

CALENDAR

Monday, Jan. 17

Council-in-Committee
2 p.m.

Regular Council
7 p.m.

coquitlam.ca/council

coquitlam.ca/agendas

HAVE YOUR SAY

Give Your Feedback On the Northeast Community Centre

Don't miss out on your chance to provide feedback on the planned Northeast Community Centre. Residents have until Friday, Jan. 14 to share their input via an online survey on the future community hub, located in the growing neighbourhood of Burke Mountain.

Your feedback on the facility's layout and property will help refine plans for this facility before staff go back to Council to finalize next steps, including financing and the procurement process.

To complete the survey, visit letstalkcoquitlam.ca/necc.

FITNESS AND FUN

Financial Assistance for Recreation

Coquitlam strives to make recreation accessible and affordable for all residents. We provide a financial assistance program for low income families and individuals who qualify. The program provides the opportunity to participate in recreation programs with drop-in passes and credits to use on programs and services. Find out if you're eligible and what's offered at coquitlam.ca/financialassistancerec.

Live-Streamed Virtual Group Fitness

Join our instructors for low-cost, live-streamed, online fitness classes that are suitable for all activity levels. Classes offered include low impact, Latin dance workout, Pilates, HIIT (high intensity interval training), yoga and fit 360.

Don't have all the necessary equipment? Don't worry – the instructor will show you how to use ordinary household items as fitness equipment.

To view and register for virtual fitness classes, visit coquitlam.ca/registration and search 'virtual' as the keyword in the Sign Me Up registration system. You may also call the City's registration line at 604-927-4386, or visit the front desk of any City recreation centre during operating hours to learn more and to register.

Free Fitness at Home

The World Health Organization recommends that adults get 150 minutes – that's 30 minutes at least five times per week – of moderate-intensity physical activity throughout the week.

CoquitlamSPIRIT has you covered with fun at-home fitness programming for all ages (and even the whole family). Keep your physical and mental health strong with pre-recorded instructional videos, written workout plans, fitness tips and more! Visit coquitlam.ca/fitnessathome to get moving.

DID YOU KNOW?

Still Time to Renew Dog Licences at Discounted Rate

Don't get caught without your licence! Protect your pet with an easy-to-identify dog tag and registration with the City of Coquitlam. Purchase or renew before Feb. 1 and receive a discounted rate. Should your pet ever be lost, it's a fast track home. Plus, licence fees help support the pets at the Animal Shelter. To register or renew online, visit coquitlam.ca/dogs.

Connect With Your City

Stay up to date with your community! Connect with the City through the channels below and never miss an update:

- Follow the City of Coquitlam (@CityofCoquitlam) on Facebook, Instagram and Twitter
- Sign up for bi-monthly Parks, Rec and Culture e-news at coquitlam.ca/enews
- Download the CoquitlamConnect mobile app
- Go to coquitlam.ca/notifyme to use the customizable NotifyMe email subscription service

Looking for more info on events and activities in Coquitlam?

Check out

visitcoquitlam.ca

Hit the Ice in Female-only Drop-in Programs

Sign Me Up
Coquitlam Recreation

Girls looking for ice time can take advantage of female-only drop-in skating times at Poirier Sport and Leisure Complex (633 Poirier St.).

Female-only Adult Drop-in Hockey (19 yrs+)

- **Date:** Saturdays
- **Time:** 6:30 – 7:45 p.m.
- **Cost:** Regular drop-in rates apply; goalies are free

Female-only Drop-in Stick, Ring and Puck (7 yrs+)

- **Date:** Fridays
- **Time:** 4:45 – 5:45 p.m.
- **Cost:** Regular drop-in rates apply

Full gear is required, including a CSA-approved helmet. Pre-registration is required and available 48 hours in advance. Proof of vaccination is required, along with a piece of government issued ID, for everyone 12 yrs+.

Pre-register online at coquitlam.ca/registration. In the Drop-in (Pre-registered) section, click Skating to see available drop-in times.