



Winter 2026

PONY EXPRESS

Sunrise Therapeutic Riding & Learning Centre

HAPPY HORSES CAMPAIGN 2026



London



Cadbury



Jackie

Welcome to a New Year at Sunrise & "Stage 1" of our HAPPY HORSES FUNDRAISER!

The Sunrise team of therapy horses are the heart of our successful therapy and learning programs - please refer to the Infographic on page 2 to learn about the individual care received by each member of our equine team throughout the year. We could not maintain this high standard without the support of Sunrise donors. Whether you consider sponsoring a horse for the entire year (Cadbury or Jackie) or to become part of the "Crowd Funding" team (London) - any dollar amount counts, your donation is so valuable to ensure that Sunrise program horses continue with a healthy lifestyle - supporting hundreds of children and adults with special needs every year.



Lynne O'Brien
Executive Director

Lynne O'Brien



Ann Caine
Advisory Council Chair
& Volunteer Fundraiser

Ann Caine

HAPPY HORSES CAMPAIGN 2026 *Continued*

HAPPY HORSES:
THE HEART OF
WHAT WE DO

What does this mean?

Feeding schedules are designed for the unique needs of each horse

Each horse is checked daily to ensure health & safety

Ongoing training and exercise are essential for their job

Each individual HORSE'S needs - mental and physical health - are our priority

CanTRA (with a red maple leaf)

Proud partner through CanTRA, of Equine Guelph

WWW.SUNRISE-THERAPEUTIC.CA

This year we are introducing a second "Crowd Fundraiser" - Insulated Rain Sheets - \$199 each plus tax

- Six replacement rain sheets are needed for inclement weather
- The Sunrise paddocks have run-in shelters large enough to accommodate the horses in each paddock



HIKE 4 HORSES OCTOBER 2025

Event sponsor: The Home Depot

5km of beautiful country walking trails on 3 farms with a timed 5km competitive run. Hudson Bowman aged 10 - the youngest competitor and fundraiser beat the adults to win the race in 22 minutes 18 seconds, and raised an amazing \$700 in pledges for Sunrise!! Congratulations and appreciation to Hudson! Pictured below are volunteers from different local branches of The Home Depot.



L to R Damian B, Kevin C & Fiona M (all from Kitchener E) ,Jeremy K (Waterloo) ,Mike D (Kitchener W) Glenn L, Jixon J (Guelph)

CREATIVE DONOR SPOTLIGHT

Friends with a Purpose

Peggy Morrison, former Sunrise Board Member and ongoing supporter, teamed up with two friends - Heather Lowe & Liz O'Brien to collectively support their favourite charities. Every year they donate \$5,000 each for a total of \$15,000 to the charity of choice. It was Peggy's choice in 2025, and we were delighted that Sunrise was the recipient. Ladies, your generosity is greatly appreciated!



L to R: Peggy M, Heather L, Camilla Giffen (Sunrise Head Instructor), Liz O with therapy horse Nos



Photo L to R Lauren Hendricks, Inventory Marketing Coordinator, Suzy Bender, Sunrise Program Coordinator & Senior Instructor, Bryan Bibby, Used Car Manager

Honda Test Drive

Cambridge Centre Honda -- holds an Annual Test Drive for Charity. They donate \$10 for each test drive. This year they donated two months of the funds raised to Sunrise, for a total of \$3,390!! Thank you, Cambridge Centre Honda for choosing us again this year, your donation is greatly appreciated.

WE ❤ VOLUNTEERS

Ontario Volunteer Service Award

5 Sunrise volunteers were honoured with this Provincial award recognising their 5 years of service. We rely heavily on volunteers for the safe delivery of our many programs throughout the year, and value the longevity of this group of dedicated women.

Winter Program Volunteers Needed

Wednesday Evenings : 5.30pm and 6.30pm lessons - 2 hour commitment for each lesson to cover preparation prior to lesson & clean-up following.

Saturdays :8.30am to 4.30pm —Anytime during that timeframe would be greatly appreciated.

Summer Day Camp Volunteers Needed

July & August - daytime - flexibility . Riding lessons at Horse camp are Monday ,Tuesday, Wednesday & Thursday



L to R: Lesson volunteers Jackie Alexander, Diana Pingel, Michele Henderson, Fiona Ryder (Volunteer Coordinator & Instructor), Janice Ramolla, Not pictured here Nora Coulter (Newsletter & special event volunteer)

For further information on any of the above please contact Fiona Ryder, Sunrise Volunteer Coordinator 519-837-0558 Ext.35 fiona@sunrise-therapeutic.ca

SUMMER CAMP

2026 Camp Sunrise Registrations opened on January 2nd for returning campers with many applications already received. Registration for new campers opened on Wednesday, January 7th. Please refer to the Sunrise website for the registration link www.sunrise-therapeutic.ca or email lynne@sunrise-therapeutic.ca Camp spaces fill rapidly in January, so don't miss out on your preferred summer camp dates!



Sunrise Mission

To develop the full potential of children and adults with special needs through horse riding, therapy, education, recreation, and life skills programs, farm related and social activities. To further develop and expand Sunrise programming, to support a Residence/Respite Village Community.

SAVE THE DATES

- **"TASTE OF ITALY" Friday, February 6th, 2026**, hosted by **Guelph South Rotary Club** at the Puslinch Community Centre, in support of Sunrise. Tickets available at the Sunrise office, or payment online lynne@sunrise-therapeutic.ca - to pick up at the registration table on arrival at the event.
- **SUNRISE ANNUAL GENERAL MEETING - Monday, March 23rd 2026 at 7pm** Salvation Army Citadel, Gordon St. Guelph, and on Zoom - invitation to be circulated.
- **CELEBRATE SUNRISE! Sunday, June 14th, 2026 1pm to 4:30pm** at the Farm (Note: change of weekend due to Father's Day June 21st) **Sunrise's Signature fundraising event. Gourmet Lunch / Live & Silent Auctions / Visit the horses.** Tickets available at the Sunrise office or payment online --pick up at the registration table .
- **FOREST MEMORIAL & IN HONOUR CEREMONY, Sunday, September 20th, 2026, 2pm to 4pm** . Rain or Shine - includes visiting the horses at the stable .Light refreshments provided . Please bring your own lawn chair .When invitation circulated - RSVP appreciated to accommodate numbers .
- **HIKE 4 HORSES Fundraising Event -- Sunday, October 4th, 2026 12:30pm to 3:30pm.** Includes Hike on 5km of beautifully groomed farm trails / 5km competitive timed Run / Family Day fun activities & Marketplace including beautiful local Arts & Crafts



@sunrisetherapeutic

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Newsletter Development and Editing: Ann Caine
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Please email office@sunrise-therapeutic.ca or call to receive your newsletter by email, to request this publication in a different format, or to be removed from our mailing list.

Contact Us

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Web: (For further information) www.sunrise-therapeutic.ca

Office Hours: Mon - Fri 8:00 - 4:30

(Tours and visitors are welcome by appointment)

Sunrise is a proud member of:

Ontario Equestrian

Guelph Chamber of Commerce

Cambridge Chamber of Commerce

Volunteer Action Centre

SKIC (Supporting Kids in Camp)

Proud Partner of Equine Guelph,

through the Canadian Therapeutic Riding Association (CanTRA) Registered Charity # 11920 6027 RR0001

