



# Spring

## RAYCAM COOPERATIVE CENTRE SENIORS PROGRAMS

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# 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 and RayCam. Join us if you need help with technology devices and e-accounts needed. Free drop in! Snacks and refreshments available during the program. 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 - all participants are welcome to share input and feedback in a respectful dialogue and 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**

(Activation Space)

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. All Seniors are welcome to join the workshop in the Seniors Lounge. Snacks and refreshment included during the workshop. Th Jun 05-Jun 05 9:30 AM-12:30 PM 557499

## **Seniors Week Special - Open House Seniors Event**

Seniors Week Special - Open House Seniors Event. All Seniors are welcome to join the event in the Seniors Lounge and Main Lobby. Snacks and refreshment available during the event. W Jun 04-Jun 04 1:15 PM-3:15 PM 557502

# ACTIVE

## **Seniors - Kidney BC Walk Program**

In partnership with Kidney BC Wellness Hub - this is a walk program open to all Seniors to attend. This program is built to help Seniors with transitional movement from couch to walking, stretches and some light warm up exercises. All levels are welcome! Join instructors of Kidney BC Wellness Hub every Friday at 10:00am starting at the Seniors lounge for some active participation and educative health resources.

F Apr 04-May 30 10:00 AM-11:00 AM  
557479

## **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

## **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.

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

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

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

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

# 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 Mar 31-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.

F 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.

F 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.

F Apr 18 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.

F 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.

Tu Jun 03 10:00 AM-3:00 PM  
557506



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