

# **Donghai Seniors Association**

## **2025 Annual Report**

### **Organization Overview**

Donghai Seniors Association is a nonprofit organization established to support seniors in northwest Mississauga, with a focus on promoting physical health, lifelong learning, and social inclusion. In 2025, the Association continued to grow steadily while delivering accessible, culturally responsive programs for older adults.

### **Programs and Activities**

The Association delivered a balanced mix of in-person and online programs at Meadowvale Community Centre and via Zoom. Weekly in-person activities included Tai Chi, yoga, table tennis, dance, and fashion show activities. A structured schedule ensured consistency and accessibility for members throughout the week. Major activities maintained strong participation, averaging approximately 28 participants per session.

To complement in-person programming, online classes were held Once a week, covering digital literacy, healthy eating, gardening, fraud prevention, and conversational English. These hybrid programs were supported by senior and youth volunteers and helped improve access for seniors with mobility or transportation barriers.

### **Special Projects**

Launched the "Promoting Nutritionally Balanced Diet for Seniors" project in April, supported by the New Horizons for Seniors Program (NHSP).

In 2025, the Association used the City of Mississauga funding to implement an essential community safety and education initiative titled "Helping Seniors Avoid Scams."

Both projects proceeded smoothly in strict accordance with the relevant requirements.

### **Community Engagement**

Donghai Seniors Association actively participated in community and multicultural events, strengthening partnerships and increasing seniors' visibility. Key engagements included fraud prevention seminars with partner organizations, participation in Carassauga and Asian Night Market events, Canada Day celebrations, and community safety and harmony festivals.

### **Impact and Outcomes**

Through its programs and partnerships, the Association reduced social isolation, strengthened peer connections, and improved participants' physical and digital skills. Members benefited from increased confidence, community engagement, and opportunities to contribute their talents to public events.

## Governance and Capacity

The Association is governed by a volunteer Board of Directors responsible for strategic planning, financial oversight, and partnership development. A small team of coordinators and program leaders manages daily operations, while dedicated senior and youth volunteers deliver programs and provide peer support. This structure ensures efficient use of resources and responsive program delivery.

Donghai Seniors Association Board of Directors : Xiwen Li (President) , Ying Huang (Secretary) , Pingping Lian (Treasure) , Jianping Tao (Social Director) , Xinguo Liu (Social Director) , Wendy Tan (Social Director) , Fangqiu Li (Social Director)

**Membership :** As of the end of the fiscal year, the Association reached 180 registered members from diverse cultural backgrounds, primarily residing in Mississauga.

**Volunteers:** The Association was supported by 8 dedicated volunteers who contributed approximately 1,000 service hours.

## Looking Ahead

In 2026, Donghai Seniors Association aims to expand both in-person and online programming, deepen community partnerships, enhance anti-fraud education, and continue advocating for senior well-being and inclusion across Mississauga.

## Acknowledgments

The Association sincerely thanks its members, volunteers, community partners, and funders for their continued support. Their contributions make it possible to deliver inclusive, high-impact programs for seniors.

We also extend our heartfelt appreciation to the City of Mississauga. Our Association is a member of the City's Community Group Registry Program, and the Community Services Department generously provides the Meadowvale Community Centre at no cost for our activities, along with many other supportive and facilitative measures.

Authorization Submitted on behalf of the Donghai Seniors Association.

Signed: President Xiwen Li