

2024 HIGHLIGHTS

Downtown Eastside Seniors Centre

After the pandemic, our organization gradually resumed full operations. Despite our efforts, we still face challenges in revitalizing participation to its dynamic pre-pandemic levels due to the following reasons:

- **Health Concerns:** Seniors are cautious about health risks, leading to reluctance in participating in group activities.
- **Changes in Routine:** The pandemic caused routine disruptions, leading some seniors to adopt new habits or virtual activities.
- **Social Isolation:** Extended isolation may have reduced social confidence and increased anxiety about re-engaging socially.
- **Accessibility Issues:** Health deterioration or operation aftermaths may limit some seniors' access to mobility devices, affecting program participation.
- **Security Concerns:** Some seniors feel unsafe due to the presence of homeless individuals or drug users near the premises.

Therefore, we are diligently working to rekindle engagement to its pre-pandemic vibrancy by promoting and exploring new programs designed to encourage senior participation. In addition to our unstructured activities like reading newspapers, watching TV, surfing the internet, or just relaxing and chatting with friends, we continue to offer a variety of structured programs: Table Tennis, Karaoke, Tai Chi, Bingo, Mahjong with peers, ESL classes, and Chair Exercise.



DAYTRIP TO VICTORIA, BC

To make our offerings even more exciting, we introduced a Line Dancing Class from April to June, a Joyful Movement Exercise Class and a Stretching Exercise Class starting in July, and a Computer Literacy Class



DAYTRIP TO STEVESTON FISHERMAN'S WHARF

beginning in November. Our programs have led to an increase in the average daily attendance at our senior center, rising from 15–25 previously to up to 35 now. Additionally, participation in our interest classes has steadily grown from 30 participants per week in April to 67 per week in November.

Seniors relish outdoor activities during the summer. Our outings included trips to Granville Island in May, Burnaby Village Museum in June, Steveston Fisherman's Wharf in July, and Victoria, BC in August. Additionally, we partnered with the Strathcona Community Policing Centre to organize a Summer Walking Tour in the Strathcona neighborhood. About 15 seniors participated in the first walk, and due to its appeal, 22 to 25 seniors joined the subsequent monthly walking tours.

By participating in our seniors' centre, seniors feel more active and connected to their community. Through socialization, they gain confidence in their ability to care for themselves. They experience happiness and enjoyment in their daily activities, leading to an improved quality of life.



COMPUTER LITERACY CLASS AT OUR SENIORS CENTRE

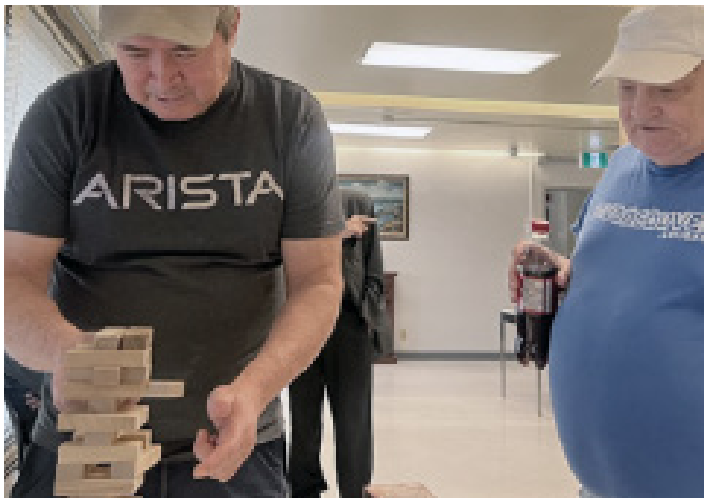


Downtown Eastside Project

This year has been an incredible journey for our seniors, filled with learning, connection, and meaningful interactions. Through our Neighborhood Helpers Project program, seniors had the chance to support one another, starting with simple pleasures—smiles, coffee, conversation, and more. Our diverse programs addressed their needs, including health workshops, seniors’ walks for physical well-being, and coffee and games sessions to boost social and recreational engagement. These activities enriched their informational, nutritional, social, and recreational lives.

We also partnered with external organizations such as Strathcona Community Centre, Neurotrack, and Vancouver Dental Hygiene School, expanding the resources available to our seniors. Volunteer contributions from seniors and students were key to the success of these outreach programs. A highlight of the year was the Thanksgiving celebration, where seniors learned the power of gratitude by sharing blessings and participating in festive activities.

As we remain in this season of gratitude, we want to extend our heartfelt thanks to our generous donors, whose unwavering support has made this year possible. Your contributions have helped us create meaningful experiences for the seniors we serve. We sincerely appreciate your ongoing support, which makes this holiday season and the upcoming year special and impactful for the seniors. Wishing you a Merry Christmas and a prosperous New Year!



SENIORS PLAYING JENGA TOGETHER

Chinese Outreach Project

We consulted with building managers and seniors to determine their preferences for restoring our outreach work after the pandemic. As a result, we have implemented a mix of activities to rejuvenate and enhance outreach efforts, making seniors feel valued, engaged, and connected to their community:



RESIDENTS COMPETING IN THEIR MINI OLYMPIC GAME

- **Celebrations:** Organize events to celebrate traditional Chinese festivals such as the Mid-Autumn Festival, featuring traditional food and cultural crafts.
- **Health and Wellness Programs:** Offer classes in Qigong and other stretching exercises tailored to seniors.
- **Social Gatherings:** Host regular tea sessions, karaoke sessions, and games to provide opportunities for social interaction and enjoyment.
- **Health Education Sharing:** Invite guest speakers to discuss relevant topics, such as coping with extreme heat and wildfire smoke during the summer.
- **Art and Craft Workshops:** Provide sessions in traditional Chinese arts and crafts, such as painting and paper cutting.



DOING STRETCHING EXERCISES CAN LEAD TO A MORE ACTIVE LIFESTYLE

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 2024 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.