

North Vancouver Recreation & Culture Commission

Seniors' Programming



NORTH VANCOUVER
**Recreation
& Culture**

NVRC Mandate

The North Vancouver Recreation & Culture Commission is an entity of the City and District of North Vancouver; created to fulfill the municipalities' responsibilities for culture and recreation. These responsibilities include the provision of quality recreation and culture experiences, operation of community recreation facilities, capacity building of relevant culture and recreation organizations, management of the public art programs and oversight of the community arts grants.



Public recreation is:

- Sports and physical activity...and so much more
- Artistic, creative, cultural, social and intellectual activities
- A fundamental human need that is essential to the psychological, social and physical wellbeing of each Canadian
- An essential social service in the same way that health and education are essential social services

Source: Adapted from the National Recreation Statement endorsed by all provincial, territorial and federal governments

Senior's Programming

NVRC offers programming to Seniors in a variety of ways.

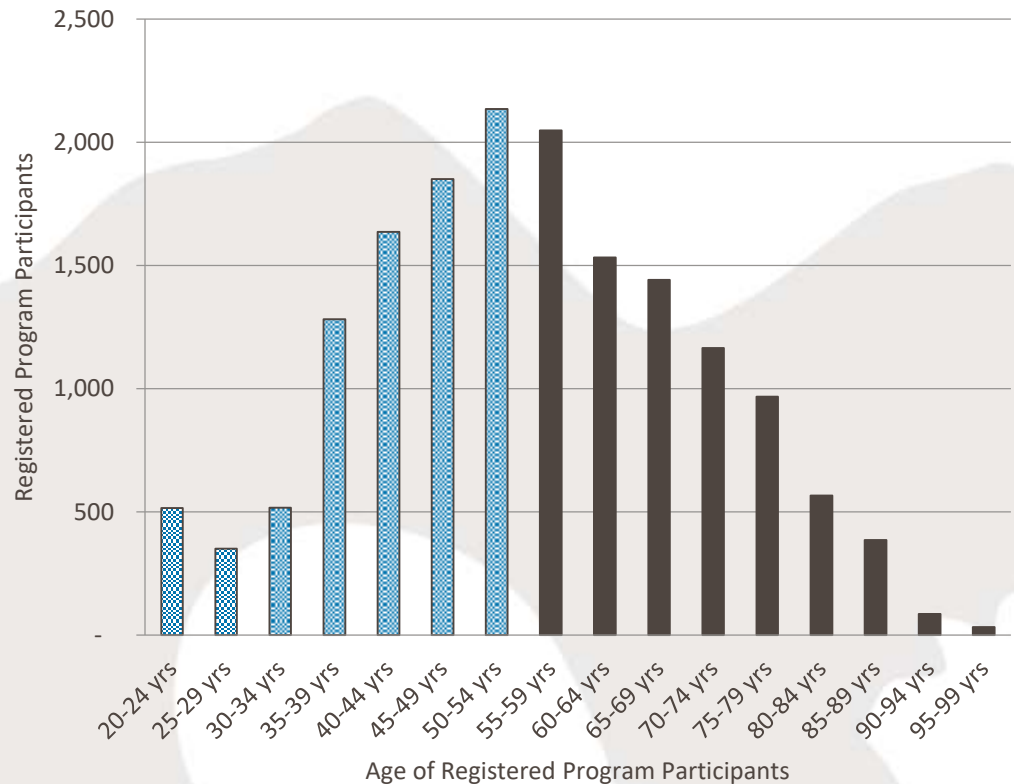
- NVRC adult 55+ specific programs in Arts, Sports, Aquatics, Fitness and Social programs
e.g. Ageless Yoga
- NVRC adult and all ages programs that are also well suited to the needs of Seniors 55+
e.g. program times, skill levels
- NVRC aims to provide opportunities to all ages, stages and skills of Adults 55+
- NVRC offers low cost opportunities and support for those with financial barriers (i.e. Access Program)

NVRC Client Demographics

2016 NVRC Registered Program User Stats

- **56 years** - Average age of all adult NVRC program registrants
- **16,885** registered program participants are aged 55 years and older
- **50%** of all adult NVRC program registrants are 55 years and older

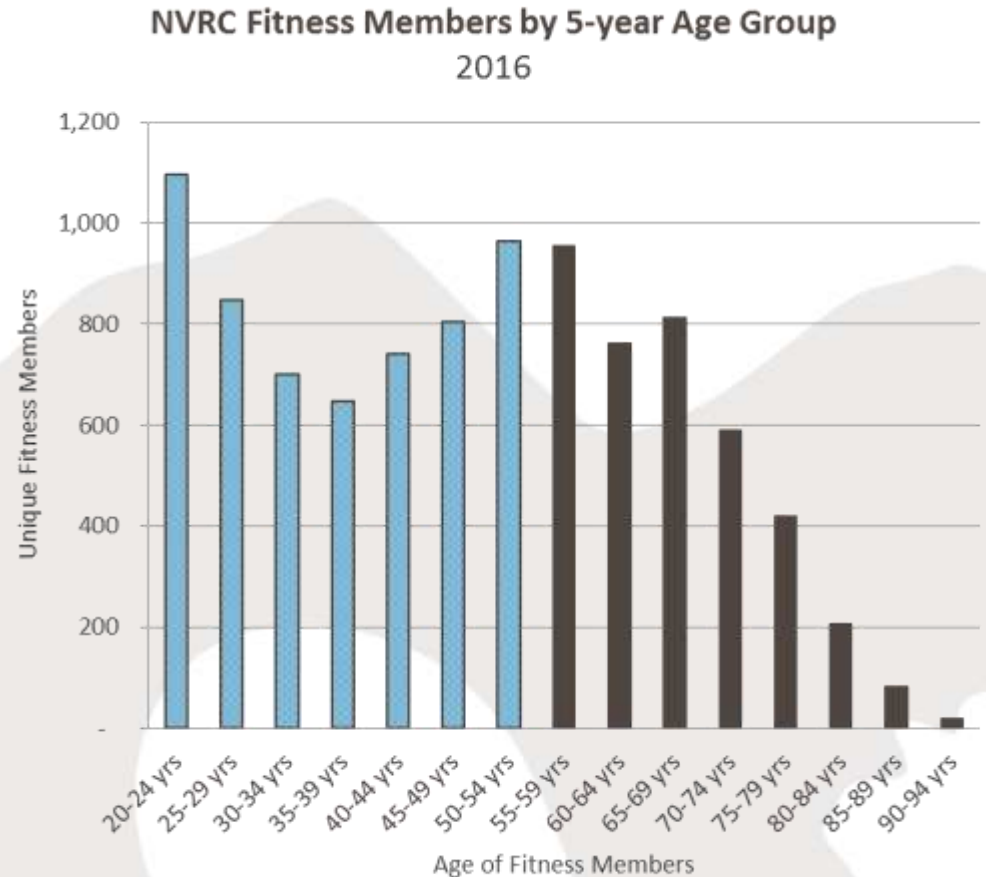
Registered Program Participants by 5-year Age Group
2016



NVRC Client Demographics

2016 NVRC Fitness Member User Stats

- **48 years** - Average age of all *adult* NVRC fitness members
- **3,855** unique NVRC fitness members aged 55 years and older
- **40%** of all *adult* NVRC fitness members are 55 years and older



Existing NVRC Services for Seniors



Fitness

- Circuit Training
- Zumba Gold
- Ageless Yoga
- Osteofit
- Aerobics Mild
- Seniors Stretch
- Specialty Rehab
- And more...



Sports and Racquets



- Tennis
- Pickleball
- Drop-in Sports
- Badminton
- Table Tennis



Social and Intellectual Programs



- Quilting
- Bridge
- Sunday Tea Dance
- Music



Arts



- Pottery & Sculpture
- Drawing & Painting
- Music
- Dance



Martial Arts



- Tai Chi
 - Beginner
 - Intermediate
- Qi Gong
- Ki Aikido
- Martial Gym
- Tae Kwon Do
 - Beginner

Aquatics

- Aquafit
- Stroke Rehab Aquafit
- Active with Arthritis 1 & 2
- Waterjoints
- Lane swimming
- Swimming lessons
- Public swimming



New Delbrook Seniors Programs

The opening of the new Delbrook Community Centre provides more opportunities for Seniors to be active and connected in their community. Here is a taste of activities for Seniors at Delbrook:

Social: Quilting, Bridge & Sunday Tea Dance

Arts: Painting, Drawing, Sculpture, Pottery, Drumming, Guitar, Ukulele, Workshops

Health & Wellness: Tai Chi, Qi Gong, Chair Aerobics, Mild Aerobics, Meditation, Feldenkrais, Aquafit, Stretch, Yoga, Zumba

Sports: Drop In Sports, Pickleball, Badminton

NVRC Supporting Seniors' Needs Better

- Identify the key recreation & culture related gaps in NVRC services
- Agencies' perspective on gaps that exist
- Best practices for connecting with isolated or disconnected seniors



Opportunities for Collaboration

Moving forward, NVRC and other seniors' service providers could identify opportunities to work together.

- Collaborating increases our collective capacity to expand our reach and serve seniors who may be isolated and disconnected.
- Working together we can combine our assets and resources to provide improved programming for the seniors community
- Using a community recreation lens the NVRC strives to provide diverse and well rounded program opportunities for seniors in all demographics.