

Recreation is ageless

Your Active Living Guide is filled with drop-in and registered programs and community resources that can help you meet the recommended fitness goal of two and a half hours each week.



Active Aging Week

Oct 1-7, 2019

An annual event that promotes the benefits of living a healthy lifestyle.

RDN Recreation and Parks and local community groups are hosting free events all week.

View full schedule online September 10
rdn.bc.ca/recreation.

