

Rec@Home is The Brenda Strafford Foundation's virtual recreation program. It offers a variety of engaging activities, as well as a welcoming, supportive, and inclusive community. In addition, Rec@Home also offers caregiver support groups to provide peer support and resources.



### Frequently Asked Questions

#### How does Rec@Home work?

Rec@Home offers daily activities, including exercise programs, guest speakers, live entertainment, games, and more.

Rec@Home is live and interactive, and is offered through Zoom.

#### How do I join Rec@Home?

Joining Rec@Home is easy! Visit our website and fill out our quick contact form ([theBSF.ca/RecAtHome](http://theBSF.ca/RecAtHome)). Our Program Coordinator, Sarah, will phone you to finalize your registration.

#### What ages can participate?

Rec@Home is geared towards seniors 55+, however all ages are welcome!

#### What activities does Rec@Home offer?

Rec@Home offers a variety of activities, including social gatherings, cognitive games like Jeopardy, Cranium crunches, etc., exercise programs, armchair travels, virtual museum tours, live virtual musical entertainment, and much more!



*Rec@Home participants enjoy an in-person "Picnic in the Park."*

## What is the cost to participate?

A Rec@Home subscription is \$25.00 per month (per household).

The cost is for the household (not per person), which means if there is more than one participant from your household, you only pay this subscription once per month including everyone in your household for unlimited access to programming!

In addition to a monthly subscription, we also offer the option to purchase a 10-Class Pass for \$10. Enjoy any 10 Rec@Home activities of your choice without having to commit to a monthly subscription. There is no expiry date for this pass.

## How do I pay?

As this is a subscription model of programming, payment will be electronically transferred from your bank account by approximately the 5th of each month.

## Are there any subsidies for low income seniors?

We do not want cost to be a barrier to entry for any senior that could benefit from participating in this program. That is why we offer the opportunity for seniors to apply to enroll in the Rec@Home program at no cost.

Our Low Income Subsidy Rate program lets you apply to register for Rec@Home at no cost. Eligibility is based on income and age. For more information, visit [theBSF.ca/Rec@Home](https://theBSF.ca/Rec@Home).



## What if I can't commit to a monthly subscription?

We offer the option to purchase a 10-Class Pass for \$10. Enjoy any 10 Rec@Home activities of your choice without having to commit to a monthly subscription. There is no expiry date for this pass.

## What if I'm not good with technology?

This model of programming is so easy to learn. All you need is a device such as a laptop, iPad, or even smart phone! We have also put together an orientation package, including instructions on how to use Zoom and join the activities.

## Do you offer support for caregivers?

Yes! In addition to our daily programming, Rec@Home also offers weekly caregiver support groups for those needing extra support. This can be a safe space to share any struggles and we will be there to listen. Our caregiver support groups are included in the monthly household subscription.

### What are “sections” in the calendar programming?

Each day has 2 sections (Mornings and Afternoons). Each section has 2 programs/activities. Mornings run from 10:15 am - 11 am & 11:15 am - 12:00 pm and Afternoons run from 1:15 pm - 2:00 pm and 2:15 pm - 3:00 pm.

We suggest that you pick sections that you can attend consistently (same day/time) each week to establish relationships and build community! You will pick your desired sections during your “intake” phone call.

### Is there a limit on how many sections I can attend?

No, at this time there is no limit on how many sections that you can attend with the monthly household subscription.

### Do I need a referral to join?

No, you don't! Since this is a private program run by The Brenda Strafford Foundation, anybody can join. Please register at our website: [theBSF.ca/RecAtHome](http://theBSF.ca/RecAtHome). You can register yourself, your household, or on behalf of a loved one.

### What app do we need to participate?

We use Zoom to run all of our programming. We recommend downloading the Zoom App if you are using an iPad or smartphone.

### How does set up work?

Set up is easy! In fact, we have a set up package with visuals to assist you upon admission to our program.

In partnership with:



*I joined Rec@Home so that I would have a commitment to get exercising. It has truly worked! Rec@Home makes it fun and attainable for me to do the 45-minute exercise program and even on days when I would rather not work out, I still join in. My flexibility and endurance are continually improving.*

- Rec@Home Participant



Learn more:  
[theBSF.ca/RecAtHome](http://theBSF.ca/RecAtHome)