



No	Name of Organization	Phone Number
	Abbotsford Recreation & Culture Discovery Trail – 30 + kilometer of multi- use 	604-853-5485 Ext. 5819
1	North Vancouver Community Centres (pick up activity guide at any library) There are approximately 5 centres	604-987-7529 (play)
2	Vancouver Community Centres (pick up activity guide at any library) There are approximately 8 centres)	604-873-7000
3	Burnaby Community Centres (pick up an activity guide at the libraries) There are approximate 6 centres and the Edmond Centre to come 8 rinks is often available for recreational skating	604-294-7450
4	New Westminster Community Centres (pick up an activity guide at the library) There are approximately 5 centres (Moody Park Arena offers Loonie Skate on Monday and Wednesday afternoons	605-527-4567
5	Maple Ridge/Pitt Meadows Community Centre (about 4 centres)	604-463-5221
6	Ladner Community Centres	604-946-3310
7	Surrey Community Centres 6 seniors centres offering a variety of exercise services 2 community centres with swimming pools	604-591-4011
8	Nurse Hotline (Health Link BC) Operates 24/7 and connects the caller to nurses, pharmacists and other health professionals	811
9	Crisis Line	604-872-3311
10	Social Services Hot Line 24/7 Counselling Employment assistance Senior Services Language Classes Housing Legal Help Recreation Home Support Homeless Shelters Youth Services And much more	211

11	Tenants Resource and Advisory Centre Provides education and tenant information	604-255-0546 lower mainland 1-800-665-1185 toll free
12	Residential Tenancy Office	604-660-1020 lower mainland 250-387-1602 Victoria 1-800-665-8779 toll free
13	Fraser Health (to find home help resources)	604-587-4600 1-877-935-5669 toll free
14	Vancouver Coastal Health	604-736-2033 1-866-884-0888 toll free
15	Vancouver Island Health Authority	250-370-8699 1-877-370-8699 toll free
16	Northern Health Authority	250-565-2555 1-877-905-1155 toll free
17	Co-operative Housing Federation of BC	604-879-5111 1-866-879-5111 toll free
Free Walking Group; leisure walk 604-338-6570 Tandora Yeung		
18 Exercise/Play Opportunities for the physically challenged		
19	Stan Stronge Pool 700 West 57 th Avenue, Vancouver A fully accessible, warm temperature pool for people with physical disabilities Must have doctor's referral	604-301-3810
20	Vancouver Adaptive Snow Sports	604-646-8277
21	Vancouver Parks Board Adapted Fitness	604-257-8500
22	Vancouver Ocean Sports	604-685-5955
23	Connectra Call for various types of activities for the physically challenged www.connectra.org	64-688-6464
Outdoor Opportunities		
24	Cypress Hollyburn Mountain (exit 8 off Hwy 1) Trails marked with a black diamond are very advanced Trails marked in blue are intermediate You can reach the upper warming hut and beyond by several trails but good hiking boots are recommended However, please remember it is a mountain range	Offers mild, moderate and advanced hiking On Hollyburn mountain stay on the Stizmark Trail for easy walk/hike – trail sign is attached to the trees and it is green in colour Most other trails require some degree of climbing and waterproof hiking boots are recommended Hiking poles are also recommended to relieve the strain off knees as you are coming down hill
25	Cypress Mountain (downhill area) (exit off Hwy1) Bowen Island lookout is spectacular but could be a bit challenging Black Mountain is very long and challenging	The Yew Lake Loop offers easy hiking with many seating areas (benches) at the lake Offers a comfortable walk through the old growth forest, benches are available for rest

		Other very advanced hikes in this area and strong hiking boots are recommended to protect the ankles. Downhill areas are steep and unstable
26	Lighthouse Park off Marine Drive in West Vancouver	Some easy trails through the forest, some slight elevation and a demonstration/education centre located in the forest
27	Whytecliff Park in West Vancouver	Easy walk but if you have concerns about height you might want to consider another location
28	Mount Seymour Park in North Vancouver	Most walks have some elevation so again hiking boots are recommended
Prescription for Health – Doctor does an assessment for which he/she gets \$50.00 and the patient gets \$50.00 towards a pass for the Community Centre.		
29	Stanley Park in Vancouver	Offers easy walks throughout Cycle, walk or rollerblade around the sea wall
30	Queen Elizabeth Park off 33 rd Ave, Vancouver	Offers easy walks with an observatory
31	Central Park in Burnaby Corner of Boundary and Kingsway	Offers easy walks and exercise equipment
32	Queens Park in New Westminister	Easy Walks
33	Golden Ears Park in Maple Ridge As you enter the park watch for a variety of easy walks An interpretive walk is available and it is wheelchair accessible Alder Flats trail is very long and challenging	Easy walk will take you to the lower falls or to the lake Moderate hike will take you up the East Canyon trail – moderate but long hike, lake at the end of it. If you plan to do the loop leave early in the morning West Canyon Trail advanced Before setting out, watch for signs which might say “Cougar spotted”
34	Como Lake Trail off Braid Street in New Westminister	Easy walking around the lake
35	Cycling Also, check your municipality for cycling trails , there are many safe car free trails	Pick up a lower mainland cycling map at any cycle shop and at Mountain Equipment Co-op
36	Cross country Skiing	Cypress,
37	Snow Shoeing	Cypress Hollyburn offers an easy snow shoe through old growth forest to the lodge; beyond this point it becomes challenging
38	Snow Shoeing	Mount Seymour most of the trails here present some challenge
		Grouse, easy snow shoe to the turn off to Dam Mountain beyond this it is very challenging
		At Grouse there is an “easy” snow shoe through the trees
		Around the Yew Lake Loop at the downhill area at Cypress

39	City Walking	The trail beneath the skytrain offers easy walking in all municipalities
40	Swimming	All municipalities parks department have swimming pools and offer swimming lessons
41	Dancing	Dancing lessons are offered at most night schools and at most parks and recreation departments
42	Adult Ice Skating	Moody Park Arena, Mondays and Wednesday afternoons
43	Bounce Back	Need a referral from your doctor and deals with depression
44	Nanaimo Waterfront	Easy walking with great views
45	Nanaimo Parks and Rec	250-756-5200
	Prince George Parks and Recreation	250-561-7600
46	Mall Walking at Pine Ridge Shopping Centre	
47	Otway trails	Cross Country Skiing, Snow Shoeing and hiking in the summer
	White Rock Parks & Recreation	604-541-2161
48	Centennial Park and Leisure Centre	14600 North Bluff Road
49	Kent Street Activity Centre	1475 Kent Street
50	Community Centre	15154 Russell Avenue
51	Water Front off Marine Drive	Great Walking area year round
52	Network of Trails called Duprez Ravine	Covers the bluff down to Marine
	Duncan, BC	
53	Cowichan Community Centre 250-748-7529	2687 James Street
54	Kerry Park Recreation 250-743-5922	1035 Shawnigan, Mill Bay Rd
	Quesnel	
55	Quesnel & District Arts and Recreation 250-992-8200	500 North Star Road
	Prince Rupert	
56	Jim Ciccone Centre 250-624-6707	1000 McBride Street
57	Earl Mah Aquatic Centre 250-627-7946	1000 McBride Street
58	Prince Rupert Racquet Centre 250-627-1167	525 – 9 th Ave W
	Terrace	
59	Terrace Aquatic Centre 250-615-3030	3320 Kalum Street
60	Northcoast Health & Fitness Centre 250-635-6500	4818 E Hwy 16 W
	Kitimat	
61	Riverlodge Recreation Centre 250-632-8970	654 Columbia Ave W
62	Sam Lindsay Memorial Pool 250-632-8955	400 City Centre
63	Tamtik Sports Complex 250-632-8955	400 City Centre
	Victoria and area	
64	Victoria Parks & Recreation 250-478-3344 (ask about the Galloping Goose Trail, maps will be available)	490 Atkins Ave

65	Galloping Goose Trail	55km multi-use trail
66	Esquimalt Parks & Recreation 250-412-8500 (pool)	527 Fraser St, Esquimalt
67	Esquimalt Parks & Recreation 250-415-8525 (skating rink)	1151 Esquimalt Rod
68	West Shore Park & Rec 250-478-8384	1767 Island Hwy
69	Saanich Parks & Recreation 250-475-1775	770 Vernon Road
70	Dallas Road (great easy walking)	Foot of Douglas Street, Victoria
71	Beacon Hill Park (great easy walking)	Foot of Douglas Street, Victoria
72	Water Front around the downtown area	Victoria enter off Government Street
74	Panorama Recreation Centre 250-656-7271	www.panoramarecreation.ca
Kelowna		
	www.kelowna.ca (lots of classes)	
	Stuart Park Ice Rink	Outdoor rink along the lakeside promenade
	Fitness in the park	Need a permit if you are going to teach
	www.tourismkelowna.com 1-800-663-4345 250-861-1515	Information on hiking and walking trails
	Cross Country skiing Great for hiking in the summer	McCulloch Lake
	Crystal Mountain snowshoeing	
	Kettle Valley Railway Cycling Tours 1-250-862-2469 (operates spring and summer)	Depart from the Delta Grand 1310 Water Street
	Waterfront Boardwalk	Lake Front Promenade
	Kayak 250-764-6462	Gyro Park
	Cycling in Kelowna (maps, cycling tips) Plan cycling routes	www.kelowna.ca maps.google.ca/biking
	Transit information	250-860-8121
	Handy Dart/Community Buses	250-762-3278
Sidney		
	Community Wellness Park – located next to the Library. It promotes a safe and healthy outdoor exercise environment for the community	10091 Resthaven Drive 
Fee for Service		
1	Nordixx Walking (Victoria)	Linda4success@shaw.ca Introduction meeting is free but there is a charge for the classes
2	Anna Fodchuk (Victoria) (Urban Pole Instructor) Demo poles provided Fee for clinics Also yoga therapy	roomforyoga@yahoo.ca 250-888-7210

3	Lisa Wild (Keenfit Pole Walking Instructor, North Shore)	lisa__wild@hotmail.com
4	Wise Sister's Consulting (Inspiring Positive Change) Metro Vancouver	fay@WiseSistersConsulting.ca www.wisesistersconsulting.ca
5	BC Psychological Association - Remember you can ask your doctor for a referral	604-730-0522 or 1-800-730-0522
6	Keenfit Nordic Walking (Kelowna)	www.keenfit.ca

Last updated September 2013