

Qualicum Beach Seniors' Activities Centre
Renewal and New Membership Application Form

August 1, 2020 - July 31, 2021

Please Print Clearly Date: D _____ M _____ Y _____

Mr / Mrs / Ms Surname: _____ Given Name: _____

Name known as: _____

Renewal New Membership Yes

Has your contact information changed in the past year? No

City: _____ Postal Code: _____

Mailing Address if different: _____

Home Phone: _____ Cell: _____

Emergency Contact: _____ Ph: _____

Address: _____

E-mail address: _____

(Optional) Year of Birth: _____ (Membership is complimentary after 90)

The QB Seniors Centre is run entirely by volunteers.

Would you be willing to help in one of these capacities? Kitchen

Greeter Event Organizer

What new / other activities would you like the Seniors Centre to offer:

1. _____ 2. _____

Select the way to receive your Newsletter:

Pick up at Centre: _____ Email: _____ Mail to home (\$10 extra) _____

Membership \$20 Payment by: Cheque Cash Credit Card

Personal Information: I have read the privacy information on the reverse.
To be eligible for membership a signature is required:

Signature: _____ Print Name: _____

IF RENEWING - ONLY COMPLETE CHANGES

Qualicum Beach Seniors' Activity Centre

Important Information

Please read this and sign on both sides.

As a result of British Columbia's Personal Information Protection Act (PIPA), dated January 1, 2004, we must inform members joining after that date the reason(s) why we collect, use and disclose their personal information. The Qualicum Beach Seniors' Activity Centre collects and uses your name, address, telephone number and email address to fulfill the following:

1. To maintain a register of members, to identify and contact members, issue receipts for dues and issue membership cards.
2. To mail centre newsletters, contact kitchen volunteers, advise members of trips or functions, pick up door-to-door on some trips, publish names and/or photos in newspapers or centre historical records and mail "get well" card to sick members. Access to personal information is restricted to centre members requiring it during the performance of their duties. It is not available in any form to outside agencies or persons except when required to inform travel agencies of members signing up for trips and/or activities. Names may be displayed in public areas of the Centre.

Please indicate whether you agree with this use of your personal information

Please sign here and on the other side of this page:

Signature: _____ Print Name: _____

A copy of the Constitution and Bylaws is available on Request.

*Qualicum Beach Seniors' Activity Centre
703 Memorial Avenue
Qualicum Beach, BC V9K 1S7
Phone: (250) 752-0420
email: QBSeniors@shawbiz.ca*

DISCLAIMER:

Always consult your physician or healthcare provider before beginning any exercise program. The workouts whether conducted in the Centre or presented as live, online classes are for injury-free individuals.

Modifications may be given for certain exercises. However, due to the nature of the workouts, providing specific modifications for each participant will not be possible. All specific medical questions should be presented to your own health care provider and you should seek medical advice before starting any type of workout program.

If you choose to use this information and participate in any of our programs either in the Qualicum Beach Seniors' Activity Centre or as live-stream online programs without prior consent of your physician, you are agreeing to accept full responsibility for your decisions and agreeing to hold harmless The Qualicum Beach Seniors' Activity Centre Society, its agents and/or employees from any liability with respect to injury or illness to you or your property arising out of or connected with your use of the information contained within any programs offered by The Qualicum Beach Seniors' Activity Centre Society, live stream online workouts, or our website.

Exercise is not without its risks and this or any other exercise program may result in injury. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional. You should rely on your own review, inquiry and assessment as to the accuracy of any information made available within the programs.

We strongly advise participants complete a Par Q questionnaire to assist in participant awareness of all personal health conditions that may be contra indicative of online fitness classes: Par Q; <http://eparmedx.com/> .

A copy of this questionnaire is available through our office.