WE ARE NOT JUST ICE!!!!!

Is there some kind of event you would like to host???

We can accommodate all your needs for Trade Shows, Conventions, Corporate Meetings, Family Reunions, Community Concert and Weddings

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<th>Stage</th>
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Curling Rink and Ball Fields are also available. Contact Laura at (250) 395-1353 or email her at lalbert@icesports.com

* Catering also available *

Canlan Birthday Parties

Public Skating Party
Private Ice Party
Dry Floor Party
(May-July)

Let our staff take care of the rest!!!!

Three Easy Steps:

1. Pick your date
2. Choose your party package
3. Choose your meal package
A Recreation Pass is to ensure that residents within the areas which contribute to the South Cariboo Recreation Services functions Bylaw No. 4617 through taxation do not subsidize participation by residents from non-contributing areas.

All Persons living within the contributing taxation area may obtain their Recreation Passes by attending the South Cariboo Recreation Centre or other appropriate office during regular business hours with proper identification (i.e. BC Driver’s License) and proof of residence in the form of either a property tax/assessment notice or a utility bill showing the property address.

Recreation passes allow access to the South Cariboo Recreation Centre, the South Cariboo Curling Rink, 100 Mile House Park Ball Fields and the 100 Mile Soccer Park fields as well as enrollment in recreation programs at member prices.

The cost of recreation passes for access to South Cariboo Recreation Facilities* is:

- Family Recreation Pass ** (Household) $155 per year
- Individual Recreation Pass $100 per year

For the year 2016/17 the cost of recreation passes for users of the ball fields and soccer fields will be:

- Family Recreation Pass ** (Household) $50 per season
- Individual Recreation Pass $25 per season

This reduced interim costs is put in place to acquire information from user groups of these facilities as to the number of participants that must purchase a pass versus those which will receive one at no charge.

**Note: Ball fields and soccer fields fees are subject to change. Please check with the South Cariboo Recreation Centre for the most current information.

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**What is a Recreation Pass?**

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**WANT TO BE IN THE NEXT GUIDE?**

contact us:
SOUTH CARIBOO RECREATION CENTRE
250-395-1353
PO Box 1199, 175 Airport Rd, 100 Mile House, BC, V0K 2E0
lalbert@icesports.com or ddeacon@icesports.com

To register for specific leisure & recreation programs in this guide, please call the phone number listed under each program.

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* This publication was produced by Canlan Ice Sports.
* Front page photo submitted by Gaven Crites.
The Cariboo-Chilcotin is a four-season playground. We are lucky to live in an area that is so rich in year-round recreational options, and the overall health of our population reflects people’s eagerness to be active.

British Columbians have the highest life expectancy in Canada, which is a result both of our desire to be physically fit and our province’s health-care system, which was rated No. 1 in Canada by the Organization for Economic Co-operation and Development in 2014.

Diet, exercise and reducing stress levels lay the foundation for good health. Many know what it takes to live a healthy lifestyle: be physically active, drink more water, eat wisely, get plenty of sleep, limit alcohol intake and eliminate tobacco use – but it takes a commitment to this kind of lifestyle change.

The pathway to feeling better and living longer isn’t complicated. Regardless of our age, our bodies are meant to move. But we all can’t move in at the same speed. So when it comes to fitness, it’s important to find routines that that give you the most satisfaction.

In our region there are so many ways to enjoy nature, stay active and have fun. Take advantage of our spectacular landscapes where people of all ages can enjoy our numerous lakes and rivers, indulge in any type of water sport, kayak, fly-fish, canoe or try whitewater rafting.

For casual hikers and cyclists, horseback riders and backpackers there are panoramic vistas of rolling hills, lush grasslands and a wide variety of parks. We have canyons, trails and mountains waiting for you to explore.

There is a wide variety of exercise classes available year-round for almost every age group, ability and fitness level at our community centres and gyms, as well as specialized wellness programs at some of our health ranches.

Whether it’s swimming in our beautiful lakes to ATVing, snowmobiling, skiing at Mount Timothy, going on our cross-country trails or even gardening or lawn-cutting in your own backyard – take advantage of what our region has to offer.

To get active and enjoy healthy living, there is no time like the present.

Donna Barnett
MLA for Cariboo-Chilcotin
The end of winter signals the return of the routines of spring & summer: the end of school, annual vacations, sports and activities. Ball fields and soccer pitches become busy places; the recreation center hums with programs and creativity. In addition, seasonal events such as Graduation, weekly Farmers’ Market, Canada Day, and Little Britches Rodeo offer opportunities for outings and get-togethers. Please refer to this guide for information on special seasonal and family events.

In the South Cariboo, we are committed to providing residents with a wide variety of social, arts and culture, fitness, outdoor and indoor recreation opportunities. Our focus is also on offering experiences and events which can involve the entire family.

It is our hope that the residents of the South Cariboo make parks, recreation & culture an integral part of their lives.

This summer the District of 100 Mile plans to continue its downtown revitalization with new plantings, sidewalk improvements, installation of new benches along Birch Avenue and an accent park at the Horse Lake-Cariboo Trail intersection. All adding to the spirit and vitality of our downtown corridor.

This spring/summer, take the opportunity to get involved and stay active in the South Cariboo – a wonderful place to live, work and play.

Mitch Campsall, Mayor

Welcome to the South Cariboo Recreation Centre!

On behalf of the Cariboo Regional District, welcome to what promises to be another great year of programming at the South Cariboo Recreation Centre.

As the owner of the South Cariboo Recreation Centre, the CRD has partnered with the District of 100 Mile House to provide exemplary recreation and programming options for residents.

These recreation facilities and the enjoyment they offer, are only successful as a result of the innumerable hours donated by the many volunteers and organizations that serve our communities. I’d like to thank these individuals and organizations for their continued support and efforts.

Our goal and commitment to the people of 100 Mile House and the South Cariboo is to provide the best possible recreation and leisure services, while respecting that many programs are supported by local taxation.

We hope you enjoy the facilities that are available to you as well as the benefits of an active, healthy lifestyle. The CRD looks forward to developing new recreational opportunities within the region and will continue to focus on Building Communities Together.

Sincerely,
Chair Al Richmond
Cariboo Regional District
DADDY AND ME
_Cariboo Family Enrichment Centre_

Daddy and Me is a fun play group encouraging dads and their children (0 – 6) to play together as well as being an opportunity for dads to talk to each other and learn about resources available in the community. Uncles and Grandpas are welcome too. Pizza is provided.

Last Friday of the month from 6:00pm-7:30pm Sept-May (when schools are in session)
Dads, Uncles, Grand dads and children aged 0 to 6
Location: 100 Mile Elementary School Gym, 97 Birch Ave
Contact 250-295-5155 for more information
This program is provided at no cost to the participants

GYMNASTICS
_South Cariboo Rhythmic Gymnastics (SCRG)_

We offer programs from Moms&Tots, Teddy Bears for Girls, Little Ninjas for Boys, and Jewels. These are introductory levels of Rhythmic Gymnastics in fun and active learning environment for young children. Programs run from September to May.

Ages 0-5 years
Location: Bethel Chapel Gym
Contact: Nathania Hindmarsh 250-395-1301 or nathaniamh@gmail.com
Sang-Hee Robinson 250-791-5538 or scrhythmicgym@shaw.ca

HOCKEY TIPS FOR TOTS
_Canlan Ice Sports – SCRC_

Designed for aspiring young hockey players this program focuses on the fundamental skills of skating and explain the game of hockey in simplest terms. Age and skill appropriate drills focus on power skating, puck handling, passing and receiving. Participants should be able to skate forward, fall down, and get up without assistance. Full hockey equipment is required.

Ages 3-6yrs
Location: South Cariboo Recreation Centre
Contact: Laura at 250-395-1353

INFANT MASSAGE
_Cariboo Family Enrichment Centre_

Tuesdays 11:00am – 12:00pm
September 13th – October 11th
Contact: 250-395-5155

KINDERGYM

This free parent participation program highlights active and gross motor playtime for children. The extended active play at Kindergym is the only service of its kind available to families in the 100 Mile House area. There is a wide-range of experiential opportunities including a large floor space, a baby area, fine motor skills activities, snack table, arts and crafts table, and a reading corner.

Thursdays 9:45-11:45am
Free Ages Under 6 yrs
Location: 100 Mile Community Hall
Contact: Elke Baechmann at 350-706-2481
(Summer sessions may be outdoors at Centennial Park)
PREGNANCY OUTREACH AND INFANT/ TODDLER PROGRAM

*Cariboo Family Enrichment Centre*

All expectant parents and parents of children aged 0 to 6 are invited to the weekly Pregnancy Outreach and Infant/Toddler Program on Wednesdays from 11:00am-12:30pm at the Cariboo Family Enrichment Centre. Topics include Mental Wellness, Infant Development, Early Years Programs and Nutrition. Early Learning Care is provided for children of attendees.

Weekly on Wed (January to June except during Spring Break – March 14th-28th)

Expectant parents and parents of children aged 0 to 6

Location: Cariboo Family Enrichment Centre (1-486 Birch Ave)

Contact 250-395-5155 for more information

This program is provided at no cost to the participants.

PRE-SCHOOL LEARN TO SKATE

*Canlan Ice Sports – SCRC*

Pre-school learn to skate introduces participants that are more independent to learn the basic skating skills. Children advance through a progression system by completing selected skill sets to help them get more comfortable on the ice. As skating becomes more natural, participants can advance into hockey, ringette, figure skating or continue skating recreationally.

Starting Sept 12th

Mondays 9am or 1pm whichever is convenient for you.

$105+gst/8 sessions Ages 3-5yrs

Location: South Cariboo Recreation Centre

Contact: Laura at 250-395-1353

SOCCER: “FIRST TOUCHES” U5

*100 Mile House Soccer Association*

Introduction to soccer for 3-5 year olds. The emphasis is on fun and learning basic soccer skills through a variety of drills and fun activities. Parental involvement is encouraged.

May-June, September

Ages 3-5yrs

Contact: 250-644-2135 or info@100milesoccer.com

*Registration closes March 31st 2016. Registrations received after this date will be on a first come, first served basis and will be subjected to a $40 late registration fee.

DANCE

DANCE DYNAMIX FOR PRESCHOOLERS

*Canlan Ice Sports – SCRC*

A non-technical, beginner approach to dance for preschoolers. Children will participate in games using movement, limbering and body development exercises. Much use is made of the child’s imagination with emphasis on FUN! *age groupings are dependent on enrollment and are subject to change without notice and are open to boys and girls.

Mondays 10:30-11:00am

$78/9 sessions

Ages 2-4 years

Call 250-395-1353

*Image of a child skating.*
LITERACY AND LEARNING

BOOKS FOR BABIES

*Cariboo-Chilcotin Partners for Literacy*

Free book bags for newborns’ families are available from Interior Health nurses at immunization. There are also books for toddlers from the CRD library.

Contact: Shelly at 250-395-9303

BRIGHT RED BOOKSHELVES

*Cariboo-Chilcotin Partners for Literacy*

There are free books for kids available on the bright red bookshelves located around town: CFEC, MCFD, South Cariboo Recreation Centre, Canim Lake, and at most rural schools.

Contact: Mel at 250-791-5720

SOUTH CARIBOO LIBRARY BRANCHES

[www.cln.ca](http://www.cln.ca)

- **100 Mile House**: Tues-Thurs (10am-8pm) Fri-Sat (10am-5pm) Contact: 250-395-2332
- **Bridge Lake**: Wed, Thurs, Sat (2-6pm) Contact: 250-593-4545
- **Forest Grove**: Tues (3-8pm) and Thurs (10am-3pm) Contact: 250-397-2927
- **Lac La Hache**: Wed (2-7pm) and Sat (10am-3pm) Contact: 250-396-7642

FAMILY STORY TIME

Family Story Time is for the whole family to enjoy stories, songs, and interactive activities. It is open to all ages. Simply drop-in, no registration required.

Tuesdays, Wednesdays & Fridays
10:00-10:30am
Call 250-395-2332 for more information.

STRONGSTART

*School District #27 - [www.sd27.bc.ca](http://www.sd27.bc.ca)*

This school-based, early learning parent participation program provides a new gateway to lifelong learning. Free, drop-in play. All families with children up to age 5 are welcome. StrongStart programs run when school is in session (End: June 19th 2015)

**Schedule:**

- **100 Mile Elementary** (250-395-2258):
  - Mon-Fri 9am-12pm; Dinner Thursdays 4-7pm
- **108 Mile Elementary** (250-791-5221):
  - Tuesdays & Thursdays 9am-12pm
- **Forest Grove Elementary** (250-397-2962):
  - Tuesdays & Thursdays 9am-12pm
- **Horse Lake Elementary** (250-395-4572):
  - Tues 9am-12pm; Dinner Wednesdays 4-7pm
- **Lac La Hache Elementary** (250-396-7230):
  - Tuesdays & Thursdays 9am-12pm

BABY & ME PROGRAM

*South Cariboo Health Centre*

A drop in program for parents or caregivers of infants and toddlers; older siblings, grandparents, etc. are also welcome. Program focuses on songs, rhymes, and stories to foster enjoyable adult-child connections, support early learning, address common parenting concerns and questions, and bring parents/caregivers of young children together. Facilitated by a public health nurse and infant development consultant.

BABY & ME PROGRAM

September-June Mondays 10:15-11:30am
Location: South Cariboo Health Centre (555 S.Cedar Ave)
Contact: 250-395-7676
This program is provided at no cost to the participants

MUSIC

September-June Mondays 10:15-11:30am
Location: South Cariboo Health Centre (555 S.Cedar Ave)
Contact: 250-395-7676
This program is provided at no cost to the participants
PARENT SUPPORT

CARIBOO FAMILY ENRICHMENT CENTRE
www.cariboofamily.org
The Cariboo Family Enrichment Centre provides a variety of services and programs to support you and your family. These programs at no cost to you include early years programs like the Weekly Pregnancy Outreach and Infant/Toddler Drop In, Home Visiting, Prenatal in a Day, Family Support Workers, Parent/Teen Mediation. CFEC also provides individual, family and couples counselling in many areas including conflict resolution, anger management, blended families, family separation, child counselling and play therapy. Services are also available for youth including youth employment services, Youth Zone drop in centre, youth outreach and youth counselling. All services may be arranged by self referral or a professional. For more information please visit our website: www.cariboofamily.org or call or drop in to find out more.

Location: CFEC, 1-486 Birch Ave
Contact: 250-395-5155

CCRR (CHILD CARE RESOURCE & REFERRAL)

Cariboo Family Enrichment Centre
Are you looking for quality child care? Services for parents and families include: child care info and referrals, subsidy information and applications, resource and toy lending library, workshops, newsletters, and computer access.

Contact: 250-395-5155

GRAND PARENT AND CAREGIVER SUPPORT GROUP

Cariboo Family Enrichment Centre
For family members, foster parents and compassionate community members raising or providing care for children and youth. Parents are also welcome. This group provides an opportunity for support, information and strategies when dealing with behaviours as well as resources, networking and self-care. This format is open group discussion.

Light snacks are provided
3rd Monday of the month 10:00am – 11:30am
Grandparents, foster parents and caregivers and children aged 0 to 6
Location: Cariboo Family Enrichment Centre
Please call 250-395-5155 for more information
This program is at no cost to the participants

INFANT DEVELOPMENT PROGRAM

Cedar Crest Society for Community Living
The Infant Development Program is available to families of children from birth to 3 years of age who may be at risk of learning challenges or are showing signs of delays in any aspect of their development. Consultants work with children’s caregivers to identify the child’s learning challenges, understand the child’s learning needs, and plan activities to support the child’s optimal development. Consultations can be provided by phone, in the family home, or at the IDP office.

The service is confidential and provided free to families in BC through funding by the Ministry of Children and Family Development. Parents/caregivers are welcome to call directly 250-395-5272, or request a referral through their public heath nurse or family doctor.

Location: Cedar Crest Society, 410 Cedar Ave.
This program is provided at no cost to the participants
**LA LECHE LEAGUE**
If you are interested in breastfeeding, you are welcome to attend. Anytime is a good time to come to a meeting, whether you are pregnant, have a new baby or are needing support or information beyond the first few months. Babies and young children are always welcome. This group typically meets the 1st Thursday of the month. For more details, Email Kris Dobyns at dobynskr@gmail.com.

**PRENATAL IN A DAY**
*Cariboo Family Enrichment Centre*
Learn about labour and birth choices. Includes hospital tour and comfort management options.
Saturday April 23rd, 2016 (lunch is provided)
Expectant mothers and their partners/support person.
Location: Cariboo Family Enrichment Centre
1-486 Birch Ave
Preregistration is required. Please call CFEC at 250-395-5155 to register
This program is at no cost to the participants

**SOUTH CARIBOO HEALTH CENTRE**
There are a variety of infant development programs offered through Interior Health.
Contact: 250-395-7676 for a current schedule.
THE PAINT BOX
Providing a place for kids to comfortably express themselves through art.

Contact: Nicki Jackson at 250-706-2097
“Like” The Paint Box at 100 Mile on Facebook for more information about current classes.

AQUATICS

SWIMMING LESSONS

Spruce Hill Resort & Spa - Red Cross Swimming Lessons may be available for children 3 years and up. Call 250-791-5225 for a current schedule. **There may be a baby and parent class available
Location: 4871 HWY 97, 108 Mile Ranch
Contact: 250-791-5225

The Cariboo Memorial Complex (Williams Lake) offers swimming lessons for children 4 months and up. View their schedule at www.activewilliamslake.com or call 250-398-7665.

The Cache Creek Outdoor Pool offers swimming lessons during the summer.
Call 250-457-9135 for a current schedule.

OUTDOOR SWIMMING

The South Cariboo area is home to hundreds of lakes and beaches perfect for swimming in summer weather. Remember to always exercise caution and wear a lifejacket when swimming in areas not monitored by a lifeguard.

A few favorites:
Centennial Park - This is the perfect spot right in town for the kids to play and cool off.
Ruth Lake - A roped-off swimming area and a grassy area with picnic tables is available for day-use.
Green Lake - There are several day-use beaches in provincial parks along Green Lake.

INDOOR SWIMMING

Spruce Hill Resort & Spa (108 Mile Ranch).
There is an indoor pool, hot tub, and sauna.
There is an indoor pool, hot tub and sauna. Monthly and annual memberships may be available and include fitness classes and use of fitness equipment.
Contact: 250-791-5225

Cariboo Memorial Complex (Williams Lake)
Schedule available at www.activewilliamslake.com or call 250-398-7665.
**DAY CAMPS**

**SUMMER HOCKEY CAMPS: PRESEASON CONDITIONING CAMP**

*Canlan Ice Sports - SCRC*

Get ready for the new season with our Pre-Season Conditioning Camp and get the coach to notice you. Ensure that you’re playing at the highest level when the season starts. This program is designed for athletes looking for extra conditioning as well as to refine their skills in order to advance their game. Players will be kept moving while learning and practicing proper technique in skating and puck control to improve their overall strength, agility and speed. With a heavy focus on conditioning as well as skill development, participants will undoubtedly come out faster, stronger and ahead of the competition.

August 22nd-26th

**SUMMER HOCKEY CAMPS: SUPER 6’S AND 7’S**

*Canlan Ice Sports - SCRC*

The Super 6’s & 7’s program is designed for players who understand the game of hockey, and have played for at least two seasons. Players develop their powerskating, puck handling, passing, receiving, and shooting while being challenged in a fun and positive environment. Participants in this program must be prepared to work hard and want to improve quickly.

August 22nd-26th

**POWERSKATING**

*Canlan Ice Sports - SCRC*

The Powerskating program is designed for hockey and ringette players who wish to improve their overall skating ability. Skating is an essential aspect of hockey or ringette and this class teaches the basic skating fundamentals and proper technique. All lessons break down powerskating to the simplest form and provide players with the essential technique to succeed.

**SKATING, SHOOTING, AND SCORING**

*Canlan Ice Sports - SCRC*

The Skating, Shooting & Scoring program focuses on developing a player’s offensive abilities. Many players take this program to compliment and improve their existing skills and increase confidence around the net. While this program will focus primarily on wrist shots, back handers, rebounds, and snap shots while still enhancing a player’s skating ability.

**YOUTH 3 ON 3 LEAGUES**

*Canlan Ice Sports - SCRC*

Think Fast, Skate Hard! The 3 on 3 Youth Hockey League is for players who want to intensify their game. By thinking faster and skating harder, players develop greater aerobic endurance, compared to regular 5 on 5 Hockey. 3 on 3 Hockey improves overall skill development and game strategy by challenging players both offensively and defensively. This non-contact league is specifically designed to enable players to keep their conditioning level high and their skills sharp through the off season.

Location: South Cariboo Recreation Centre
Contact: Laura at 250-395-1353

**MULTISPORT CAMPS**

*Canlan Ice Sports - SCRC*

These daily or weeklong Multi Sport Camps offer each participant the opportunity to learn new sports and stay active on their time off! Our focus is on teaching the children various sports skills, fun, teamwork and promoting leadership skills. We guarantee professional instructors, a safe environment and friendships to last a lifetime.

*Ask about our Pro D Day and School Holiday Camps at 250-395-1353*

**Wacky Water Week**

The hot days of summer are here, what’s more enjoyable than cooling off with non-stop fun & exciting water games? Campers will enjoy balloon relays, water obstacle courses and don’t forget about trying to play water balloon touch football or water balloon volleyball! This camp is full of non-stop fun in the sun while staying cool! Camp will also include a variety of sports, team building activities and games!

July 11-15 2016 8:30-4:30pm
$150 Ages 6-11yrs
Extreme Ball Week

Extreme Ball Sports Camp will introduce participants to a number of different popular sports that are played throughout local communities and schools! Extreme Ball Sports Camp will include kickball, flag football, basketball, volleyball, soccer, handball, touch rugby, lacrosse etc. Each sport that is introduced will include individual skill development, team skills and game play.

August 8-12 2016 8:30-4:30pm
$150 Ages 6-11 yrs
Location: South Cariboo Recreation Centre
Contact: Laura at 250-395-1353

ULTIMATE ART: MORNING CAMP FOR KIDS

Canlan Ice Sports - SCRC

Young creators are invited to enroll in an eco-friendly art camp. This art camp focuses on an environmental theme and is sure to be filled with outdoor exploration and artistic expression. This camp is best suited for kids who have a passion for the arts and are able to focus on their creations for up to 2 hours at a time. Camp will be held both inside and outside (weather permitting).

July 25th – 29th, 9am – 12pm, ages 5-8 years
$110+gst (includes supplies)
Location: South Cariboo Recreation Centre
Instructor: Kate Spencer
Contact: 250-395-1353

KIDS IN THE KITCHEN: MORNING CAMP

Canlan Ice Sports - SCRC

Students will be introduced to the art and love of cooking and food. This camp will feature a lunch entree and a dessert each day with a focus on cooking with whole foods from scratch.

We will have a partner cooking challenge on Wednesday and visit the South Cariboo Farmer’s Market on Friday to purchase some fresh ingredients for the day’s meals and learn about the local food movement.

July 18th – 22nd 9am – 12pm, ages 8-10 years
$140+gst (includes supplies)
Location: South Cariboo Recreation Centre

INSTRUCTOR: Kate Spencer
Contact: 250-395-1353

OUTDOOR LEADERSHIP CAMP

Canlan Ice Sports - SCRC

Youth will take turns leading the group in outdoor hikes, teamwork games and environmental stewardship. Guest speakers will offer education and stories around the topics of forestry, environmentalism and leadership. On Friday we will adventure to the South Cariboo Farmers Market to explore the local creations and learn about the local food movement. This camp is ideal for youth that are interested and able to hike and be active for a good portion of the day and are keen to explore their leadership abilities. Please ensure youth come with a balanced meal and snacks, plenty of water to drink and comfortable shoes.

August 15th – 19th, 9am – 3pm
$150+gst Ages 11-14
OVERNIGHT CAMPS

EDUCO ADVENTURE SCHOOL
Visit www.educo.ca for dates and fees.
In inspiring wilderness classrooms, we practise setting goals, taking risks, working as part of a team, solving problems and making choices while maintaining a positive attitude. Participants learn to rely on their own inner strength with the support of peers and instructors. These vital and transferable life skills encourage participants to see the challenges life presents as opportunities, not obstacles.
Ages 9-18yrs
Contact: 250-395-3388 or info@educo.ca for more information.

LAKE OF THE TREES BIBLE CAMP
Visit www.lakeofthetrees.com for dates and fees.
Contact: 250-791-5502 for more info.

YMCA/CAMP DEKA
Visit www.vanymca.org for more information.
Contact: 1-604-886-2025

DANCE

DANCE DYNAMIX NEWSCHOOLERS
Canlan Ice Sports - SCRC
An introduction to dance, creative and rhythmic games and movement, limbering and body development exercises. Emphasis is on natural movement and is non-technical. Much use is made of the child’s imagination; an excellent preparation for the next level. *age groupings are dependent on enrollment and are subject to change without notice and are open to boys and girls
Mondays 3:30-4:15pm
$78/9 sessions Ages 5-7 years
Call 250-395-1353 for more information
FITNESS, SPORTS, & WELLNESS

BOXING
Zeus Fight Science
These classes can be quite intense, using the same sorts of drills and exercises used to train professional athletes. Every class has the feel of boot camp. However, if you want to get in superb condition, gain confidence, and learn a great skill, this is for you.
Hours: Mondays, Wednesdays & Fridays: 9-10:30am, 3:30-5pm, 5:30-6:30pm, 7-8:30pm.
Location: 240 Exeter Station Road
Contact: Kelly at 250-609-1128
www.zeusfightscience.com

FIGURE SKATING
100 Mile House Figure Skating Club
Season goes from September to March, Registration begins in August 2016
CanSkate – learn to skate program, 6 levels based on balance, control, and agility for skaters 5-17 years old. (Lessons included in the cost)
CanPowerSkate – Hockey skating skills for hockey players based on control, balance and agility for Hockey 1 and up. (Lessons included in the cost)
StarSkate – Figure Skating program (must have passed level 5 CanSkate) this is a Private Lesson Format (Lessons NOT included in the cost)
All Programs taught by Nationally Certified Skate Canada Coaches
Contact: Danyelle 250-395-1842 or 100milefigureskatingclub@gmail.com

GYMNASTICS
South Cariboo Rhythmic Gymnastics
We have Recreational level, Performance level and Competitive level for our young gymnasts.
Recreational Level (ages 5+) – In Jewels & Rainbow Programs each gymnast will learn body technique and basic skills with hand held apparatus in structured yet fun environment through “PRISM” rhythmic gymnastics program.
Location: Bethal Chapel Gym
Contact: Nathania Hindmarsh 250-395-1301
Sang-Hee Robinson 250-791-5538 scrhythmicgym@shaw.ca
Performance Level – Do you like dance, music, work with different apparatus, and challenge in a team setting? Then this is your program. Every year, we will decide on themes and prepare different routines to perform different events, such as BC Gymnaestrada and Canadian National Gymnaestrada. This requires creativeness, high energy, teamwork and commitment. Gymnasts will learn acro moves, partner lifts, aesthetic waves and dance, as well as hand-held apparatus.
Location: Bethal Chapel Gym
Contact: Sang-Hee Robinson 250-791-5538 scrhythmicgym@shaw.ca
Competitive Level – This program is offered to gymnasts who work hard, are focused, and have a great attitude and self-motivation. Each gymnast will work toward further and higher goals in her individual or group routines.
Location: Bethal Chapel Gym
Contact: Sang-Hee Robinson 250-791-5538 scrhythmicgym@shaw.ca
**HOCKEY**

100 Mile & District Minor Hockey Association

Office: Located inside the South Cariboo Recreation Centre

Early Registration Intake: up to June 24, 2016

Registration will be taken up to September 30, 2016, space permitting (late fees apply after June 24th)

Registration for Boys & Girls born in 2011 or earlier.

Call for Registration Fees and discounts.

All players MUST already know how to skate or have passed a Skate Canada CanSkate or Mini-Wranglers Skating Program for 4 years+

Hockey 1-4 (5-8 years)

Atom (9-10 years)

Peewee (11-12 years)

Bantam (13-14 years)

Midget (15-17 years)

Regular Season Runs:

September 12, 2016 – March 10, 2017

All age groups, boys & girls, receive a minimum of 2 ice times per week.

IP Equipment Lending Program is available for 4-6 year olds (full sets of loaned equipment) call for details.

All Coaches are NCCP Certified (Criminal Record Check/Vulnerable Sector Checks) are a mandatory requirement, as well as Respect Sport, Coach 2 and/or Developmental 1 Clinics

Volunteers are always welcome!

All players wishing to play REP hockey (Peewee, Bantam or Midget) MUST register BY June 24, 2016. Minimum numbers are required to form REP teams and are subject to Board approval.

REP Tryout Times – TBA (September)

Contact: Kersti Toews, Administrator

100 Mile & District Minor Hockey

Phone: 250-395-4344

omhmha@shaw.ca

www.100mileminorhockey.com

Proud members of BC Hockey & Hockey Canada-Funding assistance provided by the Province of BC

***all players require a CRD Rec Pass upon registration

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**JUDO**

Kokoro Judo

Offers judo classes for all ages and levels. Judo is a self-defense martial art. Through the study of judo, learn respect (for self and others), discipline, responsibility and control. Judo is a safe, fun way to reduce stress while increasing physical fitness, confidence and overall well-being.

**Kid’s Class** 5-9 years:

Mondays & Wednesdays 5-6pm

**Intermediate Class** up to age 14:

Mondays & Wednesdays 6-7pm

**Seniors’ Class** (Adults/Competitors):

Mondays & Wednesdays 7-8:30pm

Location: 765 Alpine Rd

Contact: Ian Briggs at 250-706-9794 or 250-395-4025 or ibriggs@montane.ca

Shin Bu Kan Judo

A team of two committed black-belt instructors enjoy teaching recreational and competitive judo to people of all ages. There are so many reasons to practice judo like becoming and staying fit, improving coordination (at any age!), building self-esteem and much more.

Enjoy one free session to try it out. Sabine & Andy are open to working with children with developmental disabilities. Please call to inquire about these possibilities.

Tues & Thurs 3:30 – 8:00pm

3:30-5:00 Intermediate for kids aged 6-11 years

5:00-6:00 Beginner for kids aged 5-11 years

6:30-8:00 Recreational for teenagers & adults aged 12+ years

Location: 125 Cedar Ave

Contact: Sabine or Andy at 250-706-3616

www.shinbukanjudobc.ca

info@shinbukanjudobc.ca

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**SOCCER**

100 Mile House Soccer Association

Contact: 250-644-2135 or info@100milesoccer.com

May-June, September

*Registration closes March 31st 2016. Registrations received after this date will be on a first come, first
served basis and will be subjected to a $40 late registration fee.

“Love The Game” U6-U10
This is a scaled down version of soccer. A graduated program has been developed, the player #’s, field size, goal size, ball size, and game duration increases to match their soccer developmental level. The rules are designed to promote skill development, fitness, teamwork, and cooperation. There are between 4-7 players per team on the field instead of the usual 11, giving everyone a chance to participate.

U12
This division will play “super eights”, 8-a-side soccer. This is based on the premise that with fewer players on the field, players will be more actively involved in the games and therefore develop better soccer skills.

U14, U16, & U18
These divisions will continue to be full field 11-a-side recreational level soccer. Emphasis is on fun, fitness, teamwork, and team spirited competition.

SOFTBALL
South Cariboo Minor Softball Association
Contact: Kari at 250-395-2914
May-June; Games and practices will be Mon-Thurs between 5-8pm
All levels need a Softball BC Lifetime Membership ($10). Registration includes a team photo, t-shirt, and ball cap.
Ages 5-18yrs
Registration fees as follows:
Level 1  2010-2011  $120
Level 2  2008-2009  $120
Mites  2006-2007  $130
Squirts  2004-2005  $130
Pee wee  2002-2003  $130
Bantam  2000-2001  $130
Midget  1998-1999  $130
*All players require a CRD Rec Pass.
Look us up on Facebook at ‘southcariboominorsoftball’

SKATEBOARDING
100 Mile House Skate Park
* Located beside the Municipal Campground/100 Mile House Hospital
ARCHERY

**Big Horn Archery Club**

Since 1979, the club has maintained its focus of integrity and club support. The goal continues to stress putting on over-the-top shoots above all having fun. Archers from all over the western provinces and some from the U.S. and out of country attend our shoots taking home memories that will last a lifetime. The club hosts the largest traditional shoot in B.C.

Membership Fees: Family-$80 (2 adults and children under 18), Single-$50, Youth (14-17) & Junior (11-13)-$40, Cubs (0-10)-$35

*Outdoor Practice:* April-October at Gibson Rd. No scheduled times. Non-members must be accompanied by a member and can use the course twice before joining the club.

*Indoor Practice:* October-April – Agriplex, 100 Mile House – Tuesdays 7-9pm (cancelled if -10 or colder).

Agriplex 3D Shoot - March 19-20 2016
99 Mile 3D Shoot - June 4 & 5 2016,
99 Mile Snow-mobile Club $8/both days
FREE CAMPING

Traditional 3D Shoot – July 16 & 17 2016,
99 Mile Snowmobile Club $8/both days.
FREE CAMPING

Monthly meeting last Tuesday of the month at A&W 6:00pm
Contact: Dirk (250-395-2554), Denise (250-397-2632) or Yak (250-706-0413) or info@bighornarchery.com
www.bighornarchery.com

CADETS

**2887 RMR RCACC Local Army Cadets**

Location: Youth Training Centre 5830 Horse Lake Rd
Contact: 250-395-1181

LONE BUTTE 4-H CLUB

4-H is one of Canada’s longest-running youth organizations for young people between the ages of 8 and 21.
Contact: Heidi Meier at 250-395-6039
or lonebutte4hclub@gmail.com

MISTY PINES PONY CLUB

Contact: Peter Jarvis at 250-791-7284
or bandp2@shaw.ca

SOUTH CARIBOO LIBRARY BRANCHES

[www.cln.ca](http://www.cln.ca)

Special events, puppet shows, crafts and more are held at the library for children throughout the year. Check the library website and for posters inside the branch.

100 Mile House-Tues-Thurs (10am-8pm) Fri-Sat (10am-5pm) Contact: 250-395-2332

Bridge Lake-Wed, Thurs, Sat (2-6pm)
Contact: 250-593-4545

Forest Grove-Tues (3-8pm) and Thurs (10am-3pm)
Contact: 250-397-2927

Lac La Hache-Wed (2-7pm) and Sat (10am-3pm)
Contact: 250-396-7642

Library After School Program

The children will participate in a themed and interactive program. Come and join us for imagination building, and creativity based activities.

Ages 5-12 years old.

Location: 100 Mile House Library,
449 South Birch Ave

Wednesdays 3:30-4:30pm
Register in person or by calling 250-395-2332
Library Summer Reading Club

Regular reading during the summer helps children to maintain, or improve reading and literacy skills. Typically, the club runs from July-August. Look for announcements for registration around town or contact your local library branch for more information.

*Special events, puppet shows, crafts, and more are held at the library for children throughout the year. Check the library website above and for posters inside the branch!

**Pre-registration is required.**

For more information contact Gina Gigliotti, Branch Assistant at 250-395-2332 or email: ggigliotti@cariboord.bc.ca

* Program times can change without notice.

PEOPLESÄVERS

*Canlan Ice Sports – SCRC*

This program offers continuous and consistent reinforcement of injury prevention and emergency action throughout the childhood years. The participants learn how to evaluate their surroundings and what constitutes a safe environment both at home and in the community. The participants learn when, who and how to call for help in an emergency and how to care for and comfort an injured person in many situations.

Level 1: September 2016
9am-11am $25+gst Ages 5-8yrs

Level 2: September 2016
1pm-4pm $30+gst Ages 8-11yrs

Location: South Cariboo Recreation Centre
Contact: 250-395-1353

**RED CROSS BABYSITTING COURSE**

*Canlan Ice Sports – SCRC*

This is your opportunity to prepare for possible employment opportunities. A certified Red Cross instructor will teach you what every babysitter should know. Fee includes activity book and first aid kit.

June 2016 & November 2016
9am – 3pm, $70+gst ages 11-16 yrs

Location: South Cariboo Recreation Centre
Contact: 250-395-1353

*Child must be turning 11 in 2016 to register

**THE YOUTH ZONE**

*Cariboo Family Enrichment Centre*

Youth in 100 Mile have a space to call their own. A place where they can have fun, hang out and not only be impacted but in turn impact our community. A place where they can learn life skills that will last a lifetime, build meaningful relationships that benefit them in a positive way, and get connected with other programs in our community.

Weekly Wed, Thurs and Fridays 3:00pm – 6:00pm
Ages 12-18yrs
Location: 1-373 Taylor Ave.
Contact: 250-395-3636

This program is provided at no cost to the participants

**MUSIC**

**MUSIC LESSONS**

*There is a listing of music teachers in the area on the www.100milearts.com website.*
GENERAL ARTS

100 Mile Arts Council
Visit www.100milearts.com for a complete listing of groups that belong to the council and special events/announcements.

100 Mile Festival of the Arts
100 Mile Festival of the Arts is a registered Canadian charity that promotes the education, expression and celebration of the performing arts through voice, piano, organ, other instruments, speech arts and creative writing. We hold an annual spring Festival of the Arts (April 17th – April 28th), workshops throughout the year, master classes and recitals. Our aim is to foster and maintain a positive and supportive atmosphere in which all participants may flourish. Come for a series of performances of adjudicated vocal (including choral), speech and dramatic arts, creative writing, instrumental (including flute, clarinet, violin, guitar and band), piano and music composition. Entry to performances is by donation.
Visit www.100milefestivalofthearts.ca for more information
To volunteer contact Bruce at 250-395-7700

Cariboo Artists Guild
This informal group of aspiring and accomplished artists look to each other for inspiration and encouragement in both a friendly and supportive environment. As well as exchanging ideas, we promote art, and plan events.
Meet the first Tuesday of every month at 12 noon downstairs at Parkside Art Gallery. Meetings are from March – November.
Contact: Kathy at 250-395-3725

O.U.T (Other Unusual Talents)
This open group is for ladies who love to craft, knit, you-name-it. Share your talent and meet new friends. Women of all ages and talents are invited.
Meets the 1st, 3rd & 4th Tuesday of the month at 10:00am.
Location: Lone Butte Community Hall
Contact: Pat at 250-395-2114 or Audrey at 250-395-4602
www.lonebuttehorselake.sfobc.com

Parkside Art Gallery
In our art gallery, you will find a featured presentation as well as a selection of painting by local artist. We offer a wide range of locally-crafted items, from pottery to woodwork to jewelry and original art cards. This venue also organizes and hosts occasional art classes.
Hours: Mon-Fri 10am-4pm, Saturday 12-4pm
250-395-2021
www.parksideartgallery.ca

PAINTING

100 Mile House Mural Society
Let’s paint the town! This society intends to honour the integrity of the pioneer families who lived by their values and were dedicated to their neighbours and community as well as to provide economic boost to 100 Mile House.
Contact: Donna at 250-791-6497
The Paint Box
Providing a place for kids to comfortably express themselves through art.
Contact: Nicki Jackson at 250-706-2097
“Like” The Paint Box at 100 Mile on facebook for more information about current classes.

PHOTOGRAPHY
Workshops With Chris Harris
Please visit www.chrisharris.com for more information about Chris Harris and these workshops.
Workshops:
Three-Day Photographic Workshop – “The Creative Process”
June 17th -19th, 2016 & June 24th-26th, 2016
This 3-day workshop with professional photographer and publisher, Chris Harris, is based at the Chris Harris Gallery at 105 Mile, BC. Composition, vision and design, and creative techniques will be emphasized. You will be challenged to see with ‘photographic eyes’ and become expressive photographic artists. Illustrated and interactive talks, together with “in the field” guidance, will help you become an imaginative, creative, and narrative image maker.

Seven-Day Workshops – “Develop Your Creative Vision”
May 29th – June 5th & August 28th – Sept 14th
This is a one-week intensive workshop held at the Tallheo Cannery near Bella Coola, BC. It is designed to take your photography to a new level by expanding your photographic toolkit in order to better express your visual artistry. The course is taught by professional photographers Chris Harris and Dennis Ducklow. Our goal is to review, strengthen, and solidify your understanding of visual design and creative techniques in a personalized and supportive atmosphere.

For more information or to register call 250-791-6631 or email photography@chrisharris.com

Women In Focus Photography Club
Let’s see all those photos you’ve taken…those that make you feel the “thrill of victory” and those that lean towards the “agony of defeat!” This friendly club is a space for local women to share their photography, with regular challenges and themes, and the occasional photo walk meet-up. Join the group on facebook ‘Women in Focus – 100 Mile House’.

PERFORMING ARTS
100 Mile House Performing Arts Society
Our mission is to present family entertainment to our community and to provide a vehicle for adults and youth to obtain experience in various theatrical disciplines such as: drama, acting, dance, music, technical, backstage, props, and costumes.
Contact: perf-arts@shaw.ca

TEXTILE ARTS
Cariboo Calico Quilters Guild
Tuesdays 10am – 3pm
Location: Creekside Seniors Activity Centre
Contact: Janice at 250-395-2017 or Agnes at 250-395-6127

Log Cabin Quilters
Meets 1st and 3rd Wednesdays of the month from 9am-1:30pm September through June
Location: Interlakes Hall (7592 Hwy 24)
Contact: Hazel Smith at 250-593-0166

Little Wool Shop
Knitting Classes
3-330 Birch Ave
This shop offers workshops from time to time. Contact for more information.
Contact: Diana at 250-395-8816 or litwool@telus.net

Dancing Quilts (former Selvedges)
Sewing & Quilting Classes
195 B Birch Ave
This shop offers workshops. Drop in to the store or contact for more information.
Contact: Faith at 250-395-4227
**South Cariboo Weavers, Spinners, & Fibre Artists Guild**

Our mission is to provide support and inspiration to its members and to share information through formal and informal activities. New members welcome.

Meets once or twice each month at Parkside Art Gallery or in members’ homes.

September-June

Location: Parkside Art Gallery

Contact: Sharon Hutchinson at 250-396-4188

**Trollheimen Weaving Studio**

Learn to weave a scarf, shawl or rag rug. Or take a workshop in a Norwegian weaving design technique. You can even learn to felt, to knit a scarf, toque, mitts or socks. Coming away with an article you have made, however big or small is so satisfying.

April 1st – Nov 30th.

Contact Unni at 250-456-7622 or unnilorenz@xplornet.ca

**WRITING**

**South Cariboo Writer’s Guild**

[www.southcariboowriters.com](http://www.southcariboowriters.com)

The South Cariboo Writers guild is an informal group of local authors who meet once or twice a month to discuss writing and share our work (optional). We welcome authors of all skill levels.

Contact: Kimberly Vanderhorst - kimberly.vanderhorst@gmail.com or connect with us on Facebook - www.facebook.com/groups/307602629354944

Ages: 16 and up.

Location: The Bicycle Tree Coffee Shop

Cost: Zero

**BELLYDANCING**

Come learn the beautiful movement of Middle Eastern dance while getting a great low-impact workout. Enjoy a fun evening out no matter what your age, shape or size.

Contact: Kerri at 250-395-6157 for current class schedules and locations (100 Mile House & Lone Butte).
GYM

Action Fitness
Action Fitness offers memberships that allow 24 hr access to the gym. There is a variety of fitness equipment for cardio and aerobic exercise plus a full range of strength training options. Group classes and personal training available.

Hours: Mon-Sat 6am-6:30pm *24 Hour Card Lock Access
Location: 13-575 Alder Ave
Contact: Donri Heise & Murray Helmer at 250-395-1012

Curves
For over 10 years, Curves of 100 Mile House has been here to help women get healthier with a 30-minute effective workout. Workouts are for any age and any level of fitness. Individual help is given to tailor make a fitness program that gets results. Services range from a low impact workout on the equipment to a cutting-edge, total body workout specifically designed for Curves by Jillian Michaels.

Hours: Monday-Friday 6:30am-5:30pm Saturday 9am-12pm
Location: 869 Alder Ave
Contact Anita or Rebecca at 250-395-4114
curves100mile@gmail.com

Focused Fitness
Full-service gym with weights and a variety of classes and programs.

Hours: Mon-Fri: 8am-5:30pm (Saturday & Sunday are open for card-lock users only.)
24-hour card-lock system allowing access on holidays. Smoothie and shake bar and supplements for sale.
Location: 460 Birch Ave
Contact: Kam at 778-482-1796 or focusedfitnesskt@hotmail.com

Spruce Hill Resort & Spa
Indoor pool, sauna, hot tub, fitness classes, fitness equipment, spa treatments and horseback riding.
Location: 4871 HWY 97, 108 Mile Ranch
Contact: 250-791-5225

Zeus Fight Science
These classes can be quite intense, using the same sorts of drills and exercises used to train professional athletes. Every class has the feel of boot camp. However, if you want to get in superb condition, gain confidence, and learn a great skill, this is for you.

Hours: Mondays, Wednesdays & Fridays:
9-10:30am,
3:30-5pm,
5:30-6:30pm,
7-8:30pm.
Location: 240 Exeter Station Road
Contact: Kelly at 250-609-1128

HIKING

Cariboo Hiking Etc. Group
Want to get moving and see what the South Cariboo trails have to offer? See some scenery, get some exercise outdoors in a safe, fun way. All ages and fitness levels are welcome. No fees. Find the group on facebook at “Cariboo Hiking etc.” or call Elizabeth at 250-395-2699 after 4pm.
South Cariboo Active Living Guide

TAI CHI

Fung Loy Kok Taoist Tai Chi®

Our form of tai chi is specifically designed to improve health. The turning and stretching in each of the movements contributes to better balance and posture, increased strength and flexibility, calmness and peace of mind. Pay a visit to one of our classes and you’ll see people of all ages benefiting from the healing movements of this ancient art form.

There are several weekly sessions held at Creekside Seniors Activity Centre and 108 Community Hall. The schedule and contribution costs are available on the website, along with more information about this charity.

Contact: Karen (250)706-8222, Gloria (250)395-1025 or 100milehouse@taoist.org. Website:taoist.org

WELLNESS

Vitality Pure

Primary Foods Workshop – Beyond Nutrition

This intimate and community-driven workshop will teach you forms of whole body nourishment beyond your daily food intake. You will be introduced to a concept called Primary Foods and how it affects your food choices, your reactions & behaviours and your overall health & wellbeing. You will walk away with a personalized toolkit that will empower your body’s wellbeing on a regular basis. This workshop is hosted by Deanna Deacon, Holistic Health Coach and founder of Vitality Pure. Please email Deanna at info@vitalitypure.com for information about the next workshop date & location. Visit www.vitalitypure.com for more information about Holistic Health Coaching.

Women, Wine & Wellness Workshop

Gather with like-minded women in a cozy, candlelit atmosphere to stretch and flex your body through yoga-esque intentional body movement. Following this, indulge in wine and chocolate while sharing your health celebrations & challenges in a lightly-structured community of supportive women. This workshop is hosted by Deanna Deacon, Holistic Health Coach and founder of Vitality Pure. Please email Deanna at info@vitalitypure.com for information about the next workshop date & location. Visit www.vitalitypure.com for more information about Holistic Health Coaching.

YOGA

108 Yoga Bc

Group, mobile and private yoga classes

Contact: Sonja or John at 250-922-4318 or 108yogabc@gmail.com

www.108yogabc.ca

At Ease Wellness

Yoga for all ages including: Children’s Yoga, Family Yoga, Senior’s (or anyone with mobility challenges)

Chair Yoga, Hatha, Yin, Restorative, Power, Yoga Nidra, Laughing Yoga, Meditation, Chanting, Private and semi-private yoga available. Infrared Sauna, Reiki Treatment & Relaxation Massage also offered. Classes run all year long.

Contact Sheryl Harras call or text: 250-644-0407

Visit us on Facebook at “At Ease Wellness”

ateasewellness@gmail.com

www.SherylHarras.com

475 Birch Avenue #218 (on the second floor)

Higher Ground Yoga & Movement

1.5 hour classes focusing on moving intelligently within the body. 15 years of experience teaching yoga.

All levels of classes. Call or email for class schedule.

Contact: Heidi Read at 250-395-2261 or hgnfoods@shaw.ca
GENERAL INTEREST

COOKING

Cariboo Chilcotin Partners for Literacy

Learn to cook cuisine from around the globe. Once a month Immigrant Settlement Services will offer a free cooking class with cultural activities. Contact Kimberly at 250-706-3143 or kimberly@caribooliteracy.com for a current event calendar.

* Seeking new cooking facilitators. No experience necessary...just a love for home cooking from your home country!

ARCHERY

Big Horn Archery

Since 1979, the club has maintained its focus of integrity and club support. The goal continues to stress putting on over-the-top shoots above all having fun. Archers from all over the western provinces and some from the U.S. and out of country attend our shoots taking home memories that will last a lifetime. The club hosts the largest traditionl shoot in B.C.

Membership Fees:
Family-$80 (2 adults and children under 18)
Single-$50
Youth (14-17) & Junior (11-13)-$40
Cubs (0-10)-$35

Outdoor Practice: April-October at Gibson Rd.
No scheduled times. Non-members must be accompanied by a member and can use the course twice before joining the club.

Indoor Practice: October-April – Agriplex, 100 Mile House – Tuesdays 7-9pm (cancelled if -10 or colder).

Agriplex 3D Shoot - March 19-20 2016
99 Mile 3D Shoot - June 4 & 5 2016,
99 Mile Snow-mobile Club $8/both days
FREE CAMPING

Traditional 3D Shoot – July 16 & 17 2016,
99 Mile Snowmobile Club $8/both days.
FREE CAMPING

Monthly meeting last Tuesday of the month at A&W 6:00pm
Contact: Dirk (250-395-2554), Denise (250-397-2632) or Yak (250-706-0413) or info@bighornarchery.com
www.bighornarchery.com

AVIATION

100 Mile House Flyers Society
www.100milehouseflyersclub.com
The 100 Mile House Flying Club was incorporated in 1961. Our members are comprised of aviation lovers from Ultralights to Airline Captains.

Meetings are held most 3rd Thursdays of each month at 6:30pm in the Club House on the Airport.
Contact: Ken at 250-395-6441 or kengreenall@gmail.com

100 Mile House Model Flyers Society

Join ‘100 Mile Model Flyers’ on facebook.

BINGO

100 Mile Community Hall

Mondays 7pm. Doors open at 6pm

Lac La Hache Community Hall

Wednesdays 7pm. Doors open at 5:45pm

There are also occasional Bingos at S.M.A.C in 70 Mile House.
FILM

South Cariboo Sustainability Film Series
The SCSS will continue its winter film series to entertain everyone interested in sustainable community living – especially Cariboo style.
Films are shown on the 4th Thursday of each month starting at 7pm at the Community Employment Centre, Horton Ventures, 808 Alpine Road.

Admission is free, donations are welcome and memberships are for sale.

Movie dates are March 24 – Journey of the Universe and April 28 – This Changes Everything.
Films will start up again in January 2017.
www.southcariboosustainability.com
Contact: Peter at 250-791-7284 or bandp2@shaw.ca or Hugh at 250-395-4103 or huge@bcinternet.net.

South Cariboo Theatre
585 Birch Ave
Movie Line: 250-395-7494

GARDENING & FARMING

Beekeeping Group
The group has informal meetings with members who share their experiences – “newbees” like us needing to absorb everything they hear and those more experienced who have had bees for eons. But most importantly, we meet like-minded people who get us on the right track: what we need to get started; their recommendations of most-helpful books; group ordering of supplies; field trips, speakers, etc.
Contact: Kate at 250-397-2792 or join the Facebook group at Beekeeping Support Group of 100 Mile House Area.

Community Garden
Would you like to plant a garden but don’t have the space? Large 12’x20’ plots for rent.
$20 for the growing season.
Location: 100 Mile House- Call for directions.
Gardeners become a member of the South Cariboo Agri-culture Enterprise Centre Society.
Contact: Candace Brown at 778-482-1064 or Bruce at 250-395-7700

Community Place Garden
In 2015, an empty lot at the corner of Birch St and 1st St became available on an annual basis for growing edible plants under the auspices of the Ag Centre and the Food Security Committee with a view to making fresh local produce available free to anyone in need and, of course, encouraging and teaching gardening techniques. Many thanks to the gracious landowners for use of the land and donation of materials. Last year all seeds and plants (and labour) were donated by interested citizens. At the garden a variety of volunteers dig, plant, weed, harvest and generally socialize Wednesday and Friday morning although everyone is welcomed to enjoy sitting, weeding or watering at any time.
Contact: Ag Centre (250-706-0424) or just come Wednesday or Friday morning at the garden.

Horse Lake Community Farm Co-op
www.horselakefarmcoop.ca
Look for announcements about open farm days throughout the growing season, an annual birding walk, Seedy Saturday, and their produce at the Farmer’s Market.
Contact: Rob Diether at 250-395-4042 or info@horselakefarmcoop.ca

Rebel Garden Zone – South Cariboo Sustainability Society
The Rebel Garden Zone is a program to encourage and assist with local growing of produce. A set of planters is maintained, relocated to the Community
Place Gardens, to grow a variety of vegetables free for locals to harvest and eat. The program kicks off with a Seed exchange and information session at Seedy Saturday and continues over the summer either at the Farmers Market or the Community Place Gardens. Each year seeds are donated to local schools and 1st Nations groups to promote education and local food production. Activities are listed and reported on the SCSS website www.southcariboofoodsustainability.com. More activity is added as volunteers and suggestions allow.

Contact Shelley 250-391-3364 or sategart@gmail.com

**HERITAGE**

**100 Mile House & District Historical Society**

www.historical.bc.ca

$25/ regular membership or $50/business membership with issued certificate.

Contact: historical@bcinternet.net

**Lone Butte Historical Association**

The society was incorporated in 1986 to foster tourism and public interest in the history of the Lone Butte area.

Contact: Al at 250-395-5193
or joneslabour@bcinternet.net

**South Cariboo Genealogy Group**

Research your family history. Assistance is offered to people researching ancestry.

Someone is available Thursdays from 10am-1pm at the 100 Mile House Library from September 1st – May 31st.

Contact: Shelley Tegart 250-395-3364

**100 Mile House & District Stamp Club**

Everyone is welcome from beginners to experts.

Meets 2nd & 4th Wednesdays September to May, inclusive.
1-2:30pm at the 100 Mile House library.

Contact: Glenna at 250-395-3661

**JR HOCKEY**

**100 Mile Wranglers Jr “B” Hockey Club**

Office: Inside the South Cariboo Recreation Centre

Contact: 250-395-1005

PO BOX 2228, 100 Mile House, BC, V0K 2E0

Email: office@100milewranglers.com

Website: www.100milewranglers.com

Facebook: 100MileHouseWranglers

**OUTDOORS**

**100 Mile Dog Club**

$100 to become a club member for the year.

Members meet Wednesday & Saturday evenings.

Contact Peter Reid at 250-395-6492

**100 Mile Fly Fishers Club**

This club offers: Fly-Tying/Fishing: Winter fly tying sessions, Tuesday evenings Oct-May 6-8pm at the PSO; Spring Fish Outs, Tuesdays May-June (times vary-normally afternoons/evenings and some weekends) at local lakes. Club annual memberships are: $30/adults and under 16 yrs are free with parent/guardian.

Contact: Dave Mingo at 250-395-6157
or dmingo1965@gmail.com

Open to all ages.

**Cariboo Agility Team**

A non-profit club consisting of a group of agility enthusiasts. This club promotes dog sports, offers an annual AAC agility trial, occasional demos, and promotes the importance of positive dog training.

$45/one time initiation fee for regular members/
$20 single or $30 family annual for full regular membership.

Contact: Roxanne at 250-791-7330
or email caribooagilityteam@shaw.ca

**Cariboo Eco-Tours**

Offers guided kayak, mountain bike, and fly fishing tours around the South Cariboo. There are tours to meet all interests and activity levels.

Two-hour trips starting at $40. Overnight trips, lessons, and gear rentals available.

Contact: Cam at 250-706-7689
**Forest Grove Rod & Gun Club**
This group organizes a fishing derby on Father’s Day at Howard Lake, and trap shoots every second Sunday April-October.
Membership fee: Single-$50 and Family-$75
Contact: Gerhard at 250-397-2826

**Lone Butte Fish & Wildlife Association**
www.lonebuttefishandwildlife.com
Contact: Brian Williams at 250-706-3417 or para40@bcinternet.net

**Quad Squad South Cariboo Atv Club**
The main reason for having this club is to have fun, provide safe rides, and to protect our trails by keeping them open for all ATVers. There is a monthly ride. Check the website www.quadsquadsc.webs.com for more info and dates.
Membership fees:
Single-$55,
Couple-$95 or
Family (includes up to 3 children under 16) -$105.
You can join at www.atvbc.ca or in person at South Cariboo Motor Sports, Performance All-Terrain or Cariboo Supply and Marine.
Contact: Ralph at 250-593-2218 or rsmatthews123@gmail.com

**SOUTH CARIBOO LIBRARY BRANCHES**

**www.cln.ca**

**100 Mile House**
Tues-Thurs (10am-8pm) Fri-Sat (10am-5pm)
Contact: 250-395-2332

**Bridge Lake**
Wed, Thurs, Sat (2-6pm)
Contact: 250-593-4545

**Forest Grove**
Tues (3-8pm) and Thurs (10am-3pm)
Contact: 250-397-2927

**Lac La Hache**
Wed (2-7pm) and Sat (10am-3pm)
Contact: 250-396-7642
There are educational events, film showings, guest speakers, and more held at the library throughout the year. Check the library website and for posters inside the branch.

* 70 Mile House has an informal library at S.M.A.C.*
**MUSIC**

**BAND**

*100 Mile Adult Community Band*

This is a small group of enthusiastic citizens from the area who want to come together and have fun making music. This group plays a variety of music from classical to jazz and big band selections.

Contact: Jack at 250-395-2088

**CHOIR**

*Eclectica Choir*

Contact: Barb at 250-397-2980 or bhooper@xplornet.ca

**DRUMMING**

*South Cariboo Community Drum Circle*

Visit www.jeffcetera.ca/drumming for updates and more info. No experience needed. Bring a drum, if you have one.

Absolutely inclusive and no background in drumming at all. Can be a meditative experience for some.

Saturdays 1-3pm $2/drop-in fee

Location: 108 Mile Community Centre (Upstairs Room).

Contact: Jeffrey at 250-791-9206

* Summer gatherings on the beach are presently occasional and driven by popular demand.
PERSONAL DEVELOPMENT

100 MILE COMMUNITY LEARNING CAFÉ
Cariboo-Chilcotin Partners for Literacy
Education and employment preparation, information on taxes and benefits, help with forms.
Support and tutoring on your learning goal.
Computer lab/classroom and snacks and coffee.
September 14th – June 27th 2016 (Closed on STATs)
Mondays 10:00am-1:00pm Drop-Ins Welcome!
FREE
Location: 001-475 Birch Ave
(back entrance in the green building).
Contact Lory at 250-395-0655
or lory@caribooliteracy.com

COMMUNITY LITERACY OUTREACH
Cariboo-Chilcotin Partners for Literacy
Free assistance with documents and forms.
Private 1-1 appointments available.
Location: 001-475 Birch Ave
(back entrance in the green building).
Contact Lory at 250-395-0655
or lory@caribooliteracy.com

COMPUTER BASICS
Cariboo-Chilcotin Partners for Literacy
Computer lab time with snacks and coffee. This program is for adults new to technology.
September 14th – June 27th 2016 (Closed on STATs)
Mondays 10:00am-1:00pm Drop-Ins Welcome!
FREE
Location: 001-475 Birch Ave
(back entrance in the green building).
Contact Lory at 250-395-0655
or lory@caribooliteracy.com

ENGLISH AS A SECOND LANGUAGE (ESL)
CONVERSATION CIRCLES
Cariboo-Chilcotin Partners for Literacy
Practice English, learn about the community, work-related topics or join our book club.
Location: 001-475 Birch Ave
(back entrance in the green building).
Contact: Anita at 250-395-0655
or anita@caribooliteracy.com
Free program.
FOODSAFE LEVEL 1
Thompson Rivers University
Do you want to work in the food industry? Are you currently working in the food industry but desire a greater understanding of safe food handling practices? You will learn about the purchase and storage of potentially hazardous foods, personal hygiene, the causes of food-borne diseases, and how to maintain a sanitary food service operation. Choose one of the following dates:
May 7th, June 18th, July 16th
8:30am-5:30pm
$115 (includes book)
Contact: 250-395-3115

GROUP TUTORING
(WITH FREE CHILDCARE)
Cariboo-Chilcotin Partners for Literacy
Supported learning and lunch are provided. This program is for adult learners with preschoolers.
September-June
FREE
Location: 001-475 Birch Ave
(back entrance in the green building).
Contact Lory at 250-395-0655 or lory@caribooliteracy.com

IMMIGRANT SETTLEMENT SERVICES
Cariboo-Chilcotin Partners for Literacy
Free support for newcomers to Canada. Services include: assistance completing Permanent Residency renewal forms, citizenship forms, other government forms (e.g. driver’s license, medical, etc.) and cultural adjustment support.
Location: 001-475 Birch Ave
(back entrance in the green building).
Contact: Kimberly at 250-706-3143 or Kimberly@caribooliteracy.com

PARTNER ASSISTED LEARNING
Cariboo-Chilcotin Partners for Literacy
Free tutoring (in many subject areas) and help with reading and writing.
Private appointments.
Location: 001-475 Birch Ave
(back entrance in the green building).
Contact Lory at 250-395-0655 or lory@caribooliteracy.com

SPORTS

BOWLING
100 Mile Bowling Lanes
Caters to leagues, drop-ins, and parties.
Hours: Please call for our current schedule or check out “Bowling 100 Mile” on Facebook.
Location: 879 Scott Rd
Contact: 250-395-2733
CANIM LAKE
Canim Lake Band Sports & Recreation
The Canim Lake Band offers a wide variety of sport and recreation programs for all age groups. Each activity allows equal opportunity for both recreation and competition. Some of the sport camps that have been offered are: soccer, volleyball, basketball, softball, hockey, kayak lessons and swimming lessons.

The recreation program also includes weekly fitness classes, personal training, fitness testing and athletic development programs. See our schedule at www.canimlakeband.com for days and times. Community members have access to the new fitness centre 24hrs a day. 7 days a week.

Contact: Tish Diamond at tishdiamond@hotmail.com, fitness@canimlakeband.com, or 250-397-2227

DROP-IN SPORTS
Canlan Ice Sports – SCRC
$2.50 Drop-in fee with Rec Pass
$3.50 Drop-in fee without Rec Pass
September-June

Badminton
Thursdays 7-9pm
Location: 100 Mile Elementary

Basketball
Mondays 7 pm-9pm
Location: PSO Gym

Pickleball
Tuesdays 6:30pm-8pm
Location: 100 Mile Elementary Gym
Thursdays 7pm-9pm
Location: PSO Gym

Soccer
Wednesdays 7-9pm
Location: PSO Gym

Volleyball
Tuesdays 7-9pm
Location: PSO Gym

Monday mornings at Lone Butte Community Hall. Call 250-395-0623 for more info.

GOLF
108 Resort: Golf & Outdoor Adventures
Annual Memberships: Adult-$900+taxes
Young Guns(19-29yrs)-$650+taxes
Junior(under 19yrs)-$450+taxes
Junior Programs available. Contact the resort for more information Opens April 15th-30th weather depending. Open 8am-6pm approx.

Junior Programs available. Contact the resort and ask for Andy for more info.
Location: 4816 Telqua Dr, 108 Mile Ranch.
Contact: 250-791-5211 or info@108golfresort.com

108 Ladies’ Golf Club
Contact: Sharon Thompson at 250-593-2249,
Millie Halcro at 250-395-2079

108 Men’s Golf Club
Contact: Spence at 250-706-9438

108 Seniors’ Golf Club
Contact: Angie at 250-791-6553

Marmot Ridge
Location: 200 Exeter Rd,
Contact: 250-395-4169 or marmotridge@gmail.com

Tin Cup Greens
Offering 9 scenic holes in a beautiful, relaxed country setting. No reservations required. Golf clubs available. Great course for learners yet still challenging for the experienced golfer.

$15 per pp. Kids under 12 golf free!
May 17th-It Snows! Open dawn till dusk.
Location: 4100 North Bonaparte Rd, 70 Mile House.
Contact: 250-456-7577
**FASTBALL**

*100 Mile Men’s Fastball League*
Contact: Rob at 250-395-6152

*All players require a CRD Rec Pass.*

**HOCKEY**

*South Cariboo Female Hockey League (16+Yrs)*
Plays Mondays 7pm from October-March in Lac La Hache
June 1-30th 2016 Early Bird Registration
July 1-September 15th
All Ages & All Skill Levels - Must be 15+ years as of December 31st
Registration forms can be picked up from Borgo’s Sport Shack at 205 Birch Ave or email scfhl@yahoo.ca
Contact: Danielle 250-395-2289

**JUDO**

*Kokoro Judo*
Offers judo classes for all ages and levels. Judo is a self defense martial art. Through the study of judo, learn respect (for self and others), discipline, responsibility and control. Judo is a safe, fun way to reduce stress while increasing physical fitness, confidence and overall well-being.

Kid’s Class - ages 5-9 years
Mondays & Wednesdays 5-6pm
Intermediate Class - up to age 14
Mondays & Wednesdays 6-7pm
Seniors’ Class - Adults/Competitors
Mondays & Wednesdays 7-8:30pm
Location: 765 Alpine Rd
Contact: Ian Briggs at 250-706-9794 or ibriggs@montane.ca

**Shin Bu Kan Judo**
A team of two committed black-belt instructors enjoy teaching recreational and competitive judo to people of all ages. There are so many reasons to practice judo like becoming and staying fit, improving coordination (at any age!), building self-esteem and much more. Enjoy one free session to try it out. Sabine & Andy are open to working with children with developmental disabilities. Please call to inquire about these possibilities.

Tues & Thurs 3:30 – 8:00pm (**remove the previous price**)
3:30-5:00 Intermediate for kids aged 6-11 years
5:00-6:00 Beginner for kids aged 5-11 years
6:30-8:00 Recreational for teenagers & adults aged 12+ years
Location: 125 Cedar Ave
Contact: Sabine or Andy at 250-706-3616
www.shinbukanjudobc.ca
info@shinbukanjudobc.ca

**JU JUTSU**

*Shining Mountain Dojo*
Traditional Japanese Ju Jutsu training evolved from ancient Samurai martial arts.

This dojo also offers self-defense – simple and effective self-defense training with additional focus on situational awareness relevant in today’s society.

Location: 5897 HWY 24, Lone Butte
Contact: Sensei Barry Wilding at 250-395-6163 or bwilding@telus.net
www.smdcanada.com

**MOUNTAIN BIKING**

*Hun City Mountain Bike Club*
100 Mile Gear Garage
Membership includes one free local race and helps keep the maintenance and trail signage progressing. 1-2 races per year around September. Weekly cross country ride meets Thursdays at 6pm at the 108 Heritage Site.
$20/ annual membership fee.
Contact: Steve Law email: 100milegarage@gmail.com
SLO-PITCH

100 Mile Mixed Slo-Pitch League
Contact: Brent Szabo 250-706-1101
‘100 Mile House Slo-Pitch Association’ on facebook.
* All players require a CRD Rec Pass.

Interlakes Slo-Pitch League
Contact: Craig Charlton 250-593-2282

SOCER

OHMSA
* All players require a CRD Rec Pass

Co-ed Soccer (19+)
May 8th – September 2016 Thursdays 7:00-8:30pm
$35/5 months or $5 drop-in
Location: OHMSA Soccer Park
www.100milesoccer.com

SPECIAL OLYMPICS

100 Mile House has a great group of athletes and coaches who participate in a variety of activities including:
• Golf
• Bowling

Interest in other activities is growing so contact us if you experience or interest in Track and Field, Cross-Country Skiing, or Snowshoeing and would like to get involved.

To join us, donate, volunteer or ask questions...
Contact: Denise at 250-397-2352 or keiththiessen3@gmail.com

TENNIS

108 Mile “Unofficial” Tennis Club
Runs March - October depending on weather. $5 for adult, $2 for student and discounts for newcomers. Lessons available on request.
Co-ed Drop In Thursdays 4:30pm
Ladies Wednesday Mornings
Regular Men’s Doubles & Singles will be arranged
Contact: Norm Miller at 250-945-4691 or normiller@telus.net
GENERAL INTEREST

_Creekside Seniors Activity Centre_

There are a variety of activities and events held at Creekside throughout the year: Carpet Bowling, Cribbage, Pool and Shuffle Board. For all activities there is a $3 drop-in fee.

_Carpet Bowling_ is Mon, Wed & Fri at 12:45pm (Sept – June)

_Cribbage_ is Tuesday at 12:45pm (Sept – June)

_Tai Chi_ is Mon, Tues & Thurs at 9am

_Bridge_ is Fridays at 1pm-4pm all year long

_Cariboo Elders Building & Recreation Society_ meets monthly on every 2nd Wednesday

_Location: 501 Cedar Ave

Leave a message at 250-395-3919 or contact Renata at 250-395-4430 or Joyce at 250-395-7591

_Forest Grove 50+ Club_

Wednesdays 11:30am-2:00pm soup, sandwich & coffee ($2-$6). A social gathering providing a place to connect and chit chat.

_Location: Forest Grove Legion, 4535 Canim-Hendrix Lk Rd

Contact: Wayne at 250-397-2455

_O.A.P.O Pioneer Centre_

There are a variety of activities and events held at the Pioneer Centre throughout the year. Call the centre for a current schedule of exercise classes, including pilates and Zumba, cards, bluegrass jams, square dancing, and special events.

_Location: 4822 Clarke Ave, Lac la Hache

Contact: Helen at 250-396-4311 or Judy at 250-396-7298

_Ranch Resident’s Coffee Club_

Held on the 1st and 3rd Thursdays of the month (except for holidays) from 10:30am-Noon at the 108 Community Hall. Coffee, tea, snacks, and friendly conversation! Drop-in fee is $2. All 108 residents are welcome (no age restriction!)

_Location: Forest Grove Legion, 4535 Canim-Hendrix Lk Rd

Contact: Maggie (250-791-7263) or Debbie (250-791-6472).
Many annual events did not have set dates prior to the printing of this guide or haven’t even been thought up yet! Check the local newspaper, The Free Press, weekly for events happening around the South Cariboo.

**MAY-SEPTEMBER**

**SOUTH CARIBOO FARMER’S MARKET**
For almost three decades the market has been providing local farmers, bakers, cooks, and crafters a venue for selling their products. The market embodies the idea of community spirit and promotes sustainable living and community self-sufficiency. Shop, eat lunch, listen to live music, and meet with friends.
Fridays 8:30am-1:30pm
Location: 3rd & Birch
Contact: 250-397-2547

**MAY LONG WEEKEND-LABOUR DAY**

**FARMER’S MARKET & CRAFT FAIR**
Saturdays 10am-3pm
Location: Loon Bay Resort-Sheridan Lake
Contact: Joan at 250-593-2353

**MAY 6 & 7, 2016**

**CARIBOO WOMEN’S FAIR**
Canlan Ice Sports – SCRC
May 6th & 7th, 2016
Friday May 6th (5-9pm) – Ladies Night Out ($10, 19 years only)
Friday will be a full night out with friends and entertainment. Fair-goers will be able to enjoy a complimentary glass of wine and cheese samples while they browse a variety of unique local vendors.
Saturday May 7th (10am-4pm) – Community Day (all ages/no entry charge)
Saturday is the perfect excursion for the whole family. There will be a cafe on the showroom floor so everyone can come for coffee and stay for the entertainment and shopping. Amazing door prizes will be handed out and guests will have the opportunity to go home with unique items from our local vendors.
Location: South Cariboo Recreation Centre – 175 Airport Road
Contact: Deanna at 250-395-1353 or ddeacon@icesports.com

**MAY 19-23, 2016**

**BS & DRIVE WEEKEND**
Drivers from around the province meet and swap stories, visit, take driving lessons, and go out on country drives. Pot-luck suppers each night. We welcome spectators to join with or without hitch.
Unfortunately we cannot give rides due to insurance.
Location: Huber Farm and Equestrian Centre, 79 Mile House
Contact: Ken or Kathy, 250-459-2312 or huberx3@telus.net

**MAY 21, 2016**

**CLINTON ANNUAL BALL**
If only for a night, transport yourself to a place lost in time - in a land of rugged beauty, where hardship built character and hospitality was a way of life. The community of Clinton welcomes you to honor life and heritage at the Annual Ball, held every year for 148 years!
Tickets are $75/person Available in Clinton from: Clinton Coffee House, Clinton Emporium, Country Squire Gift Shop
Location: Clinton Memorial Hall
Contact: 250-459-2312

**MAY 27 - 29, 2016**

**CLINTON RODEO**
contact: Jane Munro 250-644-3073 munrosfeed@gmail.com
LITTLE BRITCHES RODEO
This is a family-oriented sport that benefits these young competitors in several ways including the responsibility they learn through caring for their animals, as well as the respect, camaraderie and sportsmanship they gain as competitors.
www.bclbra.org
Location: Outriders Grounds
Contact: Ron at 250-397-2897

FARM AND RANCH SHOW
Displays, farm equipment, etc.
Location: Outriders Grounds
Contact: Jen Felce at 250-791-6207 or jenracer@hotmail.com

MAY 29, 2016
PURINA WALK FOR DOG GUIDES
Starting at 1 pm
Sponsored by the 108 Mile Lions Club. Please call to register for this walk or to make a donation!
Location: 108 Mile Lake - Main Beach

JUNE – SEPTEMBER INTERLAKES FARMER’S MARKET
Every Saturday at the Interlakes Business Area. Contact: Jackie 250-593-2185 to become a vendor

JUNE 4-5 2016
BIG HORN ARCHERY – OUTDOOR

JUNE 18-19 2016
LAC LA HACHE FATHER’S DAY FISHING DERBY
No fishing license required! (For BC residents). Enjoy the beautiful Lac la Hache and catch some fish that could ultimately win your some cash prizes. Hamburger and hotdog sales on Sunday. Bonus draws and silent auction.
Adults: $10 Kids: $5
Contact: Rose at 250-396-7345 or info@kokaneebaycariboo.com

JUNE 18-19 2016
17TH ANNUAL FAMILY FISHING WEEKEND
No license required this weekend only. The Family Fishing Society of BC coordinates this province-wide event each year to develop get new anglers fishing.

JUNE 18-19 2016
SUMMER PERMACULTURE WORKSHOP
The SCSS is hosting a weekend Permaculture workshop June 18th, 19th this year on a farm in the Sheridan Lake area. The workshop will be a combination of lecture and hands on activity (level of activity to be negotiated) and the participants will come away with a general knowledge of the subject as well as knowledge of what can be applied to the Cariboo. Cost is $50, subsidized by a BC Hydro grant, and space is limited. For more information or to be put on the registration list call Peter 250-791-7284 (or email bandp2@shaw.ca) or visit the website southcariboosustainability.com.
In 2015 the Society held a series of free Saturday morning workshops on a range of subjects. At the present time nothing has been arranged but if there is interest, especially interest in a particular subject it could be arranged. Subjects previously considered as suitable for future workshops include compost, zeroscaping in the Cariboo and Solar Energy. If you have an interest of ideas please call Hugh 250-395-4103 or Peter 250-791-7284.

JUNE 21ST 2016
CANIM LAKE BAND ABORIGINAL DAY
Contact: Pam at 250-397-2227 or info@youthagainstviolence.com

JUNE 26
OUTRIDERS GYMKHANA
Come and enjoy the beauty of the horses. More info available at www.100mileoutriders.com
Location: Outriders Grounds (9:00 am)
Contact: Jenn at 250-706-9410
JUNE 27 2016
CANADIAN MULTICULTURALISM DAY:
MUSIC IN THE PARK
Cariboo-Chilcotin Partners for Literacy is hosting this family event. There will be a variety of local, music performers, children’s entertainment, and maybe a surprise guest or two.
Location: TBA
Contact: Kimberly at 250-706-3143

JULY 1 2016
CANADA DAY CELEBRATIONS
108 Mile Heritage Site
Entertainment from 11am-4:30pm. Numerous vendors, concession, free local entertainment, fun and games for kids, tours of the museum and lots more!
Contact: Ingrid at 250-791-5663
or historical@bcinternet.net

Ruth Lake Park
Informal celebrations often include community potluck and, of course, swimming!

JULY 2-3RD 2016
BC 3GUN REDNECK CHAMPIONSHIP
Presented by Lone Butte Practical Shooters. Third Annual So You Want To Be A Redneck. Divisions: Open, Tactical, Limited, Heavy Metal Limited, Heavy Metal Tactical
Practiscore.com/bc-3gun-redneck-championship/register
Contact: Brian McCoy 604-490-2402 or
brianmccoy@shaw.ca
Brian Williams 250-706-3417 or
para40@bcinternet.net

JULY 2, 2016
BRIDGE LAKE 66TH STAMPEDE

JULY 8-10 2016
CANIM LAKE POW WOW
Contact: Stacy at 250-397-0135

JULY 9 2016
LONE BUTTE ROCKS
10am-3pm
This day has a planned kids zone, Lone Butte 4H petting zoo, various vendors at the Community Hall and “downtown”, all businesses are involved with sales, the Historical Assoc. will hold their annual garage sale in the Water Tower park. There will be the annual “poker-run” too with prizes for the top hands, the Fire Dept will have an open house and children are welcome to go for a ride in a fire truck. If the weather holds up we’ll have a display of old cars by the 100 Mile Cruzers. Entertainment held on the Rotary Stage across from the Water Tower Park and a dance will be held in the hall that evening.
Contact: Heather at 250-395-3588
or Pat at 250-395-2114

JULY 15-17 2016
CARIBOO TRAILS COMBINED DRIVING EVENT
Location: 70 Mile House
Contact: Ken at 250-456-6050

JULY 16 & 17 2016
HOT JULY NIGHTS-SHOW AND SHINE
www.hotjulynights.ca

JULY 16 & 17 2016
BIGHORN ARCHERY – TRADITIONAL ONLY
**JULY 24-30 2016**
**THE GREAT CARIBOO RIDE**

www.greatcaribooride.com

REGISTRATION: Sunday July 24th The Great Cariboo Ride

$700.00 Registrations will be accepted in the order of deposits received. Please use a separate registration form for each applicant and mail with cheque or money order to:

The Great Cariboo Ride Society, Box 1025, 100 Mile House, B.C. V0K 2E0

We will set up base camp and provide three excellent meals a day, starting with supper on Sunday July 24th. Hay, oats and salt will be provided for your horse. Guests bring their own horse, tack, camper or tent. Remember warm blankets as Cariboo nights can be chilly. The Society reserves the right to refuse any participant who disrupts the Ride.

The Trail Boss may expel any horse and/or gear he feels does not meet the Ride’s safety requirements. Each participant will be required to sign a waiver and fill out medical form at Registration.

www.greatcaribooride.com

**JULY 22-24 2016**
**5TH ANNUAL HOOTSTOCK MUSIC FESTIVAL**

*Momentum Productions*

This three-day festival of Music, Dance and Spoken Word takes place just outside of Forest Grove on the grounds of the Old Bradley Creek Schoolhouse. Entertainers from across B.C. and beyond range from Bluegrass to Electronic Dance Music and everything in between! The festival also includes outdoor art installations, art show inside the schoolhouse, great food and eclectic vendors! This festival is fast becoming known as the coolest new music festival in B.C. Bring the whole family and come on out to experience some great entertainment and support the arts! Check out our website for more information, ticket prices and artist line-up for 2016.

www.hootstock.com

**JULY 30-AUGUST 1 2016**
**ANNUAL INTERLAKES BCRA RODEO**

www.interlakescommunity.com/rodeo

The BCRA Rodeo has been held annually since 1990 on the first weekend in August, drawing neighbors, family and friends from far and wide. This event is a highlight for the year bringing with it a great source of entertainment to community members, international visitors and tourists who frequent this resort area every year. The rodeo provides a place for local equestrian community members to compete.

Location: Roe Lake Rodeo Grounds

Contact: 250-593-0123

**AUGUST (TBA) 2016**
**FOREST GROVE REDNECK FAMILY WEEKEND**

Location: Forest Grove / Ruth Lake

Contact: Corey Robertson 250-706-0655 or cariboo4x4@gmail.com

**AUGUST 27-29 2016**
**SOUTH CARIBOO GARLIC FESTIVAL**

Visit www.garlicfestival.ca for more info and see photos of past festivals. “For a stinkin’ good time!”

$5/weekend pass for adults.

Kids 12 and under are free!

Location: Lac la Hache

Contact: Janette at 250-395-3568
COMMUNITY ASSOCIATIONS

Joining or contacting your local community association is a great way to get involved, meet new people, and find out what is going on in your neck of the woods.

108 Mile Community Association
Contact: 250-791-7206

Canim Lake Community Club
Contact: Margo at 250-397-0016

Deka Lake & District Ratepayers Association
Contact: 250-593-4161

Friends of Bridge Lake
Contact: 250-593-4984

Friends of Lac des Roches & Birch Lake
Contact: contactus@lacdesroches.org

Forest Grove Community
Contact: 250-397-2452

Green Lake and Area Ratepayers Association
Contact: 250-456-2140

Lac La Hache Community Club
Contact: Janette at 250-396-4373 or jm@lmccrea.com

Lone Butte and Horse Lake Community Association
Contact: 250-395-3111

Mountain Spruce Community Centre Society (Deka, Hathaway & Higgins Lakes)
Contact: 250-593-4521

Roe Lake & District Recreation Commission
Contact: 250-593-2239

Watch Lake & District Women’s Institute
Contact: 250-456-2413

COMMUNITY FACILITIES & RENTALS

100 Mile Community Hall
Contact: 250-395-3322

108 Community Centre
Contact: 250-791-5599

Curling Rink Lounge
Contact: 250-395-7474

Forest Grove Community Hall
Contact: 250-397-2905

Interlakes Hall
Contact: 250-593-4770

Lone Butte Community Hall
Contact: 250-395-2468

Martin Exeter Hall & The Valley Room
Contact: 250-395-5353

South Cariboo Recreation Centre
Contact: 250-395-1353

Watch Lake Community Hall
Contact: 250-456-2413
LEGIONS

100 Mile House Legion #260
Contact: 250-395-2511

Forest Grove Legion #261
Contact: 250-397-2455

SENIORS CENTRES

Creekside Seniors Activity Centre
Contact: 250-395-3919

O.A.P.O Pioneer Centre
Contact: 250-396-4311

SERVICE CLUBS

100 Mile House Lions
Contact: 250-395-2900

108 Mile Ranch Lions
Contact: 250-791-5663

Forest Grove 94 Lions
Contact: 250-397-2837

HWY 24 Interlakes Lions
Contact: 250-593-2283

South Cariboo Lionesses
Contact: 250-395-3550

Knights of Columbus
Contact: 250-791-5381

Rotary Club
Contact: 250-395-0462

COMMUNITY ENGAGEMENT-
VOLUNTEER OPPORTUNITIES

100 Mile House Fire Rescue
The 100 Mile House Fire Rescue is committed to protecting the citizens, property and environment within our community. Visit www.100milefire.com to learn more.

100 Mile House Women’s Centre Society
Offers resources that enable women and their families to freely pursue opportunities for Growth, Choice, and Change. Services include: safe house emergency shelter, education, counseling, a women’s centre, workshops and information relating to women’s issues and referrals to appropriate agencies.
Location: 102-475 Birch
Contact: 250-395-4090

Big Brothers Big Sisters South Cariboo
In school mentoring program. Only one hour a week can make such a different in a child’s life.
Contact Kira Mitchell 250-395-5155 or kira.mitchell@bigbrotherbigsisters.ca

Canadian Mental Health Assoc.
–South Cariboo Branch
Contact: 250-395-4883

Canim Lake Band Wellness Centre - Restorative Justice/Legal Services Society
Contact: Barb for the Wellness Centre at 250-397-2502
Contact: Ken for Restorative Justice at 250-397-2502

Caregivers Support Group
Meets 2nd & 4th Thursday of each month.
10:30-12pm
Location: St. Timothy’s Anglican Church
Contact: Roz at 250-395-1945
Community Employment Services Work Bc
Offers employment counseling, resume assistance, educational planning, a job, volunteer, and student board and more.
Contact: 250-395-5121
or employ@hortonventures.com

South Cariboo Community Planning Council
“Working together to build a safer, healthier, more inclusive community.”
Bi-monthly newsletter, month meetings September-June (usually 3rd Thursday), timely email broadcast.
Contact: Marna Forsyth 250-395-5642
southcariboocommunityplanning@gmail.com

South Cariboo Age-Friendly Initiative
Working together to increase resources and accessibility for older adults and their families in the South Cariboo. Watch for posters and announcements on monthly gathering, annual Senior’s Resource Fair and other events of interest.
Contact: Lea Smirfitt 250-791-6406 or Darrel Warman 250-609-0432
sc.agefriendly@gmail.com

South Cariboo Agriculture Enterprise Centre
“Ag Centre”
www.theagcentre.ca
This non-profit society acts as a focus point for the South Cariboo agriculture community, working cooperatively to ensure success, provide services, promote community food security, and ultimately strengthen our local food system by expanding access to local products.
Drop in for coffee & chatting Fridays 10am-12pm
$10/lifetime membership
Contact: 778-482-2216 or 250-395-0781 or manager@theagcentre.ca

South Cariboo Sustainability Society
www.southcariboosustainability.com
This non-profit organization shares information, and organizes speakers, workshops, and campaigns. Be the change you want to see in the world. Help create a vibrant local economy through renewable energy, environmental stewardship, local food initiatives, a zero carbon lifestyle, greener transportation, recycle/re-use and the love of community.
Contact: 250-791-7284
or info@southcariboosustainability.com

S.M.A.C. (Seventy Mile Access Centre)
S.M.A.C. is a non-profit society whose primary purpose is to create a dynamic meeting place for area residents, tourists and guests. It is located in the old 70 Mile Elementary. Facilities include a library, computer lab, thrift shop and more.
Hours: SMAC Hours: Monday-12-4pm & 6:30-9pm; Wednesday-12-4pm & 6:30-9pm;
Saturday-11am-4pm & 6:30-9pm
Location: 2545 North Bonaparte Rd, 70 Mile House.
Contact: Rose or Vic at 250-456-6061

This list is only a sample of the amazing community resources & services that residents can access and support to become engaged in their community. To be a part of this list for the next guide, please contact us at 250-395-1353.
The Cariboo Regional District has embraced the vision of creating a wheelchair accessible trail network in the Cariboo Chilcotin. Since 2006, we have worked with various community groups to develop the Cariboo Chilcotin as a world leader in accessible outdoor recreation and tap into niche tourism markets for people of all abilities. We currently have sixteen accessible trails throughout the Region. For more information about these trails visit the recreation section under services on our CRD website at cariboord.ca. We encourage you to get out, get active and get exploring!