

GET UP & GO! CLASS REFERRAL

(Name of client)

Telephone No: _____

has been referred to the Get Up & Go! class. This is NOT a free program.

Get up and Go Program locations:

- Abbotsford** – Abbotsford Recreation Centre
- Burnaby** – Bonsor Recreation Centre
- Burnaby** – Confederation Centre
- Coquitlam** – Glen Pine Pavilion (**no referral required**)
- Coquitlam** – Dogwood Pavilion (**no referral required**)
- Delta** – McKee Seniors Recreation Centre
- Delta** – Kennedy Seniors Recreation Centre
- Hope** – Hope Recreation Centre
- Langley** – Timms Community Centre
- Langley** – W.C Blair Recreation Centre
- Maple Ridge** – Maple Ridge Leisure Centre
- Mission** – Lifetime Learning Centre
- New Westminster** – Century House
- Port Coquitlam** – Wilson Seniors Centre
- Port Moody** – Port Moody Rec Centre ***NEW***
- White Rock** – Centre for Active Living
- White Rock** – White Rock Comm Ctr (**No Winter Session**)

Pre-registration is required. **You may need to return this referral to the Community Centre** to register.

Health Professionals: Please ensure client meets criteria* and fax form to the community centre.

(referring professional Print Name)

(Profession)

(Date)

***Criteria for participation:** 50+ Able to tolerate light to moderate activity May use mobility aid Able to transfer independently[‡] Able to follow directions independently[‡]
 Able to get to/from class Willing to commit to session (minimum 1x/wk for 6wks)

[‡] Must be accompanied by caregiver if unable to transfer/ follow directions independently.

Updated Dec 2019

PROGRAM INFORMATION

City and Location	Phone and Fax no	Program Days and Times
Abbotsford- Abbotsford Recreation Ctr 2499 McMillan Road	Phone: 604-853-4221 Fax: 604-854-2326 Attn: Ashlee McLardy	Mondays 1:00 – 2:00pm
Burnaby – Bonsor, 6550 Bonsor Avenue	Phone: 604-297-4597 Fax: 604-297-4583	Tuesdays & Thursdays 1:15 - 2:15pm
Burnaby – Confederation, 4585 Albert Street	Phone: 604-294-1936 Fax: 604-299-3161	Fridays 11:15 - 12:15pm 12:30 - 1:30pm
Coquitlam – Glen Pine Pavilion, 1200 Glen Pine Court	Phone: 604-927-6940 Fax: 604- 927-6578	Mondays & Wednesdays 1:00 – 2:00pm
Coquitlam – Dogwood Pavilion, 1655 Winslow Avenue	Phone: 604-927-6098 Fax: 604-933-6113	Tuesdays & Thursdays 1:00 - 2:00pm
Delta - Kennedy Seniors Recreation Ctr 11760 88 Ave, Delta	Phone: 604-594-2717 Fax:	Thursdays & Saturdays 10:30 – 11:30am
Delta – McKee Seniors Centre, 5155 47th Avenue	Phone: 604-946-1411 Bring this form to 1 st class	Tuesdays or Thursdays 1:30 – 2:30pm
Hope- Hope & District Recreation Ctr 1005 6 Ave, Hope	Phone: 604-869-2304	Tuesdays 10:30 - 11:30am
Langley – Timms Community 20399 Douglas Crescent	Phone: 604-514-2940 Fax: 604-530-8596	Mondays & Thursdays Level 1: 12:20 - 1:20pm Level 2: 11:10am - 12:10pm Level 3: 10 -11am
Langley Senior Resources Society 20605 51b Avenue	Phone: 604-530-3020 *Referral not required	No Winter 2019 session
Langley – W.C Blair Recreation Centre 22200 Fraser Hwy, Langley City	Phone: 604-533-6170 Fax: 604-533-6178	Wednesdays 10:15 – 11:15am
Maple Ridge – Maple Ridge Leisure Centre, 11925 Haney Pl.	Phone: 604-467-7322 Bring this form to 1 st class	Mondays & Thursdays 1:30 - 2:20pm
Mission- Lifetime Learning Centre, 32444 Seventh Avenue	Phone: 604-820-0220 Bring this form to 1 st class	Tuesdays 11:00am – 12:00pm
New Westminster – Century House, 620 Eighth Street	Phone: 604-519-1066 Fax: 604-526-6358 Attn: Shelly	Wednesdays & Fridays 12:30 -1:30pm
Port Coquitlam – Wilson Centre, 2150 Wilson Avenue	Phone: 604-927-7529 *Referral not required	TBA
Port Moody – Pt Moody Rec Centre 3000 Ioco Road	Phone: 604-469-4556	Mondays 9:00 – 10:00am
White Rock– Centre for Active Living 1475 Anderson Street	Phone: 604-541-2199 Fax: 604-541-6390	Tuesdays & Thursdays 12:15 -1:15pm
White Rock– White Rock Community Ctr 15154 Russell Avenue	Phone: 604-541-2199 Fax: 604-541-6390	TBA

Call or visit the location to register in the next available Get Up & Go! program