

TAPS ACTIVITY EXAMPLES

- Reminiscing is a valuable activity, it gives participants comfort and joy, thinking back on positive memories can lift your mood and provide a sense of peace
- Variety of games
- Have local speakers come in such as, community paramedics, fire department, and RCMP



VOLUNTEERS NEEDED

We're looking for enthusiastic individuals to assist with social activities, share their skills, play games, lend a listening ear, and engage meaningfully with others. Your time and energy can make a real difference in someone's life.



To register or find out more
information contact
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TAPS

Therapeutic
Activation
Program
for
Seniors

Funded by the United Way
Healthy Aging Program



WHAT IS TAPS?

TAPS (Therapeutic Activation Program for Seniors) is a vital community program designed to support isolated seniors who face barriers to accessing essential services and programs. Through TAPS, participants receive:

- Nutritious meals that promote physical health and well-being
- Social support that fosters connection and combats loneliness
- Guidance to Community Support that help seniors navigate local resources

For many participants, TAPS is more than just a program — it's their only weekly outing, a cherished opportunity to engage, connect, and thrive. The program has consistently shown to inspire and motivate seniors, helping them rediscover purpose and joy in daily life.

ENTRY CRITERIA

- Participants are required to be 65+
- All participants should be able to manage their own personal care independently
- Participants should be willing and able to engage in group activities
- Pre-register for the program

Programs are flexible and created with input from each group- we're excited to create something meaningful together

WHO IS TAPS FOR?

Older Adults who have previously been active and socially engaged, but are now finding it difficult to attend community groups or participate in social activities due to changing circumstances, this may include:

- Facing mobility or health challenges
- Experiencing social isolation
- Recovering from illness or life changes (like bereavement or relocation)
- At risk of becoming disconnected from their community

