



Disability Foundation Metro Vancouver Summer Programs begin on Wed. May 24, 2017, you can book to hike, paddle, sail or garden now.

**HIKE** trails and parks across Metro Vancouver. British Columbia Mobility Opportunities Society hikes from Pacific Spirit Regional Park Wednesday through Sunday each week, along with destination hikes venturing further afield. More info at:

<http://www.bcmos.org/main/hiking.php>

**PADDLE** a custom paddleboard or specially adapted kayak on the sheltered waters of False Creek. The BCMOS paddling centre is open Wednesday to Sunday through the summer, with weekday evening sessions until 8pm. More info at:

<http://www.bcmos.org/main/paddleboarding.php>

**SAIL** in English Bay in a fast and agile Martin 16 sloop, with joystick or sip & puff controls. The Disabled Sailing Association operates from Jericho Sailing Centre, Wednesday to Sunday. Enjoy recreational sailing and the opportunity to learn theory and skills so you can go solo and race. More info at: [http://www.disabledsailingbc.org/calendar\\_of\\_events.shtml](http://www.disabledsailingbc.org/calendar_of_events.shtml)

**GARDEN** in accessible raised-bed gardens, using adapted equipment and some practical help. The Disabled Independent Gardeners Association offers a relaxing social experience, with regular get-togethers at community gardens to share advice and hang out. More info at:

<http://digabc.org/index.htm>

