

# Celebrating 50 years



# 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 promotes healthy aging by providing programs and services within our diverse community.

## OUR VISION

A world where older adults live their best lives.

## OUR VALUES

### Compassion

We serve others with empathy, respect and dignity.

### Inclusiveness

We welcome all people and appreciate their differences.

### Quality

We deliver excellent, person-centred programs and services.

# A Message

**FROM BOARD CHAIRPERSON,  
and EXECUTIVE DIRECTOR,**

Dear NYSC Community:

## Celebrating NYSC's 50th Anniversary: A Legacy of Excellence

As NYSC's fiscal year comes to an end, we reflect on its remarkable journey, milestones and unwavering commitment to community impact. From its inception, NYSC has been a beacon of service, unity and resilience, shaping the lives of countless individuals across our community.

**A Vision for Healthy Aging,** NYSC's new strategic plan underscores our dedication to promoting healthy aging. By aligning programs and services with the current needs of the community, NYSC continues to be a vital force in enhancing the well-being of older adults. Our strategic pillars — Amplifying NYSC's visibility, Purposeful programming, and Protecting and enhancing resources — guide the organization's path forward.

Over the past year, NYSC's leadership team actively engaged with stakeholders in the ever-changing healthcare landscape. Representing community concerns at planning tables, NYSC advocates for better health outcomes in our community. Through outreach efforts, NYSC participated in community events, emphasizing its mandate to support healthy aging and making community connections. Our focus on collaboration with naturally occurring retirement communities (NORCs) further strengthens NYSC's impact in the community by bringing our expertise and level of service to their homes.

September 2024 marks NYSC's 50th anniversary, our golden jubilee, and a milestone worth celebrating! The organization's legacy is etched in the fabric of the North York Community.

We are excited to celebrate the successes, innovations and passion that has shaped our organization. NYSC has made a remarkable impact on this community and has created a legacy of excellence.

We extend our heartfelt appreciation to community partners, donors and supporters. Their commitment and kindness have fueled NYSC's success. A special tribute goes to our dedicated teams of staff and volunteers who consistently go above and beyond. Their unwavering support and client-focused approach are truly out of this world. Congratulations on reaching this incredible milestone of 50 years with us!

Let us raise a toast to NYSC's enduring spirit, resilience and commitment to the community.

**Happy 50th anniversary, NYSC! May older adults continue to live their best lives — a world where wisdom, vitality and purpose thrive!**

BOARD CHAIRPERSON, PETER FUCHS



EXECUTIVE DIRECTOR, CANDACE THOMSON

# CELEBRATING OUR LEGACY embracing the future

**A**fter 50 years, North York Seniors Centre shines brighter than ever. Our journey over the past year has been marked by growth, building awareness and relationships, and a renewed commitment to serving the diverse needs of the seniors in our community. We reflect on our past with pride and look to the future with optimism and excitement.

The past year has seen a remarkable expansion in our outreach efforts. By partnering with local groups and strengthening community ties, we've increased our visibility. These connections have provided opportunities for the growing senior population to discover, engage and benefit from our programs and support services. This collaborative spirit has not only broadened our impact, but also enriched the lives of those we serve by fostering a sense of belonging and unity.

2023/24 was a year of resilience, connecting, and revitalization, as we focused on rebuilding our

community and strengthening the bonds that define us. Our programs are continuously evolving to meet the growing needs and interests of seniors so they can continue to live healthy and independently in our community. An example of this is the opening of another *A Day Away* program in North York at 21 Hendon Ave., providing social engagement for frail seniors and respite for caregivers. Meanwhile, our virtual programs have become a mainstay, providing a crucial lifeline for combating social isolation. Programs such as these, allow seniors to connect and engage with each other, no matter where they are, ensuring that our community remains strong and interconnected.

As we move forward, NYSC proudly celebrates 50 years as a cornerstone of strength, compassion, and community. Together, we honour the milestones we've achieved and the enduring bonds we've forged, confident that the best is yet to come. Here's to a future filled with joy, camaraderie, and the unwavering spirit that has guided us for half a century.

## THE IMPACT NYSC MADE

Over **2000 seniors** participated in programs and services

Over **18,000** case management in-person **visits** and **calls** were conducted

Provided support to **100 caregivers** requiring assistance

**11,941 lbs of food** received from Second Harvest addressing food security

**4,742 wellness calls and friendly visits** with isolated seniors, totaling over **630 hours** of dedicated support from volunteers

Provided over **10,500 rides** to seniors needing assistance to get to various appointments

## Our Journey this Year



### APRIL 2023 TO JULY 2023

- NYSC and NeighbourLink North York partnered for Let's Move Willowdale to raise funds for food security
- Over 40 people attended World Elder Abuse Awareness event conducted in partnership with NYEAN to host at the Active Living Centre (ALC)
- Income Tax Clinic offered virtually and in-person
- Active screening of respiratory symptoms at sites changed to passive screening
- Removed required masking indoors protocol and moved to a "mask-friendly" environment
- Partnered with MOSAIC Home Care Services & Community Resource Centre to provide Smile Theatre event at the ALC
- June Seniors Month Celebration Activities: Medical Alert Presentation, Pride Bingo, Ice-Cream Social, Physiotherapy and Osteopathy consults
- Joined Health and Safety Excellence program through Public Services Health and Safety Association
- Fall Prevention Exercise Program resumed in June 2023, funded by the CLHIN at Kempford and Beecroft Assisted Living (AL) sites
- Received Funding from City of Toronto through Live Green Toronto to provide a presentation on Biodiversity – Boosting Backyards, to learn how to make a plan to support greater biodiversity with everyday actions
- First Caregiver Day event offered to show appreciation and to provide education to caregivers.

### AUGUST 2023 TO NOVEMBER 2023

- Extreme Weather Informational Booklet created from City of Toronto funding through Live Green Toronto
- Obtained a new vehicle for transportation
- NYSC's special fundraising event, Better With Age: Relive The Moment held offsite for the first time since the pandemic
- New caregiver support group created for *A Day Away* program caregivers
- Renovations started at 21 Hendon Ave. for new *A Day Away* (Adult Day Program - ADP) site
- Over 130 people attended Active Living Fair, supported by OACAO and Ministry of Seniors and Accessibility, held at the ALC showcasing 19 exhibitors and 5 workshops including Medication Management in Korean and Falls Prevention in Farsi
- Concluded ADP virtual programs to all in-person programs
- Footcare clinic opened at the ALC and footcare services resumed at AL sites
- Annual General Meeting held with over 40 people in attendance

### DECEMBER 2023 TO MARCH 2024

- Launched a new social media project called "Interview Series: Seniors Connected" in support of **Giving Tuesday**, highlighting various seniors at the ALC to showcase their inspiring journeys and the wisdom that makes NYSC so special
- New *A Day Away* program opened at 21 Hendon Ave.
- Hols Holiday Parties for both ALC and ADP
- Launched Year-End fundraising campaign
- Closed Hesperus *A Day Away* program in Vaughan
- *A Day Away* Open House in January provided opportunity for the public to see the updates and renovations to the space for the new program



# ACTIVE LIVING CENTRE Fostering Connection and Creativity



**764**  
members

**19,657**  
service hours

2023 was a year of renewed focus and adaptation at the Active Living Centre (ALC), with a special emphasis on combating social isolation and responding to the evolving interests of our seniors. Our friendly visiting program emerged as a vital lifeline, dedicating significant efforts to connect with isolated seniors and bring a sense of community directly to their homes. This initiative, alongside our expanded in-person programming, played a crucial role in addressing social isolation and fostering meaningful interactions.

As we observed a growing interest in activities like arts and dance to name a few, the ALC team embraced these new passions, incorporating them into our offerings to better engage our members.

Simultaneously, our phone and online programming remained available for those who faced challenges in coming to the centre. Embracing this blended approach, the ALC staff team highlighted our 50-year legacy of resilience and inclusivity. This commitment allowed us to create a dynamic and supportive environment that celebrates our diverse community, ensuring we cater to the needs and interests of all seniors.

*“I am so pleased to be associated with NYSC, it really is a lifeline for me, and I always find everybody there so friendly and obliging. It really makes a big difference in my life that you are there. Although I am not able at moment to attend in person, I hope to in the not too distant future and meet all the friendly voices I talk to over the phone and zoom in person, and participate more in the activities.”* —PAT, ALC MEMBER



## ALC Program Statistics

DELIVERY MODE	ZOOM	PHONE	IN-PERSON	OUTDOOR
No. of programs	205	198	1160	15
No. of participants	1575	1484	16012	45



## ADULT DAY PROGRAM - "A DAY AWAY"

# Unwavering Support and Empowerment for Every Senior

The Adult Day Program (ADP) has experienced tremendous growth since the reopening of the centre after the COVID-19 pandemic. Welcoming back our seniors and seeing their familiar faces has been a deeply moving experience, pulling at our heartstrings and reinforcing our commitment to providing the best care possible. The warmth and joy shared during these reunions have not only revitalized our community but also inspired our staff to continue delivering exceptional support and services, ensuring every senior feel valued and connected.

**120**  
clients  
participated in  
ADP programs  
offered

**116**  
virtual  
programs

**4,978**  
in-person  
programs

**5,094**  
units of  
service

In response to geographical service needs, the Hesperus Day Program was closed on December 5, 2023. We ensured a smooth transition for clients by assisting them in moving to other nearby Day Programs that better met their location needs. To increase awareness and visibility of our new ADP, we have actively promoted it on social media, showcasing the valuable services we provide and reaching out to seniors who can benefit from our support.

The ADP team is making impressive strides in connecting with more seniors in our community. We are actively involved in outreach efforts, including having ADP staff participate in community events to talk about our program. We continue to work with Ontario Health and our community partners in spreading the word.



### OPENING OF OUR NEW ADULT DAY PROGRAM AT OUR HENDON FACILITY

In response to the growing demand and a substantial waitlist, North York Seniors Centre officially opened a new Adult Day Program at our Hendon Facility in December 2023. Currently operating two days a week, we are gradually increasing our service days to accommodate more seniors. With 15 clients already benefiting from this program, the Hendon location underscores the vital role our services play in the community. This expansion highlights the increasing need for our support and demonstrates our unwavering commitment to meeting the needs of seniors, ensuring no one is left without the care and connection they deserve. The ADP team is dedicated to doing everything possible to support this need and provide a safe and welcoming environment for all.

## CLIENT SERVICES

# Supporting Seniors and Their Families with Care and Compassion

In 2023-2024, the North York Seniors Centre's Client Services team remained dedicated to enhancing the well-being and security of seniors, as well as providing essential support to their families. Our mission is to empower seniors to maintain their independence while living comfortably and safely in their own homes. To achieve this, we offer a comprehensive range of services, including **personalized referrals, dining program, caregiver support, and reliable transportation options.**



**590**  
Individuals Served

**18,067**  
Visits to clients

A significant development this year has been the introduction of our Live Webchat feature on the NYSC website, which has enabled us to hear more directly from the public and promptly address their queries.

This tool has been instrumental in improving our responsiveness and engagement with the community.

Our team has observed an increase in face-to-face home visits, surpassing the number of telephone and virtual assessments. Referrals across the Seniors Care Team are efficiently managed from intake through to evaluations, care planning, and program execution, utilizing the latest tools and technologies. We have also strengthened partnerships with community programs that address current needs while setting new standards for excellence. These

collaborations with external agencies have allowed our staff to raise awareness about the importance of cross-departmental cooperation, ensuring seamless service delivery for clients.

The demand for our services continues to grow, particularly through the Live Webchat, where we have seen more requests related to the Active Living Centre, volunteer opportunities, employment, transportation, Home Maintenance, and Personal Care services. The Service Access Team has played a critical role in supporting clients across the organization by working closely with each department. When an urgent need arises, this team ensures that all departments are mobilized to provide comprehensive support.

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 Caregiver 101; Healthy eating at every size; and Managing Caregiver Stress & Burnout.

The Caregiver group is still operating online but we are planning to start having in-person sessions in the coming year.

The Caregiver Support team planned the first of its kind Caregiver Day held at the ALC and over 30 was in attendance of the event. We invited Ontario Caregiver,

### SATISFACTION SURVEY HIGHLIGHTS:

**80%** Received responses in a **timely manner**

**98%** Clients satisfied with the **home assessments**

**94%** Received **appropriate information**

### CAREGIVER SUPPORT :

**255 Participants** (both non-registered and registered)

**70 Group sessions** (in-person and virtual)

**1,554 Visits**

## Transportation

The IRIDE program is a government-subsidized, flexible, door-to-door transportation service designed to help older adults and individuals with mobility challenges get around safely and affordably. With the support of our friendly, trained drivers, clients are picked up and dropped off in clean, comfortable vehicles, ensuring a reliable and pleasant experience. Whether it's a trip to a medical appointment, shopping center, supermarket, or our Adult



Better Living and partnered with Alzheimer Society of Toronto. It included a free massage by Seneca College students from the Massage Therapy program as an added activity to say thank you to our amazing caregivers!

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.



**11,633**  
rides  
provided

**828**  
clients

Day Program and Active Living Centre, IRIDE makes essential outings accessible for those who need it most.

This year, the IRIDE Transportation team has expanded its outreach efforts to better connect with the community. Collaborating closely with the outreach team, we've been actively showcasing our transportation services, emphasizing how we can support the mobility needs of older adults and those with mobility issues. As part of our marketing strategy, we introduced branded t-shirts to increase visibility and awareness of our services.

Additionally, the Transportation team has partnered with the Development Team to deliver presentations at Retirement Residences. These presentations have been instrumental in informing seniors about how our transportation services can support their travel needs, ensuring they remain connected and independent.

## IN HOME SERVICES

# Improving Everyday Life at Home and in the Community

NYSC is dedicated to helping seniors maintain their safety and independence, whether they live in their own homes or in one of the three residential buildings we serve, with support available 24/7. Our team of compassionate and highly trained personal support workers (PSWs) provides a wide range of services, including personal care, light housekeeping, meal preparation, accompaniment to appointments, medication assistance, and around-the-clock emergency response.

This year, we have seen a significant

increase in service requests, particularly for personal care and private homemaking services. Due to high demand and limited capacity, some clients have been placed on a waitlist. In response, we are actively strategizing ways to expand our staffing to better accommodate the growing need for these essential services, ensuring that we continue to meet the needs of our community with the same level of care and commitment.

**10,875**  
hours of care provided

**155**  
clients served

**116**  
new referrals

### SATISFACTION SURVEY HIGHLIGHTS:

- 98%** Said they feel more socialized
- 98%** Said that NYSC staff listened to the clients needs
- 94%** Satisfied with NYSC response time



## Fundraising, Gifts In-Kind & Grants

FUNDRAISING	EVENT	AMOUNT
	Direct Mail	\$11,007
	General Donations	\$44,223
	Employee Giving	\$2,754
	Let's Move Willowdale	\$2,500

GIFTS IN-KIND	EVENT	AMOUNT
	Second Harvest	\$42,234
	Impark	\$7,152
	Event Sponsorships	\$4,434

GRANTS	FUNDS	FUNDER	AMOUNT
	Tax Clinics	Government of Canada	\$2,035
	Special Grant	Ministry for Seniors and Accessibility	\$17,476
	Creative Art Socials	Rotary Club of North York	\$9,000
	Active Living Fair	OACAO	\$2,500
	Education and Training Fund	CILT	\$23,160

**FUNDING** North York Seniors Centre operates with major funding from **Ontario Health, 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	\$3,558,752
Ministry for Seniors and Accessibility	\$102,876
United Way Greater Toronto	\$75,060
City of Toronto	\$109,459
Other subsidies and grants	\$236,091
VHA Home Healthcare	\$101,584
iRide	\$357,286
Community Services	\$259,098
Active Living Centre	\$90,253
Other Contracts	\$29,533
Fundraising and donations	\$60,484
Investment and miscellaneous income	\$20,608
<b>Total</b>	<b>\$5,001,084</b>

### EXPENSES

Programs and Services	\$3,214,961
Administration	\$724,762
Building and Ground	\$350,244
Repairs and Maintenance	\$130,994
Amortization	\$180,581
<b>Total</b>	<b>\$4,601,542</b>

Based on March 2024  
Audited Financial Statements

# Awards

## ONTARIO VOLUNTEERS SERVICE AWARD

**25 Years**  
Jackie Jenkins

**10 Years**  
Raisa Zonis

**15 Years**  
Mohammed Zamany

**5 Years**  
Doreen Scott  
Jane Meredith

## STAFF SERVICE AWARD

**20 Years**  
Donna Drummond

**15 Years**  
Ludmila Bachmutsky

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

*“We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.”*

—MOTHER TERESA



### BOARD OF DIRECTORS

Chairperson: Peter Fuchs  
Vice-Chair: Andy Kin On Wong  
Treasurer: Stephen Steele

Secretary: Caterina Valentino  
Directors: Janice Lai, Jamie Mayer & Olivia Ng  
Executive Director: Candace Thomson

Thank you  
TO OUR SUPPORTERS!

- Abbott, Gillian
- Adair, Patricia
- Ahlers, Christa-Lisa
- Amica Bayview Gardens Retirement Residence
- Amica Unionville Retirement Residence
- Andreychuk, Joan
- Antiochos, Athena
- Anvarolsadat & Mirzahosseini
- Argyle, Ken
- Aronov, Arlen
- Bacchus, Camille
- Batchelor, Janet
- Belenson, Ingrid
- Bell, Marcia
- Belmar, Mary
- Bleiweiss, Hella
- Blitz, Karin
- Bollefer, Ann
- Bollefer, Ann E.
- Bonilla-Ceballos, Olga
- Boothe, Bevon
- Bradley, Norma
- Brady, Lynda
- Burian, Ingrid
- Burrows, Maureen
- Burton, Gail
- Calope, Marcel or Gloria
- Cameron, David & Dorothy
- Canlas, Rose
- Canso Investment Counsel Ltd
- Castellanos, Laura
- Chan, Ida
- Chan, Jeany Chun
- Chandran, Peck Tian
- Chang, Anne
- Chen, Annette
- Choe, Kee
- Chung, Tsiu Chiao
- Cole, Margaret
- Collins, Kristin
- Compu2000,
- Connect Hearing
- Cooney, Fran
- Corriero, Amalia
- Crawford, Janice
- Crull, JoAnn
- Cruz, Cecilia
- Cuaresma, Francisco & Rosalinda
- Cuaresma, Rachele
- Davidson, Archie
- Dayal, Marian
- De Jong, Fred
- De Souza, Carmen
- Deazeley, William John
- Delmanor Northtown Retirement Residence,
- DiCarlo, Frances
- Don Heights Unitarian Congregation
- Dowling, Marlene
- Dowse, Elizabeth
- D'Souza, Jeremy
- DUCA Financial Services- Willowdale Branch
- Emberlin, Jane
- Faria, Myrtle
- Faria, Willa
- finkelstein, Bernice
- First Light Home Care North York
- Fishlock, Gary
- Friedman, Marla
- Fruitman, Larry
- Fuchs, Peter
- Gabb, Paulette
- Gallo, Marisa
- Ghirvanian, Fatemah
- Ghose, Dilip
- Gibson, Al
- Gosselin, Michael
- Grant, Frances
- Gratacos, Joaquina
- Green, Dwayne
- Gunawan, Atjeng
- Hall, Elaine
- Hannigan, Elizabeth
- Harauz, Josephine
- Harsora, Nandlal & Anju
- Hatt, Winnifred
- Hickey, Carol
- Hill, Russell
- Ho, Kam Sheung
- Holland, Sue
- Home Concierge
- Howlett, Suzie
- Hoyle, Linda
- Hui, Maggie
- Hutchinson, Shirley
- Ilzins, Vija
- Ing, Lillian
- J.E. Panneton Family Foundation
- Jalili, Parvin
- Jiang, Ling
- Jiang, Yang
- Jones, Barbara
- Kachroo, Umang
- Kane-Jerrett Funeral Homes
- Kawasaki, Louise
- Keane, Violet
- Kim, Chung Sook
- Kim, Geun Lea
- King, William
- Klich, Barbara
- Ko, Francoise
- Kobiashvili, Svetlana
- Koch, Gertrude
- Kondratova, Tamara
- Kong, George
- Kowalchuk, Elaine
- Kozycz, C T
- Kruus, Reet
- LaFontaine, Susan
- Lalani, Zinatara
- Lam, Karen
- Lam, Yuk-Shiu (Karen)
- Lau, Quentin & Molly
- Lawrance, Heidy
- Lee, Donna
- Lee, Janet
- Lee, Kelly Kil Nam
- Lee, Lynn
- Lee, Nam
- Lee, Philip
- Lee, Siu Bing (Anita)
- Levine, Barbara
- Lew, Sok Jing
- Liu, Barbara
- Lo, Kwan or Maria
- Lowry, Kelly
- Ludgate, Rogers
- Magnin, Ellen
- Mair, Trevor
- Manoim, Laurie
- Mansouri, Natasha
- Marley, Angela
- Marshall, Sarah
- Mary Morton Tours
- Matamoros, Luisa
- May, Ellen-Joan
- Mayer, Jamie
- Mayne, Eleanor
- McCabe, Antoinette
- McFarland, Carol
- Mead, Charles
- Meredith, Jane
- Methven, Lillian
- Millington, Sandra
- Milosh, Mary
- Ming-Sun, Lorrie
- Moessner, Hilda
- Mohamed, Soraya
- Momeni, Parviz
- Moore, Alyma
- Morrison, Donna
- Morrissey, Susan
- Mosaic Home Care Ltd,
- Mtui-Kajubili, Alphoncine
- Mukhia, Karan
- Murray, Margaret
- Ng, Joan
- Ng, Olivia
- Nicholson, Alice
- Nikzadeh, Behjat
- Norval, Donald
- Okada, Marilyn and Ron
- Older Adult Centres' Association of Ontario
- Opler, Selma
- Padmore, Ann
- Parker, Irena
- Patel, Khorshed
- Peace, Kathy
- Peter, Wilhelmina
- Phillips, Austin
- Popatia, Parin
- Revera Leaside Retirement Residence
- Richman, Eddie or Florence
- Roberts, Andrea
- Robertson, Christine
- Rocha, Patti
- Rogerson, Barbara
- Rosenberg, Norma or Sheldon
- Ruban, Nilooyan
- Ruff, George
- Samek, Anita
- Savage, Icilda
- Seelenmayer, Dietmar & Kathryn
- Seniors For Seniors
- Sethna, Freny
- Shea, Henry
- Sheppard, Rosemary
- Shlien, Anita
- Shortell, Anna
- Simon, Renate
- Singer, Mark
- Singh, Rebecca
- Smith, Margaret
- Snitman, Lieba
- Steele, Stephen
- Stevens, Colleen
- Strejko, Nazar
- Sun Life Financial
- Szeto, Elaine
- Teng, Mei Y (Elizabeth)
- The Rotary Club of North York
- Theiss, Vera
- Theobalds, Mildred
- Thomson, Candace
- Thoo, Michelle
- Tranter, Wil
- Tu, Anita
- Tufts' YIG (Your Independent Grocer) #4020
- Ulasovski, Alexander
- Unique Rehab & Physiotherapy,
- Voss, Helga
- Voutianitis, James
- Walsh, Susan
- Weiss, Maria
- Williams, Gary
- Willick, Brian
- Wilson, Theresa
- Winkler, Sirkka
- Wong, Andy Kin On
- Wong, Evelyn
- Wong, Kin On
- Woodley, Josephine
- Wu, Wendy
- Yashinsky, Esther
- Yeung, Anita
- Yu, Chi Hwa
- Yu, Deanne
- Zaeimi, Mahin



**#NYSC50**

**Active Living Centre, A Day Away  
& Administrative Office**  
21 Hendon Avenue  
Toronto, ON M2M 4G8  
Tel: 416.733.4111 Fax: 416.733.1858



**A Day Away  
& Senior Care**  
80 Sheppard Avenue  
Toronto, ON M2N 1M2  
Tel: 416.733.4111 Fax: 416.225.9867

*Enhancing Lives*

www.nyseniors.org | email@nyseniors.org