



Free Summer Program Guide

Free Programs from Britannia, Ray-Cam, Strathcona
Mount Pleasant, Hastings and Trout Lake Centres
Compiled by ALIVE



Free East Vancouver Summer Program Guide

Hastings Community Centre (604) 718-6222

<u>Name</u>	<u>Location</u>	<u>Date</u>	<u>Programmer/ Program Information</u>	<u>Notes</u>
Hastings Family Enrichment Drop-In	Hastings Community Centre, Family Drop-in	July 3-Aug 18, 2017 Mo,We,Fr: 9am-3pm Tu,Th: 12:30pm-3pm	95053 Contact Hastings Family Enrichment Centre 604-718-6233	Ages <6 Drop-in
Soil Building	Hastings Community Centre, Board Room	July 23, 2017 Su: 11am-12:30pm	Kim Del Valle Garci 100747 Contact Hastings Community Centre 604-718-6222	Ages 19+ Register
Mother Goose in the Park	Burrardview Park, 650 North Penticton St.	July 5-Aug 9, 2017 We: 10:30am-11am	Jennifer Yamazaki 95100 Meet in the Community Room underneath the St. James Cottage Hospice if it's raining	Ages 0-3 Caregivers must accompany their children Register Free with HCA membership

Strathcona Community Centre (604) 713-1838

<u>Name</u>	<u>Location</u>	<u>Date</u>	<u>Programmer/ Program Information</u>	<u>Notes</u>
Friday Night Hangout	Strathcona Community Centre, Community Room/Upstairs Kitchen	July 7-Aug 25, 2017 Fr: 6pm-9:45pm	119292	Ages 12-15 Drop-in
Friday Sports Gym	Strathcona Community Centre, Gymnasium	On-going	Jimmy Truong 109233	Ages 10-12 Drop-in
Strathcona Youth Night	Strathcona Community Centre, Games Room	July 7-Aug 25, 2017 Fr: 5pm-9:45pm	119294	Ages 13-17 Drop-in
Youth Friday Open Gym	Strathcona Community Centre, Gymnasium	July 7-Aug 25, 2017 Fr: 5pm-9:45pm	109233	Ages 9-12 Drop-in
Youth Friday Open Gym	Strathcona Community Centre, Gymnasium	July 7-Aug 25, 2017 Fr: 3pm-5pm	109234	Ages 13-18 Drop-in
Strathcona Youth Council	Strathcona Community Centre	On-going Sa: 1:30pm-3pm	N/A	Grades 8-12 Drop-in
Strathcona Youth Volunteer Corps	Strathcona Community Centre	On-going	Ask for an application form from the Community Centre Office or contact Sally for more info. sally.chan @vancouver.ca	Ages 13-18

Strathcona Canning Club	Strathcona Community Centre	On-going	Contact the food office if you are interested 604-713-1839.	Contact food office for more details
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
Karaoke Hours	Strathcona Community Centre, Seniors Room	July 5-Aug 30, 2017 We: 1pm-3pm	120018	Ages 19+ Drop-in
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
Main Street Farmers Market (Out trip)	Strathcona Community Centre, Games Room	July 19, 2017 We: 2pm-5pm Aug 16, 2017 We: 2pm-5pm	124285 Please register directly with the Food Program office at 604-713-1839.	Ages 5+ Register Meet in Games Room from 2pm-2:30pm \$20 in tokens will be provided to each family in the Leisure Access Program to compliment your weekly produce budget

Trout Lake Farmers Market (Out trip)	Strathcona Community Centre, Games Room	July 29, 2017 We: 10am-1pm	Lauren Brown 119121 Please register directly with the Food Program office at 604-713-1839.	Ages 5+ Register Meet in Games Room from 10am-10:30am \$20 in tokens will be provided to each family in the Leisure Access Program to compliment your weekly produce budget
Tu'wusht Project at the UBC Farm (Out trip)	Strathcona Community Centre, Games Room	Aug 14, 2017 Mo: 9:30am-3pm	Lorraine Hulobowich 119118	Ages 5+ Register Meet in games room at 9:30am Dress for the weather and wear closed-toed comfortable shoes
Container and Windowsill Herb Gardening	Strathcona Community Centre, Multipurpose Room	Aug 3, 2017 Th: 10am-11:30am	124277	Ages 5+ Pre-register by August 1st
Fall & Winter Gardening	Strathcona Community Centre, Multipurpose Room	Aug 5, 2017 Sa: 12:30pm-2pm	124278	Ages 5+ Register in person or by phone by August 3rd for sliding scale fee (\$0-\$10), \$10 otherwise

Britannia Community Centre (604) 718-5800

<u>Name</u>	<u>Location</u>	<u>Date</u>	<u>Program #</u>	<u>Notes</u>
Basketball Drop-in	Britannia Community Centre, Gymnasium C	July 2-Aug 27, 2017 Su: 12pm-1:55pm	Simon Yan 114715	Ages 11-18 Drop-in
Drop-in Open Gym	Britannia Community Centre, Gymnasium D	July 5-Aug 30, 2017 We: 5:30pm-7pm	Simon Yan 114716	Ages 11-18 Drop-in
Big Screen Movie Night	Britannia Community Centre, Teen Centre	July 6-Aug 31, 2017 Th: 7pm-9pm	114719	Ages 13-18 Drop-in
Indoor Soccer	Britannia Community Centre, Gymnasium D	July 4-Aug 29, 2017 Tu: 5:30pm-8pm	112729	Ages 11-18 Drop-in
Off The Grill	Britannia Community Centre, Family Activity Room	July 5-Aug 30, 2017 We, Fr: 6pm-8pm	Ian Marcuse 110187	Ages 11-18 Contact Ian Marcuse for more information 604-718-5895
Youth Swim	Britannia Community Centre, Pool	Year Round Fr: 8pm-10pm	120000	Ages 12-18 Drop-in
Pow Wow Dance Workout	Britannia Community Centre, Canuck Family Education Centre	Jul 6-Aug 24, 2017 Th: 5:30pm-7pm	Shyama Priya 116818	Ages 18+ Register
Sunday Night Movie Series	Britannia Community Centre, Al Mattison Lounge	July 9-Aug 27, 2017 Su: 6pm-9pm	113841	All ages welcome Drop-in

Knitting Social	Britannia Community Centre, Rink Mezzanine Room	July 5-Aug 30, 2017 We: 1pm-3pm	113828	All ages welcome Free with registration
Tertulias - Latin American Men's Group	Britannia Community Centre, Al Mattison Lounge	July 7-Aug 25, 2017 Fr: 5pm-8pm	113874	Ages 19+ Spanish speaking men's group Spanish speaking men's group for technical/professional networking and collaboration Drop-in
Latin American Women's Group	Britannia Community Centre, Al Mattison Lounge	July 5-Aug 30 2017 We: 4pm-6pm	113875	Ages 19+ Spanish speaking women's group 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

Carnival Band	Britannia Community Centre, Al Mattison Lounge	July 10-Aug 28, 2017 Mo: 7:30pm-10pm	114958	All skill levels and ages welcome Drop-in Suggested donation: 1 hours wages per month, pay what you can Bring your instrument or come listen and dance
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Mount Pleasant Community Centre (604) 257-3080

<u>Name</u>	<u>Location</u>	<u>Date</u>	<u>Programmer/ Program Information</u>	<u>Notes</u>
Games Room Drop-in	Mount Pleasant Community Centre, Games Room	July 1-Aug 31, 2017 Mo, Tu, We, Th: 3:30pm-7pm Fr: 3:30pm-9:45pm Sa: 12pm-6pm	106568	Ages 8-18 Drop-in
Youth Open Gym	Mount Pleasant Community Centre, Gymnasium	July 1-Aug 25, 2017 Mo, Th: 3pm-5pm Fr: 3pm-10pm Sa: 5pm-6pm	106611	Ages 10-18 Drop-in
Synergy 360	Mount Pleasant Community Centre, Fitness Centre	July 10-Aug 28, 2017 Mo: 5:30pm-6pm	Kevin Prudencio 108704	Ages 16+ Please register, drop-ins accepted if space will permit
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

Family Drop-in Gym	Mount Pleasant Community Centre, Gymnasium 2	May 7-Aug 20, 2017 Su: 1:30pm-3:15pm	109387	Ages 6-18, adults accompanying children welcome Drop-in
Mount Pleasant Park Festival	Mount Pleasant Park	July 29, 2017 Su: 6pm-11om	102503	All ages welcome, no registration necessary Bring your own lawn chair or picnic blanket

Ray-Cam Co-operative Centre (604) 257-6949

<u>Name</u>	<u>Location</u>	<u>Date</u>	<u>Programmer/ Program Information</u>	<u>Notes</u>
Summer 4 Teens	Ray-Cam or Capozzi Park Sports Court	Until August 23rd Mo,We,Th,Fr: 10:30am-4pm Tu: 4:30pm-8:00pm	Contact 604-257-6949	Registration Required Ages 13-19 Tuesdays will be in Capozzi Park for a BBQ Fridays are out trips
Evenings @ Capozzi Park with MoreSports	Capozzi Park	Until August 25th Mo,Tu,We, Th, Fr: 4:30pm-8:30pm	Contact 604-257-6949	Drop-in Mondays: BBQ and books Tuesdays: Youth Night BBQ Wednesdays: Art in the Park Thursdays and Fridays: MoreSports
Bright Family Futures	Ray-Cam or Maclean Park	Until the end of Summer Th: 4:30-7:00pm	Rebecca B. @ Ray-Cam 604-718-6550 rebecca.bartlett @vancouver.ca	Drop-in Ray-Cam for Cooking Nights and Maclean Park for BBQ Nights

CRAB Park Fridays	CRAB Park	Until the August 25th Fr: 11am-3pm	Rebecca B. @ Ray-Cam 604-718-6550 rebecca.bartlett @vancouver.ca	Drop-in
CRAB Park Waterpark	CRAB Park, Waterpark	Until the end of Summer Mo,Tu,We,Th,Fr : 11am-3pm	604-257-6949	Drop-in
Family Drop-in	Ray-Cam Seniors Centre	Until the end of Summer Sa: 12pm-4pm	Rebecca B. @ Ray-Cam 604-718-6550 rebecca.bartlett @vancouver.ca	Drop-in
Reading Tent	Ray-Cam Co-operative Centre	July 4-Aug 18, 2017 Mo,Tu,We,Th,Fr : 2pm-4pm	Contact 604-257-6949	Tent will be either outside in the back grass area or inside if it's raining. Open to all.
Gearing Up: Makers Series For Girls	Ray-Cam Seniors Centre	July 13-Aug 30, 2017 Th: 1:30pm-3pm	Contact 604-257-6949	Register Open to girls in grade 7-10
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

Trout Lake (604) 257-6955

<u>Name</u>	<u>Location</u>	<u>Date</u>	<u>Program #</u>	<u>Notes</u>
Community Clean Up with Keep Vancouver Spectacular	Trout Lake Community Centre, Willow Room	July 15, 2017 Sa: 10am-1pm	107343	Ages 12+
Community Clean Up with Keep Vancouver Spectacular	Trout Lake Community Centre, Willow Room	Aug 12, 2017 Sa: 10am-1pm	107344	Ages 12+
Electronic Clean Up	Trout Lake Community Centre, Willow Room	July 22, 2017 Sa: 10am-1pm	107347	Ages 12+
Youth Volleyball Drop In	Trout Lake Community Centre, Gymnasium 2 (South)	July 5-Aug 30, 2017 We: 5:30pm-6:30pm Fr: 7pm-9pm	115298/115308	Ages 13-18
Teen Weight Training: Boys	Trout Lake Community Centre, Fitness Centre	July 10-Aug 14, 2017 Mo: 4pm - 5pm	114826	Ages 13-18 Participants must be registered and have a parent guardian's consent
Teen Weight Training: Girls	Trout Lake Community Centre, Fitness Centre	July 12-Aug 9, 2017 We: 4pm - 5pm	114827	Ages 13-18 Participants must be registered and have a parent guardian's consent

UBC Law Students Legal Advice Program	Trout Lake Community Centre, Spruce Room	July 4-Aug 17, 2017 Tu, We, Th: 9:30am-4pm	112195	Ages 18+ Please call 604-822-5791 to schedule an appointment
Wednesday Night Summer Concert Series	Trout Lake Community Centre, Outdoor Performance Area	July 5-Aug 30, 2017 We: 6:30pm-8:30pm	112691	All ages welcome Rained out concerts will be held in the Grandview Room Drop-in
Music with Marnie Outdoor Concert	Trout Lake Community Centre, Outdoor Performance Area	July 24, 2017 Mo: 11am-11:45am	112569	Ages 3+ Please preregister and RSVP at www.MusicwithMarnie.com
Youth Badminton Open Gym	Trout Lake Community Centre, Gymnasium	July 3-Aug 28, 2017 Mo: 5:30pm-6:45pm	115299	Ages 13-18 Participants must have OneCard and be registered in Trout Lake Youth Participant Program
Youth Basketball Drop in	Trout Lake Community Centre, North Gymnasium (2)	July 7-Aug 25, 2017 Fr: 5:15pm-7:30pm	112942	Ages 13-18 Participants must have OneCard and be registered in Trout Lake Youth

				Participant Program
Youth Basketball Drop in #2	Trout Lake Community Centre, North Gymnasium (2)	July 5-Aug 23, 2017 We: 5:30pm-6:30pm	115300	Ages 13-18 Participants must have OneCard and be registered in Trout Lake Youth Participant Program
Youth Dodgeball Drop in	Trout Lake Community Centre, North Gymnasium (2)	July 7-Aug 25, 2017 Fr: 7pm-9pm	115297	Ages 13-18 Participants must have OneCard and be registered in Trout Lake Youth Participant Program
Youth Dodgeball Drop in	Trout Lake Community Centre, South Gymnasium (1)	July 7-Aug 25, 2017 Fr: 5:15pm-7pm	112941	Ages 9-12 Participants must have OneCard and be registered in Trout Lake Youth Participant Program
Lantern Procession Around the Lake Celebration	Trout Lake/John Hendry Park	Aug 30, 2017 We: 8:30pm-9pm	112692	All ages welcome, no registration necessary Bring your lantern from

				home if you have one
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>