



Dear friends,

As we turn the page on another incredible year, we are filled with gratitude for the friends, donors and volunteers who make our community thrive. With each challenge overcome and each smile shared, we are ready to step into a new year of connection and hope.

At SFCSC, we are dedicated to enabling every senior to live with dignity, independence and happiness in the homes they love. Through our programs and services, we offer them the tools, companionship, and support they need to flourish each day.

**A Day in the Life of a Senior**

Imagine waking up each morning with aching joints, hands that no longer grip firmly, or eyes that struggle to focus. Simple tasks—pouring a cup of coffee, climbing the stairs, or carrying groceries—become daily challenges. For many seniors, the world feels smaller, and the freedom once taken for granted is limited. Home may feel isolating, and the world outside distant. They are left to ponder the weight of the life they lived and the burden of how things have changed and the worries of what they will face tomorrow. Some are facing all of this alone, many without pensions or medical insurance. Yet, with the right support, even these obstacles can be met with confidence, independence, and dignity.

**How SFCSC Changes Lives**

Everything changes when seniors come through our doors. Their time is filled with laughter, conversation, and friendship. They join fitness classes that keep their bodies strong, creative workshops that inspire their minds, and meals that nourish both heart and body. They receive guidance and support for difficult times, including the loss of a loved one or navigating services in their community. For many, this is the first time in a long while that they feel seen, valued, and part of a community. When a person in need of food comes through our doors, they are met with compassion. They receive a food hamper, topped with fresh produce and milk. They are offered assistance to connect with other services SFCSC offers or other services in the community that may benefit them.

**The Long-Term Impact**

The impact goes far beyond a single day. Seniors gain independence, confidence, and purpose. Loneliness gives way to connection, and small joys—like a smile, a game, or a story shared—become the foundation of a fuller, brighter life.

The circle of life comes alive at SFCSC. Many who begin as volunteers discover support, friendship and purpose, and over time, some enjoy the services themselves. They share their wisdom, mentor new members and keep the cycle of care, connection, and community thriving – a place where everyone gives, everyone grows, and everyone belongs.



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Thanks to your generosity...

\*stats from 2024-2025



**38,913 services**  
provided through support  
programs for seniors



**6,704 attendances**  
in Grace Social Activity  
Centre's social and  
exercise programs

over **15,000**  
hours of time donated by  
**196 volunteers**



**18,955**

nutritious hot and frozen Meals  
on Wheels provided to seniors



**200** new individuals served  
in our Food Bank

Needs are increasing  
and you can help make  
a difference!



**Because of people like you:**

- Seniors who once felt isolated now gather for coffee, meals, music and games that bring joy to their lives.
- Individuals worry less about where they will get food.
- Those struggling with mobility or transportation can get to programs safely and attend medical or other essential appointments.
- Creative programs, fitness classes, and wellness workshops bring vitality and purpose each day.

**Your Gift Gives More Hope**

The demand for our services continues to grow year after year. More seniors and families are reaching out for support, especially those in rural and vulnerable communities. In the first two quarters of this year alone, our programs have seen year over year growth - an increase of 11% in Meals on Wheels, 28% in Transportation, and 15% in our Adult Day Program. While we strive to meet every need, we cannot do it without you.

Your generosity allows us to provide life-changing services and programs – from wellness and social activities to vital resources for those facing difficult times – helping them live with dignity, connection and hope.

Please consider making a gift today. Every dollar counts and goes directly toward supporting our programs and services. **See below for many ways you can make your donation - and be sure to include “StrongerTogether2025” so your gift goes even further to help our community.**

**Thank you** for opening your heart! Your generosity today helps us **change lives tomorrow.** Together, we are building a stronger, healthier and more supportive community – one where everyone has the opportunity to **Grow with Grace.**

**Wishing you and your loved ones a holiday season filled with health, warmth and happiness.**

With gratitude,

*H. Rogers*



Heather Rogers  
Executive Director

Keep in touch with us! For the latest news follow us on Facebook or visit our website at [www.sfcsc.ca](http://www.sfcsc.ca) and sign up to our newsletter.



**Ways to donate your one-time or monthly tax deductible gift:**



**Online**

Go to **[www.sfcsc.ca](http://www.sfcsc.ca)** to make an online donation



**Telephone**

Call **613-376-6477 ext. 202** to make a credit card donation



**E-transfer**

Send to **[ally.dickson@sfcsc.ca](mailto:ally.dickson@sfcsc.ca)** with subject line **“StrongerTogether2025”**



**In-person**

Visit us at **4295 Stagecoach Rd, Sydenham ON**, to make a donation via cash, cheque, debit, or credit.