

ARE YOU LOOKING FOR A SENSE OF COMMUNITY?

JOIN IN

REC@HOME

A VIRTUAL RECREATION PROGRAM FOR OLDER ADULTS (55+) LIVING IN THE COMMUNITY



"I am really enjoying this program and it has helped me through a rather difficult winter, as likely so many others."

"I am extremely happy with virtual. The exercise program has the same requirements as what physio has asked me to do. The games and puzzles are great for the mind and helps everyone keep their mind busy and I love socializing with my peers."



For more information and how to register please visit:

www.theBSF.ca/RecAtHome



Not sure if it's for you?

TRY YOUR FIRST WEEK

FREE

Activities Include:

Social Gatherings

Cognitive Games

Exercises

Armchair Travels

Museum Tours

Live Musical Entertainment

And so much more!

Contact Us:

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