

**Program Schedule  
varies from day to  
day depending on  
the activity**

**Check on our  
attached monthly  
calendar to know  
more details about  
our programs**

**OUR PROJECT IS  
FUNDED BY:**



**United Way**  
Lower Mainland

## **Program Location:**

**Kiwassa Neighbourhood House  
2425 Oxford Street, Vancouver BC**

**Website:**

**<https://www.kiwassa.ca/>**

## **Contact us:**

**Kiwassa Senior Programs:  
Cherrie & Giovana @  
[seniorsprograms@kiwassa.ca](mailto:seniorsprograms@kiwassa.ca)  
604-306-2088 or 604-306-5427**



# **THERAPEUTIC ACTIVATION PROGRAM FOR SENIORS (TAPS)**

**A COMMUNITY CONNECTION  
PROGRAM FOR SENIORS  
WHO LIVE IN NORTHEAST  
VANCOUVER**



**Hopehill**  
LIVING IN COMMUNITY



## WHAT IS TAPS?

- A new project that provides educational, physical and recreational activities for seniors

## WHAT DOES TAPS PROVIDE?

- Regular phone call check-in
- Educational activities: health workshops, ESL Classes and Digital Literacy
- Physical activities: Morning exercise & Qi Gong and Line Dancing
- Recreational activities: Bingo, Karaoke and Arts & Craft
- Monthly Nutritious Community Luncheon
- Art & Craft kits delivery
- Support in multiple languages
- Referral service



## ELIGIBILITY:

This program is for seniors who are:

- Age 55 +
- Live in Northeast Vancouver
- Experience health/mental health/ mobility challenges
- Looking for friendship and community connect
- Able to participate independently in programs