



**Big Sisters
of BC Lower Mainland**

Activity Ideas for Big and Little Sisters

Now that you are a Big or Little Sister, you're probably looking forward to doing a variety of activities together. We hope these activity ideas will start you on your way to some fun-filled hours, or spark your imagination to plan your own unique activity ideas.

It is important that as a Big or Little Sister you remember you are both responsible for planning your activities. Trying to stick to low or no cost outings can be challenging but worth the effort. Big Sisters are not expected to pay for Little Sisters rather the Little Sister, is expected to contribute to the cost of inexpensive outings.

We hope you keep this list handy throughout your relationship, especially for times when you feel like you've run out of ideas. Don't forget to try weird or different activities at least once!

ENJOY!

No Cost Activity Ideas

1. Go for a walk – to the seawall, on the beach, through a park, anywhere new and interesting.
2. Window shop in a cool neighbourhood – Main street is full of antiques, Gastown is a fun “tourist” place, Chinatown has many interesting cultural items. (walking tour info at <http://www.city.vancouver.bc.ca/commsvcs/planning/heritage/walks/>)
3. Hike – the local mountains have many free trails requiring varying levels of fitness – from the UBC Endowment Lands or the Seymour Demonstration Forest (easy) to Lynn Canyon (medium) park to the Grouse Grind (challenging; costs \$5 to take the gondola down). Trails are located throughout the Lower Mainland – look for some in your neighbourhood.
4. Take a tour around local university or college campus.
5. Visit Granville Island for free entertainment or people watching
6. Visit a public market – Granville Island, Lonsdale Quay, New West Quay, Steveston docks.
7. Go for a drive – to Horseshoe Bay, up Cypress mountain, through the endowment lands at UBC; anywhere scenic could be a new experience.
8. Visit a local library and check out an interesting book, movie or CD; research or look up something in the stacks or on the internet; or peruse some magazines.
9. Choose something new to learn, like calligraphy or stars, and learn it together.
10. Check out the local events in the paper – there are many free community events to take in throughout the year.
11. Make some popcorn and play a board game or do a puzzle.
12. Try a new card game together.

13. Visit a community centre for pick up basketball or floor hockey
14. Take a soccer ball to the park and kick it around.
15. Play catch with softballs, footballs, beach balls, bean bags...whatever you can find! See how you can improve your skills.
16. Go to the SPCA and visit or walk the animals.
17. Take the Albion ferry to Fort Langley.
18. Cook something together – cookies, muffins, dinner or lunch. Choose an ethnic theme and try something new.
19. Visit the Capilano Salmon Hatchery in North Vancouver or the Capilano Dam – both are connected by easy hiking trails.
20. Visit the Richmond Nature park – hiking trails and a nature reserve.
21. Start a scrapbook together – take photos, write in a journal, keep tickets and wrappers to remember your activities together.
22. Press flowers or leaves at different times of the year.
23. Start a collection together – stamps, coins, business cards from restaurants or cafes, or anything new.
24. Play games while you are waiting in line – “I spy”, "Who or what am I?" - give clues; Use names of cities or countries and play alphabet geography; People Watching - Look for people wearing running shoes or eye glasses, etc.
25. Have a snowball fight, build a snow fort, an igloo, or a family of snow people.
26. Shovel a neighbour’s driveway or sidewalk; rake leaves and make a big pile.
27. Go to the airport park (near the South Terminal) and watch the planes fly overhead, keep a journal of how many and what kinds you see.
28. Go beachcombing – see how many different shells or coloured stones you can find.
29. Check out the totems in Stanley Park or visit the nesting grounds at Lost Lagoon.
30. Splash around at the Granville Island Waterpark
31. Visit the UBC Anthropology Museum – admission is FREE on Tuesday evenings.

Activity Ideas that are Low Cost

1. Go swimming or skating at the community centre – they often have “loonie nights” for off peak times.
2. Visit a wave pool. Or one of Vancouver’s great outdoor pools.
3. Celebrate special occasions together - carve a pumpkin, make valentines or colour Easter eggs.
4. Buy some birdseed (not bread crumbs!) and feed the ducks (unless otherwise posted) at Jericho park, Ambleside, or any of the many other duck ponds in the Lower Mainland.
5. Start a craft together – make cards, paint, start a woodworking project.
6. Pick a sport and check out a local university or college women’s game.
7. Visit a 2nd run movie theatre for a cheap movie.

8. Go bowling.
9. Make a model – planes, cars, dinosaurs, doll houses and furniture.
10. Make your own t-shirt or apron – give them or gifts or wear them together.
11. Take the ferry to Bowen Island and enjoy a picnic lunch in the park or at the beach.
12. Play pitch and putt or visit a driving range.
13. Rent movies with a theme – scary, comedy, classic, high school, TV dramas, women and sport.
14. Make a balcony garden together – plant seeds in an ice cream bucket and watch them grow.
15. Make a kite and fly it at Vanier Park.
16. Visit the interpretive centres at Lynn Canyon or the Seymour Demonstration Forest.
17. Check out the local recreation centre for a girls-only program

Activity Ideas that Cost – *but may be worth it (once in awhile)!*

Call for rates and times and ask for a Big Sister or student rate

1. Try a new activity together such as: indoor rock climbing, snow shoeing, curling, canoeing or kayaking.
2. Vancouver Aquarium and Marine Science Centre – Stanley Park. Visit www.vanaqua.org
3. University of B.C. Museum of Anthropology – Houses one of the world's largest collections of Northwest Coast Indian artifacts, 822-5087, 6393 NW Marine Drive. Closed Mondays. Tue. 11 a.m.-9 p.m., Wed.– Sun. 11 a.m.– 5 p.m. . Group rates for 10 or more call 822-4643. UBC Students, Staff and Faculty get in FREE with their UBC ID card.
4. Simon Fraser University Museum of Archeology and Ethnology – Northwest Coast Indian Artifacts. 291-3325 Monday-Friday 10 a.m.– 4 p. m (closed 12-1). Admission by donation.
5. Langley Centennial Museum and Exhibition Centre. 9135 King St., Fort Langley. 888-3922 Admission by donation. Summer: Mon.–Sat. 10 a.m.– 4:45 p.m., Sundays 1– 4:45 p.m. Winter: closed Mondays.
6. Delta Museum and Archives – Three floors of permanent exhibits, fishing, agriculture, and Coast Salish Indian displays. 946-9322, 4858 Delta St., Ladner. FREE ADMISSION. Open Tues.– Sat. 10 a.m.– 3:30 p.m. Closed Mon. Sundays 2–4 p.m. Archives open Tues.– Sat. 10 a.m.– 3 p.m. Closed Sun. & Mon.
7. Science World – 1455 Quebec St., Vancouver 604-443-7443. www.scienceworld.bc.ca New activities every month and interesting movies.
8. Capilano Suspension Bridge – Stretches 137 metres across Capilano Canyon and is part of the nature and history park that includes forest, salmon ponds, totem poles, gardens, native carvings. 3737 Capilano Road, North Vancouver. 604-985-7474. Open daily. Hours vary, so phone ahead
9. Van Dusen Botanical Gardens – 604-878-9274, 5251 Oak Street. Open daily.
10. Dr. Sun Yat Sen Classical Chinese Gardens – 689-7133, 578 Carrall Street. Dr. Sun Yat Sen Park is located next to the gardens and visitors are welcome.

11. Maplewood Farm – In park setting with domestic farm animals and birds, goat and rabbit petting areas and Sunday pony trail rides. 604-929-5610. 405 Seymour River Place, North Vancouver. Open Tuesday through Sunday 10 a.m. – 4 p.m. Closed Mondays.
12. Burnaby Village Museum – Houses everything from yesteryear including clothing and toys. 4900 Deer Lake Ave., Burnaby. 604-293-6500, Information Line 293-6501.
13. H.R. MacMillan Planetarium and Vancouver Museum – 1100 Chestnut Street, Vancouver. 736-4431. Open daily 10 a.m.-5 pm, Thursdays 10 a.m. to 9 p.m. Call for show times.
14. False Creek Ferries – Stops at Granville Island, Vanier Park, Yaletown, Science World, Stamps Landing. 684-7781.
15. Aquabus – Stops at the base of Hornby (downtown), Granville Island, David Lam Park, Yaletown, Stamps Landing, Spy Glass, Science World
16. Royal Hudson Steam Train – Take the train from North Vancouver to Squamish with a two-hour stop-over there for a picnic and prowl and then return. Start to finish, the day is six and half hours long. 604-631-3500. 1131 W. 1st (& Pemberton) in North Vancouver. From June to September train departs once a day, Wed–Sun at 10 a.m. (boarding begins at 9:15 a.m.) Call for admission in advance.
17. Harbour Centre Tower – 604-689-0421. 555 W. Hastings Street. Daily 9 a.m.–9 p.m.
18. Reifel Migratory Bird Sanctuary – 5191 Robertson, Delta (Ladner turnoff), 604-946-6980. Open daily 9 a.m. – 4 p.m.
19. Vancouver Art Gallery – 750 Hornby St., Vancouver, 604-662-4719 Tuesday to Sunday 10-5:30, Thursdays open until 9:00 pm. Statutory Holidays 12-5 Closed on Mondays. Note: Thursday evenings 5 – 9 p.m. by donation and check for Super Sundays (activities for kids).
20. Bloedel Conservatory
21. Fort Langley National Historic Site
22. Gulf of Georgia Cannery National Historic Site
23. Playland
24. West Coast Railway Heritage Park, Squamish

Websites with more Activity Ideas

www.findfamilyfun.com

www.kidsvancouver.com

www.city.vancouver.bc.ca/parks

www.tourismvancouver.com/pdf/2004_kidsmap.pdf

www.northvanrec.com

www.tourismvancouver.com/visitors/things_to_do/

PLUS...Make sure you are on the Big Sisters e-newsletter distribution list to keep up to date on weekly group activities or special events!