

Healthy Communities Scan

7/8/2013

The Healthy Communities Scan is a tool to help communities identify assets in your town or city that make *'the healthy choice - the easy choice'*. Health starts long before illness – where we live, learn, work and play. This is not an inventory of health (sickness) 'care' services but of assets that help keep us well. The scan is like taking a picture in time, to list the assets that are currently in place to make it easy to live a healthy lifestyle in your community.

The Scan can be considered a tool for engagement. You may need to make contact with a number of partners in order to find out what is going on to support health in your community. Once it is complete, you can review the results together to celebrate, promote the findings, and see what is missing. IH staff can help your community identify gaps, barriers and priorities in order to set action plans, once information is collected.

The Scan follows the Healthy Families BC – Communities 5 pillar framework that includes physical activity, healthy eating, tobacco reduction, healthy built environments, and priority populations. The goal of this program is to improve health and wellness. To ensure the scan is relevant to your community, feel free to use only those sections that seem important or relevant to your work. You may want to expand some sections or delete others. Please make it your own!

Some ideas to get going:

1. Have each member of your committee or group review the template.
2. Meet and decide if you need to add or delete sections from the template to reflect your interests and needs. It has to be useful for you.
3. Figure out a way to gather the information. Some groups do on-line surveys, others send it out to key stakeholders and other communities appoint one person to gather and input data from all partners.
4. Some logical partners may include town recreation staff, elected officials, planners, health authority staff, school district administrators, food councils, mental health associations, ethnic groups, non-profits organizations etc.

* See Glossary of Terms at end of scan

Healthy Communities Scan

Pillar #1: *Physical Activity*

Enforced
In Progress
Complete

<p>Policy</p>	<p>(e.g. Trail network policies, active transportation or recreation policies, proximity to amenities policies)</p> <ul style="list-style-type: none"> • OCP 5.13.1 Parks and Recreation Council policy: “Designate school playgrounds and playing fields, neighbourhood parks, community sports and activity fields, natural areas and park corridors as Parks, as shown on the land use map. • OCP 4.1.1 Create and accessible environment where people of all ages, using a variety of transportation modes (including walking, cycling, motorized scooters, wheelchairs), can move with ease • OCP 4.1.2 Promote the use of multiple modes of alternative transportation (ie. Pedestrians, bicycles, scooters and wheelchairs) within the community • OCP 4.1.7.1 Trails and Greenways – Develop a trails and greenways network for residents and visitors by establishing dedicated corridors to facilitate trail connections between parks, neighbourhoods, the Town Centre, rivers and other community gathering spaces. OCP 4.1.7.5 .5 Integrate connections from the Town Centre to the trans Canada Trail, and considering non-motorized recreation uses. • OCP 8.2 Recreation feasibility study for aquatic and or recreation facilities • 	<p>Enforced In Progress Complete</p>
<p>Bylaws/Procedures</p>	<p>(e.g. Indicators for proximity of green space/parks/amenities and/or trails to residential neighbourhoods, zoning to increase density, transportation routes, bylaw allowing street-hockey,)</p> <ul style="list-style-type: none"> • Bylaw section 26.1 Parks, Recreation and Exhibition: To accommodate open space and indoor outdoor recreation uses .7 Non commercial greenhouse or nursery .9 Park and playground .12 Recreation facilities, including the Trans Canada Trail 	<p>Enforced In Progress Complete</p>
<p>Community Committees/Strategies/ Implementation Plans</p>	<p>(e.g. Active Transportation Plan, Parks Master Plan, Trails and Pedestrian Master Plan, Walkable City Initiative, Transit plan, Safe routes to School committee)</p> <ul style="list-style-type: none"> • OCP 8.1.5 Establishing a Parks and Recreation Master Plan, (“Town of Princeton Parks and Recreation Strategic Plan” complete as of November 2013) • Regional Trails Master Plan completed March 2012 	<p>Enforced In Progress Complete</p>
<p>Natural & Built Environment Assets</p>	<p>(e.g. Pool, recreation center, parks, playgrounds, arena, racket courts, sports fields, baseball diamonds, walkability, bike lanes, bike routes, trails, skate board parks, effective public transportation to encourage active transportation, complete streets, end of trip facilities – showers, change rooms, clear</p>	<p>Enforced In Progress Complete</p>

Healthy Communities Scan

walking signage – of where trails are located, neighbourhood amenities, bus shelters)

- **Community Services**, manages **BC Transit**, public transportation system, available Monday to Friday
Monday Wednesday Friday bus goes to Penticton 8 am, returns to Princeton 1pm
Tuesday Thursday Friday Transport in town limits only, \$1.50 one way
- **In Town Trails** The Town of Princeton has an impressive trail network of over 60km. The system includes not only walking/cycling trails, but also cross country trails in the winter.
- A portion of the **Kettle Valley Railroad Trail/Trans Canada Trail**
Upgraded in 2010 with lighting from the Bridge of Dreams through the tunnel
Upgraded paving on KVR of in town section (Initiative of the Vermilion Trails Society to encourage use for industrial workers access) - Complete
- Trail loops at **Swan Lake**
- **Airport Track** and shorter trails linking downtown locations.
- **Miners Climb** connecting downtown to upper benches
- **KVR Princeton to Coalmont**: 18 kms , 6hours ,easy, Hiking, Cross Country Skiing, Mountain Biking, Trail continues on to Tulameen
- **KVR Jura Grasslands South**: 13 kms 3hours moderate Snowshoeing, Hiking, Cross Country Skiing, Mountain Biking Winter, Summer
- **The Rail Trail** - Accessed from the China Ridge Trail network, this trail can be ridden as an out-and-back from Princeton, returning on the KVR. 6 kms 1 hour moderate Mountain Biking Summer, Fall, Spring
- **China Ridge** XC ski area is a treasure. It is also a growing Mountain Bike area with new trails being added and promoted for summer use. 30 kms 6hours moderate Snowshoeing, Hiking, Cross Country Skiing,
- **Princeton Arena**
1 free skate per week, Public skates 5 x per week \$3.00
- **Princeton Golf Club**
Membership, 14 tournaments May – September, \$30 18 holes
Website princetongolfclub.com
- **Princeton Curling Club**
Membership, Weekly seniors, weekly adult
Youth and Special Olympics
League Play, ice clinics and bonspiel
Website princetoncurlingclub.com
- **Centennial Outdoor Pool** – Mid May to Sept Long weekend
Public swims daily, aquafit, and lane swims available daily
Senior swim 4 x per week,
Parent and tot
Lessons Red cross swim programs, life saving courses, swim fit
- **Memorial Ball Diamonds**
- **Tennis** Outdoor court
- **Playgrounds** x 7
- **Corral Bike Park** – next to arena

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	<ul style="list-style-type: none"> • Riverside Community Centre basketball court, indoor gym/theatre • Skate Park – next to arena • School District 58 Soccer fields Playgrounds Basketball courts (PSS courts upgraded with 2010 GameTown grant new fencing and lighting) Vermilion Forks “ParticiPaction” Outdoor Fitness Centre– 10 pieces strength training and resistance
Social Connectedness	<p>(e.g. learn-to (run) groups, relaxation/stress reduction, stress buffering, creative play spaces for the early years/families, ‘time banks’ for recreational opportunities, nature clubs, neighbourhood revitalization cooperatives, recreational sport leagues, social dance clubs/events, neighbourhood sport events)</p> <ul style="list-style-type: none"> • Active Winter Women – 6 sessions for \$50 winter recreation activities to improve winter recreation safety and skills in XC skiing and snowshoeing (equipment provided) Learn local trails, swan Lake, KVR, Airport route and Martins Lake • Strong Start - parent and child program – John Allison School M-F 9-12, social play, learning, phys ed, healthy snacks. • Infant Development Program – Princeton Family Services • Audentia Fitness <u>Bootcamp</u> - Lindsay Vangenne, \$10 drop in, year round <u>Running club</u> – Sunday afternoons 6-8 km May - September • Vermilion Forks Fitness - gym, membership, zoomba classes • Princeton Junior Golf - ages 5-13 May & June • Princeton Curling Club - Weekly seniors, weekly adult, youth and Special Olympics, League Play, ice clinics and bonspiel • Princeton District Minor Hockey Association – Leagues for ages 5-18 • Power Skate, CanSkate – ages 3 and up, • Princeton Figure Skating Club - ages 5-18 • Princeton Arena - Old Timers Hockey, Adult rec hockey, Ladies hockey • Similkameen Shotokan Karate Club – All ages \$40 per month • Princeton Shori Kan Dojo - youth and adult \$7 for 3 months • Ballet – children – ages 5-10 \$50 for 12 classes • Princeton Highland Dance ages 3-18 \$30 per month • T.O.P.S. “Taking off Pounds Sensibly” – Meets weekly (membership) • Rock and Fossil Club Adults & seniors, Membership, Monthly meetings, Field Trips • Vermilion Forks Field Naturalists Adults & seniors, Membership, Monthly field trips, Monthly talks • Vermilion Trails Society / Trans Canada Trail Adults Seniors youth Membership - Conservation Activities and projects Monthly meetings, 130km of trails in the district • Otter Valley Fish and Game Membership \$40 Monthly meetings, Rifle shooting range, Conservation and lake clean up projects

Healthy Communities Scan

	<ul style="list-style-type: none">• Tulameen Community Club Membership \$15 per year Special events, seniors luncheon, Easter kids, Halloween event, Sled dog race, various fundraising efforts and events• Osprey Area Ratepayer’s Assoc. was formed by local property owners about 25 years ago to protect the local environment, encourage community involvement, and enhance the local area. Osprey Lake is primarily a recreational area approximately ½ way between Princeton and Summerland. There are about 40 full time families plus around 100 seasonal residences. It is also known as Bankeir and the Three Lakes Area (also includes Link and Chain Lakes). Labour Day weekend we have a community “Corn Roast”• Kokanee Swim Club – 10 swim meets in 2013 – May – August 3 to 5 practices per week – ages 4 to adult• Princeton Soccer League ages 4-8 May – July• Princeton Softball ages 5-18 May - July• Basketball Camps and Spring League - grades 4-12 Summer• Lotus Wellness nights – Meditation and healthy living talks Tuesdays drop in \$5
Other Community Programs	

Healthy Communities Scan

Pillar #2: *Healthy Eating/Food Security*

Enforced
In Progress
Complete

<p>Policy</p>	<p>(e.g. Food Charter, Healthy Municipal Vending Policies, Eat Smart, Meet Smart Workplace Guidelines, Breastfeeding Friendly Policy, Zoning to increase the number and quality of food retailers and restaurants in underserved areas, healthy food policy in schools, prohibition of fast-food restaurants near schools, Urban Agriculture policies)</p> <ul style="list-style-type: none"> • 58 Nicola/Similkamen District activities this year to report on are unknown, however there is interest at the individual school level; an article was written for the BCTF magazine by Kathryn Johnson of Merrit Secondary School regarding nutrition education for students, junk food and guidelines, implementation of healthy living into the broader curriculum • 			
<p>Bylaws/Procedures</p>	<p>(e.g. Bylaws for developers to include Green Space and Edible Landscapes, urban hens, support for pollinators, guidelines for Food and Beverages Sold at Sporting Events)</p> <ul style="list-style-type: none"> • Interior Health allocation of their properties for Community Garden space • John Allison Elementary School allows community garden, in cooperation with SD 58 on School District property, supported by fundraising, community volunteer efforts and no funding from the district or the town • Bylaw Section 10.1 Rural/Country residential zone (6 designated Country Residential zones within the Town of Princeton) permitted uses; <ul style="list-style-type: none"> .1 Agriculture .2 Backyard hens .6 Public open space recreation .8 Reserve area or habitat set apart for wildlife conservation • Bylaw Section 9: Forestry grazing zone <ul style="list-style-type: none"> .1 agriculture .9 Parks and recreation reserve .10 Reserve area or habitat set apart for wildlife conservation 			
<p>Community Committees/ Strategies/Implementation Plans</p>	<p>(e.g. Urban Agriculture Plan, Agricultural Land Reserve Plan, Food Action Strategy, Food Policy Council, Joint Use land agreements, gleanings programs)</p> <ul style="list-style-type: none"> • Development of a commercial community kitchen at Riverside Community Centre – currently under construction – Rotary Initiative 			

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<p>Natural & Built Environment Assets</p>	<p>(e.g. Farmer’s market space, # of community garden plots, edible boulevards & civic landscaping, urban public produce sites, ‘every lawn a garden’ initiatives, daycare and school gardens etc.)</p> <ul style="list-style-type: none"> • Princeton Farmers Market, May to October. Coyne Farms produce, farm fresh eggs, bedding plants located in the large parking lot at Princeton Plaza • John Allison Elementary School community garden, in cooperation with SD 58 run and spearheaded by Shirley Low, kindergarten teacher in 2006. Each class has a bed, and community members are able to grow their own food in this garden, in exchange for help with maintenance. Irrigated, with a permanent greenhouse with venting. Complete with outdoor classroom, covered with benches for kids to gather. Community effort.
<p>Social Connectedness</p>	<p>(e.g. Breastfeeding support and advocacy groups, learn-to cook classes, neighbourhood healthy food gardens and events, garden clubs, cultural food cooperatives, food preservation events etc.)</p> <ul style="list-style-type: none"> • Seniors Branch #30 Healthy lunch program included with membership Monday to Friday • Hot lunch program at Princeton Secondary School • Family Place community kitchen • Anchorage house lunch program/kitchen • Community Garden John Allison Elementary; Shirley Low developing new program designed to take kids from seed to plate, bringing in food professionals to teach young children how to simply prepare the food they have grown. • Crisis Centre Emergency food program, non profit supported locally, also runs volunteer thrift store outlet. • “Feed the Valley” Valley First Bank - community partnership aimed at tackling hunger in the Okanagan, Similkameen and Thompson valley; encourages community members to donate non-perishable food items or make tax deductible cash donations to their local food bank. • Princeton Legion Branch # 56 George Pearkes– social events, dinners, regular open hours for social connectedness, fundraising activities
<p>Other Community Programs</p>	<ul style="list-style-type: none"> • Thomasina’s Tea House Local café and bakery offering healthy scratch made meals, coffees and teas. <u>Take home foods:</u> Scratch made farmers loaf breads \$5.00, Scratch made fresh pastas, Gluten free dessert and bread options and as much organic as possible, Whole grain and organic breads (competitively priced) ancient grain, Selling 8 varieties of fresh imported cheeses <u>Local Goods</u> from Hedley canning business, peach ketchup and preserves, Local honey, Free range eggs \$4.50 per dozen Restaurant ingredients provided by a local Oliver grower within the growing season, local fresh foods, garlic and squash from

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- **Coopers Foods** Princeton has access to fresh food through a single food provider, Coopers Foods, a subsidiary of the Overwaitea Food Group Corporation. Coopers community food programs include:

Christmas food Hamper program - customers purchase “mini food hampers” at a cost of \$7.99. The food purchased remains in our community

Food Bank Program in conjunction with Princeton Crisis Assistance contributes all discontinued product, and damaged, unsalable goods to the local program. (Coopers \$2500 annual contribution)

Local growers - as much as possible, Coopers works with the Okanagan Growers (Kelowna and Oliver Distribution) to offer as much local (meaning BC) as possible within season. Local purchasing allows for reduced costs of fresh foods.

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Pillar #3: Tobacco Reduction

Enforced
In Progress
Complete

Policy	<p>(e.g. Council Resolution, Official Community Plans, Smoke Free Area Policies, Smoke Free public sector housing policies, local government buildings meet LEED smoke-free requirements, Smoke-free housing options)</p> <ul style="list-style-type: none"> • BC tobacco Control Laws • School District smoking policies, prohibited SD property • Interior Health Smoke free property policy. The Interior Health Smoke Free Environment policy means that smoking is not permitted on any IHA properties, including buildings, grounds and parking lots. • 			
Bylaws/Procedures	<p>(e.g. Comprehensive Smoke Free Bylaws, including: on restaurant and pub patios, in outdoor public places, in parks and on trails, on local government properties, in health care and post-secondary institution sites, enforcement of bylaws)</p> <ul style="list-style-type: none"> • BC tobacco control laws - Policy All indoor areas of public establishments must be smoke-free as of March 31, 2008. 			
Community Committees/Strategies/Implementation Plans	<p>(e.g. Tobacco Reduction Strategy: Public education, promotion of fire hazards, action to address the environmental impact of tobacco litter in public spaces)</p> <ul style="list-style-type: none"> • 			
Natural & Built Environment Assets	<p>(e.g. Signage)</p> <ul style="list-style-type: none"> • Interior Health Authority property • Vermilion Court seniors residence • School District 58 property • Public Town buildings non smoking blanket policy as guided by the BC control laws 			
Social Connectedness	<p>(e.g. Smoke-free workplace groups, cessation support groups)</p> <ul style="list-style-type: none"> • Wayerhaeuser smoking cessation support program • Quit now provincial program 			
Other Community Programs	<ul style="list-style-type: none"> • 			

Healthy Communities Scan

Pillar #4: *Healthy Built Environment*

Enforced
In Progress
Complete

Policy	<p>(e.g. Official Community Plans, Regional Growth Strategy, active transportation policies, agricultural land protection policies, community safety policies, snow and ice control policies, accessibility policies – see some other examples on pillars 1 & 5)</p> <ul style="list-style-type: none"> • Snow and Ice removal policy no. 010-2012: It is the policy of the Town to undertake snow removal and ice control operations to reduce the negative impact of winter conditions for motorists and pedestrians; to minimize economic loss to the community by reducing accidents and injuries; and to facilitate the operation of the Transit, Fire, police, and Ambulance service. • OCP 3.2.3 Provide appropriate pedestrian amenities such as benches, public washrooms, bike racks, designated crossings and viewpoints that encourage residents and visitors to explore the community. • OCP 5.0 managing land use. Policies providing a range of housing options to meet the diverse needs of residents based on demographics, income levels, enhancing the Town centre as the focal point of the community, enabling industrial development to thrive, recognizing the importance of institutional/administrative facilities and enhancing opportunities for the airport • OCP 8.1 Parks – Council policies are as follows: <ul style="list-style-type: none"> • OCP 8.1.1 Implement River park plan, establish destination points for a number of community trails and pathways, providing public access and recreation opportunities. • OCP 8.1.2 Ensure local parks are established in association with new development in residential areas. • OCP 8.1.3 Dedicate 5% of the land being subdivided in a residential area for parkland purposes.
Bylaws/Procedures	<p>(e.g. mixed land use zoning bylaws, zoning bylaws related to urban agriculture, parking, etc.)</p> <ul style="list-style-type: none"> • Town of Princeton Zoning bylaws adopted November 18, 2013
Community Committees/Strategies /Implementation Plans	<p>(e.g. Housing Strategy, downtown revitalization plans, waste management strategy, parks trails and green spaces plans, active transportation plans, etc.)</p> <ul style="list-style-type: none"> • Princeton Health Care Steering Committee “Health care transportation options” brochure. • Town of Princeton Parks and Recreation Strategic Plan • Regional Trails Master Plan completed March 2012
Natural & Built Environment Assets	<p>(e.g. Pool, Recreation Center, Parks, trails, meeting halls, civic and cultural amenities, neighbourhood meeting places, safe sidewalks, club houses, sidewalks, front porches, neighbourhood amenities, bike paths, end-of-trip facilities for cyclists, etc.)</p>

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	<ul style="list-style-type: none"> • Tulameen Covered ice rink • Tulameen Community Hall, meetings, NA, Alanon, events, dances etc. • Riverside Community Centre – Meeting space and theatre Private meeting space, AA and Alanon, counseling and wellness offices • Princeton Arena and Mezzanine (Skate Park, and bike skills dirt jump track) • Vermillion Forks Elementary Outdoor fitness equipment • Lakes, trails and recreation sites: Otter Lake - swimming and recreation Chain Lake - swimming and recreation Link Lake - swimming and recreation Osprey Lake – swimming and recreation Martins Lake - swimming and recreation Swan Lake – hiking trails system Similkameen River – swimming, kayaking, canoeing Tulameen River– swimming, kayaking, canoeing
<p>Social Connectedness</p>	<p>(e.g. Neighbourhood Associations, Social Planning Council, Municipal/citizen Advisory Committees, Age specific support groups and club houses, neighbourhood gathering/meeting places, regular and accessible citizen engagement opportunities, etc.)</p> <ul style="list-style-type: none"> • Save Our Health Care Coalition • Save Our Similkameen • Princeton Citizens on Patrol
<p>Other Community Programs</p>	<p>COUNSELLING PROGRAMS within the three categories of Seniors, Mental Health, and Addiction services.</p> <ul style="list-style-type: none"> • All mental health services are delivered by out of town professionals and are delivered 2 times per week • Tele Health Sheree Whittaker • Psychiatrist available at Ridgewood <p>Local Clinical Counselors</p> <ol style="list-style-type: none"> 1) Susan Patry – BC registered clinical counselor 1866-378-6500 Princetoncounsellingservices@gmail.com Private Practice at Riverside 2) Jamie Holloway – 205 West Place Princeton, B.C. 250-295-3049 Mind Body and Spirit Wellness counseling and reiki services Mindbodyandspiritwellness.com

Healthy Communities Scan

Pillar #5: Priority Populations

Choose the population group(s) that is a priority for health action in your community.

e.g. Seniors, Low Income, Aboriginal, Mental Health, Children & Youth

Enforced
In Progress
Complete

<p>Policy</p>	<p>(e.g. Social, Age, or Child Friendly policies, Housing policies, Access to Recreation policies, Beach protection policies, Green space proximity policies, Health & Safety policies, Inclusion, Diversity and Equity policies)</p> <ul style="list-style-type: none"> • OCP 5.2.4 Land use. Special Needs and Affordable Housing for low income; encouraging safe well maintained affordable and cost effective rental housing, recognizing the unique residential needs of Princeton’s senior population, and encouraging group home facilities to locate within residential neighbourhoods. • 			
<p>Bylaws/Procedures</p>	<p>(e.g. recreation, Mental Health Impact Assessment, lighting)</p> <ul style="list-style-type: none"> • 			
<p>Community Committees/Strategies /Implementation Plans</p>	<p>(e.g. Public Art & Culture, Social Sustainability, Health, Diversity and Inclusion, Vibrant Communities, Seniors Wellness, Poverty Reduction, Housing, Employment initiatives)</p> <ul style="list-style-type: none"> • Princeton Community Arts Council has a public art initiative and currently has 12 public art installations within the town. • Skills Centre – Job Options BC • Community Services Housing as listed below • Literacy Outreach – tutoring, books for kids, educational programs in conjunction with SD 58 • Transportation Services being reviewed by Health Steering committee and Town Council, council attended at Transportation workshop on December 11, 2013 to look forward 25 years at a sustainable transportation system for local and of of town transportation. 			
<p>Natural & Built Environment Assets</p>	<p>(e.g. Green/meeting space, curb cuts, grit box de-icing, Aboriginal Art in key settings, Centres/Gathering Places: Recreation, Neighbourhood Learning, Seniors, Strong Start, Wellness, Neighbourhood & Urban Hubs, proximity to natural amenities, linear parks & beach front access (x km), Community Schools, Friendship Centres, Public libraries, Appropriate signage, Distribution of amenities so proximity to all, healing gardens, churches,)</p> <ul style="list-style-type: none"> • Public Library – reading programs and computer access • Strong Start SD 58 located at John Allison Elementary 5 days per week 9am-12pm • Riverside Community Centre – program delivery • Princeton Museum – public programs for youth, volunteer programs, cultural events • Skills Centre – computer access, and employment assistance services • Community Services <u>Meals on Wheels program</u> - \$7 per day, 7 days per week 			

Healthy Communities Scan

	<p><u>Housing Program Management</u> – for seniors, low income and disabled <u>Community Home support</u> – IHA contracts <u>Transportation Services</u> managed for BC transit, operates 5 days per week.</p> <ul style="list-style-type: none"> • USIB Hedley – various health related programs, monthly harvest boxes, on site community gym, community kitchen dinners every 2 weeks diabetes friendly, dietician weekly, family centre with after school program
<p>Social Connectedness</p>	<p>(e.g. Neighbourhood Associations, Social Planning Council, Clubs, support groups, Scouts, YMCA, Boys and Girls, Seniors groups, Community Choirs, Friendship Centres, Cultural groups, social capital projects e.g. Snow Angels, time banks, faith based, helping initiatives ‘Helping Hands’, support programs/clubs for vulnerable populations, CMHA wellness programs, Community Movie nights, festivals, concerts, faith based community groups</p> <ul style="list-style-type: none"> • Crisis Centre – Emergency services, food programs, volunteer run thrift store • Family Place Community kitchen, nourishing lunch Tues, Wed, Thurs. Infant Development Program, prenatal and post natal care Counseling centre for victims of abuse, community services for special needs kids, 3 hours per week, literacy outreach program • Anchorage Mental Health Facility and support Centre Community kitchen – Hot lunch daily Social network, Access to counseling and personal life assistance - empowerment • Community services New Beginnings day programs - hot lunch daily, some physical activities, Special Olympics training, access to dietician • Riverside Community Centre Community Movie nights – 2 Fridays per month \$5 per person 3 and under free Alcoholics Anonymous, Alanon, and Narcotics Anonymous Youth ski days, to Apex Mountain • First Nations student support Program through the school board • Kids Sport Program – Active sports at JA – Wednesdays after school ages 4-9 • Girl Guides and Brownies of Canada – various aged programs • Princeton Air Cadets – Youth • Youth Bowling Canada League – Copperhill lanes ages 5-19 • Princeton Highland Dance ages 3-18 \$30 per month • Churches x 10 • Princeton Baptist Church after school days, Free Junior Youth Wednesday nights, 6:30-8:00 Kids Zone 3:30-4:45 Fridays Free family Fun day at the arena with bouncy castles • Princeton Seniors Citizens Branch #30 - <u>Membership</u> \$15 per year <u>Daily</u> Mon-Fri activities, pool, cards, hot healthy lunch and sandwich

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	<p>(free with membership) <u>Weekly</u> seniors activity group fitness by video and weigh ins, quilting, crafts, music <u>Monthly</u> ask the doctor nights, pool tournaments, snooker tournaments, general meetings <u>Volunteer Driving program</u> – volunteer, one driver, by donation to meet out of town appointments</p> <ul style="list-style-type: none">• Community Festivals <u>Meadowlark</u>, May, annual <u>Spirit Festival</u> Three consecutive years, Pow Wow, education, cultural festival Annual – 2014 event cancelled due to lack of funding and resources <u>Traditional Music Festival</u> – Annual Free, August <u>Princeton Racing Days</u> <u>Agricultural fall fair</u>• Princeton Community Arts Council Public art initiative and currently has 12 public art installations within the town. Theatre group Public programs for children Concert programs accessible to all facets of the community Offers discounts for youth and seniors• Princeton Museum Public programs for youth, summer camps School programming Volunteer programs, Cultural events Canada Day and various community events Volunteer programs for adults and seniors Meeting place for conferences Rental facility for parties and celebrations
Other Community Programs	

Glossary of Terms

Policy is a proposed or adopted principle of action. For local governments, policy statements guide decisions about planning and land use management.

Bylaws / Procedures are laws or procedures.

Built Environment Assets includes all the human-made spaces in which people live, work, commute and recreate on a day-to-day basis.

Natural Environment Assets are in contrast to the built environment and includes resources, areas and features largely untouched by humans such as forests, bodies of water, etc.

Social Connectedness is the measure of how often people interact with one another, the quality of personal relationships, and civic and social involvement.