Nicol, Joan
 Nikzadeh, Behjat
 Nishiyama, Sam
 Nurse, Catherine
 Nyburg, Elizabeth
 O'Brien, Elizabeth
 Older Adult Centres'
 Association of Ontario
 Opler, Selma
 Orozco, Gloria
 Padmore, Ann
 Padua, Rosalinda
 Palmer, Frank
 Pancoast, David
 Papadopoulos, Dina
 Papadopoulos, Luke
 Park, Cheung Yeul
 Parsons, Karen
 Patel, Ava
 Patel, Khorshed
 Peace, Kathleen
 Perez, Emely
 Peter, Wilhelmina
 Piltz, Frank
 Pitkin, Kathleen
 Popatia, Parin
 Poulton, Norma

Quaratesi, Alison
 Race, Roster
 Rataj, Linda
 Rawni, Zaid
 Raymond, Michelle
 RBC Royal Bank
 Rider, Jane
 Rimmele, Heinz
 Rocha, Patti
 Rodrigues, Sharon
 Rogerson, Barbara
 Roman, Greta
 Rosevear, John & Judy
 Rothman, Elliott
 Rowland, Katharine
 Rudner, Leonard
 Ruff, George
 Rupf, Helen
 Saito, Masako
 Samuel, Marjorie
 Schon, Rosemary
 Seelenmayer, Dietmar
 & Kathryn
 Sethna, Freny
 Sharma, Kiran
 Shea, Henry
 Sheppard, Rosemary
 Shlien, Anita
 Sinapi, Monica
 Sinclair, Janette
 Singer, Mark
 Siu, Kin Po
 Smith, Margaret
 Smith, Carolann
 Sommerfeldt, Charmaine
 Soparivala, Mahrukh
 Steele, Stephen
 Stevens, Delores
 Stewart, Doreen
 Su, Yeong Long
 Sui, Kim Po
 Szeto, Charles
 Tan, Leila
 Tankus, Moshe
 Teng, Mei Y (Elizabeth)
 Theobalds, Mildred
 Thomson, Candace
 Tiffin, Sue
 Tom, Ivan
 Trelevsky, Sergiy
 Tsedilin, Elena
 Tu, Anita
 Tutton, Elizabeth
 United Way Greater Toronto
 Valentino, Caterina
 Van Steen, Gisela
 Vohryzek, Mary
 Voss, Helga
 Weiss, Maria
 Whyte, Kerri
 Willick, Brian
 Winkler, Sirkka
 Wintroub, Frances
 Wong, Andy Kin On
 Woo, Tracey
 Wood, Rosemary
 Yagudin, Felix
 Yashinsky, Esther
 Yee, Mary Chong
 Yoon, Seung Rye (Vivian)
 Young, Linda
 Yu, Deanne
 Zaeimi, Mahin
 Zanini, Mafalda
 Zhao, Zhen



#OurSeniorsAreCool



**Active Living Centre
& Administrative Office**

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**A Day Away Club
& Senior Care**

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Enhancing Lives

www.nyseniors.org | email@nyseniors.org