

December 23, 2013

Grant funds recreation for seniors

The City of Campbell River has received a \$5,000 grant to support a recreation program for seniors whose needs are not met by existing fitness programs.

The program will be offered to older adults, who live with limitations, to improve their activity level and help keep them socially engaged with enhanced physical independence. The structured exercise program will include a personal assessment, an education component and a social component with the Campbell River Seniors Centre Society.

“The UBCM Age-friendly Community Planning and Project Grant will help offer an exercise and social program for older adults whose health needs are not being met by current community programs,” says Ross Milnthorp, the City’s general manager of parks, recreation and culture. *“Having an appropriate class will help older adults who are less physically able to increase their fitness level and improve their overall health and quality of life.”*

In Campbell River, from 2006 to 2011, the 65-plus age group increased by 31.5 per cent. Stats Canada indicates the median age of adults in Campbell River is five years above the Canadian average.

For more information regarding our programs, please call the City of Campbell River Recreation and Culture Department at the Community Centre, 250-286-1161, or the Sportsplex, 250-923-7911.

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