

ACTIVE IS EASY ACTIVE IS FUN ACTIVE IS HEALTHY ACTIVE IS HAPPY ACTIVE IS FREE  
 SOCIAL ACTIVE IS FAST ACTIVE IS COMMUNITY ACTIVE IS EVERYDAY ACTIVE IS EASY  
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## District of Kent Economic Access Program

### WHAT IS ECONOMIC ACCESS?

The District of Kent, through its *Parks and Recreation Fees and Charges Bylaw No. 1433, 2009*, has established an **Economic Access Program** to help remove financial barriers that may prevent participation in recreation programs offered through Leisure Services. This program is open to all residents living within the District of Kent.

### HOW DO I QUALIFY?

The Economic Access Program includes all age categories. Access will be granted based on the following Gross Annual Income cut-offs for rural communities through the Canadian Council on Social Development's Centre for Institutions and Economics Performance.

### WHAT AM I ENTITLED TO?

You and qualified family members may be entitled to two program opportunities per year per family member (opportunities are not transferable between family members). This may include:  
 a 50% discount on programs  
 a reduced rate for Ferny Coombe Pool  
 a reduced rate for a Fitness / Activity Centre pass or book of tickets  
 \* Please note that Economic Access does not apply to daily drop-in.  
 \* See our current Leisure Guide for membership rates.  
 Our Leisure Guide lists a wide variety of programs being offered in our community. This publication is distributed three times per year to local households and is available from the Municipal Hall, Fitness / Activity Centre, Agassiz Library, Visitor Information Centre & Museum and Community Services. You may access it on our Website at: [www.district.kent.bc.ca](http://www.district.kent.bc.ca)

### HOW DO I APPLY?

Contact the Recreation Supervisor at (604)796-8891 to arrange an appointment. All individuals / families must provide identification, proof of residency (i.e. telephone bill, bank statement etc.) and either a Ministry of Employment Income Assistance Stamp OR Notice of Income Tax Assessment, Child Tax Credit or other government approved documentation. All identification and documentation are considered highly confidential and will be returned at the end of the meeting.



**For more information on Agassiz All Inclusive or if you are a group or organization that offers programming to the community that is low-cost and/or free and you wish to be included, please contact 604-796-8891**

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## What is Everybody Active?

Everybody Active is a joint initiative of the BC Recreation & Parks Association and the Heart & Stroke Foundation of BC & Yukon. Funding is provided by the BC Healthy Living Alliance, with support from ActNow BC

### The Context

Many British Columbians are not active enough to receive health benefits. This is of serious concern since inactivity is associated with a number of chronic health issues. In order to increase the health and wellbeing of British Columbians the BC Health Living Alliance has developed the Physical Activity Strategy (PAS), a comprehensive approach to getting inactive individuals aged 35 to 54 active enough to receive health benefits.

### Access is Important

Although there are many determinants of health, income and social status has a strong relationship with lifelong health. Recreation can play a vital role in minimizing the health inequities that often affect people living in poverty. Access to recreation and physical activity may not end poverty, but by supporting participation and improving quality of life, it can make a crucial contribution to the health of all community members.

### What is Everybody Active?

Everybody Active is an initiative of the PAS which provides resources, workshops and grants to service providers committed to increasing access to physical activity for people living in poverty. Visit [www.PhysicalActivityStrategy.ca](http://www.PhysicalActivityStrategy.ca) for more information.

### Are You Ready to Get Everybody Active?

Recreation is perfectly suited to positively impact the social and physical health of citizens. Increasing access to physical activity for all members of the community requires collaboration, commitment and innovation. Are you ready?



An initiative of these BC Healthy Living Alliance members



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## Agassiz All Inclusive



## A Resource Guide

For physical activities and recreational opportunities in Agassiz and the surrounding areas.

Swimming Dancing Skateboarding Reading Family Quilting Education Fitness Walking Singing Photography Weightlifting Hiking Hockey Biking Skiing Volleyball Programs Health Exercising Nutrition Drumm Boxing Swimming dancing Skateboarding Reading Family Quilting Education Fitness Walking Singing Photography Weightlifting Hiking Hockey Biking Volleyball Programs Health Exercise Nutrition Drumming Boxing Swimming Dancing Skateboard

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### Seabird Island

For More Information Contact 604-796-2177



#### Elders Drop in Fitness

Monday / Wednesday, 10:00 am -11:00 am, held at the Seabird Fitness Centre, FREE For Seabird Community Members

#### Boxing

Mondays starting in February, 5:30 pm - 6:30 pm, held in the Seabird Gym

#### Men's Drop In Floor Hockey

Mondays, 6:30 pm - 8:00 pm, held in the Seabird Gym  
 \$1 for Seabird residents, \$2 for non-residents

#### Video step class

Tuesdays, 5:30 pm - 6:15 pm, held at the Seabird Fitness Centre

#### Beginners Boot Camp

Wednesdays, 7:00 pm - 8:00 pm, held in the Seabird Gym

#### Video Pilates

Thursdays, 5:30 pm - 6:30 pm, held at the Seabird Fitness Centre

#### Co-Ed Drop in Floor Hockey

Thursday, 6:30 pm - 8:00 pm, held in the Seabird Gym  
 \$1 for Seabird residents, \$2 for non-residents

#### Walking Club

Monday / Wednesday / Friday  
 12:00 pm -1:00 pm and 5:00 pm - 6:00 pm, Meet at the Seabird Gym / Fitness Centre Foyer, FREE for seabird community members

### Harrison Mills Recreation Commission

For More Information Contact 604-796-2336

#### Quilting

Meets every Tuesday at the Harrison Mills Community Hall

### Fraser Valley Regional Library

For more information contact 604-796-9510

#### Author Reading: Robert Wiersema Comes Home - Again!

Robert has published another book and is coming to Agassiz to read and visit friends old and new. Saturday, March 6 1:00 pm

#### Adventure in Namibia:

A Photo Journey - Thursday, Feb. 18 7:00 pm



**Agassiz Library Quiz Night:** You loved it last year and it is now the most fun you can ever have fundraising. Keep May 7, 2010 open

#### World Cultures Month: The Beat of Our World

Through their drumming, dancing and music, Mpho Holele and her partner will engage the audience as we feel the beat of another culture in our corner of the world. The whole family is welcome to attend. Friday, March 26, 7:00 pm

#### International Women's Day

Celebrate at your library with writing, readings and music by local women. Open for women and girls of all ages. Wednesday, March 10 (workshop) 12:30 pm - 3:00 pm

### Agassiz Public Health Unit

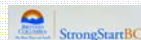
For more information contact 604-793-7160



- Public Health Programming
- Prevention Services
- Communicable Disease
- Environmental Health
- Chronic Disease Management
- Breast Feeding clinic
- Immunizations
- QuitNow Anti-Smoking Program
- Mental Health Services
- Home Nursing Care
- Children's and Women's Milk Bank
- Prenatal Classes
- Best Beginnings
- Home Health Case Management

### School District #78

For more information contact 604-796-2161



#### Strong Start Program

StrongStart BC early learning programs provide school-based early learning services for adults and their young children, aged birth to five, at no cost to families. Both children and adults can benefit from StrongStart BC early learning programs. Children must be accompanied by an adult caregiver.

Monday - Friday, 12:30 pm - 3:30 pm  
 Held at Kent Elementary School



### Harrison Festival Society

For more information contact 604-796-3664



#### Agassiz Harrison Drumming Circle

For more information contact 604-796-0352  
 Meets Wednesdays, 7:30 pm at the Harrison Memorial Hall

#### Dance Harmonies

For more information contact 604-796-3382  
 Tuesdays, 7:00pm - 8:00pm at the Harrison Memorial Hall. \$5 drop in.

### Agassiz Harrison Community Services

For more information contact 604-796-2585



- The Youth Centre
- Community Driver's Program
- Emergency Food Bank
- Family Support/Youth Outreach
- Girlpower Group
- Substance Misuse Services
- Victims Assistance Program
- Thrift Store
- Senior Peer Counsellors
- Friendly Phone Program
- Big Brothers and Big Sisters
- CALL Program (Community Adult Literacy & Learning)
- English Conversation Circle
- ESL Settlement Assistance Program

### Mountainview Community Church

For more information contact 604-796-2429

**Freedom Session** – 12-step faith-based recovery program. Freedom Session is a vehicle to help people from every walk of life, every economic level and virtually every possible area of personal pain.

#### DivorceCare

DivorceCare's weekly seminar and support group setting offers individuals an opportunity to gain valuable insight into the various impacts of divorce or separations and how to speed the healing process in safe and confidential setting.

### Harrison Hot Springs Recreation Commission

For More Information Contact 604-796-3664

#### Harrison Hikers

3 different levels of groups. Meets every Wednesday, 9:00 am, outside the Fitness / Activity Centre  
 For more information contact 604-491-5540

#### Harrison Social Club

Meets every Thursday at the Harrison Memorial Hall  
 10:00 am - 12:00 pm - Cards, Games & Activities  
 11:00 am - 1:00 pm - Book Club  
 2:00 pm - 3:00 pm - Line Dancing  
 For more information contact 604-796-2084

#### Multi-Cultural Choir

Meets every Monday, 7:00 pm at the Kent Elementary School Gym  
 For more information contact 604-796-2084

### Family Place

For more information contact 604-796-0313

Jointly funded by Community Action Plan for Children this facility provides a place for parents with infants or toddlers of pre-school age. Adults are able to share experiences and their children are encouraged to meet and play with others in a safe and caring environment.



Monday / Wednesday / Thursday 9:30 am - 12:00 pm  
 Tuesday 10:30 am -12:30 pm

#### Better Beginnings

This Canada Prenatal Nutrition Program is a support program for pregnant women and new moms. Thanks to our Better Beginnings program families can access our local grocery store once a month for milk, eggs and other dairy and protein items at no charge.

#### Parenting Programs

The Nobody's Perfect parenting course is offered twice a year.

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