

Power Pioneers Lifestyle Program – Activities that keep us moving

1. Power Pioneers - membership
2. Power Pioneers - volunteering for organization, activities, committees, executives and events
3. Power Pioneers - events/picnics/Christmas lunch/field trips
4. Power Pioneer - Jamboree volunteering
5. Walking with family and friends
6. Walking the Seawall
7. Walks on the beach
8. Helping elderly family and friends get out for a walk
9. Walking Stanley Park/Seawall twice a year
10. Join a walking club
11. Walking trails, golf courses, parks, city walks, bird watching
12. Rambling
13. Walking holidays (Europe)
14. Walk instead of driving
15. Walk to pick up the mail and newspaper
16. Parking far away from stores to walk more
17. Nordic Walking
18. Taking public transit instead of driving
19. Mall walking
20. Tracking walking (# times per week/# of steps per walk)
21. Dog walking
22. Dog sitting
23. Dog training/agility
24. Golfing (also known as a frustrating walk!)
25. Fishing (river/lake/ocean/fly fishing)
26. Flower Gardening (outdoor/patio/indoor/greenhouse)
27. Vegetable gardening and harvesting
28. Pick fruit from orchard and make jams and jellies
29. Yard work (maintenance /tree pruning/fence painting)
30. Housework (no more maid service!)

31. Vacuuming
32. House maintenance (heavy work/renovations/painting)
33. Mowing lawns
34. Raking Leaves
35. Pulling weeds, not the kind you smoke!
36. Shoveling snow
37. Plowing snow
38. Washing my car (no carwash)
39. House sitting
40. Looking after our cabin
41. Running a farm/feeding cows/chickens/horses
42. Taking care of cattle and horses
43. Farming jobs/lots of walking from house to barn
44. Summer Haying (throwing 50 pound hay bales)
45. Sawmill (cutting lumber/shoveling sawdust)
46. Chopping wood (sawing/splitting/stacking firewood)
47. Felling trees (clearing fallen trees)
48. Planting trees (brushing in forest)
49. Workshop projects
50. Carpentry/construction work/Build frames for spouses paintings
51. Helping with finishing carpentry work for others
52. Helping with family and friends renovations
53. Volunteering for charities
54. Volunteer grocery shopping for seniors
55. Volunteering for community events/local fairs
56. Volunteering at a Cat Rescue Centre doing handyman jobs
57. Volunteering for local Hospital Auxiliaries
58. Volunteering for Associations/Organizations/Clubs
59. Volunteering for churches (maintenance, usher, greeter, outreach, kids clubs)
60. Volunteering for church events (baker, cook, decorator, caterer)
61. Volunteer Optimist club
62. Volunteer Street Hope

63. Volunteer Adopt a Block
64. Volunteer with CASARA (Civil Aviation Search and Rescue)
65. Volunteer with Mental Health and Arts groups
66. Volunteering as a Mentor
67. Volunteer with Knights of Columbus
68. Volunteer with North Vancouver Museum Friends Society
69. Volunteer at theatres (performances)
70. Volunteer at care homes
71. Volunteer for hiking club
72. Volunteer food bank/cancer patient driver
73. Volunteer hospital greeter
74. Volunteer - board member/Transition society
75. Volunteer at world cup skiing and sporting events
76. Volunteer at Toastmasters competitions/Attend Toastmasters
77. Volunteer to mow lawns for ill or retired people
78. Volunteer monthly visitation at hospital heart ward
79. Helping elderly parents, friends and neighbours get to appointments
80. Caregiver for spouse
81. Regular visits with grandchildren
82. Playing games with grandkids beach, parks
83. Taking grandchildren to swimming, water slides, gymnastics
84. Walk my grandkids to and from school
85. Looking after grandkids/Playing with grandchildren
86. Babysitting (grandkids, nephews, nieces, pets)
87. Connecting with family (Facebook, email, texting, letters, visits)
88. Connecting with family (dinners, breakfasts, planned regular get-togethers)
89. Visiting my mom or dad
90. Cooking with family
91. Connecting with friends (lunch, coffee, dinners out, social get-togethers)
92. Hosting dinner parties and entertaining with friends and family

93. Connecting with friends (texting, emailing, phone)
94. Game nights at our home with friends
95. Guys night out for dinner weekly
96. Maintain a large circle of friends that we have dinner with
97. Local coffee house socializing
98. Visit with family, friends, Shut-ins in person and by phone
99. Meet with former Hydro employees for coffee, lunch, meals
100. Weekly lunch with ex co-workers
101. Visit Hydro colleague at care home
102. Strata Council member
103. Strata Condo member (volunteering/president/Social Club/projects)
104. Condo community (activities/ snow removal/rock gardening)
105. Travel (with and without family and friends)
106. Travel in Canada and to other countries
107. RVing/Travel Trailer
108. Reading (reading to relax)
109. Studying topics of interest (taking courses)
110. Attending hockey games/Junior hockey
111. Watching grandchildren play hockey and baseball
112. Tennis
113. Curling
114. Weight Training/Strength Training
115. Weight Watchers leader
116. Cycling (outdoors/with grandchildren)
117. Cycling Holidays (Europe)
118. Stationary bike
119. Mountain biking/Road Biking
120. Hiking
121. Mountain climbing (Jasper/Mt. Robson/Grouse Grind)
122. Fitness Classes/Keep Fit Classes/Going to the Gym
123. Zumba
124. Aqua Fit/Water aerobics

125. Water walking in the pool
126. Swimming (pools/lakes/laps)
127. Aerobic classes
128. Jogging/ Running
129. Running groups
130. Training and running in Marathons/5 and 10 K runs
131. Nia Fitness
132. Healthy Heart Program
133. Osteofit classes
134. FITT Principle for Workouts
135. Spin class
136. Cross Fit Classes
137. Tai chi
138. Yoga
139. Stretching
140. Body Rolling
141. Bootcamp
142. Meditation
143. Seniors Balance
144. 5BX Exercises (Five Basic Exercises)
145. Floor exercises
146. Exercise with bells
147. Treadmill
148. Air Stepper/Air Climber
149. Workout at home
150. Elliptical Machine
151. Treadmill
152. Cardio Classes
153. Pilates
154. Walk away the pounds video
155. Fit for Life group class
156. Boating
157. Dragon Boating/Outriggers/Racing Canoe Club member

158. Teach senior dragon boat paddling
159. Canoeing
160. Paddle boarding
161. Dancing
162. Belonging to a dance group
163. Square dancing /round dancing/Line Dancing
164. Scottish Country dancing
165. Cross country skiing
166. Nordic Facility (cross country/skate skiing)
167. Downhill skiing
168. Snowshoeing
169. Ice Skating
170. Playing Ice Hockey
171. Hunting
172. Bowling (5 pin/10 pin)
173. Lawn Bowling
174. Bocce/Petanque
175. Pickleball
176. Kayaking
177. Handball
178. Trap Shooting
179. Softball / Slo-pitch
180. Raquetball/Squash
181. Outdoor shuffleboard
182. Kung Fu
183. Playing washers or washer pitching
184. Musician (concert and church bands)
185. Listening to music
186. Playing music
187. Play music for seniors
188. Quilting (going to quilting meetings)
189. Card making/Crafts
190. Furniture refinishing

191. Artist/Painter/oil/water
192. Paint weekly with the Brush and Pallet Club
193. Writing
194. Playing cards
195. Playing Bridge
196. Play online bridge/with family
197. Teach weekly bridge class
198. Mahjong
199. Games/Scrabble/Mexican Train Dominoes/Crib/Online
200. Play ACBL sanctioned bridge games
201. Run ACB sanctioned bridge games
202. Crossword Puzzles
203. Sudoku
204. Word Jumbles
205. Camping
206. Needlework
207. Computer Activities
208. Motorcycle Postie (Australia)
209. Riding a motorcycle (trips with different groups of friends)
210. Sewing Club
211. Book Club
212. Train Club
213. Snowmobiling
214. Wood carving
215. Wood working
216. Photography
217. Singing (Chorus/groups/choirs)
218. Model boat and plane making
219. Car Club
220. Citizens Patrol
221. Racing Cars
222. Working the Track/Spotter for race cars
223. Tour Guide

224. Crochet and knitting (for family, friends, charity projects)
225. Bartending
226. Art lessons
227. Ceramics
228. Taking a course to learn something new (art classes)
229. Cooking and baking at home (trying new recipes)
230. Going to the library/Library Club
231. Red Hat group member
232. Pumpkin growing club member/judge
233. Attend religious services
234. Coach Lacrosse
235. Electrical Installations work
236. Shopping with friends and family
237. Shopping for groceries and clothes
238. Alcoholics Anonymous meetings
239. Legion member (executive/activities/parades/selling poppies)
240. Seniors Centre activities
241. Squamish Trails Society member
242. TOPS club member (local chapter)
243. Go to the movies
244. Lodge (Freemasons) member/ Scottish Rite
245. Theatre and concerts 4
246. Kairos member
247. Ham Radio group member
248. Probus Club member
249. Retired Fire Fighters activities
250. Work as a teachers aid at High school
251. Shriners member charity ball chairman
252. Daughters of the Nile (female Shriners)
253. Hair appointment once a week
254. Season tickets to sports events
255. Regular trips to the theatre and arts and culture events
256. Victoria Model Shipbuilding Society shows

257. Make my own wine
258. Collector
259. Quilling
260. Call Bingo for Seniors group once a week
261. Journaling
262. Learning a language on the iPad
263. Zonta Club
264. Union Meetings
265. Start a business
266. Work at a job
267. Director or Board member of companies
268. Executive and Board members of charities/non-profits
269. Regular checkups at dentist and doctor