

**We offer TAPS programs 4 days/week in collaboration with Frog Hollow Neighbourhood House, available at both Kiwassa and Frog Hollow locations. See schedule below:**

Location	Day & Time
Kiwassa	<b>Mondays 12-2pm Tuesdays 10-11am 1st &amp; 3rd Fridays 12-2pm</b>
Frog Hollow	<b>Wednesday 10am-2pm Contact Terence (236) 333-5046 for more info</b>

**OUR PROJECT IS FUNDED BY:**



**United Way**  
British Columbia

Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island

**\*This program is free of cost if you are eligible, but pre-registration is required!**

## Contact:



**Cherrie Guo**  
Senior Programs  
Coordinator



**604-306-2088**



**Seniorsprograms@kiwassa.ca**

## **Website:**

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

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



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

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

**Kiwassa**  
neighbourhood house

**Frog Hollow**  
NEIGHBOURHOOD HOUSE  
Creating Our Community Together



## WHAT DOES TAPS PROVIDE AT KIWASSA?

- One -on-one social and informational support via phone or in-person at Kiwassa
- Physical activities: Morning exercise & Qi Gong and walking club
- Educational activities: health workshops & Digital Literacy one-on-one support
- Social activities: Bingo, Karaoke, and Arts & Craft
- Bi-monthly Nutritious Community Luncheon
- Wellness & resource kits for all participants
- Support in multiple languages
- Coordination of transportation services
- Referral service



## ELIGIBILITY:

**This program is for seniors who are:**

- Aged 50+
- Residents in Northeast Vancouver neighbourhood
- Experiencing minor health issues (e.g.,memory, mobility, vision, etc.)
- Looking for friendship and community connection
- Able to participate independently in programs

## WHAT IS TAPS?

The TAPS program aims to enhance the physical and mental well-being of older adults by offering therapeutic physical, educational and social activities with nutritious lunches or snacks in a trusted social setting.