



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

11	<b>Tenants Resource and Advisory Centre</b> Provides education and tenant information	604-255-0546 lower mainland 1-800-665-1185 toll free
12	<b>Residential Tenancy Office</b>	604-660-1020 lower mainland 250-387-1602 Victoria 1-800-665-8779 toll free
13	<b>Fraser Health</b> (to find home help resources)	604-587-4600 1-877-935-5669 toll free
14	<b>Vancouver Coastal Health</b>	604-736-2033 1-866-884-0888 toll free
15	<b>Vancouver Island Health Authority</b>	250-370-8699 1-877-370-8699 toll free
16	<b>Northern Health Authority</b>	250-565-2555 1-877-905-1155 toll free
17	<b>Co-operative Housing Federation of BC</b>	604-879-5111 1-866-879-5111 toll free
<b>Free Walking Group; leisure walk 604-338-6570 Tandora Yeung</b>		
<b>18 Exercise/Play Opportunities for the physically challenged</b>		
19	<b>Stan Stronge Pool</b> 700 West 57 <sup>th</sup> Avenue, Vancouver A fully accessible, warm temperature pool for people with physical disabilities <b>Must have doctor's referral</b>	604-301-3810
20	<b>Vancouver Adaptive Snow Sports</b>	604-646-8277
21	<b>Vancouver Parks Board Adapted Fitness</b>	604-257-8500
22	<b>Vancouver Ocean Sports</b>	604-685-5955
23	<b>Connectra</b> Call for various types of activities for the physically challenged <a href="http://www.connectra.org">www.connectra.org</a>	64-688-6464
<b>Outdoor Opportunities</b>		
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
29	Stanley Park in Vancouver	Offers easy walks throughout Cycle, walk or rollerblade around the sea wall
30	Queen Elizabeth Park off 33 <sup>rd</sup> 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 <b>municipality for cycling trails</b> , 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
<b>43</b>	<b>Bounce Back</b>	<b>Need a referral from your doctor and deals with depression</b>
44	Nanaimo Waterfront	Easy walking with great views
45	Nanaimo Parks and Rec	250-756-5200
	<b>Prince George Parks and Recreation</b>	<b>250-561-7600</b>
46	Mall Walking at Pine Ridge Shopping Centre	
47	Otway trails	Cross Country Skiing, Snow Shoeing and hiking in the summer
	<b>White Rock Parks &amp; Recreation</b>	<b>604-541-2161</b>
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
	<b>Duncan, BC</b>	
53	Cowichan Community Centre <b>250-748-7529</b>	2687 James Street
54	Kerry Park Recreation <b>250-743-5922</b>	1035 Shawnigan, Mill Bay Rd
	<b>Quesnel</b>	
55	Quesnel & District Arts and Recreation <b>250-992-8200</b>	500 North Star Road
	<b>Prince Rupert</b>	
56	Jim Ciccone Centre <b>250-624-6707</b>	1000 McBride Street
57	Earl Mah Aquatic Centre <b>250-627-7946</b>	1000 McBride Street
58	Prince Rupert Racquet Centre <b>250-627-1167</b>	525 – 9 <sup>th</sup> Ave W
	<b>Terrace</b>	
59	Terrace Aquatic Centre <b>250-615-3030</b>	3320 Kalum Street
60	Northcoast Health & Fitness Centre <b>250-635-6500</b>	4818 E Hwy 16 W
	<b>Kitimat</b>	
61	Riverlodge Recreation Centre <b>250-632-8970</b>	654 Columbia Ave W
62	Sam Lindsay Memorial Pool <b>250-632-8955</b>	400 City Centre
63	Tamtik Sports Complex <b>250-632-8955</b>	400 City Centre
	<b>Victoria and area</b>	
64	Victoria Parks & Recreation <b>250-478-3344</b> (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 <b>250-412-8500</b> (pool)	527 Fraser St, Esquimalt
67	Esquimalt Parks & Recreation <b>250-415-8525</b> (skating rink)	1151 Esquimalt Rod
68	West Shore Park & Rec <b>250-478-8384</b>	1767 Island Hwy
69	Saanich Parks & Recreation <b>250-475-1775</b>	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 <b>250-656-7271</b>	<a href="http://www.panoramarecreation.ca">www.panoramarecreation.ca</a>
<b>Kelowna</b>		
	<a href="http://www.kelowna.ca">www.kelowna.ca</a> (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
	<a href="http://www.tourismkelowna.com">www.tourismkelowna.com</a> <b>1-800-663-4345</b> <b>250-861-1515</b>	Information on hiking and walking trails
	Cross Country skiing Great for hiking in the summer	McCulloch Lake
	Crystal Mountain <b>snowshoeing</b>	
	Kettle Valley Railway Cycling Tours <b>1-250-862-2469 (operates spring and summer)</b>	Depart from the Delta Grand 1310 Water Street
	Waterfront Boardwalk	Lake Front Promenade
	Kayak <b>250-764-6462</b>	Gyro Park
	Cycling in Kelowna (maps, cycling tips) Plan cycling routes	<a href="http://www.kelowna.ca">www.kelowna.ca</a> <a href="http://maps.google.ca/biking">maps.google.ca/biking</a>
	Transit information	<b>250-860-8121</b>
	Handy Dart/Community Buses	<b>250-762-3278</b>
<b>Sidney</b>		
	<b>Community Wellness Park</b> – located next to the Library. It promotes a safe and healthy outdoor exercise environment for the community	10091 Resthaven Drive 
<b>Fee for Service</b>		
1	Nordixx Walking ( <b>Victoria</b> )	<a href="mailto:Linda4success@shaw.ca">Linda4success@shaw.ca</a> Introduction meeting is free but there is a charge for the classes
2	Anna Fodchuk ( <b>Victoria</b> ) (Urban Pole Instructor) Demo poles provided Fee for clinics Also yoga therapy	<a href="mailto:roomforyoga@yahoo.ca">roomforyoga@yahoo.ca</a> <b>250-888-7210</b>

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

*Last updated September 2013*