

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 in 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 Seniors

Spring 2018

April 9 - June 23

CLOSED - May 21st



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Fax: 604 257-6944

Email: raycamcc@vancouver.ca

Webpage: www.raycam.com

Facebook: https://www.facebook.com/raycamcentre/



Seniors

Karaoke & Card Games

Mondays 10:00 am -12:00 pm

Karaoke & Cards games in the Senior's Lounge.

Tai Chi & Badminton

Tuesdays 9:30 - 11:30 am

Guided Tai Chi and free time badminton in the Gym.

Coffee & Tea Wagon

Tuesdays 1:00 - 2:00 pm (512 Campbell Ave)

Each Tuesday the coffee wagon visits the tenants of the 512 Campell building. This free service is sponsored by Ray-Cam and the Stamps Place Seniors Association.

Singing Class & Activites

Wednesdays 9:00am - 12:00 pm

Singing, Program, Arts & Crafts and fun activities in the Senior's Lounge.

Seniors Program Committee

First Wednesday of the Month 9:00 am - 12:00 pm

Meetings are held the first Wednesday of every month at 11 am in the Seniors Lounge to give seniors an opportunity to provide program ideas and feedback.

Seniors Open Gym

Thursdays 9:30 - 11:30 am

Open Gym time.

Bingo

Friday 11:00 am - 1:00 pm

Come win prizes and socialize in the Seniors Lounge.

The main goal of our senior's programming is to improve the day-to-day lives of seniors living in the Ray-Cam community.

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

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	10 am Karaoke 11 am Card Games	9:30 - 11:30 am Tai Chi & Badminton	9 - 10 am Singing Class 11 am Program Committee Meeting	9:30 - 11:30 am Seniors Open Gym	11 am Bingo
WEEK 2	10 am Karaoke 11 am Dart Tournament	9:30 - 11:30 am Tai Chi & Badminton	9 - 10 am Singing Class 11 am Arts & Crafts	9:30 - 11:30 am Seniors Open Gym	11 am Bingo
WEEK 3	10 am Karaoke 11 am Basketball Hoop Ace	9:30 - 11:30 am Tai Chi & Badminton	9 - 10 am Singing Class 11 am Fun Activities	9:30 - 11:30 am Seniors Open Gym	11 am Bingo
WEEK 4	10 am Karaoke 11 am Card Games	9:30 - 11:30 am Tai Chi & Badminton	9 - 10 am Singing Class 11 am Birthday Social	9:30 - 11:30 am Seniors Open Gym Mini Bus Trip Day	11 am Bingo
WEEK 5	10 am Karaoke 11 am Dart Tournament	9:30 - 11:30 am Tai Chi & Badminton	9 - 10 am Singing Class 11 am Arts & Crafts	9:30 - 11:30 am Seniors Open Gym	11 am Bingo

English as a Second Language for Seniors

All Classes are free to seniors who live in Strathcona and Downtown Eastside NEighbourhoods. All students must be members of Ray-Cam Centre and show identification and show centre memberships cards at the time of registration. All students who have registered and/or completed two terms of ESL within the same year will not granted registration priority,

Equipment Loan Service

The Senior's Club has two wheelchairs and limited walking aids for seniors who reside at Stamps Place. Short-term loans.

Tag Program

Especially for seniors living alone, this program is designed to provide a friend, reliable morning health check.

Spring 2018 Mini Bus Trips

Limited Spots, Registration Required

Thursday, April 12th - Abbotsford Tulip Festival

Thursday, May 24th - Richmond/Burnaby

Thursday, June 28th - Richmond/Burnaby