

What is Ray-Cam?

- It's a neighborhood centre for young and old
- It's a place for recreation and social activities, where new skills can be learned
- It provides personal and family support services
- It has out-of-school, pre-school and day-care programs for children
- It's a place where friends meet
- It has a gym as well as hobby and games rooms
- It provides a drop-in lounge and free phone

What are its purposes and objectives?

To operate programs which effectively advance the opportunities and abilities of children and youth in the community.

To promote a spirit of neighborliness and mutual assistance through direct involvement in the community.

Hours

Ray-Cam is closed all Holidays.

Monday 9 am - 10 pm
Tuesday 9 am - 10 pm
Wednesday 9 am - 10 pm
Thursday 9 am - 10 pm
Friday 9 am - 10 pm
Saturday 9 am - 5 pm
Sunday 12 pm - 4 pm

Registration, Fees & Membership

Most recreation programs at the centre are free to residents of the Strathcona and Downtown Eastside neighborhoods. Some programs may require a small fee. Registration and consent forms are required for all children and youth programs.

Membership in the Community Association is free for residents of the Strathcona and Downtown Eastside. You must be a member of the Community Association to register for programs, check out equipment, use the fitness centre or use the dark room.

Member of the Cooperative Association is \$2 for 2 shares and entitles the member to vote the Annual General Meeting and to run for the Board of Directors.

All youth and children's programs except licensed childcare are free or low cost but membership is required. Membership is available for free to all those in our catchment area.

Children grade 6 and under are not allowed in the centre after 8 pm unless they are registered in a program with a parent or guardian. Games room and computer room may be unsupervised drop-in spaces.

Board of Directors

Judy McGuire	Linda Tallio	Debbie Krull
Helen Van Wart	Sherry Murray	Rosie Shandil
Ariadne Armond	Robin Garcia	Cassandra Someon
Jennifer Guest	Dennis Tallio	Annie Su
Lorelei Hawkins	Laura Baptiste	Guy Wakeman
Tim Houchen	Majid Alemi	Ru Ling Zhou
Ruby Langan	Andrea Esslemont	Don Wadhams
Gina Hawkins	Diane Johnson	Amanda Pollicino



Programs for Adults

Spring 2018

April 9 - June 23

CLOSED - May 21st

Tel: **604 257-6949**
 Fax: **604 257-6944**
 Email: raycamcc@vancouver.ca
 Webpage: www.raycam.com
 Facebook: <https://www.facebook.com/raycamcentre/>



Adults

VCC Upgrading

Monday - Thursday 11:30 am - 2:45 pm

Want to go back to school? Get a better job? Help your kids with their school work? Vancouver Community College offers Math and English courses at Ray-Cam. Learn in a supportive environment! Intake is ongoing, talk to an instructor during class time for more information.

Wheelchair Floor Rugby

Tuesdays 6:00 - 8:00 pm

Every Tuesday in the Gym downstairs.

Darkroom Instruction

Thursdays 9:30 - 11:30 am

Ray-Cam has a fully working Darkroom that is available to be used by members for a \$5.00 drop-in fee. An orientation must be done prior to access being granted. Come by any Thursday to meet with our Photography instructor.

It's A Crock

Friday 10:30 am - 12:30 pm

Come and prepare a meal to take home alongside other parents and families from the community. Sessions are 5 weeks long, giving each participant the opportunity to choose a recipe. Take your crock pot home after the sessions are completed. No childminding but children are still welcome!

Medicine Wheel

Saturdays 9:30 am - 8:30

Join Elder Lorelei Hawkins for self-development and growth based on building n the positives in your life. Open to all aboriginal and non-aboriginal individuals.

Get Involved!

We welcome the support and participation of community members, volunteers and donors.

Volunteer with us!

Volunteers are asked to fill out an application form (available at the front desk) and must pass a criminal record check.

Donate food and supplies!

Books, non-perishable food and supplies for our programs. If your not sure please call ahead and we'd be happy to help.

Donate money!

You can make a tax-deductible donation to the Centre, or our deductible donation to youth education fund which supports the educational and skills development needs of at-risk youth.

www.raycam.com/how-you-can-help

Fitness Centre

Fitness equipment is provided for your use and enjoyment. This is an unsupervised facility so use it at your own risk. Serious injury or death can occur from over-exertion or misuse of the equipment. Consult with a doctor before starting a physical exercise regime.

Free for Members

\$2.00 Drop-In Fee for Non-Members

Hours of Operation

Monday - Friday	9:00 am - 9:30 pm
Saturday	12:30 pm - 4:30 pm
Sunday	12:30 pm - 4:30 pm

Women Only Fitness Times

Monday - Friday	1:00 pm - 3:00 pm
-----------------	--------------------------

Computer Lab

WIFI & Computer access is available for community members during centre hours. The computer lab is open daily to adults until 9 am - 3 pm unless otherwise posted. Time vouchers are available at the front desk.



Ray-Cam Lobby

Our Lobby has table tennis, a pool table, a foosball table, a television, plenty of seating and a picnic table. Open to the general public, feel free to enjoy and hang out whenever you'd like.

