

Throughout the holiday season many of our community focus on helping those in need. As we shift into the New Year many choose to improve themselves by making resolutions for a more active and healthy lifestyle. It's good to remember that for many residents in need, resolutions such as this require support and assistance. I would like to highlight ways that the municipality and broader community are here to help.

Oak Bay Recreation is a regional and provincial innovator in finding ways to support personal fitness and health goals by creating environments available to all means and abilities. In part this support comes from the physical infrastructure and equipment needed to meet a range of physical abilities, but it also comes from innovative services.

For low income families and individuals, our recreation facilities offer a program called Leisure Involvement For Everyone (L.I.F.E.) to support participation. This program, also supported in other regional recreational facilities, provides opportunities to over 250 people in our community. The L.I.F.E. program provides options of reduced rates on annual pass purchases or a combination of free admission visits and program registration savings to use towards recreational programs of interest.

For persons with disabilities that may require some assistance or support to participate, Recreation Oak Bay offers a "Leisure Assistant Pass." This pass can include swimming, skating, fitness or weight room usage. The pass provides free access to the person providing support so that participation does not cost more than a regular admission rate. This pass also provides similar privileges at a number of businesses, activities, and events in the region.

If one of your resolutions is to help through volunteerism, Recreation Oak Bay is launching a "Leisure Assistant," program this year. The Leisure Assistant program allows individuals to volunteer as one-on-one support for a person needing assistance. This is a great way to give back to your community and to create important social connections that help bring our community together.

On behalf of Council, we are pleased to offer these opportunities for all members of our community to lead the healthy lifestyle they choose. We look forward to seeing you and your family enjoying Oak Bay's recreation facilities in your efforts to reach your personal goals and resolutions.

For further information on any of these opportunities, please contact our Reception staff at one of our Recreation facilities or visit our website: [www.oakbay.ca/parks-recreation/facilities-rentals/access-inclusion](http://www.oakbay.ca/parks-recreation/facilities-rentals/access-inclusion)



Kevin Murdoch, Mayor, District of Oak Bay

Yours truly,  
Kevin Murdoch  
Mayor, District of Oak Bay

## Oak Bay Parks, Recreation, and Culture Mission Statement:

To enhance life in our community  
through the provision of quality services.

