

**Chilliwack Family YMCA** is a charitable association dedicated to the development of people in spirit, mind and body as well as the improvement of local, national and international communities. The Hocking Centre houses a pool, squash courts and a range of fitness facilities as well as offering fitness and wellness programs. Membership plans for seniors are available, and there is an opportunity for financial assistance if necessary. The following wellness programs, of interest for seniors, require registration.

- **Cardiac Care** is a specialized program, delivered under medical supervision, which provides a phased-in exercise program for those with chronic or post-acute cardiac conditions. Doctor's referral required.
- **Osteofit** is an exercise and education program promoting independent function and mobility and the prevention of falls. This program aims to improve posture, strength, balance and endurance.

### Did You Know....

- Adults aged 65 years and older should accumulate at least 150 minutes of moderate to vigorous intensity, aerobic physical activity per week; and
- Add muscle and bone strengthening activities, at least 2 days per week.

*Canadian Physical Activity Guidelines.  
Canadian Society for Exercise  
Physiology; 2012*

### Did You Know....

- Just over half of adults age 18-64 are overweight or obese, but more than two-thirds of seniors age 65+ are overweight or obese
- Physical activity levels begin to drop dramatically for seniors after age 70 increasing the risk of chronic disease
- A healthy lifestyle can slow the aging process

*Aging Well in BC Report  
Premier's Council on Aging and Seniors'  
Issues: 2007*

Contact the YMCA to find out more about other seniors-friendly programs such as: Lifestyle Fitness, Stretch, Fundamental Fitness, Better Bones and Balance, Synergy Gold, Zumba Gold, Yoga and Aquafit.

**Phone:** 604-792-3371

**Leisure Centres** offer swimming pools, gyms, and squash and basketball courts. They also offer a variety of fitness and aquatic programs. For more information regarding fitness programs of interest for seniors, such as Sit & Be Fit and Cardio Light, contact:

**Chilliwack Landing Leisure Centre**

**Phone:** 604-793-7946

**Cheam Leisure Centre**

**Phone:** 604-824-0231

**Seniors' Skate Time, City of Chilliwack, Recreation & Culture** offers Seniors' Skate times and Seniors' Drop-In Hockey at the arenas. Visit the website for a skate schedule.

**Phone:** 604-793-2904

**Chilliwack and District Seniors' Resources Society (CDSRS)** weekly activities include badminton, table tennis, carpet bowling, floor curling, bocce ball, pickle ball, chair yoga and line dancing. Activities take place at the Evergreen Hall and the Landing Sports Centre between Monday and Friday. Days and times vary.

**Phone:** 604-793-9979

## Athletic Clubs

Contact the **Chilliwack and District Seniors' Resources Society (CDSRS)** for more information about the following athletic clubs for older adults.

Chilliwack Seniors Soccer Club  
Seniors' Indoor Soccer (over 60)  
Evergreen Senior Carpet Bowlers

Chilliwack Oldtimers Soccer  
Oldtimers' Hockey League  
Chilliwack Lawn Bowling

Jolly Miller Senior's Hockey  
Chilliwack Seniors Slo-Pitch

**Gwynne Vaughan Park Community Garden** offers community garden plots for rent for Chilliwack residents. Annual cost of a garden plot includes: membership in the GVP \$10 (lifetime membership for \$100), annual fee for a plot \$10, and storage space for tools, if desired \$5. Plots are in high demand, and there is often a waiting list.

**Phone:** 604-858-6310

**Sunshine Garden, Chilliwack Society for Community Living** provides 60 garden plots for rent for \$26 annually for community members to garden. There are several raised garden beds and gravel pathways to accommodate people with mobility issues.

**Email:** [community.garden@cscl.org](mailto:community.garden@cscl.org)

**Community Schools, School District #33** offer a variety of recreation, education & cultural activities that may be of interest for older adults. The six community schools are **Central Elementary Community School, Cultus Lake Community School, Greendale Elementary Community School, Promontory Community School, Rosedale Traditional Community School, and Yarrow Community School**. Check each location for program options. See the directory for contact information for each school.

**The 55+ BC Games, BC Seniors Games Society** is an annual multi-sporting event for people aged 55+. There are 20 to 29 individual sports events. To register for the Games you must be a resident of BC, and 55 years old by December 31 of the year of the Games, except for Track and Field, where you must be 55 years old by the date of the Games. Registration deadlines and a complete list of games available on-line.

**Phone:** 604-824-7963

**Provincial Park Seniors' Camping Discounts** are available at many parks for BC residents 65 years of age and older. The discounts apply from the day after Labour Day to June 14th. The seniors' rate is half of the regular summer camping fee. If the winter camping fee is less than the seniors' rate, it will apply. For more details, contact the specific park of interest or call **Service BC**.

**Phone:** 604-795-8415

**BC Seniors' Fishing License** is available for BC residents who are 65 years of age or older at the time of licence purchase. Seniors can buy a basic annual Non-tidal Angling licence for a reduced fee. For more information contact **Service BC**.

**Phone:** 604-795-8415

The **Seniors' Hunting License Discount** is applicable for BC residents, who are Canadian citizens and 65 years of age or older. A licence to hunt wildlife is reduced from \$32.00 to \$7.00 plus tax, for seniors. Contact **Service BC** for more information or to purchase a licence.

**Phone:** 604-795-8415

