

Programs

Keep Well is an exercise and wellness program for seniors. The program includes one hour of exercise followed by blood pressure checks and health coaching, massage, speakers and social times. Keep Well is open and inclusive and the program is free for participants. Programs take place weekly and year round (except August) at community locations from Parkgate to Dundarave. These sites include:

Delbrook Recreation Centre

851 West Queens Road
North Vancouver, BC V7N 4E3
Tel: 604-987-7529
[Map](#) | [Schedule](#)

Kiwanis Lynn Manor (KLM)

2555 Whiteley Court
North Vancouver, BC V7J 3G9
Phone: [604-984-9166](tel:604-984-9166)
[Map](#) | [Schedule](#)

North Shore Neighbourhood House (NSNH)

225 East 2nd Street
North Vancouver, BC V7L 1C4

Phone: [604-987-8138](tel:604-987-8138)

[Map](#) | [Schedule](#)

Parkgate Community Centre

3625 Banff Court

North Vancouver, BC V7H2Z8

Phone: [604-983-6350](tel:604-983-6350)

[Map](#) | [Schedule](#)

Silver Harbour Seniors' Activity Centre

144 East 22nd Street,

North Vancouver, BC V7L 4L5

Phone: [604-980-2474](tel:604-980-2474)

[Map](#) | [Schedule](#)

St John's Anglican Church

220 West 8th Street

North Vancouver, BC V7M 1N1

Phone: [604-986-1151](tel:604-986-1151)

[Map](#) | [Schedule](#)

West Vancouver Kiwanis

975 21st Street

West Vancouver, BC V7V 0B5

[Map](#) | [Schedule](#)

West Vancouver Seniors' Activity Centre (WVSAC)

695 21st Street

West Vancouver, BC V7V 4A7

Phone: [604-925-7280](tel:604-925-7280)

[Map](#) | [Schedule](#)