



LET THE SUNSHINE IN

Presented by Colleen Conefrey



Program Overview

- **Program Goal:** Connect seniors with nature, culture, history, and community.
- **Focus Areas:** Physical, mental, and social well-being.
- **Offerings:** Excursions, walking clubs, and community events.
- **PHCD Support:** Enables low-cost access for seniors and promotes community engagement.



Program History



January 2024: Let the Sunshine In was launched with a \$10,000 grant from the Peninsula Health Care District.



January 2025: The program continued to flourish, supported by an increased \$50,000 grant from PHCD.





Program Areas

Monthly Walking Club

Monthly Excursions including:

Bird Watching, Angel Island, Kayaking through Elkhorn Slough, Hike with a Ranger Muir Woods, Charles Schulz Museum, Museum of the African Diaspora, Oakland Zoo, Japanese Tea Garden, Whale Watching, and a guided Mt. Tam hike, Filoli, Presidio, Potomac, Capitola, Holiday Lights

Special Senior Events including:

Valentine's Day Social, Older Americans Month Picnic, and Bingo & Benihana, Sing a long, Diwali, Halloween, Sweet Slice Social, Jingle Jam

2024

- 16 programs offered (10 Walking clubs, 6 excursions)

Overall Participation:

- 336 total attendances (including individuals who participated in multiple trips or walks)
- 155 unduplicated participants

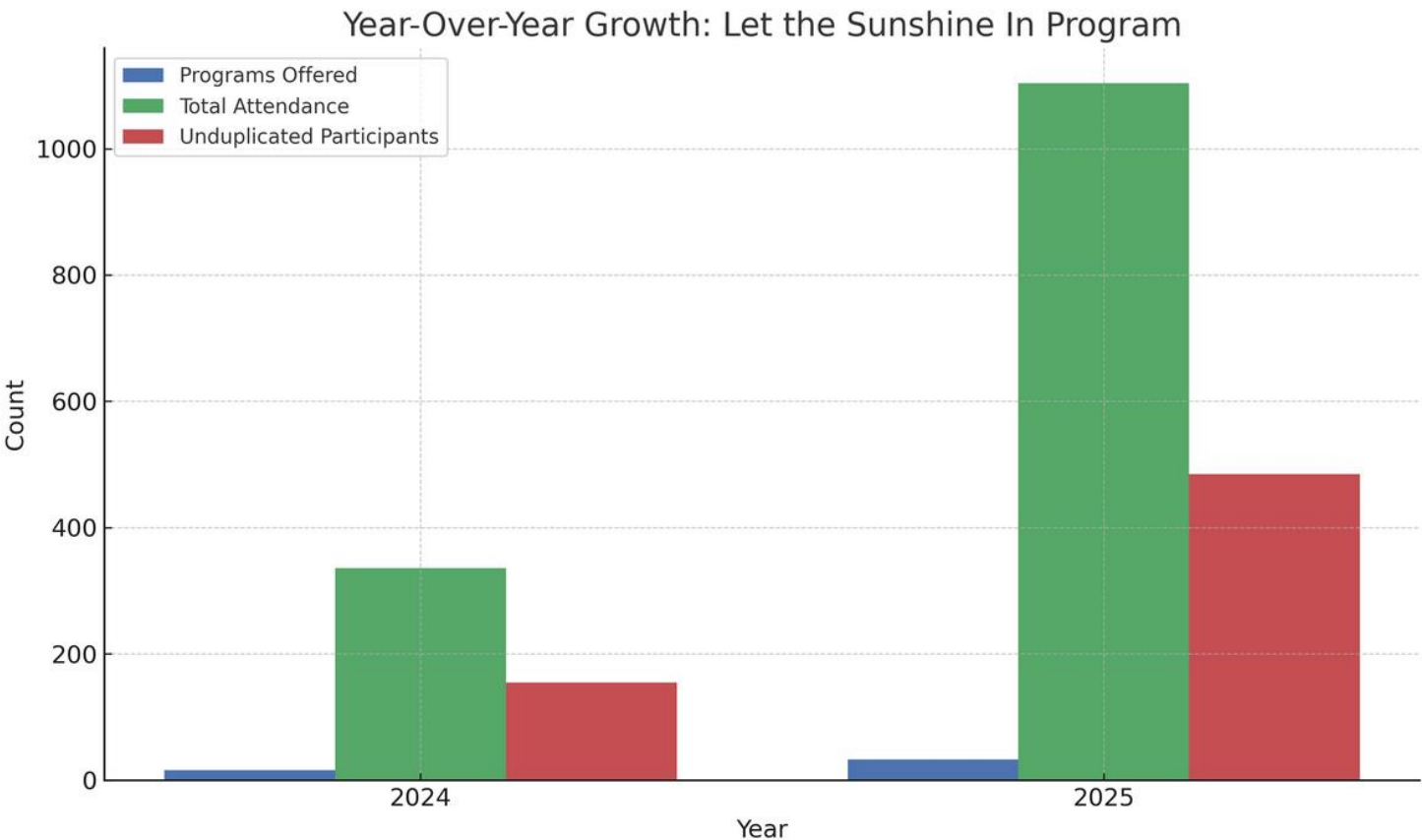
2025

- 33 programs offered (12 walking clubs, 12 excursions, 9 community events)

Overall Participation:

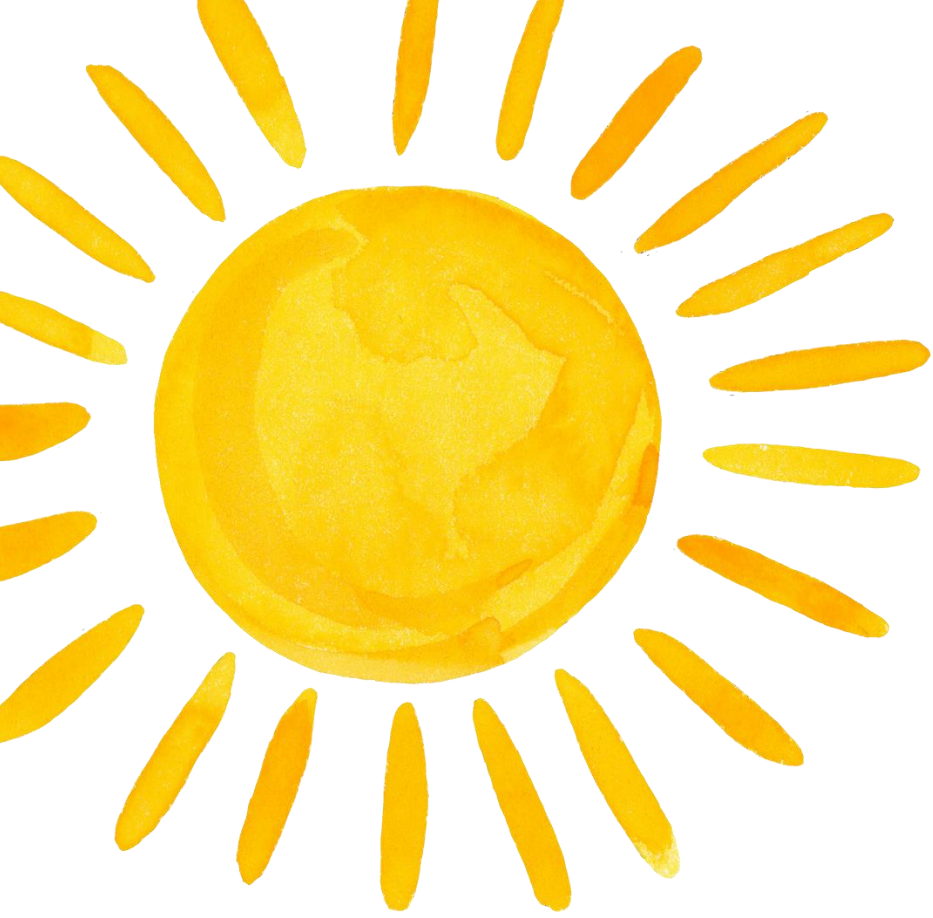
- 1,104 total attendances (including individuals who participated in multiple trips or walks)
- 485 unduplicated participants

Statistics

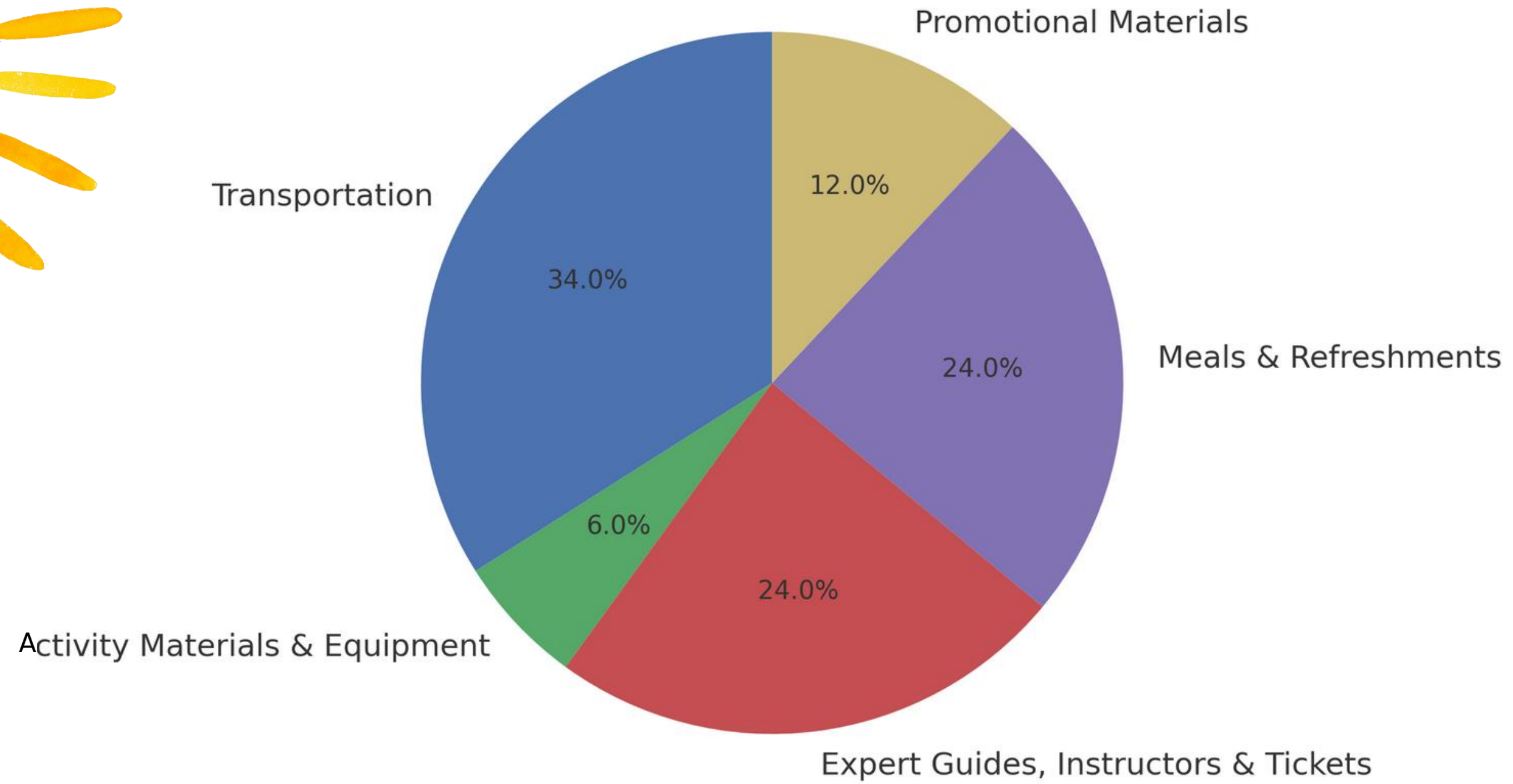


Statistics

Category	2024	2025	Change
Programs Offered	16	33	
Walking Clubs	10	12	
Excursions	6	12	



2025 Let the Sunshine In: Allocation of Grant Funds



Next Steps

**2026 Application has been
submitted.**

December 11

