



ACTIVE AGING PROJECT

Get Active! Penticton (GAP) and community partners have been working since January 2006 with the goal “to create a healthier community in which physical activity is valued and everyone participates daily”, and a target “to increase physical activity levels in Penticton 20% by 2010 through a collaborative community based approach”.

One of the goals of GAP is to assess and address “active aging” in our community and the senior population being one target as to increase physical activity levels. Seniors Community Development & Programming Project will provide insight in to recreation needs and wants of seniors in Penticton and highlight the changing trends. This information will be valuable to ensure high quality and relevant programming and opportunities for seniors.

Maureen Knight has been recently been contracted as the Seniors Community Coordinator, and her role is to:

- Support and create more awareness of the current recreation programming available in our community to increase participation.
- Create and implement a seniors recreation & physical activity strategic plan utilizing input from seniors’ organizations and community with consideration of developing trends and programming of today’s older adults.
- Identify and reduce barriers seniors face in Penticton to ensure access to recreation and physical activity opportunities.
- Promote intergenerational opportunities.
- Identify volunteer opportunities and how to attract and retain the senior volunteer by addressing the emerging needs and preferences of the older adult.

For more information contact Maureen directly at 490-0933 or 488-7745 or knightmm@telus.net.

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