



Program Announcement

SKATE, SCOOT, AND SPORTS EQUIPMENT SALE – FULL DAY OF EVENTS AT PORT COQUITLAM RECREATION COMPLEX

Port Coquitlam, BC - September 16, 2009 ... Port Coquitlam's Recreation Complex, located at 2150 Wilson Avenue, will be the site of several free, fun-filled events this Saturday, Sept. 19.

From 10 am to 4 pm, the SeniorsPass Community Seniors Fair takes place in the Main Lounge at the Wilson Centre. Attendees can try out a variety of mobility devices at the Scooter Rodeo, sign up for the Nintendo Wii-lympics, and enjoy the entertainment on the busker's stage throughout the day. Interactive vendor tables include free hearing tests, free diabetes screening and a free blood pressure clinic. Operation Medicine Cabinet offers a convenient and safe way to dispose of old and unused medication. The fair also includes presentations on health and seniors living. Complete event details are available at www.seniorpass.ca or by calling 604.552.3324.

Beginning at 3:15 pm, skating enthusiasts can take to the ice for the FREE Elks Skate. Port Coquitlam's Elks Club sponsors this annual event; admission fees as well as skate and helmet rentals are free of charge. The Elks Skate wraps up at 4:45 pm.

Looking to give skating a try for the first time with the help of an instructor? From 3:30 to 4:30 pm, Port Coquitlam's Parks & Recreation is hosting FREE drop-in Learn to Skate mini lessons. Skates and helmet rentals are also free of charge for this event. This is a great way to introduce beginners to the ice!

Those looking to get a great deal on used hockey equipment and skates, are invited to check out the KidSport™ equipment sale taking place in the Recreation Complex lobby from 2 to 5 pm. Items will be priced from \$5 to \$15 and all proceeds benefit KidSport™ TriCities. If you have used equipment taking up space in your garage or basement, donations are gratefully accepted and provide a great way to free up some space and support your community. Donations can be dropped off at the Port Coquitlam Recreation Complex from 9 am to 9 pm until Friday, September 18. To find out more about how KidSport™ is making a difference in our community, go to <http://www.kidsporttricity.ca>.

The Port Coquitlam Recreation Complex is also open for all regularly scheduled programming including the Offside Youth Centre, food concession, and recreation program registration.

For more information on any of Saturday's events, call 604-927-7970.

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