

2023 HIGHLIGHTS

Our organization connects low-income and marginalized seniors to social and recreational programs, educational and health related services, community resources, and peer/staff support, which in turn reduces seniors' isolation and promotes community development.

As we emerged from the pandemic, health restrictions were relaxed and full operations were resumed. For example, the seniors centre no longer requires members to be masked and vaccinated and we no longer limit the number of drop-ins.

In January, more than 30 members attended our Chinese New Year Celebration. We resumed our quarterly birthday parties for our members. 30 members attended our 1st quarter and 25 members attended the 2nd quarter and 3rd quarter birthday party respectively. Each party participant was given a piece of birthday cake with ice-cream on the side and a present. In addition to our low-cost lunch program, we resumed our full breakfast service in March and in June, extended our Centre's opening hours (from 2:00 pm to 3:00 pm) so that members can stay longer and participate in activities. It is hoped that our efforts will entice more members to drop



KEEP FIT AND WORK ON TAI CHI

by. There was an up-tick in daily attendance in March and April when tax returns were being prepared.

This summer, over 20 seniors went to the Burnaby Village Museum, Maplewood Farm, Trout Lake and Strathcona Park respectively. About 30 seniors attended the Extreme Heat Safety Workshop offered by Reach Community Health Centre in mid-June where our staff provided the Chinese translation. We continued to deliver hot meals to about 22 seniors having mobility issues in 4 to 5 social housing buildings in the beginning of the year. Meal delivery to the other residences was gradually phased out in order to encourage seniors to be self-reliant. By the end of June, we only delivered meals to one building to support 10 seniors who are relatively frail.

Seniors come in to play table tennis, pool, music, and social bingo. We launched more structured programs like Tai Chi, Chair Exercise, Karaoke and ESL classes to help improve participants' health and well-being.



MEMBERS ATTENDING WORKSHOP

Downtown South Neighborhood Helpers Project & Continental Seniors Centre

Our Society discontinued our efforts in the Downtown South beginning this year. This project had been active for 25 years to serve the needs of a small number of seniors living near the Granville Strip.

- Our Downtown South Neighbourhood Helpers Project served residents in seven locations. During the pandemic, our operations were limited to food delivery, hosting an income tax clinic and answering seniors' telephone enquiries. In 2022, we were not able to resume any social connection activity due to others' pandemic-related concerns. Our operation (providing direct services) did not meet the Health Authority funding criteria. In short, we found that

our project was (a) not catering to or meeting the needs of Vancouver seniors and (b) was largely unfunded.

- The Continental Seniors Centre was closed in March 2020 at the start of the pandemic due to health concerns by the landlord (City of Vancouver's Non-market Housing). After the pandemic in 2022, we did not receive permission to resume our use of the space. Our operation was self-funded (other than that space was provided rent-free by the City).

As a small Society with limited funds, we felt that our efforts should be directed to our operations in the Downtown Eastside where the majority of our members reside.



Downtown Eastside Project

It's been a wonderful year for the seniors in the Downtown Eastside.

The DTES Neighbourhood Helpers Project has actively addressed seniors' social, recreational, educational and other needs. By connecting and building social connections during fun activities to learning about various topics for improving their quality of life, seniors have been able to beat isolation and strengthen their capacity to help themselves and one another. In discussion groups, seniors learned about fall prevention during the wintertime from a Reach Community Centre employee. It was a great opportunity to collaborate with other organizations and educate seniors on ways to stay warm and dry. Additionally, we continued our regular coffee sessions and community kitchen in residence complexes to encourage socialization amongst seniors. During this holiday season, please support the seniors and our community. May your holiday season be merry and bright!



RESIDENTS BUILDING SOCIAL CONNECTIONS DURING A COFFEE SESSION

Chinese Outreach Project

Activities to improve seniors' quality of life:

- English Conversation Class: This year, we enhanced our ESL curriculum to promote more social interaction among participants. Learning a second language is considered a form of brain exercise that can help delay, or even prevent, cognitive impairment. Through practising their English conversation with our staff and English speaking volunteers on various interesting topics, seniors have the benefit of being socially connected in a fun way that can improve their quality of life.
- Tea Sessions: Playing games is a way to keep older generations healthy and engaged as they age. Therefore, we have introduced games to our Tea Sessions to improve the mental and physical wellness of the seniors.

These activities offer an entertaining and relaxing way for seniors to spend time. To better support their psychological and physical health, as well as their social life and spiritual needs, small everyday steps can make all the difference.



MEMBERS ATTENDING AN ESL CLASS



SENIORS ARE HAVING FUN IN THEIR SIT-DOWN SOCCER GAME

Christmas is coming: Please help!



We will be hosting our Christmas Party this year by offering each participant a hot brunch and small gift. Your donation will enable us to bring joy and support to the seniors in our community.

THANKS TO OUR 2023 FUNDING PARTNERS:

City of Vancouver, Vancouver Coastal Health, The Province of British Columbia, The Greater Vancouver Food Bank, Face the World Foundation, Central City Foundation, Wheeler Family Foundation, and you – our loyal individual supporters.