

Free East Vancouver Summer Programs for Seniors

<u>Name</u>	<u>Location</u>	<u>Date</u>	<u>Programmer/ Program Information</u>	<u>Notes</u>
Greater Vancouver Taiwanese Seniors Association	Strathcona Community Centre, Activity Room	July 8-Aug 26, 2017 Sa: 10am-2pm	120017 Contact Mr. Fan, the President of the Greater Vancouver Seniors' Association at 604-616-0066 for further information.	Ages 50+ Register
Peking Opera	Strathcona Community Centre, Seniors Room	July 8-Aug 26, 2017 Sa: 2pm-5pm	120020 Contact 604-941-3268 or 604-276-9841 for detailed information	Ages 50+ Register
18-Form Qigong	Strathcona Community Centre, Seniors Room	On-going Th: 1pm-3pm	Chao Pan Sze 111505	Ages 50+ Drop-in
Qigong Tai Chi Chuen	Strathcona Community Centre, Seniors Room	July 10-Aug 28, 2017 Mo: 1pm-3pm	120021	Ages 50+ Drop-in
Seniors Tai Chi	Strathcona Community Centre, Seniors Room	July 5-Aug 30, 2017 Mo, We, Fr: 9:30-10:30am	120023	Ages 50+ Drop-in

Strathcona Chinese Stroke Club	Strathcona Community Centre, Seniors Room	July 6-Aug 31, 2017 Th: 9am-1pm	120024	Ages 19+ Drop-in
Wellness Drop-in	Strathcona Community Centre, Seniors Room	July 4-Aug 29, 2017 10am-12pm	120025	Ages 50+ Drop-in
Wu's Tai Chi	Strathcona Community Centre, Seniors Room	July 4-Aug 29, 2017 Tu: 1:30pm-3pm	120026	Ages 50+ Drop-in
Gathering and Craft Drop-in	Britannia Community Centre, Canuck Family Education	July 6-Aug 31, 2017 Th: 1pm-4pm	113815	Ages 55+ Free with registration
Elders Healing Circle	Britannia Community Centre, Al Mattison Lounge	July 5-Aug 30, 2017 12:15pm-3:45pm	113817	All ages welcome Drop-in
Healthy Choices For Seniors	Britannia Community Centre, Al Mattison Lounge	July 6-Aug 31, 2017 Th: 1pm-3pm	113826	Ages 55+ Free with registration
Seniors Weight Training	Mount Pleasant Community Centre, Fitness Centre	July 6-Aug 31 Th: 9:30-10:30am	108707	Ages 50+ Free with Flexi-Pass or Usage Pass
Fitness Centre Tour for Seniors	Mount Pleasant Community Centre, Fitness Centre	July 28, 2017 Fr: 3pm-4pm	Pedro Sem 108717	Ages 50+ Drop-in

Hearing Health Awareness	Mount Pleasant Community Centre, Meeting Room 2	Aug 2, 2017 We: 10am-12pm	106567	Ages 45+ Drop-in
STAMPS Good Neighbour Tea	512 Campbell Ave. Lounge	July 18 Tu: 1pm-2pm Aug 29 Tu: 1pm-2pm	Bob Wong @ Ray-Cam 604-257-6938	Ages 55+ Only STAMPS seniors Drop-in
Intergen Cards	Ray-Cam	July 19 We: 11am-12:30pm	Bob Wong @ Ray-Cam 604-257-6938	Ages 55+ Drop-in
STAMPS Seniors BBQ	512 Campbell Ave. Courtyard	Aug 15 Tu: 12pm-1pm	Bob Wong @ Ray-Cam 604-257-6938	Ages 55+ Only STAMPS seniors
Jackson Good Neighbour Tea	705 Jackson Ave. Lounge	Aug 24 Th: 2pm-3pm	Bob Wong @ Ray-Cam 604-257-6938	Only seniors from McLean Housing
Seniors Coffee Break	Trout Lake Community Centre, Grandview Room	July 4-Aug 22, 2017 Tu: 2:30pm-3:30pm	112398	Ages 50+ Please preregister
Mary's Walking Group	Trout Lake Community Centre, Centre Lobby	July 4-Aug 22, 2017 Tu: 11:15am-12pm	112396	Ages 50+ Meet in Trout Lake Centre lobby at 11:15am Please preregister

Leisure Access Program (LAP)

What is the LAP?

The Leisure Access Program provides Vancouver residents facing financial barriers access, at a reduced cost, to Park Board programs and services at participating community centres, rinks, pools and fitness centres. Once you qualify, this program will be loaded to your OneCard.

How can you benefit from the LAP?

The LAP offers free public swim, skate admissions and skate rentals at participating centres as well as one free aquarium visit. On top of that, the LAP allows you access to a variety of programs and services at a 50% discount and \$2 off admission to Dr. Sun Yat-Sen Classical Garden, HR MacMillan Space Centre, Museum of Vancouver and the Vancouver Maritime Museum.

Who is eligible for the LAP?

The LAP is available to residents of Vancouver who meet any of the following criteria:

- Low-income individuals/families
- Receive Income Assistance/have assigned Ministry of Social Development (MSDI) worker
- Have a red Busy Pass (Compass Card)
- Have a ministry issued Special Transportation Subsidy (STS)
- Receive Guaranteed Income Supplement (GIS)
- Receive Shelter Aid for Elderly Renters (SAFER)
- Receive services from a social services agency or organization in Vancouver
- Are a temporary foreign worker or refugee claimant pending adjudication
- Family which includes a child (17 & under) with a disability

How to apply for the LAP:

Visit your local community recreation facility, ask for a copy of the LAP brochure and fill out the application inside. Make sure you bring a photocopy of some proof of address (home utility bill dated within three months, lease agreement), a government issued ID and one of the following references:

- Red Bus Pass (Compass Card)
- Proof of Special Transportation Subsidy (STS)
- GIS or SAFER confirmation letter
- MSDI Income assistance cheque stub
- Confirmation of Assistance Letter
- MSDI office stamped application form
- 3rd Party Referral Form

If you wish to self-refer, please bring a proof of income statement (CRA Option C - request your option C online at cra.gc.ca/myaccount)

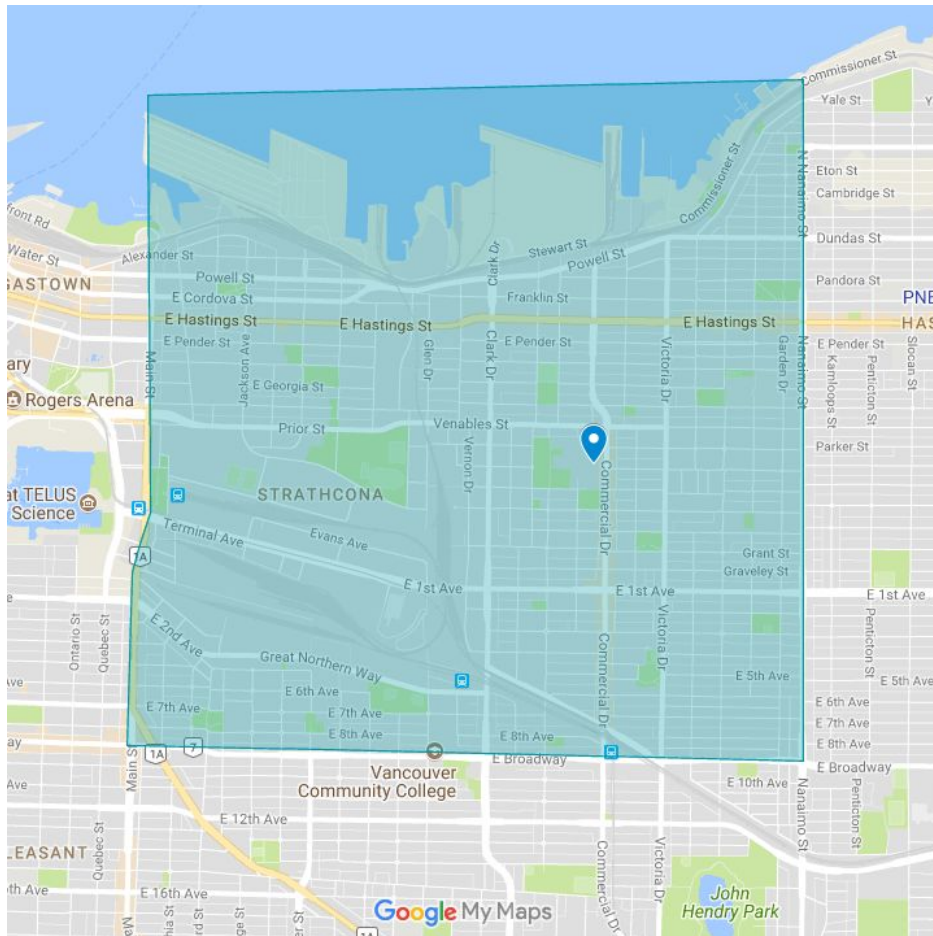
Alternatively, complete the online application at vancouver.ca/leisureaccess under "Apply and Renew".

Britannia's Subsidy Policy

It is Britannia's policy to make programs as accessible as possible to people who cannot afford to pay the full fee. Britannia would like to assist those who cannot afford the advertised cost of certain programs or activities. The following subsidies are available to improve accessibility:

- **Residents of Vancouver who participate in the Leisure Access Program**
 - May receive up to a maximum of 50% off certain programs by completing an application form and presenting it to a cashier.
- **Residents of Grandview Woodland Strathcona with a Leisure Access Card**
 - May, with the approval of a programmer, receive a further discount if needed. Resident boundaries are: Broadway to the waterfront and Nanaimo to Main.
- **Grandview Woodland Strathcona Residents without a Leisure Access Card**
 - May request a subsidy for certain programs up to 25% of course costs by completing an application for subsidy. For subsidies greater than 25% Grandview Woodland Strathcona residents need an appointment with a programmer and need to bring their Notice of Assessment from the previous year from Canada Customs and Revenue Agency. Resident boundaries are: Broadway to the waterfront and Nanaimo to Main.

Grandview Woodland Strathcona Subsidy Resident Boundaries:



Additional Resources

DTES Women's Centre Resource Guide:

<http://dewc.ca/wp-content/uploads/2015/03/DEWC-Resource-Guide-40-Page-Mar-2015.pdf>

Lu'ma Native Housing Society Guide to Aboriginal Resources in Greater Vancouver:

<http://lnhs.ca/wp-content/uploads/2010/01/Guide.pdf>