

SCRCAC Program Suggestions for Westwinds Oct 24, 2022

Possible:

- Avoid frailty 2 part education & physical (program to avoid muscular degradation)
- Info/resource kiosk
- Dementia group
- Partnership with Whistler Mature Action Community -> needs further investigation
- Health and wellness workshops

Already running at other location:

- Carpet bowling -> held at The 55
- Speaker who teaches IT stuff -> good fit for The 55
- Lunch & learn -> good fit for The 55
- Rocks & rings -> held at The 55
- Ping pong -> ping pong table at BP and The 55
- Strength training -> held at The 55

Doesn't fit within recommendations:

- Shuffleboard -> no, doesn't fit in rehabilitation therapy category
- Darts -> no, doesn't fit in rehabilitation therapy category
- Mini-golf -> no, doesn't fit in rehabilitation therapy category
- Weight lifting -> no, need specialized equipment and staff/CI. Not feasible at this time

Marketing:

- Create posters – post in all facilities and community boards around town
- Social media posts for Instagram and Facebook
- Chief Ad
- Radio Ad
- Program Guides
- Newsletters