



INFORMATION, REFERRAL & ADVOCACY SERVICES

Do you need assistance navigating community resources or government systems? Our volunteers are trained and experienced in providing confidential one-on-one support to assist seniors who need information & referral services. Through the session, we also advocate community-based programs and health services for seniors in need.

SOCIAL PRESCRIBING AND THERAPEUTIC ACTIVATION PROGRAMS FOR SENIORS (TAPS)

In partnership with Kiwassa Neighbourhood House - North East Vancouver Active Aging Network (NEVAAN)

We partner with healthcare professionals to connect older adults with community-based active aging programs. It aims to elevate the seniors' quality of life by enhancing social connectedness and physical activeness via the utilization of community-based programs.

SPANISH-SPEAKING WOMEN'S GROUP 50+

A gathering space to connect, support, and empower 50+ women from the Spanish-speaking community. Women from many different South American countries gather to celebrate culture and work on projects that make a difference in the community.

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Serving Hastings-Sunrise Community since 1968.



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Seniors Program



Frog Hollow
 NEIGHBOURHOOD HOUSE
Creating Our Community Together



Seniors Programs



FrogHollowNeighbourhoodHouse



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NEIGHBOURHOOD HOUSE ON THE GO

Look for our **Outreach Tricycle** in your community! Riding on the tricycle, we aim to reach out to seniors in our neighbourhood who are looking for a friendly visit. Our volunteers will gladly bring resources, refreshments, and fun activities to your doorstep. *Volunteers needed!

WELLNESS WORKSHOPS

Each year, we partner with Nursing Practicum Students from Douglas College to offer a series of wellness workshops on many of the most important health topics that seniors care about, such as arthritis, dehydration, mindfulness, fall prevention, brain fitness, polypharmacy, pain management etc. These workshops are free of charge and open to any seniors.

MULTICULTURAL SENIORS ADVISORY COMMITTEE (MSAC)

MSAC brings together passionate seniors to share their wisdom and knowledge and to advise on matters that impact the quality of life of older adults in the Frog Hollow community. Sign up to become a member!



PEER MENTORSHIP

Become a peer mentor! Are you someone who considers yourself to be a role model, passionate about the community, and enjoys sharing your knowledge and skills with others? Crocheting, photography, gardening, or cooking recipes, we want to learn them from you! Facilitate a workshop or make a video to share your talents and skills with the community. An honorarium is provided.

DIGITAL LITERACY SUPPORT

Looking for someone patient to show you how to use a smartphone, tablet or laptop? We provide **One-on-One Digital Literacy Support** to empower older adults with digital skills. Our friendly and tech-savvy volunteers offer easy-to-follow instructions for problem-solving and information to enhance your digital literacy. Service is available in multiple languages, e.g. English, Cantonese, Mandarin, Spanish, etc.

Our **Video-making Workshops** will take your digital skills one step further, where you will learn how to create videos of memorable moments in your life to share with your loved ones and the community.

We also offer **Nature Photography Workshops** so you can take better photos while connecting with nature.

COMMUNITY-BASED SOCIAL ACTIVITIES

Visit us and enjoy a wide range of activities from **Tai Chi 108**, **Dancing**, and **Self-led Movement** to **Mah Jong** and **Knitting**; we always have something to offer for our seniors to be social, healthy and engaged. We welcome all seniors in our community to come and add to this lively space with your energy.

COMMUNITY OUT TRIPS

We invite you to be engaged with all the exciting things that are happening around the town. Join us at your own pace either for a **Community Slow Walk** around the neighbourhood or a **Bus Out-trips** to local museums, arts & educational events, or celebrations & festivals where you can meet new friends and enjoy exploring the community.



All program schedules are subject to change without notice. Please call to confirm times and availability, or visit our website for the most up-to-date information.