



Spring

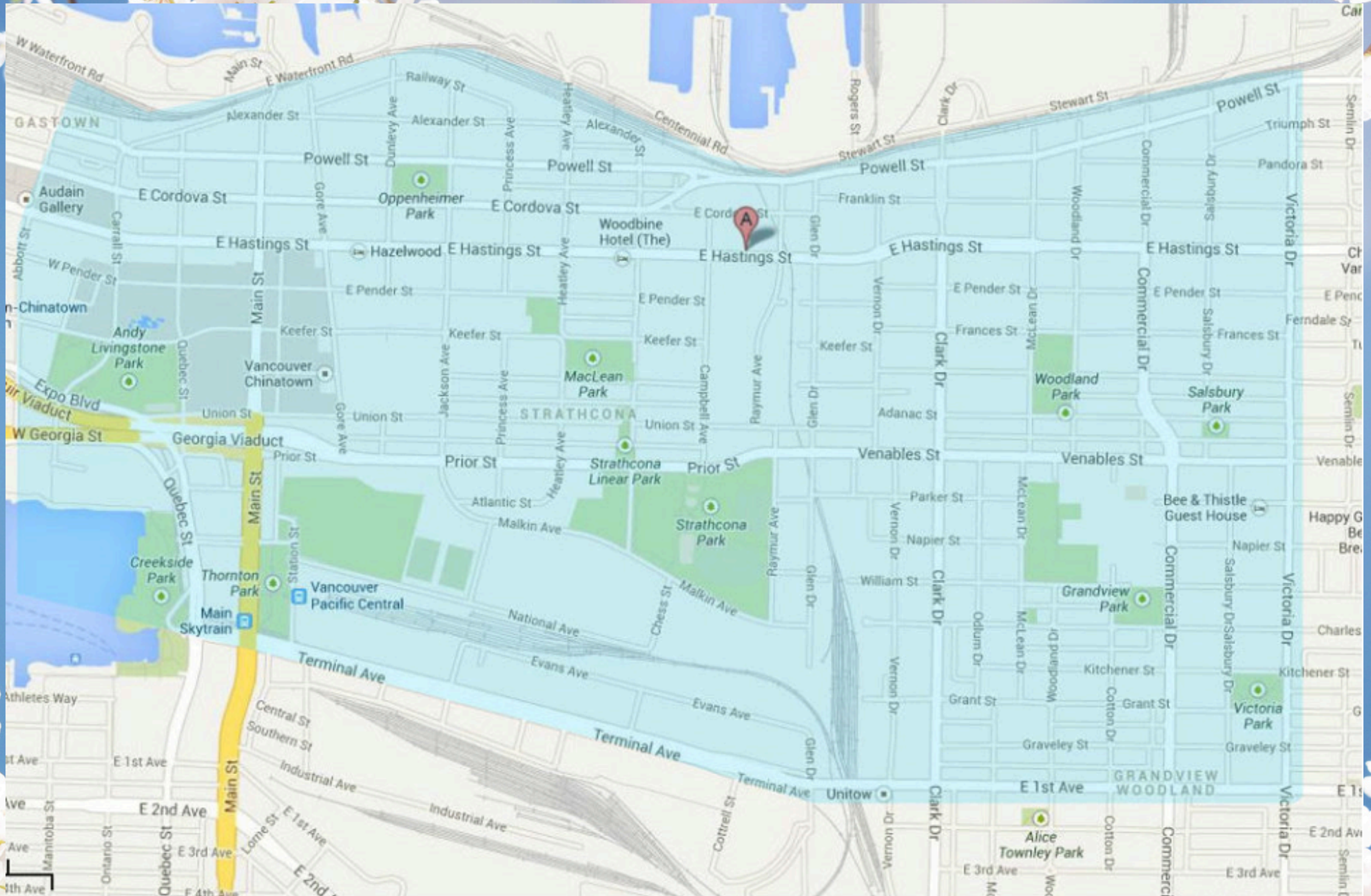
RAYCAM COOPERATIVE CENTRE SENIORS PROGRAMS

Drop Ins and Registered Spring Programs are for In-Catchment Participants Only

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RAYCAM IN-CATCHMENT MAP



RECREATION

Adults and Seniors - Cozy Crafters

Join us for a creative session of variable arts and crafts with Sofia and NICSS! No experience is necessary - all levels are welcome. Must register for the program. In-catchment participants only, please refer to the in-catchment map at the front desk.
Tu Apr 01-Jun 24 9:30 AM-11:30 AM
557475

Adults & Seniors - Tech Cafe

In partnership between the DTES Literacy Roundtable & UBC Learning Exchange program. Join us if you need help with technology devices and e-accounts needed. In-catchment participants only, please refer to the in-catchment map at the front desk
W Apr 02-Jun 25 1:00 PM-3:00 PM
557470

Seniors - Storytelling Circle

In partnership with the Seniors Arts and Health project. Do you have a story you want to share? Come join us every Tuesday with Jim to explore creative and variable stories in a group setting - Seniors living in catchment are welcome to share input and feedback in a respectful dialogue and in a safe space. Translation in Cantonese and Mandarin is available.
Tu Apr 01-Jun 24 11:00 AM-1:00 PM
557480

Adults & Seniors - Drop in to RayCam (Lobby Rec)

Come join center staff in the lobby for some activities, snacks and social connection among variety of activities such as arts & crafts, board games, small meals and many more! No sessions on April 18, 21 and May 19. You are welcome to join us Mon-Fri!
Apr 01-Jun 30 10:00 AM-2:00 PM

Seniors - Karaoke

Love singing your heart out? Come join us every Tuesday and sing your favorite songs! No experience necessary - all levels are welcome. Must register for the program. In-catchment participants only, please refer to the in-catchment map at the front desk. Snacks and refreshments available during the program.
W Apr 02-Jun 25 10:00 AM-12:00 PM
557478

Seniors - Bingo

Love playing Bingo? Come join us every Monday morning to play! No experience is necessary - all levels are welcome. Must register for the program. In-catchment participants only, please refer to the in-catchment map at the front desk. No sessions on April 21 and May 19
M Apr 07-Jun 30 10:30 AM-12:30 PM
557477

SPECIAL

Seniors Week Special - Indigenous Elder Workshop

Seniors Week Special - Indigenous Elder Workshop. Seniors living in-catchment are welcome to join the workshop in the Seniors Lounge. Snacks and refreshment included during the workshop.

Th Jun 05 9:30 AM-12:30 PM
557499

Seniors Week Special - Open House Seniors Event

Seniors Week Special - Open House Seniors Event. Seniors living in-catchment are welcome to join the event in the Seniors Lounge and Main Lobby. Snacks and refreshment available during the event.

W Jun 04 1:15 PM-3:15 PM
557502

ACTIVE

Adults & Seniors - Ping Pong Drop-in (in catchment)

Join our Seniors Ping Pong Program, no experience needed, just a willingness to have a great time! Whether you're a seasoned paddler or have never held a paddle before, this is your chance to enjoy light exercise, laughter, and friendly matches. This program for in catchment participants only. Please refer to the in-catchment map at the front desk. No session on April 21 and May 19.

Mon Mar 31-Jun 30 10:15 AM-12:45 PM
557467

Tues Apr 01-Jun 24 1:00 PM-3:30 PM
557468

Wed Apr 02-Jun 25 12:30 PM-3:30 PM
557469

Sat Apr 05-Jun 28 10:00 AM-12:30 PM
557464

Adults & Seniors - Pickleball and Badminton

Join us for our Seniors Badminton & Pickleball Program, where fun comes first and experience is optional! Whether you're a seasoned pro or have never picked up a paddle, this is your chance to stay active and meet new friends. Please wear appropriate active wear and shoes. In-catchment registered participants only. Please refer to the in-catchment map at the front desk. No sessions on April 21 and May 19

M Mar 31-Jun 30 1:00 PM-3:00 PM
557456

EDUCATION

Adults & Seniors - VCC Adult Upgrading

In partnership with the Vancouver Community College Adult Upgrading program. No sessions on April 21 and May 19

M Apr 07-Jun 30 12:30 PM-2:30 PM
557507

W Apr 02-Jun 25 12:30 PM-2:30 PM
557508

OUT-TRIPS

Seniors Out Trip - Britannia Shipyards/Steveson Pier

Seniors out trip to Britannia Shipyards/Steveson Pier. All Seniors must fill out a waiver form at the front desk before attending the out trip. In-catchment participants only, please refer to the in-catchment map at the front desk. Seniors must wear warm activewear clothing and walking shoes during the out trip. Snacks and lunch provided.
Fri May 23 10:00 AM-3:00 PM
557483

Seniors Out Trip - Granville Island

Seniors out trip to Granville Island. All Seniors must fill out a waiver form at the front desk before attending the out trip. In-catchment participants only, please refer to the in-catchment map at the front desk. Seniors must wear warm activewear clothing and walking shoes during the out trip. Snacks and lunch provided.
Fri Jun 20 11:00 AM-3:00 PM
557484

Seniors Out Trip - Nitobe Memorial Garden

Seniors out trip to Nitobe Memorial Garden. All Seniors must fill out a waiver form at the front desk before attending the out trip. In-catchment participants only, please refer to the in-catchment map at the front desk. Seniors must wear warm activewear clothing and walking shoes during the out trip. Snacks and lunch provided.
Fri Apr 25 11:00 AM-3:00 PM
557481

Seniors Week Special - Out Trip to Museum/Archives N. Van

Seniors Out trip to Museums & Archives of North Vancouver. All Seniors must fill out a waiver form before attending the out trip. In-catchment participants only, please refer to the in-catchment map at the front desk. Seniors must wear warm activewear clothing and walking shoes during the out trip. Snacks and lunch provided.
Fri Jun 06 11:00 AM-3:00 PM
557495

Seniors Week Special - Out Trip: Seniors Centre Lounge Crawl

We are going to visit multiple Park Board Center Seniors Centres mingling and meeting new people! All Seniors must fill out a waiver form before attending the out trip. In-catchment participants only, please refer to the in-catchment map at the front desk. Seniors must wear warm activewear clothing and walking shoes during the out trip. Snacks and lunch provided.
Tues Jun 03 10:00 AM-3:00 PM
557506



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recreation.vancouver.ca**