

Seniors Services

CityPlan

Riley Park/South Cambie **RPSC**

The City's Role

The City supports services for seniors through the community centres and also through direct grants to community service organizations.

Vancouver's community centres offer seniors' courses and classes on fitness, health and wellness, arts and crafts, drop-in programs and, some centres offer excursions.

In many parts of the city, neighbourhood houses and independent seniors groups also provide services and activities for seniors.

Services in Riley Park/ South Cambie

Riley Park Community Centre, 50 E. 30th Avenue

A variety of recreational, social, educational and fitness programs for seniors are provided including: bridge, mahjong, carpet bowling, line dancing, Riley Park Senior Walkers, Swim and Social, Seniors' Weight Training, Flu Shot Clinic, special talks/events, and day trips.

The Seniors' Advisory Committee provides the opportunity for service users to give feedback to the programs and volunteers to join. Contact 604-257-8545 for more information.

Douglas Park Community Centre, 801 W. 22nd Avenue

Seniors' Social Club meets weekly every Tuesday afternoon to meet new people and enjoy social activities such as bingo, karaoke and guest speaker from the community. Dinner follows providing full course meal and entertainment. Iyengar Yoga and Tai Chi are among many fitness programs welcoming seniors.

Call the centre at 604-257-8130 for more information.

Little Mountain Neighbourhood House, 3981 Main Street

Seniors Live Wires provides potluck lunch held every 3rd Tuesday of each month from 12 to 2:30 pm. It is a good opportunity to meet other seniors in the community. Chinese seniors group meets very Wednesday from 1 to 3 pm. Other seniors programs for Latin American (United Seniors' Society of B.C.) and Vietnamese (Vietnamese Canadian Seniors's Society of Greater Vancouver) are also available.

Mid Main Community Health Centre, 3998 Main Street

This is a non-profit society committed to helping individuals maintain and improve health. A range of services are provided including medical, dental and community health. A clinical pharmacist is available to give support and consultations with patients around drug interactions and reactions. It also provides event space to local organizations, such as the Vietnamese Seniors Society.

For details, contact staff at 604-873-3666.

Services Nearby

Oakridge Seniors Centre, 513-650 W. 41st Avenue

The centre offers educational and recreational programs for adults 55 years and over. Programs include special events, bingo, VSB classes, day trips, bridge, crib, bowling, and walking club. Financial, health and legal seminars are also offered. Call 604-263-1833 for further information.

Jewish Community Centre, 950 W. 41st Avenue

The JCC has ongoing activities such as: poker, games, chess, discussion group, drama, drop-in bridge, arts & crafts, mahjong, yoga and seniors aquafit. Monthly movies on Mondays are available to members and non-members. Birthday celebrations, tea dance and forums catering to special

needs of seniors are scheduled on a regular basis. Regular arts programs include: beginning and intermediate classes for drawing and painting; music appreciation; and JCC showtime, which provides experience in singing or dance performance to an audience.

For seniors newsletter, programs and transportation needs, contact the Seniors Program Coordinator at 604-257-5111 ext.208.

NeighbourLink

NeighbourLink is a community-based service linking volunteers with neighbours who have practical needs. Volunteers help seniors with shopping, moving, yard work, transportation and visits. For more information call 604-732-4357.

Other Services for Seniors

For more information on services for seniors, contact Information Services Vancouver at 604-875-6381 or visit the website at:

www.communityinfo.bc.ca