

Active Living Guide



South Cariboo
Spring/Summer 2023





SOUTH CARIBOO

100 MILE HOUSE

Find us on:



Twitter@southcariboovis



Facebook

Natural Beauty

Phone:
250-395-5353

Toll Free:
1-877-511-5353



discoversouthcariboo.ca

155 Wrangler Way, 100 Mile House, BC V0K 2E0

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What is a Recreation Pass?

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 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 100 Mile Curling Club, South Cariboo Ball Fields and the 100 Mile House & District Soccer Park Fields as well as enrollment in recreation programs at member prices. The cost of a recreation pass outside the contributing area is: \$200 per year, per household.

This pass 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.

WANT TO BE IN THE NEXT GUIDE?

contact us:

SOUTH CARIBOO RECREATION CENTRE

250-395-1353

PO Box 1199, 175 Wrangler Way,

100 Mile House, BC V0K 2E0

lalbert@canlansports.com or smorton@canlansports.com

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

ACCESSIBILITY

The Arena's public washroom, ice viewing area and office are on the main level and are wheelchair accessible.



Message from the CRD Chair

Welcome to the South Cariboo Recreation Centre!

As the owner of the South Cariboo Recreation Centre, the Cariboo Regional District is proud to partner with the District of 100 Mile House to ensure recreational activities suitable for all ages and abilities are available in our community.

I am excited about all the programs and activities offered this year at the South Cariboo Recreation Centre. The South Cariboo Recreation Centre is truly an important hub for our community for fitness, learning, friendship, and building self-confidence for all age groups. This is a place where we all can come together.

I would like to thank everyone on their continuing support and efforts, so that we can enjoy the wide variety of recreation options in the South Cariboo.



Chair Margo Wagner
Cariboo Regional
District

The Cariboo Regional District and the District of 100 Mile House remain committed to providing first-rate recreation and leisure services to our community. This would not be possible without the help of countless volunteers and community organizations.

At the CRD, we also continue to have ongoing discussions on a potential referendum on how South Cariboo recreation services are delivered and funded. There are many components to these discussions, which I and other Area Directors look forward to continuing with District of 100 Mile House Mayor Pinkney and Council.

With the change of the season, let's encourage each other to add some "spring into our step" by getting physical no matter what level of activity we are at. I encourage everyone to have a look through the recreation guide, for activities or programs that match your interest and lifestyle.

Sincerely,
Chair Margo Wagner



Message from the Mayor

On behalf of Mayor and Council, the District of 100 Mile House Staff, it is our pleasure to be included in these guides, welcoming new residents to our community and all residents with an extensive list of the activities you can find to be involved in our area.

100 Mile House is such a jewel, from our incredible friendly residents, to the amazing Centennial Park and waterfalls, our trail systems from biking, hiking, skiing, snowmobiling, etc. and our organized sports at the various venues.

Our town is amazing because of the people within it. The dedicated individuals that constantly step up to volunteering in every capacity and organizations. Our town could not promote, host, or showcase itself and others without all of you.



Maureen Pinkney
Mayor of 100 Mile
House

If you are new to town, or just now able to get involved, there are many, many groups with a variety of interests and they need you. So now is the time to get involved.

Active living will help keep you young in mind and heart, and interested in your community. Step out today and see a new side of yourself and a community that you may have been missing.

Sincerely,
Maureen Pinkney, Mayor

Message from the MLA

Welcome to another spring and Summer in the Cariboo Chilcotin.

Everyone is itching (mosquitoes aside) to get active and get outside! We have learned from the past years that physical activity is good for our health. Now that we can get out and be active, we need to take advantage of all the opportunities available to us.

There are so many activities to do in the area, exploring the many lakes and backroads. Hiking or biking the trails, or simply just walking through our local parks.



Lorne Doerkson
MLA Cariboo-Chilcotin

There are so many group sports to join, clubs to volunteer with, I hope you will take care of yourself by taking advantage of all this area has to offer.

Get out there and discover why we love the place we call home.

MLA Lorne Doerkson
Cariboo Chilcotin



REGISTRATION

At the South Cariboo Recreation Centre we are pleased to offer a wide array of programs for community members of all ages and interests. It is our policy that all participants are fully registered and paid a minimum of five days before the program begins. Registration and payment can easily be processed online at www.canlansports.com or by contacting the facility main office in person or via phone. Create and visit your Canlan Sports account today at www.canlansports.com for easy registration and to find out what we have to offer.

If a participant is unable to take part in the program due to medical reasons, he or she will receive credit towards their next Canlan Sports Program. No refunds or credits will be made for non medical absences missed by the participant. Canlan Sports reserves the right to change the date and/or the time of the program.

250-395-1353 / lalbert@canlansports.com / smorton@canlansports.com / www.canlansports.com

SPONSORSHIP

Many of our programs and events have the possibility of welcoming a community sponsor to keep the cost of participation low or complimentary. This is a wonderful way for local businesses and organizations to give back to the community. As a sponsor you are welcome to be as involved in the program as you like - some sponsors have been present during a public skate to engage with the participants and even offer free products or gifts, while others have simply had their logo on our posters.

Current sponsorship opportunities may include:

- * community public skate
- * open-ice stick & puck
- * programs & events such as youth summer camps & holiday camps

Sponsorship Benefits:

- * brand recognition on all social media platforms and community newsletters
- * brand recognition on event advertising throughout the facility and community
- * sponsors are invited to set up a table and banner during the event, if they so choose

250-395-1353 | smorton@canlansports.com | www.canlansports.com

EARLY YEARS (0-5YRS)

ACTIVE START

CROSS COUNTRY SKIING

100 MILE NORDICS SKI SOCIETY

www.100milenordics.com

The 100 Mile Nordics has great spring skiing while the snow lasts! Visit their website for updated skiing conditions.

Location: Day Lodge - 500 Ainsworth Rd

Contact: info@100milenordics.com 250-395-2104



GYMNASTICS

SOUTH CARIBOO RHYTHMIC GYMNASTICS

[Facebook@southcaribooryhythmicgym](https://www.facebook.com/southcaribooryhythmicgym)

Cariboo Stars (ages 4 and up)

Gymnasts will discover gymnastic movements to music in a fun yet structured class that teaches dance & rhythmic gymnastics skills. They will learn to use ribbon, ball, hoop, rope, and other handheld apparatus during their classes while learning coordination, balance, spatial awareness, and teamwork.

Location: Hillside Community Church

Contact: Sang-Hee Robinson 250-706-2405
srhythmic@shaw.ca

SKATING

PRE-SCHOOL LEARN TO SKATE (Ages 3-5)

Canlan Sports-SCRC

www.canlansports.com

For your child who is still new to skating, Pre-School Learn to Skate is made just for them! This program is ideal for kids who are a little more independent from their parents. They'll get to learn the basic skating skills with hands-on support from our friendly instructors. Sessions start in September.

Location: South Cariboo Rec Centre

Contact: Laura at 250-395-1353 or
lalbert@canlansports.com

SOCCER

100 MILE HOUSE & DISTRICT SOCCER ASSOCIATION

Introduction to soccer for 3-5 year olds. Child must be 3 yrs old by Jan 1st, 2023. The emphasis is on fun and learning basic soccer skills. Parental involvement is required.

Season: May, June & Sept. twice a week 45 min.
Registration: Feb 26 - March 31, 2023 Fee: \$90
Registration: TeamSnap App found on our facebook page/group @100milehousesoccer association

Contact: 250-706-3865 or
office@100milesoccer.com

SWIMMING

CARIBOO MEMORIAL COMPLEX (Williams Lake) www.williamslake.ca

Swimming lessons for children 4 months and up. View their schedule at www.williamslake.ca

Contact: 250-398-7665

PARENT SUPPORTS & EARLY YEARS

CARIBOO FAMILY ENRICHMENT CENTRE

www.cariboofamily.org

The Cariboo Family Enrichment Centre (CFEC) is a non-profit family centre which has been strengthening the quality of personal, family, and community life for over 30 years. The CFEC offers many free programs including: Family Services, Counselling Services, Youth Services, Early Years Services, Child Care Resource and Referral (CCRR) program, Early Care and Learning Centre (child care), The Raven Youth Activity Centre, Cariboo Gender Support, Pre Natal in-a-day, Pregnancy Outreach program and Home Visitor Program.

Location: #1-486 Birch Ave

Contact: 250-395-5155

Services for Parents: affordable child care benefit info, information & referrals, learning library, workshops, training, drop-in programs, newsletters and computer access.

Services for Child Care Providers:

consultations in-person or by phone, referrals, lending library and resources, workshops, training, networking, drop-in programs, newsletters, computer access, laminating and photocopying, job postings and start-up resources

Location: #1-486 Birch Ave

Contact: 250-395-5155

CHILD CARE RESOURCE & REFERRAL (CCRR)

www.cariboofamily.org

Services for parents: affordable child care benefits info & referrals, learning library, workshops, training, drop-in programs, newsletters, and computer access.

Services for child care providers: consultations in-person or by phone, referrals, lending library and resources, workshops, training, networking, drop-in programs, newsletters, computer access, laminating and photocopying, job postings, and start-up resources.



CFEC provides early years resources and supplies through Cariboo Kids. Here, parents and caregivers can access everything they need to help nurture children from ages 0-5!

Early Year Programs

- Prenatal Nutrition Program
- Free infant supplies
- BC Pregnancy Outreach Program
- Parent & Caregiver & Child Mother Goose
- Mother's Mental Health Group
- Parenting workshops
- Scholastic book orders and more!

Cariboo Kids operates the 100 Mile Child Care Resource and Referral (CCRR), which provides to child care professionals as well as parents/caregivers. CCRR Services include:

- Child care information & referrals
- Affordable Child Care Benefit information & assistants
- Lending libraries
- Start-up resources and information
- Workshops and training
- Laminating and photocopying & more!

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. First Thursday of the month at 10am. Meetings are held virtually through zoom.

Contact: Vanessa at 250-397-2698 or Veronica at 250-296-4649 Facebook@lalecheleaguecanada 100milehouse/williamslake

PARENT SUPPORTS & EARLY YEARS

INFANT DEVELOPMENT PROGRAM

CEDAR CREST SOCIETY FOR COMMUNITY LIVING

The Infant Development Program is available to families of children from birth to 5 years with priority given to children under the developmental age 3 years 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. Assistance to access additional services is also available if appropriate.

The service is confidential and provided free to families in BC through funding by the Ministry of Children and Family Development.

Parents and caregivers are welcome to call directly or request a referral through their public health nurse or family doctor.

Location: Cedar Crest Society, 410 Cedar Ave

Contact: Kjerstin 250-395-5272 idp@ccscl.ca

MNBC (MÉTIS NATION B.C.) FAMILY SERVICES

The Métis Child Care Benefit is available to children birth – 12 years who are enrolled in the Métis Family Connections Program. The Métis Child Care Benefit (MCCB) is a monthly benefit to help Métis families with the cost of child care. Métis Nation British Columbia (MNBC) offers many services and resources to Métis families.

Contact: Tammy Levesque-Holyk

tlevesque-holyk@mnbc.ca

PHONE: 1-604-557-5851 (EXT. 8839)

MÉTIS NATION BRITISH COLUMBIA (MNBC)

envision Early Learning and Child Care (ELCC) in which Métis children and families throughout British Columbia are provided with culturally relevant, self-empowering ELCC programs and supports that focus on children and families first, to support strong Métis Nation families and communities across the lifespan – beginning at birth.

Contact: metisearlyyears@mnbc.ca.



PARENT SUPPORTS & EARLY YEARS

Watch for these and other **FREE** "Ready, Set, Learn" events happening in our community! 250-398-3867 beulah.munson@sd27.bc.ca

Ready, Set, Learn



**Welcome to
Kindergarten**



July 10th, 2023



What is StrongStart?

StrongStart centers provide positive early learning experiences for children birth to 5 years. These interactive play-based learning environments support caregivers and children as they enjoy learning together while developing essential skills and preparing for transition to school.

Visit www.sd27.bc.ca for locations & times

LITERACY & 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: 250-644-5869 or
info@caribooliteracy.com

BRIGHT RED BOOKSHELVES

CARIBOO-CHILCOTIN PARTNERS FOR LITERACY

There are free books for kids available on the bright red bookshelves located around town: Cariboo Family Enrichment Centre, Ministry of Children and Family Development, South Cariboo Rec Centre, Canim Lake, and at most rural schools.

Contact: 250-644-5869 or
info@caribooliteracy.com

SOUTH CARIBOO LIBRARY BRANCHES

www.cln.bc.ca

100 Mile House

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

Interlakes

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 (3-7pm) and Sat (10am-3pm)
Contact: 250-396-7642

STORYWALK

CARIBOO CHILCOTIN PARTNERS FOR LITERACY

StoryWalk runs year round with new titles each week. Location: Parkside Art Gallery

Online Parenting Book - Book Clubs

Free program with books included. Online book clubs explore parenting books on a variety of topics.

Contact: Kim 250-706-3143 or
kimberly@caribooliteracy.com

STRONGSTART

School District #27 - www.sd27.bc.ca

Fun, Free ,StrongStart! A free, parent participation program for children 0-5 that focuses on early learning development - language, physical, cognitive, social and emotional. Gym and outside time plus arts & crafts, snacks, stories & songs.

Schedule:

100 Mile Elementary - 250-395-2258

Monday-Friday 9am-12pm

108 Mile Elementary - 250-791-5221

Monday & Thursday 9am-12pm

Forest Grove Elementary - 250-397-2962

Tuesdays & Thursdays 8:30am-11:30am

Horse Lake Elementary - 250-395-4572

Tuesday & Friday 9am-12pm

Lac La Hache Elementary - 250-396-7230

Wednesday 9am-12pm

WELCOME TO KINDERGARTEN

"Welcome to Kindergarten" events happen in the spring at each elementary school fostering successful transitions into Kindergarten. Please see phone numbers above.

KIDS SPACE AFTER SCHOOL PROGRAM

Interlakes

Location: Interlakes Community Centre

Contact: Pat Lytton 250 593-4447



CHILDREN & YOUTH (6-18yrs)

ACTIVE START

ARCHERY

BIG HORN ARCHERY CLUB

www.bighornarchery.com

Indoor Practices: October - May at the South Cariboo Agriplex.

Outdoor Practices: April - October Gibson Rd.
No scheduled times, \$1.00 per round. Visit the website for membership information.

Contact: Allan 250-593-4686
info@bighornarchery.com

BOWLING

BIG COUNTRY LANES

www.bigcountrylanes.ca

Youth Leagues: September - March

Spring League: May - June

For more information visit the website.

Location: 879 Scott Rd

Contact: 778-482-5002

bigcountrylanes@gmail.com



ACTIVE START

CURLING - JUNIOR 100 MILE CURLING CLUB

www.100milecurlingclub.ca

Tuesdays after school - October to March.

Ages 8-21 years. Register online at

www.100milecurlingclub.ca.

Location: #1- 175 B Wrangler Way

Contact: Curling Club at 250-395-4442

FENCING CARIBOO BLADED COMBAT

Tuesdays: 6:30pm - 8:00pm 12 years old and up.

Come and discover an intensive and complete martial art. Following traditions of the sword of the swords reviving techniques that are centuries old. Learn like medieval warriors. The program includes swordplay, grappling, wrestling, tricks, games and more. Historical European Martial Arts helps reduce stress, teaches self control and discipline while helping to build confidence.

Location: 100 Mile Community Hall

Contact: Tristan Feissli at 604-375-2654, cariboobladedcombat@gmail.com and "Cariboo Bladed Combat" on Facebook



GYMNASTICS

SOUTH CARIBOO RHYTHMIC GYMNASTICS

Cariboo Stars (ages 4 and up) & Prism Stars Recreational Classes

Gymnasts will discover gymnastic movements to music in a fun yet structured class that teaches dance & rhythmic gymnastics skills. They will learn to use ribbon, ball, hoop, rope, and other handheld apparatus during their classes while learning coordination, balance, spatial awareness, and teamwork. They will learn fundamental rhythmic gymnastics skills following the 'PRISM' program.

Performance Team (ages 8 and up)

Do you love to dance and learn unique gymnastics movements and work with your friends and teammate? Gymnaestrada is non-competitive recreational program and yet encourages gymnasts to participate to their personal best. Participants will work on cardio strength, aesthetic body waves, and proper handheld apparatus (traditional & non-traditional) skills.

Rising Stars (8+yrs)- Interclub/Competitive Solo/Group Programs

For gymnasts who love challenges, work hard, are focused, and have a great attitude in exploring new skills and self-motivation. Each gymnast must have "YES, I CAN!" spirit and positive attitude, not afraid to try new skills, learn from mistakes, and grow within each own's strength & weakness. They will develop rhythmic body difficulties, apparatus techniques, and learn group routines with or without apparatus following required skills by RG codes.

Location: Hillside Community Church Gym

Contact: Sang-Hee Robinson 250-706-2405 or scrhythmicgym@shaw.ca

ACTIVE START

HOCKEY

100 MILE & DISTRICT MINOR HOCKEY ASSOCIATION

www.100mileminorhockey.com

Early Registration: May 1st - June 30th 2023
Registration will be taken ON-LINE ONLY

Registration for all genders born in 2018 or earlier. Email for registration fees and discounts. Registration for new players open until October 31, 2023.

U7 - 2017, 2018 U9 - 2015, 2016
U11 - 2013, 2014 U13 - 2011, 2012
U15 - 2009, 2010 U18 - 2006, 2007, 2008

Regular season runs September 2023 - Mid March 2024

*all players require a CRD Rec Pass upon registration

First Shift Program

All genders 6-10 years of age. No experience? No Equipment? No Problem! www.firstshift.ca
Space is limited. Program begins mid November 2023.

Location: Office inside the South Cariboo Rec Centre; 175B Wrangler Way, 100 Mile House

Contact: info.omhmha@gmail.com

CANLAN YOUTH HOCKEY LEAGUE

Canlan Sports - SCRC

www.canlansports.com

Whether your child is learning to play or they're on a direct path to the pros, Canlan offers youth hockey players the opportunity to develop their game in a fun, safe environment. Our league offerings range from U9 to U18 for boys and girls, so regardless of where your child is in their respective career path, we have the perfect division for them.

Location: South Cariboo Rec Centre

Contact: Laura at 250-395-1353 or

lalbert@canlansports.com

JR HOCKEY

100 MILE WRANGLERS JR "B" HOCKEY CLUB

www.100milewranglers.com

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

Email: office@100milewranglers.com

Website: www.100milewranglers.com

Facebook: "100 Mile House Wranglers"

Location: South Cariboo Recreation Centre

Contact: 250-395-1005



ACTIVE START

ICE SKATING

100 MILE HOUSE & DISTRICT SKATING CLUB

www.100mfsc.ca

Season goes from September to March;
Registration begins in August and are accepted all season.

CanSkate – Learn to Skate program, taught in a group lesson format, 6 levels based on balance, control and agility for skaters 4 - 17 years old.

Junior Academy - Introduction to Figure Skating taught in a group lesson format for skaters who have passed CanSkate level 5 and show interest in figure skating.

StarSkate – Figure Skating Program - Teaches skills, freeskate, dance and interpretive skating (must have past CanSkate level 6). Lessons taught in a group, semi-private and private lesson format.

Power, Stride & Glide – high energy Hockey Skating Skills Program for hockey players, teaches the fundamentals of power skating in a progressive and sequential manner for Hockey 1 and up.

All Programs taught by Nationally Certified Skate Canada Professional Coaches.

Location: South Cariboo Rec Centre

Contact: Lisa 250-395-1842 or
100milefigureskatingclub@gmail.com

FIRST GLIDE - LEARN TO SKATE PROGRAM

New skaters will be outfitted with figure skates, guards, and a helmet. Limited spots available. Six weeks, one session per week running September - December.

Parent & Tot (2-4yrs)

Child (5-9yrs)

Youth (10-13yrs)

Teen/Adult (14yrs plus)

Registration opens August 1st, 2023

Location: South Cariboo Rec Centre

Contact: Lisa 250-395-1842 or
100milefigureskatingclub@gmail.com

KOKORO JUDO 100 MILE HOUSE

www.kokorojudo.ca

5-8 Year Olds:

Monday and Wednesday 5:00pm to 5:45pm. \$50 per month, family discounts apply. Plus Judo BC fees: \$100/year

9-12 Year Olds:

Monday and Wednesday 6:00pm to 7:00pm. \$60 per month, family discounts apply. Plus, Judo BC fees: \$100/year

13+

Monday and Wednesday 7:00pm - 8:30pm
Approximately \$60 per month, family discounts apply. Plus, Judo BC fees:\$100/year.

Women's Judo:

Tuesday 7:30pm to 8:30pm 13+ and adults,
Cost: \$50 per month, family discounts apply.
Plus Judo BC fees: \$100/year.

Check out our Group page on Facebook for all past events and photos at:
www.facebook.com/groups/150928578306352
For more information about Kokoro Judo and to registration go to our website for Plans & Pricing!

Location: #22 -150 Birch Ave

Contact: 250-706-9794 or info@kokorojudo.ca



ACTIVE START

SKATEBOARDING

100 MILE HOUSE SKATE PARK

*Located beside the Municipal Campground and 100 Mile House Hospital

SKIING & SNOWBOARDING

100 MILE NORDICS

www.100milenordics.com

Cross country skiing in the South Cariboo. Promoting community participation in the healthy outdoor lifestyle of crsss-country skiing and snowshoeing in the South Cariboo. visit the website for updates and start dates for winter 2023 at www.100milenordics.com

Location: 500 Ainsworth Road

Contact: 250-395-2104 or info@100milenordics.com

MT TIMOTHY RECREATION RESORT

www.skitimothy.com

A family friendly ski hill located in the heart of British Columbia's Cariboo Range. Offering amazing snow conditions, no line ups and diverseterrain for all ski levels. You will have a blast either skiing, snowboarding or tubing!

2023/2024 early bird season passes are available October 1st - November 15th.

Location: 5398 Timothy lake Rd
Lac La Hache, BC

Contact: 250-396-4095 or skitimothy1@gmail.com

SOCCER

100 MILE HOUSE & DISTRICT SOCCER ASSOCIATION

Season: May-June & September

Registration: Feb 26 - March 31, 2023

Birthdate 2019 or before. Register using

TeamSnap App Link on facebookpage/group @ 100milehousesoccerassociation

"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.

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 - 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.

Tentative Schedule May 1 to June 24 and resumes in September.

U4 & U5 Saturday 9-9:45am & Tues 5-5:45pm

U6 Sat 10:30-11:30am & Tues 5-6pm

U8 Sat 10:30-11:30am & Tues 5:30-6:30pm

U10 Sat 10:30-11:30am & Mon 5:30-6:30pm

U12 Sat 11am-12pm & Wed 5:30-6:45pm

U14 Tues 6:15-7:15pm & Thurs 6-7:45pm

U16/U18 Mon 6-7:45pm & Wed 4-5pm

Location: 600 N. Birch Avenue

Contact: office@100milesoccer.com

ACTIVE START

SOFTBALL

SOUTH CARIBOO MINOR SOFTBALL ASSOCIATION

Season runs May through June.

Early registration ends February 28th, 2023

All levels need a Softball BC Lifetime Membership (\$10).

Ages 5-19 years

Visit @southcariboominorsoftball on Facebook for registration for more information.

*All players require a CRD Rec Pass available at the South Cariboo Rec. Centre.

Location: South Cariboo Softball Fields

Contact: southcariboominorsoftball100@gmail.com

Divisions	Year of Birth	Early reg.	reg Reg
U7	2016-2018	\$85	\$110
U9	2014-2015	\$85	\$110
U11	2012-2013	\$95	\$120
U13	2010-2011	\$95	\$120
U15	2008-2009	\$95	\$120
U17	2006-2007	\$95	\$120
U20	2003-2005	\$95	\$120

SWIMMING

INDOOR SWIMMING

CARIBOO MEMORIAL COMPLEX (Williams Lake)

Swimming lessons for children 4 months and up.

Contact: 250-398-7665 www.williamslake.ca

OUTDOOR SWIMMING

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

Centennial Park - This is the perfect spot right in town for the kids to play and cool off.

100 Mile Hous Spray Park - The perfect way to cool off! Located at the play ground in Centennial Park.

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.



PERFORMING ARTS

100 MILE FESTIVAL OF THE ARTS

www.100milefestivalofthearts.ca

Festival dates: April 23-28, 2023

Showcase/Awards Concert - April 29th @7pm

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 in April, 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.

Contact: Bruce at 250-395-7700 to volunteer

RAISING THE BARRE ACADEMY OF DANCE

raisingthebarreaod.wixit.com/raisinthebarre

Something for everyone! A range of classes are offered in different levels and styles, suitable for many different ages and skill levels.

Location: 150 Birch Ave, 100 Mile House

Contact: raisingthebarreaod@gmail.com

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: acting, dance, music, technical, backstage, props, drama and costumes.

Missoula Children's Theatre is coming September 18th-23rd, 2023. This is a week long theatre workshop experience for school age children, culminating in a performance for the public.

Visit the facebook page to keep up to date at facebook.com/100MilePAS

Contact: 100mileperformingarts@gmail.com

MAPSON MUSIC STUDIO

www.ingridmapson.com

A variety of classes are offered in flute, piano, singing, musical theatre and drama.

Contact: Ingrid Mapson 250-395-1299 or ingridsings@gmail.com





**Make It, Bake It,
Grow It**
July 3-7



Extreme Ball
July 10-14



Wacky Water
July 31-Aug 4



Cariboo Craft
Aug 14-18



Summer Chef
July 17-21

Summer Hockey Camp
Aug 28-Sept 1



Save the Date!!!



Summer Hockey Camp August 28th - September 1st

All Skill Levels: Ages 5-16 years

Play to Learn

Play to Develop

Play to Perform

Inquires: 250-395-1353 | lalbert@canlansports.com

It's where we play.™

www.canlansports.com

Youth Sports Camps

From Extreme Ball
July 10-14

CANLAN SPORTS™
camps



To Wacky Water
July 31- Aug 4

It's where we play.™

To Inquire or register call 250-395-1353

www.canlansports.com

YOUTH ACTIVITIES, CLUBS & CAMPS

100 MILE OUTRIDERS

www.100mileoutriders.ca

100 Mile Outriders is a local group for horse people of all disciplines. Our venue consist of two arenas, rodeo set up and concession for events. Members can use the arenas whenever they like and have access to barrels as well as jumps. Yearly, we host gymkhanas, horse shows and clinics. Meetings are held the second Wednesday of every month with a year-end AGM dinner.

Host of the Little Britches Rodeo!

August 19th & 20th 2023

100 Mile Outriders Youth Club is a part of the Outriders just for kids. Special events and get togethers are put on for our local equestrians to learn about horsemanship and to meet others who share their passion for horses. The kids will learn things like horse show etiquette, how to ride a gymkhana pattern, and horse care. Membership is included automatically with the Outriders mMembership so anyone can join. You don't need to have a horse to partake. Come and learn a little more about horses, meet some great kids and we throw in a little fun too.

Location: Wrangler Way behind SCRC

Contact: 100mileoutriders@gmail.com

CADETS

2887 RMR RCACC Local Army Cadets

Location: Youth Training Ctr. 5830 Horse Lake Rd

Contact: 250-395-1181

2887army@cadets.gc.ca

GIRL GUIDES OF CANADA

www.girlguides.ca

Coming together to have fun, make new friends, experience adventures & help others.

September - June

Sparks: Ages 5-6 Tues 4:00-5:00

Brownies: 7-8 Tues 5:30-7:00

Guides/Pathfinders/Rangers 9-17 Tues 5:30-7:00

Times Subject to change.

Registration online for adults, youth & volunteers at www.girlguides.ca

Check us out on Facebook at "100 Mile Girl Guides"

Volunteer opportunities available for Unit Leaders and District Council positions. Please contact us if you are interested.

Contact: Bernice at 250-706-9118

Meeting Location: Horse Lake Training Centre, 5830 Horse Lake Road.



YOUTH ACTIVITIES, CLUBS & CAMPS

EDUCO ADVENTURE SCHOOL

www.educo.ca

Exploration and adventure in the outdoors, leadership skills development, and community connections. They are all a core part of the programs.

Location: 4592 Gustafsen Lake Rd

Contact: 250-395-3388 or info@educo.ca

GAVIN LAKE FOREST EDUCATION CENTRE

www.gavinlake.ca

Providing a first-class outdoor education facility for elementary school children in the Cariboo-Chilcotin Regional District. The camp is a kick-off point for public cross-country skiing, biking, snowshowing, and hiking trails.

Contact: Mike Tudor at 604-629-9859 or mtudor@xplornet.com

INTERLAKES HORSE CLUB

www.interlakeshorseclub.ca

Contact: sabrinaveninga@gmail.com or interlakeshorseclub@gmail.com

LAKE OF THE TREES BIBBLE CAMP

www.lakeofthetrees.com

Located outside of Forest Grove, Lake of the Trees Bible Camp is a staple in the Cariboo Summer Camp experience.

Contact: 250-791-5502 or info@lakeofthetrees.com

LONE BUTTE 4-H CLUB

4-H is one of Canada's longest-running youth organizations for young people between the ages of 6 and 22. Meets first Thursday of each month.

Contact: Heidi Meier at 250-706-1476 or lonebutte4hclub@gmail.com

SOUTH CARIBOO REC CENTRE

Summer Day Camps for everyone! Everything from craft camps, sports camps, hockey camps and cooking camps

Location: South Cariboo Rec Centre

Contact: 250-395-1353

RAVEN YOUTH ACTIVITY CENTRE

Cariboo Family Enrichment Centre

www.ravenyouth.ca

Raven is a safe and inclusive space in the community for youth to call their own. At Raven, youth can learn life skills, build meaningful relationships, and get connected with vital supports. Raven amenities include free wifi, lending library, PS4, pool tables, ping pong, air hockey, computers, board games, piano, art supplies, and more! Stop by and check out our monthly events, daily activities, and snacks. All services at Raven are free of charge.

Tues & Thurs: 3:30-5:30pm for ages 12-18 years,
Wed & Fri: 3:30-5:30 for ages 10-12 years..

Closed holidays, check Facebook for announcements, including COVID updates, and calendars.

Location: #2 486 Birch Avenue

Contact: 250-395-5155

Facebook: www.facebook.com/ravenyouth

Instagram: [raven.youth](https://www.instagram.com/raven.youth)



LITERACY & LEARNING

SOUTH CARIBOO LIBRARY BRANCHES

www.cln.ca

Visit the website for summer programs and on-line resources.

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 (3-7pm) and Sat (10am-3pm)

Contact: 250-396-7642

RED CROSS BABY SITTING COURSE

Canlan Sports – SCRC

www.canlansports.com

Prepare for possible employment opportunities. A certified Red Cross instructor will teach you what every babysitter should know. Take home an activity book and first aid kit.

Multiple dates throughout the school year

10am – 3pm Ages: 11-16 yrs

Location: South Cariboo Recreation Centre

Contact: Canlan at 250-395-1353 for upcoming dates.

RED CROSS STAY SAFE COURSE

Canlan Sports – SCRC

www.canlansports.com

Basic First Aid and safety skills for 9-13 year olds focusing on how to prepare for recognize and respond to unexpected situations unsupervised.

Multiple dates throughout the school year

10am – 3pm Ages: 9 - 11 yrs

Location: South Cariboo Recreation Centre

Contact: Canlan at 250-395-1353 for upcoming dates.





CRD 100 Mile Library Spring and Summer FUN

Lil' Book Club - Lego Club - Storytime - Adult & Senior Social and Book Clubs - Author Readings & More



We are always introducing new fun activities. Check out our monthly programming calendar on our Facebook page or swing by and grab a copy at the library.

Did you know?

- All library events & resources are free
- We offer all kinds of programming for all ages from kids to seniors



What are some of the programs we offer?

- Family Movie and Trivia Nights (open to all ages)
- Lego Club (all ages)
- Lil' Library Club (ages 5-12)
- Storytime (ages 0-5)
- Take & Makes (ages 5+)
- Summer Reading Club
- Adult/Senior Social and Book Clubs

Online Resources

- Take online courses through Gale Courses
- Learn a language with Mango Languages
- Plus e-books, e-audiobooks, e-magazines and more!



Tuesday to Thursday 10 a.m. - 8 p.m.
Friday and Saturday 10 a.m. - 5 p.m.

250-395-2332
cln.ca or facebook.com/100milelibrary
449 S Birch Ave, 100 Mile House



South Cariboo Library Branches www.cln.ca

100 Mile House

Tuesdays & Thursdays (10am-8pm)
Fri-Sat (10am-5pm)
Contact: 250-395-2332

Lac La Hache

Wednesdays (3-7pm) and Saturdays (10am-3pm)
Contact: 250-396-7642

Forest Grove

Tuesdays (3-8pm) & Thursdays (10am-3pm)
Contact: 250-397-2927

Bridge Lake

Wednesday, Thursdays, & Saturdays (2-6pm)
Contact: 250-593-4545

100 Mile House Transit

RIDER'S GUIDE

Effective February 2012

Updated December 2017



District of 100 Mile House
Cariboo Regional District



Welcome

There are four kinds of transit service:

- **Fixed-route** provides scheduled service to major destinations and residential areas in 100 Mile House, 103 Mile House and 108 Ranch.
- **Rural Transit** provides service by request only on Thursdays from Lac La Hache to 100 Mile House.
- **handyDART** provides shared door-to-door, accessible transit for those unable to take regular transit.
- **Health Connections** provides service to Williams Lake.

About Your Transit System

Funding for 100 Mile Transit is cost shared between the District of 100 Mile House and BC Transit and supported by the Cariboo Regional District.

Decisions on fares, routes and service levels are made by the District Boards based on information and planning provided by BC Transit. Buses are operated by LDN Transportation.

Contact

Transit Information	250-395-2834
Web	www.bctransit.com
Lost & Found	250-395-2834
handyDART	250-395-2834
Office Hours	9:00 a.m. – 4:30 p.m. Monday to Friday
Address	6119 Reita Crescent 100 Mile House, BC V0K 2E1

If you have suggestions or comments, contact the District of 100 Mile House, 385 South Birch Street, 100 Mile House, BC V0K 2E0, phone: 250-395-2434

Pass Programs

Government of BC Bus Pass Program

A universal bus pass is available for low-income seniors and persons with disabilities, providing unlimited access on any scheduled BC Transit bus. For more information visit www.buspass.gov.bc.ca or call 1-866-866-0800.

Riding the Bus

Courtesy Seating

Although BC Transit serves everyone on a first-to-board basis, courtesy seating is considered to be the front accessible area of the bus. Courtesy seating meets the needs of all transit customers, and is especially vital to:

- customers who use scooters, wheelchairs, pediatric strollers or other mobility aids,
- customers with a disability or mobility issue, and
- customers with baby strollers.

Bike Racks

Bike racks are designed to assist longer commutes. Instructions are posted on the bike racks. Bike racks on a Community Bus can only be used during daylight hours as bikes can block the headlights.

Bus Stops in Rural Areas

In rural areas where there are no designated bus stops, the bus can be flagged down. When you want to catch the bus, find a safe location where the bus can easily pull off the road, such as a driveway or postal box area.

Make sure you are visible, especially when it is dark. Carry a flashlight or stand in a well-lit area.

To get off the bus, let the driver know ahead of time where you want off, and the driver will stop at a safe place, as close to your request as possible.

Request-a-Stop

After dark, customers who feel that their personal safety is at risk or who have a mobility challenge can ask their driver to stop between regular bus stops. Ask at least one bus stop ahead of where you wish to get off. You will be let off as close to your request as safely possible. For safety reasons, leave by the front doors and customers using wheelchairs must use designated wheelchair-accessible bus stops.

Holiday Service

Transit service will not operate on Saturday, Sunday or the following holidays:

- | | |
|-----------------|--------------------|
| • New Years Day | • B.C. Day |
| • Family Day | • Labour Day |
| • Good Friday | • Thanksgiving Day |
| • Easter Monday | • Remembrance Day |
| • Victoria Day | • Christmas Day |
| • Canada Day | • Boxing Day |

Fares subject to change

Cash	Zone 1	Zone 2
Adult	\$ 1.50	\$ 2.00
Senior/Student*	1.25	1.75

Tickets (10)

Adult	13.50	18.00
Senior/Student*	11.25	15.75

Monthly Pass All zones, not valid on door-to-door

Adult	35.00
Senior/Student*	28.00

handyDART & Rural Transit Senior/Student

One Zone (within 100 Mile House)	1.75	1.75
Two Zone (103 Mile/108 Mile)	2.25	2.25
Three Zone (Lac La Hache)	2.75	2.50

Ticket & Pass Outlets

- District Office
- On the bus

* Reduced fare with valid I.D. for persons 65 or over and students in full-time attendance to Grade 12.

BE PART OF THE SOLUTION...

REUSE YOUR RIDER'S GUIDE.

Transit Info 250-395-2834

www.bctransit.com

handyDART

Bookings: 250-395-2834

Door-to-door accessible service for those unable to take regular transit. Call ahead for available handyDART times **before** making appointments.

handyDART service is available:

Monday – Friday 8:45 a.m. – 4:30 p.m.

Monday to Friday in 100 Mile House and Zone 2.
Thursdays available in Zone 3.

Please book your trip 24 hours in advance. We will try to accommodate same day requests. Be ready to travel a few minutes ahead of your scheduled pickup time. The driver can only wait a few minutes past your pickup time.

If you are using a wheelchair, it must be equipped with a lap belt. Wheelchair restraints are provided on the transit bus. Your driver will ensure that the securements are properly fastened for your safety.

Rural Transit

Rural Transit is available by request on Thursdays for all customers. Service is available from 100 Mile House to Lac La Hache. Zone 1, 2 and 3 shown on the map.



Health Connections

Service to Williams Lake

Health Connections is a transit service providing communities with accessible transportation options to access non-emergency medical appointments. Although medical appointments have priority, everyone is eligible to use this service if space is available.

Service is available to any community along the route. You must phone 24 hours ahead to arrange your trip. Transit staff will let you know the location and time of pick up. When scheduling medical appointments, let them know you will be using Health Connections.

Pick up a Health Connections flyer at any health facility, on board the bus, visit bctransit.com or phone 250-395-2834.

One-way Fare: \$5.00

1 100 Mile House

Monday to Friday

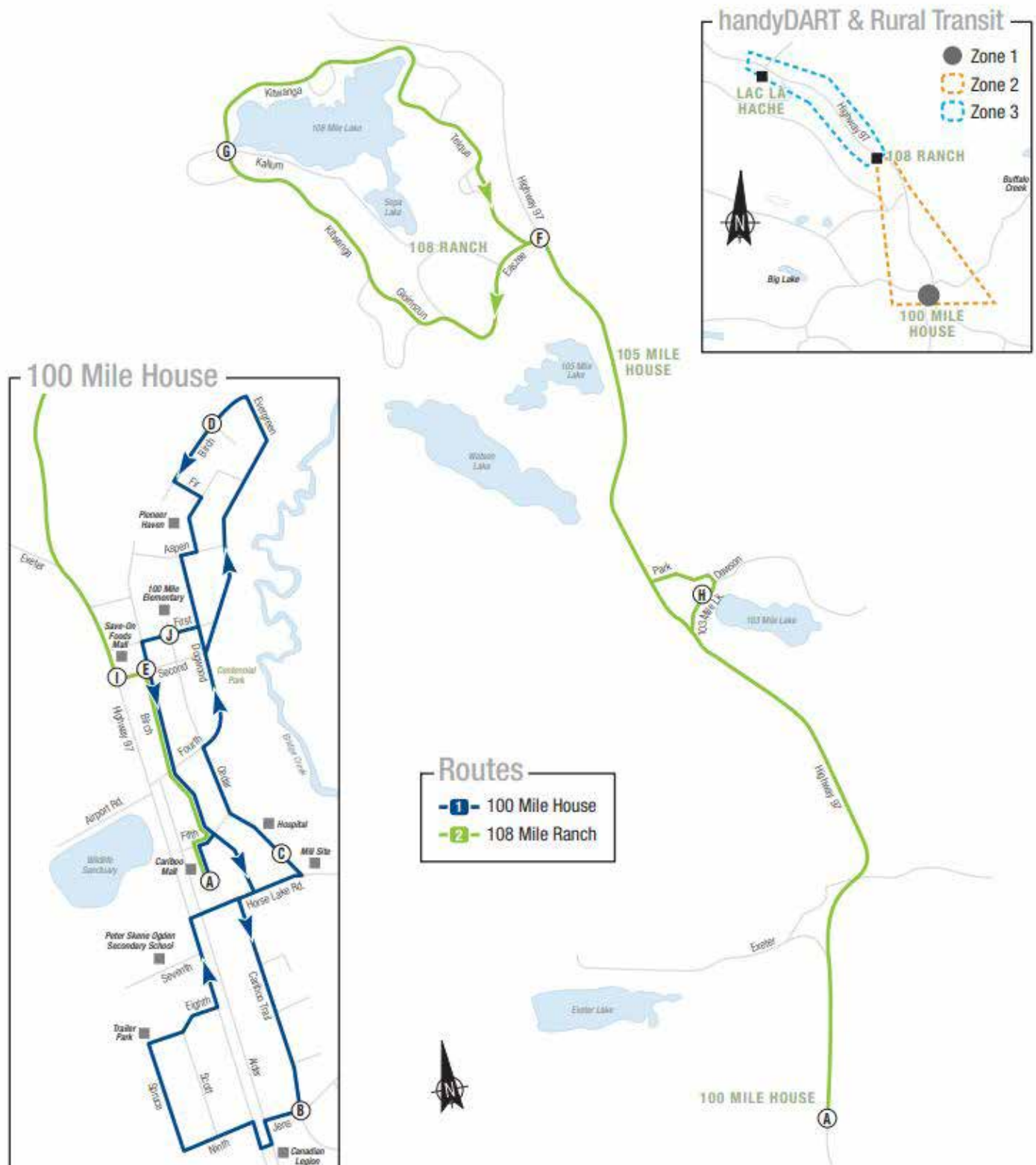
(I)	(J)	(E)	(A)	(B)	(C)	(D)	(J)	(E)	(A)
Lv. Save-On Foods Mall	Lv. 100 Mile Elementary	Lv. Second & Birch	Lv. Cariboo Mall	Lv. Jens St & Cariboo Trail	Lv. Hospital	Lv. Evergreen & Birch	Lv. 100 Mile Elementary	Lv. Second & Birch	Ar. Cariboo Mall
—	—	8:14	8:28	8:30	8:34	8:38	8:40	8:40	8:43
—	—	10:25	10:28	10:30	10:34	10:38	10:40	10:40	10:43
1:23	—	1:25	1:28	1:30	1:34	1:38	1:40	1:40	1:43
—	3:20	3:20	3:23	3:25	3:29	3:33	3:35	3:35	3:38

2 108 Ranch includes 103 Mile

Monday to Friday

(E)	(A)	(H)	(F)	(G)	(F)	(H)	(E)
Lv. Second & Birch	Lv. Cariboo Mall	Lv. 103 Mile: Park & Dawson	Lv. Cariboo Hwy & Eassee	Lv. Kivwanga & Kallum	Lv. Cariboo Hwy & Eassee	Lv. 103 Mile: Park & Dawson	Ar. Second & Birch
—	9:45*	—	7:45	7:52	8:01	8:04	8:14
—	—	—	10:00	10:07	10:15	10:18	10:25
1:40	1:43	1:48	1:54	2:02	2:10	—	—
4:36	4:40	4:48	4:54	5:02	5:10	—	5:20

*Except Thursdays. Call 250-395-2834 for time.



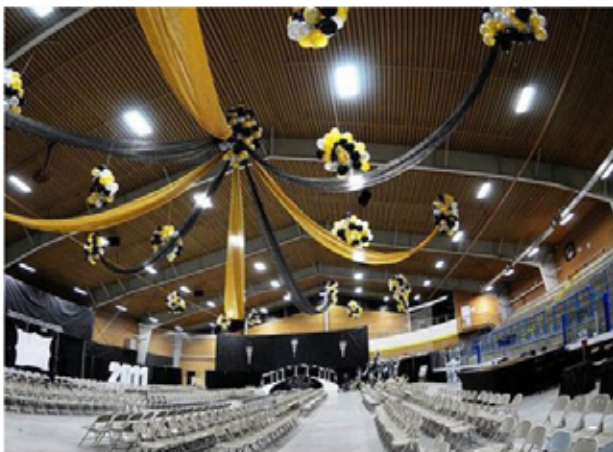
DID YOU KNOW?

We do more than just ice!!

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

17,000 sq. ft. arena floor is ideal for
a large or small event.

We can accommodate up to 700
people with tables and chairs with
additional 480 bleacher seating.
Buildings maximum capacity is
2100 people.



With the additional of trade show
pipe and drape, it helps make the
space the size you need.

With our state of the art Audio/
Visual system and staging, is also
provided to help make your event a
success.

Additional rental spaces:

Curling Rink, Players Lounge, Ball
Fields

Contact Laura or Shelly at
250.395.1353

lalbert@canlansports.com
smorton@canlansports.com





ADULTS & SENIORS

FITNESS, HEALTH & WELLNESS

ADULT SPORTS - RECREATIONAL

Punch passes or season passes available per sport. 10 Punch Pass \$30 Season Pass \$75 per sport inside the recreation taxation boundary.

Canlan Sports - At the Gym

A great way to keep fit and have fun!

Punch passes or season passes available at the Canlan Sports office at the South Cariboo Rec Centre. Pre-registration is required.

Pickleball

Mondays & Thursdays 7:00pm- 9:00pm

Location: Peter Skene Ogden Secondary Gym

Pickleball - Beginner Lessons

Tuesdays 6:00pm-8:00pm

Location: 100 Mile Elementary

Pickleball - Novice

Wednesdays 6:00-8:00pm

Location: 100 Mile Elementary Gym

Volleyball

Tuesdays 7:00-9:00pm

Location: Peter Skene Ogden Secondary Gym

Basketball

Wednesdays 7:00 - 9:00pm

Location: Peter Skene Ogden Secondary Gym

Canlan Sports - On the Ice

Punch passes available!

Hockey - Senior's Drop-In (55+)

Mon, Wed & Fri - September - March

10:15am - 11:45am Punch Pass

Drop in Stick & Puck: Tues & Thurs 12pm

Drop in Public Skating: Mon, Wed, Fri 12pm

Location: South Cariboo Rec Centre

Contact: 250-395-1353

ARCHERY

BIG HORN ARCHERY

www.bighornarchery.com

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.

Indoor Practice: October-April – Agriplex, 100 Mile House – Tuesdays 7-9pm

Contact: Allen at 250-593-4686

info@bighornarchery.com

AQUATICS/SWIMMING

CARIBOO MEMORIAL COMPLEX

Williams Lake

www.williamslake.ca

Contact: 250-398-7665

BASEBALL

100 MILE MIXED SLO-PITCH LEAGUE

for more information visit the facebook group @100milehouseslo-pitch.

Location: 175 Wrangler Way South Cariboo Softball Fields

Contact: Gerald Allan 778-551-0434

MEN'S FASTBALL

Contact: Pat Findlay at 250-706-0647

FITNESS, HEALTH & WELLNESS

BOWLING

BIG COUNTRY LANES

www.bigcountrylanes.ca Visit:
facebook.com/bigcountrylanes

Club 55 Afternoon Leagues
Mixed Evening Leagues
Youth Leagues
Spring Bowling - May - June
Fall Bowling September - March

Location: 879 Scott Rd

Contact: 778-482-5002 or bigcountrylanes@gmail.com

BC SPECIAL OLYMPICS - 100 Mile House www.specialolympics.bc.ca

Special Olympics is an organization encouraging and supporting individuals with intellectual disabilities with the opportunity to play sport. Our vision is to open hearts and minds towards people with intellectual disabilities and creating inclusive communities. There are many opportunities to get involved.

Contact: Haily Augustin - Community Development Coordinator, Northern Region
250-570-1455

CREEKSIDE SENIORS CENTRE ACTIVITIES www.creeksideseniorscentre.ca

Carpet Bowling - Mon & Wed at 1:00pm
Cribbage - Tuesday at 1:00pm
Bridge & Canasta - Friday at 1pm
Pool - Mon, Wed, Fri 9:30am
Tai Chi - Thursdays 10:30am & 1:30pm

Location: 501 Cedar Ave, 100 Mile House
Facility Rentals Contact: Dot at 250-395-3346

CURLING

100 MILE CURLING CLUB www.100milecurlingclub.ca

September - March

100 Mile Curling Club holds Open Mixed, Men's, Ladies', and Open Doubles Leagues, as well as drop in Mondays, Wednesdays and Junior curling.

Location: #1-175B Wrangler Way

Contact: The Curling Club at 250-395-4442
100milecurlingclub@gmail.com

DANCE

BALADI BABES & MYSTIQUE BELLY DANCERS

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. For beginners and beyond beginners.

Locations: Lone Butte Community Hall
Contact: Kerri at 250-706-2368

REVELRY

revelryarts.ca

Classes in line dancing, swing dancing, and two-step, as well as acrylic painting. Private classes available. See website for schedule.

Location: 869 Alder Ave. #3, and local community halls.

Contact: Jess @ hi@jessthomas.ca

FITNESS, HEALTH & WELLNESS

FITNESS CLASSES & YOGA

BEAUTIFUL SOUL YOGA & FITNESS

Facebook@beautifulsoulyogaandfitness

Debbie MacNeil - Fitness Trainer

Group fitness classes & Personal Training.
Cardio & Wiegth HIIT, Strength & Endurance
Training, Stength & Flexibility Training, SPIN and
much more. Location: Unit #1 530 Horse Lake
Rd, Uptown Plaza

Contact: Debbie MacNeil at
beautifulsoulyogaandfitness@gmail.com

BOOT CAMP WITH DONYA NICHOL

Contact: Donya at 250-699-1777

INTERLAKES COMMUNITY CENTRE

www.interlakescommunity.com

Yoga and fitness

Visit the events calendar or facebook page for
monthly activity schedule.

PILATES WITH PATTI HARPER

Mondays & Thursdays at 5:30pm

Location: 108 Community Centre

Contact: Patti at 250-948-0280

UNION MVMNT YOGA STUDIO

www.theunionmvmnt.com

A collaboration of passionate teachers with
various backgrounds and education that have
come together to form The Union MVMNT.
Offering Yoga, Aerial Yoga, Build & Shred,
Postpartum & Prenatal Yoga.

Location: 5501 Park Drive, 103 Mile

Contact: Kate at 250-945-4920

YOGA AT LONE BUTTE COMMUNITY HALL

Wednesdays & Thursday 10am

ZUMBA

FITNESS WITH GALE OGDEN

Contact:Gale 250-396-7381 or
galeogden@hotmail.com

Zumba

Wednesdays & Fridays at 9:30 am

Location: 108 Mile Community Centre

Strength & Stretch Class

Tuesdays at 9:30 am Location: Pioneer Centre
4822 Clarke Ave
Lac La Hache.

GOLF

108 RESORT: GOLF & OUTDOOR ADVENTURES

www.108golfresort.com

500 acres of outdoor adventure space. CPGA
18 hole course. Annual Memberships & junior
programs available. Twilight Special after 3pm.

Adult & Senior Drop-in \$45

Power Cart Rental \$30

Opens mid-April, weather dependent, 8am-8pm

Location: 4816 Telqua Dr, 108 Mile Ranch

Contact: 250-791-5212 or info@108golfresort.
com

108 Ladies Golf Club

Contact: Carla Tetreau at 250-212-5301 or
Mildred Halcro at 250-395-2079

108 Seniors' Golf Club

Contact: Sandy Lee at 778-485-5570 or
Mildred Halcro at 250-395-2079

FITNESS, HEALTH & WELLNESS

GYMS

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: Unit 1 530 Horse Lake Rd
Uptown Plaza

Contact: Donri & Murray Helmer
at 250-395-1012

CANIM LAKE BAND SPORTS & RECREATION

www.canimlakeband.com

The Canim Lake Band offers a wide variety of sport and recreation programs for all age groups. Some of the sport camps that have been offered are: soccer, Weekly fitness classes, personal training, fitness testing and athletic development programs. volleyball, basketball, softball, hockey, kayak lessons and swimming lessons.

24hrs/7 days a week Fitness Centre

Contact: 250-397-2227
fitness@canimlakeband.com

CURVES CIRCUIT & COMPLETE WEIGHT LOSS PROGRAM

www.curves.com/ca

Our strength training and cardio program works every major muscle group over short, 30 second durations, 30 minute program. Our guided fitness program can help fight loss of muscle mass, prevent osteoporosis, decrease arthritis pain, boost energy, elevate mood, improve sleep, and manage stress.

With Curves Complete®, women get a fully personalized weight loss solution that includes the Curves Fitness® Program, customizable Meal Plans, and one-on-one Coaching and support.

Location: #001 - 475 Birch Ave

Contact: Patricia Evans at 250-395-4114

FOCUSED FITNESS

www.focusedfitness.ca

Full-service gym with weights and a variety of classes, programs and one-on-one personal training. 24-hour card-lock system allowing access on holidays. Smoothie, shake bar and supplements for sale.

Hours: Mon-Fri: 9:00am-5:00pm
Saturday & Sunday - card-lock users only

Location: 460 Birch Ave

Contact: 778-482-1796



FITNESS, HEALTH & WELLNESS

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. Sundays 10am.

Facebook @cariboohikingetc

Contact: Elizabeth at 250-395-2699 after 4PM

Location: 99 Mile Ski Trails

Discover the Cariboo Regional District's network or 25 accessible low mobility wilderness trails.

www.cariboord.ca/accessible-trails

JUDO

KOKORO JUDO

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 5-5:45pm

Intermediate Class - ages 9-14 years:

Mondays & Wednesdays 5:45-7pm

Adults/Competitors - ages 14-100+ years:

Mondays & Wednesdays 7-8:30pm

Location: Unit 7, 105 Birch Ave

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

MOUNTAIN BIKING

HUNCITY MOUNTAIN BIKE CLUB

www.huncitymtb.club

The HunCity Mountain Bike Club maintains two trail networks at 108 Mile Ranch and another on Ainsworth Road. A yearly membership is \$25. You can get info about club rides on their website and Instagram. @huncitymtb.

PICKLEBALL

SOUTH CARIBOO PICKLEBALL ASSOCIATION

Club plays June - September in Lac La Hache and winters at Buffalo Creek. The club also plays through Canlan Sports October - May at The PSO High School and novice level at 100 Mile Elementary. Lessons available.

Contact: Lorne Landry at 250-791-5300 or landry@bcinternet.net

***Contact Canlan Sports for play from October - May. 250 - 395-1353**

See page 24 of the guide for more info.

250-395-1353 smorton@canlansports.com

SOCCER

Drop - in

Co-ed Adult Soccer (19+) \$35 for the season

May - September

Visit Facebook @ 100 Mile Adult Soccer

Location: OHMSA Soccer Park, 600 North Birch Ave

FITNESS, HEALTH & WELLNESS

BC SPECIAL OLYMPICS - 100 Mile House **www.specialolympics.bc.ca**

Special Olympics is an organization encouraging and supporting individuals with intellectual disabilities with the opportunity to play sport. Our vision is to open hearts and minds towards people with intellectual disabilities and creating inclusive communities. There are many opportunities to get involved.

Contact: Haily Augustin - Community Development Coordinator, Noethern Region
250-570-1455

TAI CHI

Fung Loy Kok Taoist Tai Chi® **www.taoist.org**

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.

Contact: Karen 250-706-8222 or
100milehouse@taoist.org

TENNIS

108 MILE “UNOFFICIAL” TENNIS CLUB

March - October

Lessons available on request. Reasonable Season rates

Regular Men's & Women's Doubles & Singles will be arranged.

Contact: Norm Miller 250-945-4691
nrmiller@telus.net or the 108 Resort.

VINTAGE ATHLETICS **www.vintageathletics.ca**

Contact: Patricia Thom
250-397-2891 or 604-701-9791
pthom3000@gmail.com

CLASSES NOW BEING HELD AT THE SOUTH CARIBOO BUSINESS CENTRE

OSTEOFIT - Pre-registration is required

Osteofit 1

The BC Women's Hospitals' Osteofit Program provides a gentle strength, balance and coordination program designed to improve fitness while promoting healthy bones for people with Osteoporosis. Focus on improving physical strength, balance and quality of life while reducing the risk of falls and fractures. Taught by a specially trained instructor.

Osteofit For Life - Pre-registration required

Improve your posture, balance and strength with easy aerobic routines warm you up before concentrating on core strength and postural exercises. Exercise bands, tubes and hand weights are used in this light to moderate intensity class intended for graduates of the Osteofit 1 program.

Get Up and Go - Pre-registration required

Created in collaboration with Fraser Health Falls Prevention Initiative, Specialized Geriatric Clinics, and Osteofit, Get Up & Go offers an appropriate entry level exercise program for older adults with balance and mobility impairments. Improve strength, balance, coordination and functional ability, independence.

Contact: Patricia 250-397-2891 or 604-701-9791
pthom3000@gmail.com

ARTS

GENERAL ARTS

100 MILE & DISTRICT ARTS COUNCIL

www.100milearts.com

A complete listing of groups that belong to the council and special events/announcements available online.

Contact: Barbara at 250-397-2980 or jbrhooper@gmail.com to volunteer

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. Meet the first Tuesday of every month at 11am downstairs at Parkside Art Gallery. Meetings run from March – November (except August).

Contact: Kathy at 250-395-3725

PARKSIDE ART GALLERY

www.parksideartgallery.ca

[Facebook@parksideartgallery](https://www.facebook.com/parksideartgallery)

As a volunteer not-for-profit art gallery, you will find a featured presentation as well as a selection of painting by local artists. We offer a wide range of locally-crafted items from pottery to woodwork to jewelry and original art cards.

Tuesday-Friday 10am-4pm

Saturday 10am-3pm

Location: 401 Cedar Ave

Contact: 250-395-2021 or parksidecentre@shaw.ca

CHRIS HARRIS STUDIO GALLERY

www.ChrisHarris.com

Photographic Art, Slide-sound Shows, Photographic Prints, Books, Art Cards, Souvenirs, Speaking Engagements, Events Venue. View a documentary on the unique and globally significant Chilcotin Ark; the largest, contiguous, and most diverse wilderness complex in the temperate world.

Location: 5577 Back Valley Road

Contact: 250-791-6631

O.U.T (OTHER UNUSUAL TALENTS)

www.lonebuttehorselake.sfboc.com

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 every Tuesday morning at 10:00am.

Location: Lone Butte Community Hall



ARTS

TEXTILE ARTS

CARIBOO CALICO QUILTERS GUILD

Mon - 6:30pm - 8:30pm

Tues - Friday 10:00am -2:30pm

Location: Creekside Seniors Activity Centre

Contact: Tracy McMurren 250-791-5256

LOG CABIN QUILTERS

Guild meetings 1st and 3rd Wednesdays of the month from 9am-1:30pm September - June

Community Quilts on the 2nd & 4th Wednesday of each month where no sewing experience is necessary and everyone is welcome

Location: Interlakes Hall, 7592 Hwy 24

Contact: Linda Farthing 250-593-0298

DANCING QUILTS

Sewing & Quilting Classes

This shop offers hands-on workshops. Drop in to the store or contact for more information.

Location: 195 B Birch Ave

Contact: Faith at 250-395-4227

SOUTH CARIBOO WEAVERS, SPINNERS, & FIBRE ARTISTS GUILD

Providing support, inspiration and to share information through formal and informal activities. New members welcome.

Spinning - 2nd & 4th Tuesday.

Please call for location information.

Weaving 1st - 3rd Friday at Parkside Art Gallery

Spinning & Weaving - 1st Friday at Parkside

Contact: Linda Peterson at 250-791-5286

or linpet@shaw.ca



PERFORMING ARTS

BAND

100 MILE 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: Eric Grummisch at 250-706-5076

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: info@performingarts.com

CHOIR

ECLECTICA COMMUNITY CHOIR

www.100milearts.com

Rehearsals are on Wednesdays 7pm-9pm at the 100 Mile United Church at 49 Dogwood Crec. Choir will resume with Covid -19 protocols in place when risk is reduced.

Contact: Barb 250-397-2980

jbrhooper@gmail.com

DANCE

BALADI BABES & MYSTIQUE BELLY DANCERS

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. For beginners and beyond beginners.

Locations: Lone Butte Community Hall & in 100 Mile House.

Contact: Kerri at 250-706-2368 for current classes

REVELRY

revelryarts.ca

Classes in line dancing, swing dancing, and two-step, as well as acrylic painting. Private classes available. See website for schedule.

Location: 869 Alder Ave. #3., and local community halls.

Contact: Jess @ hi@jessthomas.ca

DRUMMING

SOUTH CARIBOO COMMUNITY DRUM CIRCLE

No experience needed. Bring a drum, if you have one. Absolutely inclusive and no background in drumming required. Can be a meditative experience for many.

Saturdays at 1:00pm **occasionally**

Location: 108 Community Centre - Upstairs Room 4924 Telqua Drive

Contact: Ted at 250-791-5286

MUSIC CIRCLE

The second Sunday music circles are from 2 p.m. to 4 p.m., \$3 drop-in. They are currently paused until March 2023, watch for posters.

Location: 108 Mile Community Hall

Contact: Demian Pettman 250-706-9358 or 108printman@gmail.com

GENERAL INTEREST

AVIATION

100 Mile House Flying Club

www.100milehouseflyingclub.com

Welcome to the 100 Mile Flying Club (100MHFC), a great place to connect with other aviators of the general aviation community of Central B.C. and beyond. The Club was formed in 1961 and is a non-profit organization. We support our local community through events such as the annual Kids Fly Day and encourage people with a passion for aviation to join the Club.

100 MILE HOUSE MODEL FLYERS SOCIETY

www.maac.ca

The 100 Mile Model Flyers is one of 54 registered Model Aeronautics Association of Canada (MAAC) clubs in British Columbia and the Yukon, and one of only two in the Cariboo. The Cariboo's other registered group of model plane enthusiasts is in Quesnel. Join '100 Mile Model Flyers' on Facebook.

Contact: Bill Hood at 250-397-2575 or
John Code at 250-395-1219

BINGO

100 MILE COMMUNITY HALL

Mondays 7pm. Doors open at 6pm
Location: 240 3rd Street

108 COMMUNITY HALL

First Friday of the month at 7pm, Oct. - May
Location: 4924 Telqua Drive, 108 Mile Ranch

LAC LA HACHE COMMUNITY HALL

Wednesdays 7pm. Doors open at 5:45pm
Location: 3997 South Cariboo Hwy 97

CARDS

CREEKSIDE SENIORS CENTRE

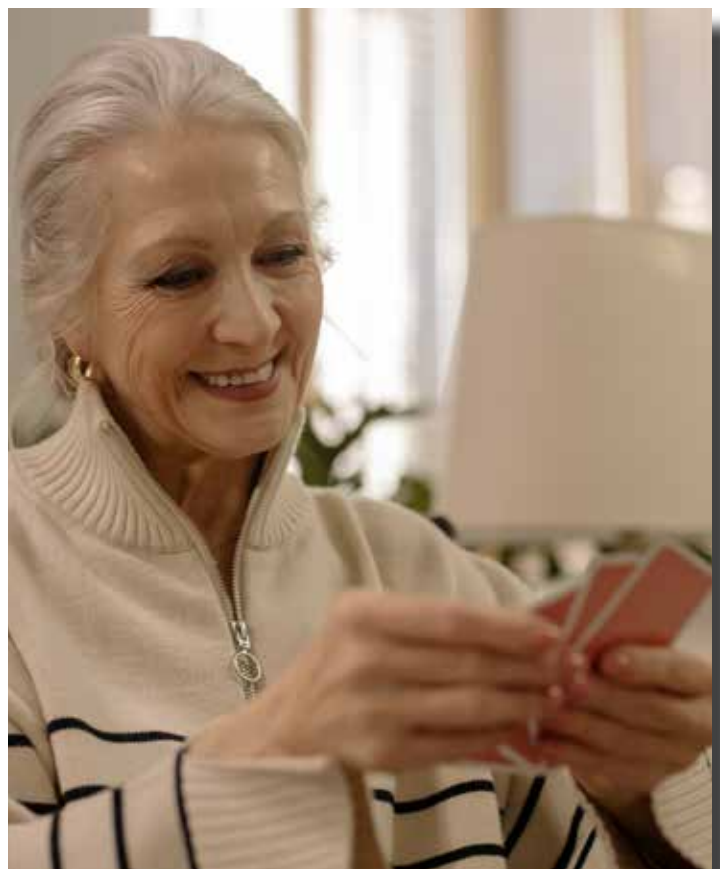
Cribbage: Tuesdays 1-3pm
Bridge & Canasta Fridays 1-3pm

INTERLAKES COMMUNITY CENTRE

Bridge: Wednesdays 6:30pm
Poker: 2nd & 4th Saturday 6:30pm

108 COMMUNITY HALL - 108 GAMES CLUB

Come join us for board games, cards, darts, and table games. One session will be held on the 2nd Thursday of each month in the afternoon 1:00 – 3:00pm. The second session will be on the 3rd Wednesday of each month in the evening 6:30 – 8:30pm. Light snacks and non-alcoholic drinks will be available. There will be a \$3.00 per person per session drop-in fee. For more information and to register please contact the club organizer
Contact: Jim Hartwick at 604-855-1498 or
jhartk@shaw.ca



GENERAL INTEREST

108 COFFEE GROUP

www.108ranch.com

Held on the 1st and 3rd Thursday of the month (except for holidays) from 10:30am-12:00pm
Coffee, tea, snacks, and friendly conversation!
Drop-in fee is \$2. All 108 residents are welcome - no age restriction!

Location: 108 Community Hall
Contact: Carol Wise 250-791-6376

100 MILE HOUSE & DISTRICT STAMP CLUB

Everyone is welcome from beginners to experts.

Location: 100 Mile House Library
Contact: Glenna at 250-395-3661

FOREST GROVE 50+ CLUB

50 Plus Club: A popular “stop in for coffee” group meets Wednesdays starting at 11:30am - 2:00p.m. at the Legion. Ladies often bring their knitting. Men bring their stories.

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

O.A.P.O PIONEER CENTRE

There are a variety of activities and events throughout the year. Call for a current schedule of Pilates, Zumba, cards, bluegrass jams, square dancing, & special events. Call us to discuss any new event ideas you may have.

Location: 4822 Clarke Ave, Lac la Hache
Contact: Judy 250-396-7298

HERITAGE

100 MILE HOUSE & DISTRICT HISTORICAL SOCIETY

www.historical.bc.ca

As a member of the Historic Society you are showing your support for your community's heritage. Becoming a member is an action that you have chosen to take as a declaration of your passion for the history and heritage of the area that you live in. All of our members have the opportunity to provide our society with valuable input and any ideas that they have for improving the 108 Heritage Site. Site rentals available.

Contact: 250-791-5288 or
heritagesite108@gmail.com

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: Gayle at 250-395-5193

SOUTH CARIBOO GENEALOGY GROUP

Research your family history with assistance in using Ancestry and many other family record databases at the 100 Mile House Library. Meetings are every 3rd Tuesday of the month at 1:00pm at the 100 Mile Library Activity Room. Everyone is welcome. Sept - June.

Drop In - Thursdays 10am-2pm at 100 Mile House Library for anyone wishing to get help begin or expand their family tree.

Contact Shelley for more information about your family history or for help in getting started.

Library subscription is required

Contact: Shelley Tegart at 250-395-3364
sategart@gmail.com

GARDENING & OUTDOORS

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.

Facebook group:

“Beekeeping Support Group of 100Mile House Area”

COMMUNITY PLACE GARDEN

At the garden a variety of volunteers dig, plant, weed, harvest and generally socialize Wednesday and Friday morning. Everyone is welcome to enjoy sitting, weeding or watering at any time. The Rebel Garden Zone is now a program within the organization of the Community Place Garden. In 2015 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.

Contact: South Cariboo Sustainability Society
at 250-791-7284 roderic7777@gmail.com

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, a Women’s Solstice Retreat and their produce at the Farmer’s Market.

Contact: Rob Diether at 250-706-9305
or info@horselakefarmcoop.ca

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

Contact: Donna Lace at 250-395-2556

SOUTH CARIBOO SUSTAINABILITY SOCIETY

To provide leadership and advocacy in sustainable practices through education, information-sharing and community engagement. Facebook @ South Cariboo Sustainability Society

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



GARDENING & OUTDOORS

100 MILE DOG CLUB

\$150 to become a club member for the year. Working dog members meet Mondays & Wednesdays.

Contact Peter Reid at 250-395-6492

100 MILE OUTRIDERS

www.100mileoutriders.ca

100 Mile Outriders is a local group for horse people of all disciplines. Our venue consist of two arenas, rodeo set up and concession for events. Members can use the arenas whenever they like and have access to barrels as well as jumps. Yearly we host gymkhanas, horse shows and clinics. Meetings are held the second Thursday of every month with a year-end AGM dinner.

Location: Wrangler Way behind SCRC

Contact: 100mileoutriders@gmail.com

100 MILE FLY FISHERS CLUB

Club annual memberships are: \$30/adults, under 16 years are free with parent/guardian.

Contact the club for activities.

Open to all ages.

Contact: Dave Mingo at 250-706-7955 or dmingo1965@gmail.com

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.

Contact: Roxanne at 250-706-3126
or caribooagilityteam@shaw.ca

FOREST GROVE ROD & GUN CLUB

www.fgrrodandgun.ca

The history of our club dates back to 1935 when the club was established in Forest Grove. We are not only one of the oldest rod and gun clubs in the Cariboo, but also the oldest club in Forest Grove. We are currently 126 members strong and growing.

Contact: fgrrodandgun@gmail.com

Facebook: Forest Grove Rod and Gun Club

INTERLAKES HORSE CLUB

www.interlakeshorseclub.ca

Contact: sabrinaveninga@gmail.com or interlakeshorseclub@gmail.com



GARDENING & OUTDOORS

LONE BUTTE FISH & WILDLIFE ASSOCIATION

www.lonebuttefishandwildlife.com

The Lone Butte Fish and Wildlife Association was incorporated in the early 80's. Its first name was the Lone Butte Rod and Gun Club. Eventually in 1985 a 30 acre property was leased for the present day range. The club name was changed to the Lone Butte Fish and Wildlife Association to better handle the diverse recreational community.

Contact: info@lonebuttefishandwildlife.com

MICA MOUNTAIN RIDERS ASSOCIATION

[Facebook@MICAMRA](https://www.facebook.com/MICAMRA)

Contact: 250-395-8080 or
micamountainriders@gmail.com

QUAD SQUAD SOUTH CARIBOO ATV CLUB

Our Quad Squad South Cariboo is a fun, adventurous club eager to take spontaneous trips as well as planned excursions to keep us active. We work to improve the trail systems & protect the environment in our Cariboo Region. Join at www.atvbc.ca or South Cariboo Motor Sports, Performance All-Terrain or Cariboo Supply & Marine.

Contact: quadsquadscatvclub@gmail.com

Facebook: "Quad Squad South Cariboo"

SOUTH CARIBOO TRACK & TRAIL DIRT BIKE ASSOC.

[Facebook.com/SCTrackandTrail](https://www.facebook.com/SCTrackandTrail)

Location: 900 Ainsworth Rd

Contact: 250-644-2064



PERSONAL DEVELOPMENT

CARIBOO CHILCOTIN PARTNERS FOR LITERACY PROGRAMS

100 MILE COMMUNITY LEARNING CAFE

Education and employment preparation, information on taxes and benefits, help with forms, Adult Dogwood, basic computers for seniors and help with using a tablet or smart phone. Support and tutoring on your learning goal. Computer lab/classroom and snacks and coffee.

September 2022 – June 2023

Mondays 10am-1pm FREE by appointment only!

Location: 475 Birch Ave main floor room 114

Contact Lory at 250-395-0655

lory@caribooliteracy.com

COMMUNITY LITERACY OUTREACH

Free assistance with documents and forms.

Private 1-1 appointments, financial literacy coaching and workshops available.

Financial Literacy coaching and workshops available. Location: 475 Birch Ave, 2nd Floor - room 205

Contact Lory 250-395-0655

lory@caribooliteracy.com

PARTNER ASSISTED LEARNING

LEARNING

Free tutoring (in many subject areas) and help with reading, writing, and language. Private appointments.

Location: 475 Birch Ave. 2nd floor - room 205

Contact: Lory 250-395-0655

ENGLISH AS A SECOND LANGUAGE (ESL) CONVERSATION CIRCLE

Practice English, learn about the community, work-related topics or join our book club. FREE

Location: 475 Birch Ave, back entrance of the green building

Contact: Kimberly at 250-706-3143

or Kimberly@caribooliteracy.com

IMMIGRANT SETTLEMENT SERVICES

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. By appointment.

Contact: Kimberly at 250-706-3143

or Kimberly@caribooliteracy.com

Location: 475 Birch Ave, 2nd Floor - Room 205

CONTINUING EDUCATION COURSES

THOMPSON RIVERS UNIVERSITY

www.tru.ca/regionalcentres/100mh

Programs, courses and workshops in topics like business, administration, computers, internet, public health & safety and first aid. A satellite extension of the main TRU campus in Kamloops.

Location: #1 808 Birch Ave

Contact: 250-395-3115

COUNSELLING SERVICES

Cariboo Family Enrichment Centre

The CFEC offers general and supportive counselling for a variety of non-clinical issues, including: anger, mild depression, conflict resolution, goal setting, and stress management. Counselling services focus on prevention and early intervention. Sessions can take place over a series of prescribed weeks.

Drop-In Counselling is offered on Monday and Friday, from 1:00 pm to 3:00 pm on a first come first served basis and is designed for emergent issues that can be addressed by a solution-focused brief therapy model.

Please call the centre to sign up for any Counselling Services. All CFEC services and supports are free.

Location: 486 Birch Avenue

Contact: 250-395-5155

PERSONAL SUPPORTS

CAREGIVERS SUPPORT GROUP

From time to time, St. Timothy's Anglican Church has hosted a Caregiver Support Group for people that are caring for family members with long-term health problems. If you would like to participate in a support group please contact below.

Location: St. Timothy's Anglican Church

Contact: Wendy Hamblin at 250-395-6142 or the church at 250-395-4241

FREE STORE

A monthly Free Store is held at St Timothy's Anglican Church on the 2nd Friday of the month from 10am - 2pm . The Free Store accepts and offers used clothing in good condition plus some very small household items.

Location: St. Timothy's Anglican Church

Contact: Wendy Hamblin at 250-395-6142 or the church at 250-395-4241

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. Facilities include a library, computer lab, thrift shop and more. Hours: Mon, Wed & Sat 11:00am - 3:00pm

Location: 2545 North Bonaparte Rd, 70 MileHouse. 70 Mile Elementary
Contact: 250-456-6061

100 MILE HOSPICE

www.100miledistricthospice.org

This support is based on the philosophy, norms and standards of the BC Palliative Care Association and embraces the concept of compassionate, physical, emotional, spiritual and social care for the whole person.

What programs does Hospice provide?

Library

Hospice has an extensive library of resources on death and dying, hospice care, grief, loss and healing which is available to volunteers, clients and their families as well as the general public.

Stress Relief in Palliative Care and Bereavement

Healing Touch

Palliative Massage

Grief

Community Bereavement Events.

Grief Groups, Anticipatory Grief and

Bereavement Packages provided to the public.

Palliative Care Suite, Palliative Care equipment for home and facility use.

Contact: 250-395 7680





FARMERS

SOUTH CARIBOO FARMER'S MARKET MAY - OCTOBER

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 9:00am-2:00pm

Location: Birch Avenue

Contact: info@southcariboofarmersmarket.org

CRAFTER'S MARKET MAY LONG WEEKEND - LABOUR DAY

Saturdays 10am-3pm

Location: Loon Bay Resort-Sheridan Lake

Contact: Mai at martinandmai@telus.net or Joan at 250-593-2353

SHERIDAN LAKE CRAFT & FLEA MARKET

Saturday & Sunday 10am-3pm

Contact: Linda Mae 250-395-0173

MARKETS

HERITAGE MARKET MAY - SEPTEMBER

Saturdays 10am - 2pm

Location: 108 Heritage Site

Contact: 250-791-5288

INTERLAKES FARMER'S MARKET JUNE - SEPTEMBER

Saturdays 10am- 2pm

Location: Interlakes Business Area

Contact: David at 250-644-0490

FOREST GROVE MARKET

Saturdays 10am -2pm

Location: Forest Grove Legion Parking Lot

Contact: Becky 250-706-3701





April

APRIL 1ST

BIG COUNTRY SHRINERS

King Crab & Prime Rib Buffet & Auction.

Tickets: 250-395-3566 or 250-395-3722

Location: 100 Mile House Community Hall

APRIL 1ST

APRIL FOOLS DAY OUTHOUSE RACES

11:00am with breakfast buffet at 10am

Location: Iron Horse Pub

Contact: info@fishinghighway24.com

APRIL 13TH

COD GONE WILD - CELTIC BAND

100 Mile Community Hall 7:30pm

APRIL 23-29TH

100 MILE FESTIVAL OF THE ARTS

Martin Exeter Hall

Showcase Concert April 29th

APRIL 30TH

POKER DRIVE & RIDE

Huber Farm & Equestrian Centre, 70 Mile

MAY

MAY 5TH - 6TH

CARIBOO WOMEN'S FAIR

Friday 5pm -9pm - Saturday - 10am - 4pm

Location: South Cariboo Rec Centre

Contact: 250-395-1353 or

smorton@canlansports.com

MAY 6TH & 7TH

100 MILE OUTRIDERS WILD & WOOLY SHOW

Outriders Grounds

MAY 12TH -14TH

SLO-PITCH ICE BREAKER TOURNAMENT

100 Mile House

MAY 20TH

CLINTON 156TH ANNUAL MAY BALL

For tickets contact: 250-459-7069 or

tickets@clintonannualball.com

Location: Clinton Memorial Hall

CARIBOO TRAILS B.S. & DRIVE FIELD

DRIVING TRAIL

Huber Farm & Equestrian Centre 70 Mille

MAY 27TH

20TH ANNIVERSARY CELEBRATION OF THE SOUTH CARIBOO REC CENTRE

#2B-175 Wrangler Way



EVENTS

JUNE

JUNE 3RD & 4TH

WATCH LAKE FISHING DERBY

100 MILE OUTRIDERS RANCH RIDING COMPETITION

Outriders grounds

JUNE 9TH & 10TH

2ND ANNUAL LOGAN PARENT BULL-RIDING EVENT

Outriders Grounds

JUNE 16TH

PSO GRADUATION 2023

South Cariboo Rec Centre

JUNE 17TH

BC DRAG IT CHALLENGE 2023

8am -4pm

100 Mile House Airport

JUNE 24TH & 25TH

BIG HORN ARCHERY CLUB - TRADITIONAL 3D ARCHERY SHOOT

Location: 99 Mile Snowmobile Club

JUNE 30TH -JULY 2ND

PARTY IN THE PARK

South Cariboo Ball Fields

JULY

JULY 1ST

BRIDGE LAKE RODEO

Brigde Lake Rodeo Grounds

CANADA DAY CELEBRATION

108 Heritage site

JULY 8TH

WATCH LAKE GYMKHANA

JULY 9TH

LONE BUTTE ROCKS

Lone Butte Community Hall

JULY 10TH

SD 27 SHIPWRECKED

Ready, Set, Learn Event

For families with children 0-5yrs

JULY 14-16

HOT JULY NIGHTS CAR & BIKE SHOW

www.hotjulynights.ca

Location: 100 Mile House

JULY 22ND & 23RD

LOG CABIN QUILTERS QUILT SHOW

Interlakes Community Centre

JULY 29TH-30TH

100 MILE MODEL FLYERS-SUMMER FUN FLY

Location: 100 Mile Airport



AUGUST

AUGUST 5TH & 6TH

INTERLAKES RODEO

Interlakes Rodeo Grounds

AUGUST 11TH - 13TH

SLO-PITCH YEAR END TOURNAMENT

South Cariboo Softball Fields

AUGUST 12TH

WATCH LAKE GYMKHANA

AUGUST 19TH - 20TH

LITTLE BRITCHES RODEO WEEKEND

Outriders Grounds - 100 Mile House

AUGUST 25TH - 27TH

CARIBOO DOG AGILITY TRIALS

South Cariboo Softball Fields

AUGUST 20TH

BRIDGE LAKE FAIR

Interlakes Community Centre

AUGUST 26TH - 28TH

SOUTH CARIBOO GARLIC FESTIVAL

Locaton: Lac La Hache - Felker Homestead

southcariboogarlicfestival@gmail.com

***** Planning an event for the fall or winter?**

Email smorton@canlansports.com to get

added to the next guides event list.***

SEPTEMBER

SEPTEMBER 9TH

POKER DRIVE & RIDE

Huber Farm & Equestrian Centre 70 Mile

SEPTEMBER 23RD & 24TH

CARIBOO TRAIL MIRROR IMAGE

Huber Farm & Equestrian Centre



COMMUNITY CONNECTIONS

COMMUNITY FACILITIES & RENTALS

100 Mile Community Hall

Contact: District of 100 Mile House at 250-395-2434

100 Mile Curling Rink Lounge

Contact: Kelly Powell at 250-395-4809 or 250-644-7168

108 Community Centre

Contact: 250-791-5599
108communityhallbookings@gmail.com

108 Heritage Site

Barn, chapel & grounds available for rent for weddings and special events.
Contact: 250-791-5288

Canim Lake Community Centre

Contact: Alana Dixon at 250-397-2227

Forest Grove Community Hall

Contact: Silvia at 250-397-2174

Interlakes Community Complex

Contact: Maggie at 250-593-4869

Lone Butte Community Hall

Contact: Heidi Meier at 250-706-1476

Lac La Hache Community Hall

Contact: Brittany at 778-241-4034 or bwasstrom@live.ca

Martin Exeter Hall & The Valley Room

Contact: 100 Mile District Office at 250-395-2434

Mt Timothy Recreation Resort

Available for weddings, reunions and more during the off season.
Contact: 250-396-4095 skitimothy1@gmail.com

South Cariboo Recreation Centre

Contact: 250-395-1353

Stemet7uwi Friendship Centre

Location: #4-330 Birch Ave
Contact: 250-706-0385 stemet7uwifriendship@gmail.com

Watch Lake Community Hall

Contact: Joni Gunther at 250-456-7330



COMMUNITY CONNECTIONS

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

Mill Site Lodge & Fischer Place Care Homes

Contact: 250-395-7695

O.A.P.O #176 - Cariboo Pioneer Rec. Centre

Contact: Judy at 250-396-4036

SERVICE CLUBS

100 Mile House Lions

Contact: Val at 250-572-1967

108 Mile Ranch Lions

Contact: 250-791-5663

Forest Grove 94 Lions

Contact: 250-397-2837

Knights of Columbus

Contact: 250-791-5381

Rotary Club

Contact: 250-706-1186

Big Country Shriners

Contact: Rick Brown rmjb1957@yahoo.com

VOLUNTEER OPPORTUNITIES

100 Mile Festival of the Arts

Contact: 100milefestivalofthearts.com

100 Mile House Fire Rescue

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

100 Mile House Wranglers Jr. B Hockey

Contact: 250-395-1005 or
office@100milewranglers.com

108 Mile Ranch Community Association

Contact: RCA672329@gmail.com
www.108ranch.com

108 Mile Ranch Lions Club

Local volunteer service group in 108 Mile Ranch dedicated to raising funds within our community.
Contact: Ingrid at 250-791-5663

100 Mile & District Soccer Association

visit: facebook.com/100milesoccer

100 Mile House Minor Hockey

Contact: info@omhmha@gmail.com

100 Mile House Figure Skating Club

250-395-1842

108 Mile Heritage Site

Contact: 250-791-5288 or
heritagesite108@gmail.com
www.historical.ca

100 Mile House Wranglers Jr. B Hockey Club

250-395-1005

100 Mile Hospice

250-395-7680

VOLUNTEER OPPORTUNITIES

Age-Friendly Society of the South Cariboo

The Age Friendly Society of the South Cariboo is to support the community to age safely, enjoy wellness and continue to live and participate fully in their communities.

Contact: Ralph at 250-395-4375 or
sc.agefriendly@gmail.com

BC SPCA 100 Mile House & District Branch www.sPCA.bc.ca

While we do not have a physical location, we help hundreds of animals find new homes every year. All of our adoptable animals are cared for in foster homes but can be viewed on our website. Please let us know if you'd like to arrange to meet one of the amazing animals in our care. The BC SPCA is a not-for-profit organization which relies primarily on community donations to help animals in need.

Please join us in the fight against animal cruelty!

Contact: 250-395-5303

Location: 2545 North Bonaparte Rd, 70 Mile

Big Brothers Big Sisters

Seeking committed and consistent adults or youth interested in being a positive role model while spending time with and contributing to the well-being of a child in our community.

Contact: 250-398-8391
angela.crump@bigbrothersbigsisters.ca

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

Girl Guides of Canada

Contact: 250-706-9118

Mill Site Lodge & Fisher Place Care Homes

Join the auxiliary. Meetings are the 1st Thursday of every month at 10:30am in the Fisher Place boardroom.

Contact: Dona Andrews at 250-395-4263

South Cariboo Minor Ball

Contact: southcariboominorsoftball100@gmail.com





Looking for a space to host a meeting or special event? The South Cariboo Recreation Centre has several options available for private and community events. All rooms include the amenities of Wi-Fi, flip charts, tables and chairs. Meeting rooms are rented on an hourly or full day basis. **For more information or to reserve a space call 250-395-1353**

Boardroom

This 500 sq. ft. room has a 14'ft board table with seating up to 15 people but room could hold up to 20. Our board room includes the amenities of Wi-Fi, flip chart, projector with sound.



Lounge

This 700 sq. ft. room has seating up to 50 people. Our Lounge includes the amenities of Wi-Fi, flip chart, 2-55" Smart TV's for easy PC connection. This room is a great size for birthday parties, team meals or for any event. This designated area can be licensed for special occasion liquor licensing.

Dry Floor

Our 17,000 sq ft. arena floor is ideal for your big event or small gathering. The additional touches or the pipe and drape help make the space whatever you want. We can accommodate up to 500 people with tables and chairs. Projector, big screen, sound system and stage from 4x8 to 24x32 are also



Ball Fields

The Lumberman and Robinson fields are not just for playing softball. This green space can be rented for group functions such as Concerts, Weddings, Family Reunions and more. Power, Water and the grounds washrooms make this a versatile space. Designated area can be licensed for special occasion liquor



8th Cariboo Women's Fair

Annual

May 5th & 6th, 2023

South Cariboo Rec Centre

100 Mile House, BC

Get Inspired!

Friday Night – Ladies' Night \$10

All are welcome –19 +

Friday, May 5th 5pm – 9pm

Wine, Cheese, Entertainment & Shopping

PUBLIC MARKET – FREE Everyone Welcome

Saturday, May 6th 10am – 3pm

Shopping, Wellness Talks,

Live Entertainment & More!

For your Vendor Package, contact

Shelly at

smorton@canlansports.com or

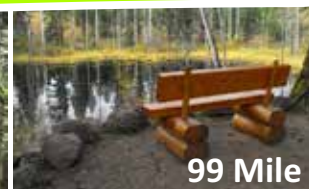
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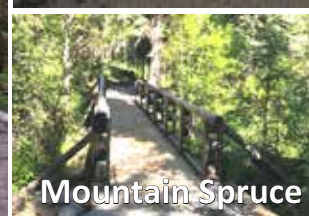
TAKE A TRAIL TOUR!



Kosta's Cove



99 Mile



Mountain Spruce



Gavin Lake



Hendrix Falls



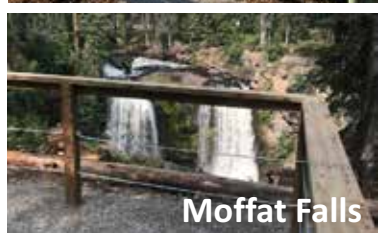
Exeter



Interlakes



108 Mile



Moffat Falls



Churn Creek

Discover 23 accessible low mobility trails in the Cariboo-Chilcotin.
Visit cariboord.ca/accessible-trails for more information.

Projects funded in part by the Government of BC and Northern Development Initiative Trust.

building communities together

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facebook.com/crdemergencyoperations

