

# Active Living Guide

**South Cariboo**  
**Fall/Winter 2024-2025**



building communities together

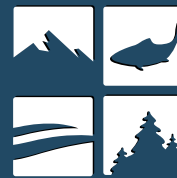


100 Mile House



100 Mile Development Corporation





# 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 CRD 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.

Recreation passes allow access to programs and to register for organizations at or using the South Cariboo Recreation Centre, the 100 Mile Curling Club, South Cariboo Ball Fields and the 100 Mile House & District Soccer Fields as well as enrollment in recreation programs at member prices. The cost of a recreation pass outside the contributing area is \$220 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.

How to obtain your CRD Recreation Pass?

Visit the South Cariboo Recreation Centre office at #2-175B Wrangler Way.  
Show proof of residency within the taxation area with one of the following:

- \* BC Driver’s License with current address
- \* Utility bill with current physical address
- \* Property Tax Assessment Notice for the current year.

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.

It is so great to have so many people returning to the community and getting out and getting active. Staying active and being social can have a profoundly positive impact on our physical and mental health. 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.



*Chair Margo Wagner  
Cariboo Regional  
District*

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

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.

With the change of season, let's encourage each other to "fall back into fitness" 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 life style.

Sincerely,  
Chair Margo Wagner  
Cariboo Regional District





## Message from the Mayor

**1**00 Mile House is situated within the Tsq̓escencúlecw and is truly an amazing place in British Columbia. The heart of the South Cariboo, 100 Mile House is full of hidden treasures just waiting to be explored!

Embrace active living and enjoy life in your community. Active Living comes in all forms, is for all ages, and all seasons. It could be walking, hiking, biking, bird watching, acting, hockey, horseback riding, skiing, or swimming, the opportunities out there are abundant! Discover Centennial Park with its beautiful creek side path to Bridge Creek falls that change with the seasons.

Within this Active Living Guide there are many organizations that you can join, create lasting friendships, and create your own adventures.



*Maureen Pinkney  
Mayor of 100 Mile House*

These organizations would not be possible without the volunteers that make 100 Mile House such a special place to live, work and play.

We are very proud of all our recreation facilities, including the South Cariboo Recreation Center, curling club, playing fields, performing arts centre and trail networks. The District of 100 Mile House and the Cariboo Regional District work collectively to provide facilities that inspire people to gather, volunteer and have an active lifestyle.

We appreciate the people of our community, welcome new ideas and encourage you to get out and enjoy more of the good life!

Sincerely,  
Maureen Pinkney, Mayor

## Message from the MLA

**F**or me, there is nothing more picturesque than the Cariboo in the fall. Early morning walks in the cool air, sitting out on the deck with a coffee, all with the colors of fall surrounding us.

We are lucky to live in an area of great natural beauty, accessible to all. We have great trail systems and beautiful parks.

Fall is also the time to enjoy those last days of camping in your favorite spot. We have many provincial sites all ready for you to visit.

Closer to home, fall is the time to start thinking of the winter sports you want to enjoy. Locally, there are many team and individual sports to



*Lorne Doerkson  
MLA Cariboo-Chilcotin*

take part in. The team at the South Cariboo Recreation Centre are there to help you with what is available and how to register. They will work hard to help you find the activities for the whole family.

Enjoy the fall and winter in the Cariboo, take advantage of all the activities this area has to offer.

Get out there, try something new, make new friends.

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.

Visit us at [www.100milehouse.com](http://www.100milehouse.com) for a full list of programs and activities, and our monthly public programs calendar. Also keep up to date with our Facebook page @SouthCaribooRecCentre.

All registrations must be paid in full before the activity starts. Online waivers are required through our online registration system. Inquire at the office regarding policies, refunds, and how to create your DaySmart South Cariboo Rec Centre user account.

**South Cariboo Rec Centre**  
**#2-175B Wrangler Way**  
**250-395-1353 [www.100milehouse.com](http://www.100milehouse.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

**Sponsorship Benefits:**

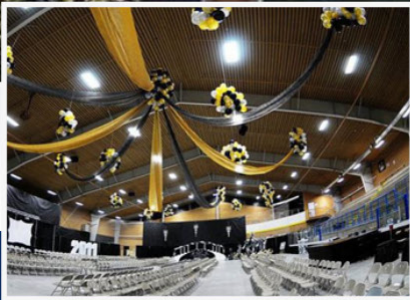
- \* brand recognition on all social media platforms and community newsletters
- \* brand recognition on event advertising throughout the facility and community
- \* sponsors are invited to set up a table and banner during the event, if they so choose

**250-395-1353 [smorton@100milehouse.com](mailto:smorton@100milehouse.com)**



# South Cariboo Rec Centre...

## More than Ice!



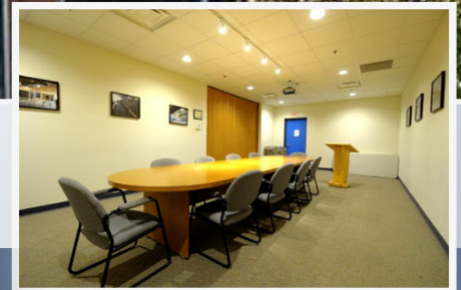
17,000sq, ft arena floor  
ideal for:

- Trade Shows
- Conventions
- Concerts



Your event will be special  
with our:

- State of the art  
audio/video system
- Event streaming
- Pipe and drape



And for the smaller  
gatherings:

- 500sq. ft. Board Room
- Players Lounge
- Lobby
- Ball Fields

Contact the South Cariboo Rec Centre  
250-395-1353

#2-175B Wrangler Way  
100 Mile House, BC V0K 2E0



100 Mile Development Corporation





## ACTIVE START 0-5 YRS

### BALLET

**Raising the Barre Academy of Dance**

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

Ballet for ages 2.5 yrs and older.

Location: 372 Unit 2 Taylor Way, 100 Mile House

Contact: 250-948-0824 raisingthebarreaod@gmail.com

### BOWLING

**Big Country Lanes**

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

**Fall/Winter League Program**

Youth Leagues (YBC)

Bowlasaurus - ages 3-5yrs .

Location: 879 Scott Rd, 100 Mile House

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

### ICE SKATING

**100 Mile House & District Skating Club**

[www.100mfsc.ca](http://www.100mfsc.ca)

September - April Season

Registration begins in August and are accepted until January 1st.

**CanSkate - 2.5 - 12 years.**

Fun and inclusive Learn to Skate Program, taught in a group lesson format, six levels base on agility, balance, and control.

**Parent & Tot CanSkate - 2.5 - 5 years.**

Fun and inclusive Learn to Skate Program for the tot not yet emotionally ready to join in without a parent or caregiver on the ice, taught in a group lesson format.

All Programs taught by Nationally Certified Skate Canada Professional Coaches.

**\*All skaters must have a current CRD Rec Pass upon registration.**

Location: South Cariboo Rec Centre

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





# ACTIVE START 0-5YRS

## GYMNASTICS

### **Cariboo in Motion with South Cariboo Rhythmic Gymnastics**

#### **Facebook: Cariboo in Motion**

A dynamic environment encouraging children and youth to get into motion through the sports of rhythmic gymnastics, cheer, and parkour/ninja.

#### **Open Enrollment**

Want to come and have fun while getting into motion? The all ages styles one hour class once a week for one month session commitment is for you. First session starts September 17th.

#### **Parent & Tot - ages 3yrs of age and younger**

Come try a little bit of all our sports.

One hour classes once a week for a one month session commitment. Parent participation and supervision required.

#### **Kindie Intro to Motion - ages 3-5yrs**

Come try a little bit of all the sports.

One hour classes, once a week for a 3 month commitment. Parent participation not required. See more programs in 6-18 years active start section.

Location: Hillside Community Church Gym - 550 Exeter Truck Route.

Contact: caribooinmotion@gmail.com

## SKIING

### **100 Mile Nordics Ski Society**

[www.100milenordics.com](http://www.100milenordics.com)

#### **Skill Development Program - ages 4-18yrs**

Offering small group coaching sessions to develop skills from the basics all the way up to competitive racing. Kids start with basic strides on classic skis and can work their way up to skate skiing over time. Lessons are twice a week.

Location: 500 Ainsworth Road

Contact: 250-395-2104 or [info@100milenordics.com](mailto:info@100milenordics.com)

## Mount Timothy Recreation Resort

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

### **Learn with Ski Timothy**

Lessons are available for all ages and ski levels and are available in a private or a group setting.

The ever popular Snow School Alpine Program for youth and school age children is offered throughout the winter.

Location: 5398 Timothy Lake Road, Lac La Hache

Contact: 250-396-4095 or [skitimothy1@gmail.com](mailto:skitimothy1@gmail.com)

## SWIMMING

### **Cariboo Memorial Complex (Williams Lake)**

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

Swimming lessons for children 4 months and up. View their schedule at [www.williamslake.ca](http://www.williamslake.ca)

Contact: 250-398-7665

## SOCCER

### **100 Mile House & District Soccer Association**

Introduction to soccer for 3-5 year olds.

Child must born in 2021 for 2025 season. The emphasis is on fun and learning basic soccer skills. Parental involvement is required.

Season: May, June & Sept. twice a week 45 min.

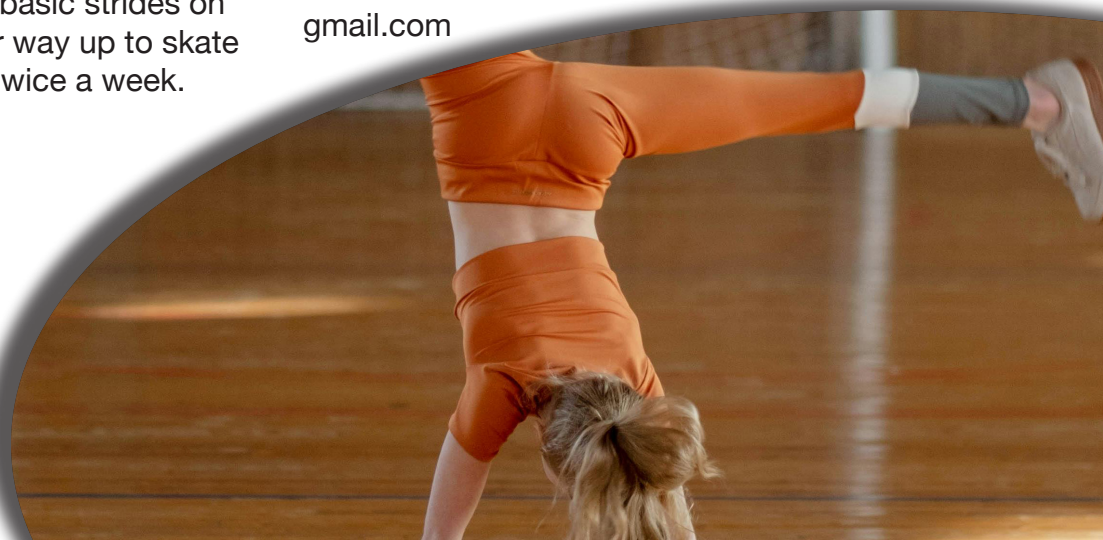
Registration opens February 2025

Registration: TeamSnap App found on our

**facebook page/group @**

**100milehouseanddistrictsoccerassociation**

Contact: [office.omhsa@gmail.com](mailto:office.omhsa@gmail.com)





## PARENT SUPPORTS & EARLY YEARS

### **CARIBOO FAMILY ENRICHMENT CENTRE**

**[www.cariboofamily.org](http://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 35 years. The CFEC offers many free supports and services including: Family Support Services, Counselling Services, Youth Support Services, Early Years Services, FASD Keyworker Program, Early Care and Learning Centre (child care), Raven Youth Activity Centre, and Cariboo Gender Support.

Location: #1-486 Birch Ave

Contact: 250-395-5155

### **Prenatal Nutrition Program**

We provide free nutritional support for prenatal and postpartum parents including: Free prenatal vitamins: Free multi-vitamins specific for pregnancy, Free vitamin D drops for infants and children as provided by the BC Pregnancy Outreach Program.

### **Family Walk & Talk**

Second Tuesday of every month 11:00am at CFEC. Socialize with other parents and be informed by a variety of parenting topics. Feel less isolated and gain knowledge from one another. Increase self-esteem, energy, and create new healthy habits and friendships.

### **In-Reach Worker**

Our Healthy Care Pregnancy Program In-Reach Worker is here to walk along side you through your pregnancy if you use (or have used) substances and feel you need some extra support. We can talk with you about your needs and pregnancy goals, offer you a menu of services that we can connect you with, go to appointments with you, and assist you to choose a team of people who can help you reach your goals.

### **Drop-In Play Room**

Our Early Learning Room offers a welcoming, nurturing and respectful environment where families and their children can spend some quality time together. Drop in our play-based environment where you and your child can meet other families while playing and learning! Open 9am-3:30pm Monday – Friday for children 0-6 years of age and their family.

### **Nobody's Perfect Parenting Program**

This parenting program provides parents with children ages 0-6 with a safe place to build on their parenting skills, learn new skills and concepts and meet other parents.

### **BC Pregnancy Outreach Program**

#### **Early Years Parenting Group**

Parenting sessions with discussion of pregnancy issues, the joys and challenges of being a parent of an infant/toddler, questions and concerns in a safe, confidential and inclusive setting. Here, you'll meet other families going through the same journey as you!

### **Postpartum Support Group**

Wednesdays 9:30-11:00am at CFEC. Open to all genders who have a baby under the age of 24 months. Topics covered:

- "Mom" guilt: balancing multiple responsibilities.
- Myths and expectations of parenthood.
- Managing stress, anxiety, and depression.
- Parenting and baby basics.

Contact CFEC to register!

Cariboo Family Enrichment Centre  
250-395-5155  
#1 - 486 Birch Ave  
[cfec@cariboofamily.org](mailto:cfec@cariboofamily.org)

## PARENT SUPPORTS & EARLY YEARS

### 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.

LLL Leaders: Vanessa Williams, Veronika McIntyre, and Kris Dobyns.

Meeting Location: CFEC - 488 Birch Avenue, 100 Mile House.

Contact: 250-397-2698 or 250-267-2724

Facebook@lalecheleaguecanada100milehouse/williamslake

### Infant Development Program

#### Cedar Crest Society for Community Living

The Infant Development Program is a provincial program available to address questions and concerns about young children's development. It is available to support parents/alternate caregivers in identifying, understanding, and addressing developmental delays as well as behavioral concerns around eating, sleeping, separation issues, tantrums, etc. Consultation is provided free to families in BC through funding by the Ministry of Children and Family Development. Consultation is confidential and available by phone or in person. Assistance to access additional services is also available. Parents or caregivers are welcome to call directly, or request a referral through their public health nurse or other community service provider.

Location: Cedar Crest Office, 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: metisearlyyears@mnbc.ca  
1-604-557-5851

### Métis Nation British Columbia (MNBC)

Envisions 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





## SD 27 PROGRAMS & EVENTS

Watch for these and other **FREE** “Ready, Set, Learn” events happening in our community! 250-398-3867 [beulah.smith@sd27.bc.ca](mailto:beulah.smith@sd27.bc.ca)

**Ready, Set, Learn**



October 4th at 100 Mile Elementary from 4pm - 7pm.  
A light dinner is provided.



**Welcome to Kindergarten**



## 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](http://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.

Contact: 778-482-0016 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 Public Health Unit, and at most rural schools.

Contact: 778-482-0016 info@caribooliteracy.com

## Story Walk

### 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

## Strong Start

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







*South Cariboo Rec Centre*

# ICE SKATING

- Senior's 55+ Hockey 10:15am - Mondays, Wednesdays, & Fridays
- Public Skating 12:00pm - Mondays, Wednesdays, & Fridays
  - Stick & Puck 12:00pm - Tuesdays & Thursdays
- FREE Family Skates 3pm - 4:30pm on multiple Sundays!
- Added Skates on Pro-D Days and Holidays!

View the monthly calendar at [www.100milehouse.com](http://www.100milehouse.com)



**#2-175B WRANGLER WAY**

# CHILDREN & YOUTH 6-18 YEARS

## ACTIVE START

### ARCHERY

**Big Horn Archery Club**

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

**Big Horn Archery on Facebook**

Enhance your archery skills through regular practices.

The experienced shooters are supportive and helpful. With a passion for the sport, they are willing to give tips and pointers to help you become a great archer.

Indoor Practices: October - May  
Wednesdays 6:00-9:00pm at the 100 Mile Agriplex.

Outdoor Practice May - October. Paid members are given information to be able to get involved with the summer program.

Contact: Allan at bighornarchery100mile@outlook.com

### BOWLING

**Big Country Lanes**

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

**Youth (YBC) League - Fall/Winter Leagues**

Jets ages 6-8 years

Bantam/Juniors/Seniors ages 9-19 years

All Youth YBC Leagues bowl 28 sessions and includes bowling, shoe rental, tax, Bowl Canada Registration, awards program, instruction, and end of season awards banquet.

Location: 879 Scott Road - 100 Mile House

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

### CURLING - JUNIOR

**100 Mile Curling Club**

[www.100milecurlingclub.ca](http://www.100milecurlingclub.ca)

Tuesdays 3:30 - 5:00 - Oct - Mar. 8-21 years.

*\*All players require a CRD Rec Pass upon registration\**

Location: #1- 175 B Wrangler Way

Contact: Curling Club at 250-395-4442

### DANCE

**Raising The Barre Academy of Dance**

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

Starting at age 2.5 years.

**Ballet:** Classes will help dancers with posture, flexibility, fitness, balance, self-discipline, and self confidence. Students are taught proper body placement, body alignment, barre and center floor work, along with across floor work.

Location: 372 Unit 2 Taylor Way, 100 Mile House

Contact: 250-948-0824 raisingthebarreaod@gmail.com





## ACTIVE START

### FENCING

#### Cariboo Bladed Combat

Historical European Martial Arts (HEMA)  
Discover a complete and intense sport walking in the footsteps of traditional medieval warriors. The program includes swordplay, grappling, wrestling, tricks, games, and more. Like other martial arts, HEMA helps reduce stress, teaches self-control and discipline, while helping build confidence.

For ages 12 and up with parental/tutor consent.

Program: Beginners start with arming single hand sword. Every Tuesday in September and every last Tuesday of the month after September.

New: Longsword program beginning this fall.

Tuesdays: 6:30pm - 8:00pm.

Location: 100 Mile Community Hall

Contact: Tristan Feissli at 604-375-2654

cariboo-bladedcombat@gmail.com and

***“Cariboo Bladed Combat” on Facebook***



### GYMNASTICS

#### Cariboo in Motion with South Cariboo Rhythmic Gymnastics

##### Facebook: Cariboo in Motion

A dynamic environment encouraging children and youth to get into motion through the sports of rhythmic gymnastics, cheer, and parkour/ninja.

##### Open Enrollment

Want to come and have fun while getting into motion? The all ages styles one hour class once a week for one month session commitment is for you. First session starts September 17th.

#### Rhythmic Gymnastics - ages 5yrs and up

A sport that combines elements of gymnastics and dance to create floor routines with an apparatus (rope, ball, ribbon, hoop, and clubs). Learn elegant movements of dance with the flexibility and poses.

Silver Program: Recreational 1 hour classes once or twice a week for a 3 month commitment.

Gold Program: Competitive 2 hour classes once or twice a week for a full season program commitment.

Solo and/or Group Routines: 2 hour classes twice a week full season program. Also offered in the Homeschool Program.

#### Cheer - ages 5yrs and up

A sport that combines elements of dancing, stunting, jumping, and tumbling to create dynamic routines. Are you looking to combine hip hop, acro dance, tumbling and gymnastics?

Silver Program: Recreational 1 hour classes twice a week for 3 months.

Gold Program: Competitive 1 hour classes twice a week for a full season program.

Also available in the homeschool Program.

#### Parkour/Ninja - ages 5yrs and up

A sport that combines running, jumping, and climbing through obstacles.

Learn the techniques!

One hour classes once a week for a 3 month session commitment. Also offered in the Homeschool Program.

#### Gymnastrata

Get into motion with this fun all ages performance program within Rhythmic Gymnastics. This class promotes and encourages “Gymnastics for all.”

Tuesdays - one hour class for a full season commitment.

Location: Hillside Community Church Gym - 550 Exter Truck Route.

Contact: caribooinmotion@gmail.com

# ACTIVE START

## 100 Mile House & District Minor Hockey Association

[www.100mileminorhockey.com](http://www.100mileminorhockey.com)

Looking for something to do? Why not come down and watch our local kids during their 100 Mile Minor Hockey Game.

Games are typically Saturdays and Sundays. Regular season runs September 16th, 2024 - March 13th, 2025.

Tournament dates:

September 27-29 U13 Rep Icebreaker

October 25-27 TBA

November 22-24 Rep Tournament

December 6-8 U18 Recreational Tournament

January 10-12 U13 Recreational Tournament

February 7-9 U9 Recreational Tournament

Check the schedule on the website for other league games and events!

Location: South Cariboo Rec Centre

Contact: [info@omhmha@gmail.com](mailto:info@omhmha@gmail.com)



## 100 Mile House Wranglers Jr "A" Hockey Club

[www.100milewranglers.com](http://www.100milewranglers.com)

New Decade, New Season, New Coach!

Come out and support or volunteer some time with your 100 Mile House Wranglers Junior A Hockey Team and new Coach Levi Stuart.

Email: [office@100milewranglers.com](mailto:office@100milewranglers.com)

Website: [www.100milewranglers.com](http://www.100milewranglers.com)

Facebook: "100 Mile House Wranglers"

Location: South Cariboo Recreation Centre

Contact: 250-395-1005.



100 Mile House Wranglers



## ACTIVE START

### ICE SKATING

#### 100 Mile House & District Skating Club

[www.100mfsc.ca](http://www.100mfsc.ca)

Season runs from September to April.  
Registration begins in August and are accepted until January 1st.

#### **CanSkate: ages 2.5 - 12yrs**

Fun and inclusive Learn to Skate Program, taught in a group lesson format. Six levels based on agility, balance, and control.

#### **Junior Academy: up to 10 yrs of age.**

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

#### **Senior Academy: 10-18yrs of age.**

Introduction to Figure Skating, taught in a group lesson format for skaters who have passed CanSkate level 5 or equivalent and show an interest in figure skating.

#### **Junior StarSkate: 5-18yrs of age.**

Figure Skating Program taught in a group, semi-private, and private lesson format that includes skills, freeskate, dance, synchro, and interpretive skating. Skaters must have completed 1 year in Junior or Senior Academy and will compete at a Star 1 level.

#### **Senior StarSkate: 5-18yrs of age.**

Figure Skating Program taught in a group, semi-private, and private lesson format that includes skills, freeskate, dance, synchro, and interpretive skating. Skaters must have completed 1 year of Junior or Senior Academy and will compete at a Star 2 level or higher.

#### **Teen/Adult: 13+ yrs of age.**

Learn to Skate Program for teens and adults to gain more confidence and skating skills in a fun, relaxed class with your peers. This class teaches the fundamentals of skating. Agility, balance and control with some synchronized skating on our group lesson day.

#### **Power, Stride & Glide: 4-18yrs of age.**

High energy Hockey Skating Skills Program for hockey players or the recreational skater that 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.

***\*All players require a current CRD Rec Pass upon registration.***

Location: South Cariboo Rec Centre

Contact: Lisa 250-395-1842 or  
[100milefigureskatingclub@gmail.com](mailto:100milefigureskatingclub@gmail.com)



# ACTIVE START

## INDOOR SWIMMING LESSONS

### Cariboo Memorial Complex (Williams Lake)

Swimming lessons for children 4 months and up.

Contact: 250-398-7665 [www.williamslake.ca](http://www.williamslake.ca)

## JUDO

### Kokoro Judo 100 Mile House

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

#### 5-8 year olds:

Monday and Wednesday 5:00pm to 5:45pm.

#### 9-12 year olds:

Monday and Wednesday 6:00pm to 7:00pm.

#### 13+

Monday and Wednesday 7:00pm - 8:30pm

All classes are beginner through advance.

Kata - Tues. 5-6:00pm ages 9-12 & 13+ classes.

Beginners 10 week class - Thursdays 7:00-8:00pm ages 14+

#### Women's Only

(Girls and Women 13+)

Tuesday 7:00 to 8:30 Women's only self-defense.

Check out our group page on Facebook for all past events and photos:

[www.facebook.com/groups/kokoro-judo](https://www.facebook.com/groups/kokoro-judo)

For more information about Kokoro Judo and to register, go to our website for plans & pricing!

Our website: [www.kokorojudo.ca](http://www.kokorojudo.ca)

Location: #22 -105 Birch Ave

Contact: 250-706-9794 or [info@kokorojudo.ca](mailto:info@kokorojudo.ca)

## SKIING, SNOWSHOEING, & SNOWBOARDING

### 100 Mile Nordics Ski Society

[www.100milenordics.com](http://www.100milenordics.com)

#### Skill Development Program for ages 4-18yrs

Offering small group coaching sessions to develop skills from the basics all the way up to competitive racing. Kids start with basic strides on classic skis and can work their way up to skate skiing over time. Season rentals are available. Lessons are twice a week.

Enjoy 45kms of groomed trails plus snowshoe trails and night skiing.

Location: 500 Ainsworth Road

Contact: 250-395-2104 or [info@100milenordics.com](mailto:info@100milenordics.com)





## ACTIVE START

### Mount Timothy Recreation Resort

**[www.skitimothy.com](http://www.skitimothy.com)**

A winter wonderland with activities for everyone. Offering skiing, tubing, and snowshoeing with many theme week events! Season passes, day passes, and punch passes available.

**Season Passes available October 1st, 2024**

#### **Learn with Ski Timothy**

Lessons are available for all ages and ski levels and are available as private or a group setting. The ever popular Snow School Alpine Program for youth and school age children is offered throughout the winter.

#### **Nancy Greene Ski League 5 - 13yrs**

The program develops the basic downhill skiing skills in a fun and motivating way with certified coaches.

#### **Timberland Alpine Racing 11 - 14yrs**

Team travel to Regional and Provincial events. Ten progressive Saturday sessions January to March. Email [timberlandskiclub@gmail.com](mailto:timberlandskiclub@gmail.com) for more information.

### Tube Park

Experience the rush where laughter and excitement fill the air. Perfect for families!

### Snowshoeing

With easy to follow trails, it's a perfect activity for all ages to enjoy. Rentals are available if needed.

Lift hours are Thursday - Sunday 9am - 3pm.

### **Open through Christmas Break & Family Day.**

Location: 5398 Timothy Lake Road, Lac La Hache

Contact: 250-396-4095 or [skitimothy1@gmail.com](mailto:skitimothy1@gmail.com)

Visit the Facebook page @skitimothy for updated events, specials, and weather reports!



# ACTIVE START

## SOFTBALL-FASTPITCH

### South Cariboo Minor Softball Association-Fastpitch

Ages 5 - 20 (born 2005 - 2020)

Season runs May through June.

(Travel/Provincial teams extend into July)

Save \$25 with early registration!

Early registration is open Feb 1st - Feb 28th.

Regular Registration Mar 1st - Mar 31st.

Register at:

SouthCaribooMinorSB.rampregistrations.com.

Visit @southcariboominorball on

Facebook for all information.

**All players require a 2025/2026**

**CRD Rec Pass upon registration - acquire this from the South Cariboo Rec Centre.**

Location: South Cariboo Softball Fields

Contact: scmsa.office@gmail.com

## SOCCER

### 100 Mile House & District Soccer Association

Season: May-June & September.

Child must born in 2021 for 2025 season.

Registration opens February 2025.

Registration: TeamSnap App found on our

**facebook page/group @**

**100milehouseanddistrictsoccerassociation**

**All players require a 2025/2026**

**CRD Rec Pass upon registration.**

Contact: office.omhsa@gmail.com

### "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.





## PERFORMING ARTS

### 100 Mile Festival of the Arts

[www.100milefestivalofthearts.ca](http://www.100milefestivalofthearts.ca)

Festival Dates: April 28 -May 9th, 2025

100 Mile Festival of the Arts is a non-profit, registered Canadian Charity that promotes the education, expression, and celebration of the performing arts through the genres of vocal, piano, organ, other instruments, speech, dramatic arts, and dance. We host a "Chase the Winter Blues Away" recital in late January, the annual Festival of Arts in April, and award two scholarships to PSO Grads, all with the aim of fostering and maintaining a positive and supportive atmosphere in which every participant may flourish. The public is invited to attend any of the performances, all of which are adjudicated by out-of-town, well qualified adjudicators. Entry to performances is by donation. More information and a Festival Program can be found on the website.

Contact: [www.festivalofthearts.ca](http://www.festivalofthearts.ca)

### 100 Mile House Performing Arts Society

[www.100mileperformingarts.com](http://www.100mileperformingarts.com)

**For events and updates visit [facebook.com/100PAS](https://www.facebook.com/100PAS)**

Our mission is to provide performing arts entertainment across all age ranges to our community, and provide opportunities for adults and youth to experience various theatrical disciplines such as acting, dance, music, technical, backstage, props, makeup, and costumes.

Missoula Children's Theatre is coming September 16th - 21st, 2024. This week long theatre workshop experience for school age children, culminating in a performance for the public.

Auditions for the winter pantomime "A Long Time Ago..." will be held on September 12th and 14th. Performance dates are November 28th through December 7th.

Auditions for the spring show, "Four Old Breads" will be December 12th and 14th. Performance Dates are April 3rd - 12th 2025.

Contact: [info@performingarts.com](mailto:info@performingarts.com)



# GENERAL & PERFORMING ARTS

## Cariboo Circus Arts

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

We believe that aerial arts is not just a form of physical activity. It's a way to express yourself and tap into your creativity. Our classes are designed to teach you the basics of aerial silks, hoop (lyra) and hammock (sling), and help you to progress at your own pace. Experience instructors will guide you through every step of the way, from learning proper techniques to mastering your favourite moves. Our classes, workshops, team building, and private parties are for all ages, genders, fitness levels and body shapes. Activities are tailored to suit individual needs and goals whether you are a complete beginner or if you have had previously time on an aerial apparatus. Our studio is equipped with state-of-the-art equipment, and our instructors are experienced professionals. We are committed to providing a safe, supportive and inspiring environment for all our students.

Contact: Martina Page at  
[cariboocircus@gmail.com](mailto:cariboocircus@gmail.com)

## Process Art Workshops

Process Art places emphasis on the creative process through play, experimentation, and exploration. The experience is child-directed and results in a wholly unique product for each child. Children develop critical thinking, problem solving skills, and resilience by accepting mistakes as part of learning.

Contact: Carey Davidson at 250-644-9382 or  
[careylyndavidson@icloud.com](mailto:careylyndavidson@icloud.com)

## DANCE

### Raising The Barre Academy of Dance

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

Ages 2.5yrs - Adult  
Recreational - Competitive

Our studio strives to provide a professional and safe environment where dance is celebrated and appreciated for the beautiful art form it is. We look to instill our students with self-confidence, discipline, and respect towards the performing arts, teachers, and their fellow students. The faculty consists of experienced instructors and our directors have extensive training in dance and are certified teachers with the Royal Academy of Dance.

**Ballet:** Classes will help dancers with posture, flexibility, fitness, balance, self-discipline, and self confidence. Students are taught proper body placement, body alignment, barre and center floor work, along with across floor work.

Location: 372 Unit 2 Taylor Way, 100 Mile House

Contact: 250-948-0824 [raisingthebarreaod@gmail.com](mailto:raisingthebarreaod@gmail.com)





## YOUTH ACTIVITIES, CLUBS & CAMPS

### 100 Mile House & District Outriders

The 100 Mile Outriders are a group of local horse enthusiasts whose mission is to promote and enhance the equine industry in the area by offering educational, recreational, competitive, and fun activities. The club celebrated 30 years in 2023!

Members have access to two outdoor arenas (weather and scheduling permitting), equipment, as well as a discounted entry fees for shows and events. The Outriders try to host a variety of all breeds shows in varying disciplines, gymkhanas, clinics and the annual Little Britches Rodeo.

Meetings are held the 2nd Thursday every month at 6pm at the South Cariboo Rec Centre Lions Den Meeting Room. (unless otherwise notified)

Location: Wrangler Way behind SCRC

Contact: 100mileoutriders@gmail.com or President Danita McLaren 250-644-5686

### Cadets

2887 RMR RCACC Local Army Cadets

Location: Youth Training Ctr.

5830 Horse Lake Rd

Contact: 250-395-1181

2887army@cadets.gc.ca

### Flying Rooster Riding Center

**Facebook@flyingroosterfarm**

#### Fall/Winter Sessions

#### Riding Lessons (age 7 and up)

Monday to Sunday 10:30am, 1:00pm, & 4:00pm.

For novice, beginner confident, and intermediate riders. Your child will learn essential horsemanship skills in a safe supportive environment with gentle horses. Riders will practice catching, tacking up, and riding independently at each session. Western and English lessons available weekly.

#### Lead Line Rides (under 7 years old)

Monday to Sunday 10:30am, 1:00pm, & 4:00pm.

Enjoy quality time with your child and our gentle horses! This parent-child activity begins with brushing and getting comfortable around the horse followed by a relaxed ride in the arena. Parents will lead the horses at a walk while their child rides, creating a memorable and fun experience for the whole family.

Family Day (all ages; drop in event)

December 15th, 2024

Join us for a cozy winter-themed day at the farm! Enjoy lead line rides with the horses around the arena, fun craft activities, and warm up with hot beverages and marshmallows by the fire. Fun for the whole family!

Location: Flying Rooster Farm

Contact: Ninon Chiberches at 250-644-3456 or [manager@flyingrooster.org](mailto:manager@flyingrooster.org)



# YOUTH ACTIVITIES, CLUBS, & CAMPS

## Girl Guides of Canada

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

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

Sept-June

~~Sparks: 5-6yrs — Tues 4:00-5:00~~

**\*Sparks will resume once volunteer spots are fill.\***

Embers: 7-8 yrs -Tuesdays 5:30-7:00pm

Guides/Pathfinders/Rangers: 9-17yrs

Tuesdays 5:30-7:00

Registration online for adults, youth & volunteers at [www.girlguides.ca](http://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: Rachel at 604-897-7231 or [100milegirlguides@gmail.com](mailto:100milegirlguides@gmail.com)

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

## 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 Tuesday of each month.

Contact: Heidi Meier at 250-395-6039 or [lonebutte4hclub@gmail.com](mailto:lonebutte4hclub@gmail.com)

## Gavin Lake Forest Education Centre

[www.gavinlake.ca](http://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. Visit the website to find all programs offered.

Contact: Mike Tudor at 604-629-9859 or [mtudor@xplornet.com](mailto:mtudor@xplornet.com)

## Interlakes Horse Club

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

Contact: [sabrinaveninga@gmail.com](mailto:sabrinaveninga@gmail.com)  
[interlakeshorseclub@gmail.com](mailto:interlakeshorseclub@gmail.com)

## Creative Kids Homeschool Class

Bi-weekly classes focused on music and arts. Thursday (every other) 1:30pm - 3:30pm

Location: Interlakes Community Center

Contact: Karma at [artofmusic@gmail.com](mailto:artofmusic@gmail.com)  
250-593-0130

## Lake of the Trees Bible Camp

[www.lakeofthetrees.com](http://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

## Raven Youth Activity Centre Cariboo Family Enrichment Centre

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

The Raven Youth Activity Centre is an after-school drop-in centre for youth that offers both structured activities as well as a safe place to hang out, focusing on collaboration and creativity. Youth can build social and emotional skills in a positive environment. Raven Youth Support Workers can support youth in areas such as referrals to supports, mental health first-aid, mentorship, health resources and life-skills development.

Closed holidays, check Facebook for announcements, and calendars.

Location: #2 486 Birch Avenue

Contact: 250-395-5155

Facebook: [www.facebook.com/ravenyouth](http://www.facebook.com/ravenyouth)

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



## YOUTH ACTIVITIES, CLUBS, & CAMPS

### Red Cross Baby Sitting Course

South Cariboo Rec Centre

[www.100milehouse.com](http://www.100milehouse.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 supplies. Multiple dates throughout the school year. Call the SCRC to be added to the class list.

Ages: 11-13

Location: South Cariboo Recreation Centre

### Red Cross Stay Safe Course

South Cariboo Rec Centre

[www.100milehouse.com](http://www.100milehouse.com)

Basic First Aid and safety skills for 8-13 year olds focusing on how to prepare for, recognize, and respond to unexpected situations unsupervised.

Multiple dates throughout the school year.

Ages: 8 - 13 yrs

Location: South Cariboo Recreation Centre

Contact: SCRC at 250-395-1353



Canadian  
Red Cross

## Training Partner

## SPORTS & RECREATION SUPPORTS

### KidSport - 100 Mile House

[www.kidsportcanada.ca/british-columbia/100-mile-house](http://www.kidsportcanada.ca/british-columbia/100-mile-house)

Providing grants to help cover costs of registration fees so that all kids ages 18 and under in 100 Mile House can play a season of sport. Accepting applications of up to \$400.00 per child, per calendar year, for kids who live in or participate in 100 Mile House.

Apply online or to download a paper application visit: [www.kidsportcanada.ca/british-columbia/100-mile-house](http://www.kidsportcanada.ca/british-columbia/100-mile-house).

Contact: [kidsport100milehouse@gmail.com](mailto:kidsport100milehouse@gmail.com)

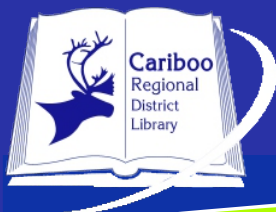
### Jumpstart

[www.canadiantire.ca/jumpstart](http://www.canadiantire.ca/jumpstart)

Canadian Tire Jumpstart is a nationally registered charity dedicated to removing barriers so kids across Canada have the opportunity to get off the sidelines and into the game.

Contact: 1844-937-7529





# CRD 100 Mile Library Fall and Winter 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



## Some of our program offerings

- Monthly Book Club - new members always welcome (3rd Tues. of the month 10:30 am-12 pm)
- Family Movie Afternoons (open to all ages)
- Virtual Trivia (live Facebook event on the 3rd Thurs. of the month)
- Lego Club (all ages)
- Lil' Library Club (ages 5-12)
- Storytime (ages 0-5)
- Take & Makes (ages 5+)
- Summer Reading Club



## 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



### 100 Mile House

Tuesday, Wednesday, & Thursday (10am-8pm)  
Friday & Saturday (10am-5pm)  
Contact: 250-395-2332

### Lac La Hache

Wednesdays (2-7pm) and Saturdays (10am-3pm)  
Contact: 250-396-7642

### Forest Grove

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

### Interlakes

Wednesdays, Thursdays, & Saturdays (1-5pm)  
Contact: 250-593-4545



# 100 Mile House Transit

## RIDER'S GUIDE

Effective August 6, 2024



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	<a href="http://www.bctransit.com">www.bctransit.com</a>
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

The BC Bus Pass Program is offered by the Ministry of Social Development and Poverty Reduction. The annual bus pass is valid for the eligible rider on any fixed-route transit service. The pass is non-transferable.

For information on criteria for eligibility, visit [www.gov.bc.ca/buspassprogram](http://www.gov.bc.ca/buspassprogram) 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

Most bikes can be accommodated on BC Transit buses when its wheels fit properly in the rack. If you are considering travelling by bike and transit, instructions are posted on the bike racks or found at [bctransit.com/victoria/riderinfo](http://bctransit.com/victoria/riderinfo).

Before your bus arrives, make sure that saddlebags, antennas, helmets, child carriers or any other item that could interfere with the operator's vision are removed from the bike. Electric bikes are only allowed on the bike rack when they weigh less than 25kg (55 lbs.), and the battery (lithium only) is removed from the bike and brought on board the bus with the customer.

### 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.

## 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

	Adult	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.

### Holiday Service

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

- New Years Day
- Family Day
- Good Friday
- Easter Monday
- Victoria Day
- Canada Day
- B.C. Day
- Labour Day
- National Day for Truth and Reconciliation
- Thanksgiving Day
- Remembrance Day
- Christmas Day
- Boxing Day

BE PART OF THE SOLUTION...

REUSE YOUR RIDER'S GUIDE.

Transit Info 250-395-2834

[www.bctransit.com](http://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.



**Meet new people.**

**RIDE WITH BCTRANSIT.COM**

## 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](http://bctransit.com) or phone 250-395-2834.

One-way Fare: \$5.00

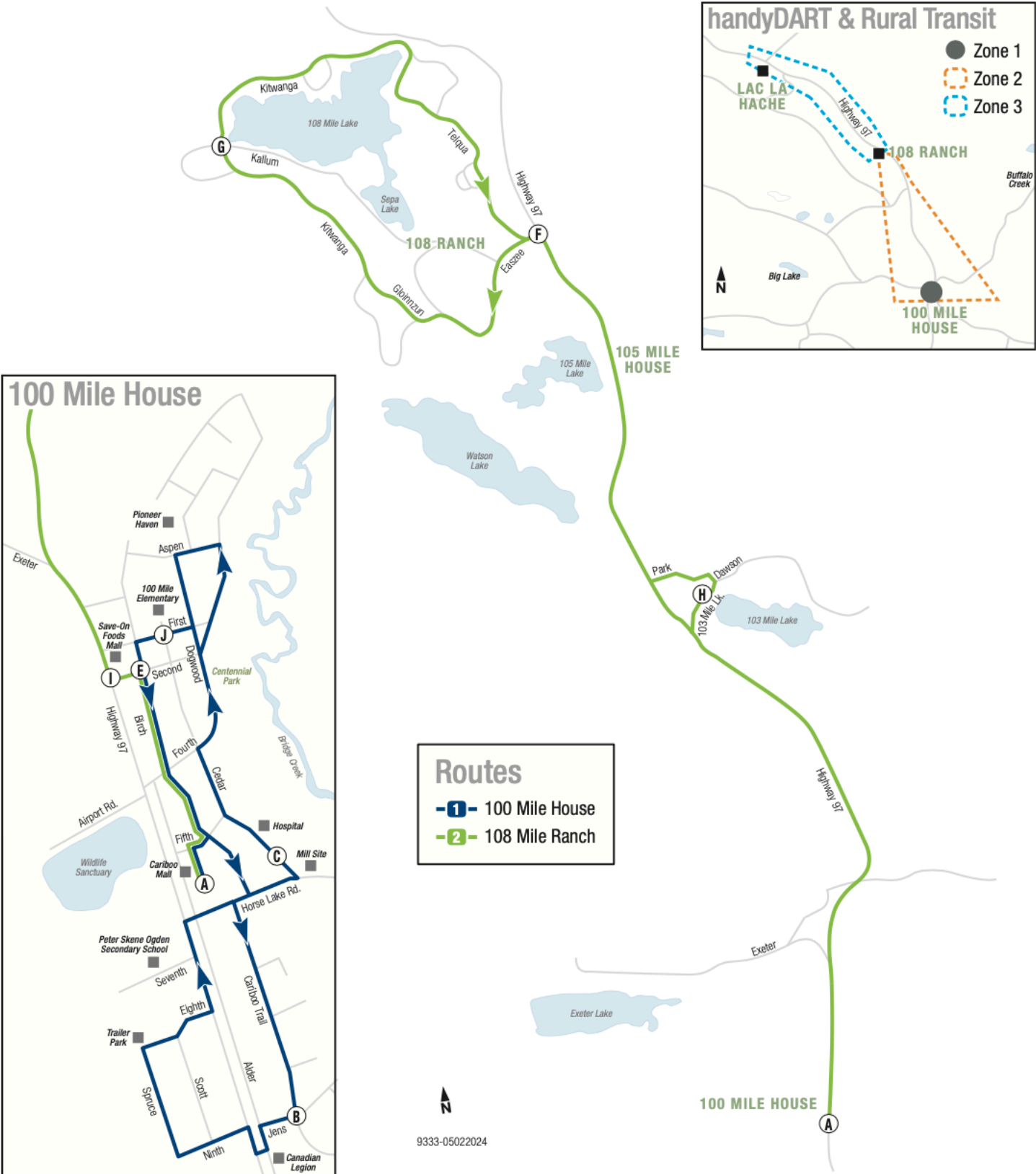
### 1 100 Mile House

Monday to Friday								
I	J	E	A	B	C	J	E	A
Save-On Foods Mall	100 Mile Elementary	Second and Birch	Cariboo Mall	Jens St and Cariboo Trail	Hospital	100 Mile Elementary	Second and Birch	Cariboo Mall
—	—	8:15	8:26	8:30	8:35	8:38	8:39	8:43
—	—	10:29	10:33	10:37	10:42	10:45	10:46	10:50
1:23	—	1:25	1:29	1:33	1:38	1:41	1:42	1:46
—	3:20	3:21	3:25	3:29	3:34	3:37	3:38	3:42

### 2 108 Ranch includes 103 Mile

Monday to Friday							
E	A	H	F	G	F	H	E
Second and Birch	Cariboo Mall	103 Mile: Park and Dawson	Cariboo Hwy and Eassee	Kitwanga and Kallum	Cariboo Hwy and Eassee	103 Mile: Park and Dawson	Second and Birch
—	—	—	7:45	7:53	8:01	8:06	8:15
—	9:45*	—	10:00	10:08	10:15	10:20	10:29
1:42	1:46	1:54	1:59	2:07	2:15	—	—
4:36	4:40	4:48	4:53	5:01	5:09	—	5:20

\*On Thursdays, please call 250-395-2834 for the trip time departing Cariboo Mall.





# *south cariboo rec centre adult sports*

**18+  
OCTOBER - MAY 2024/25**

## **RECREATIONAL SPORTS 18+**



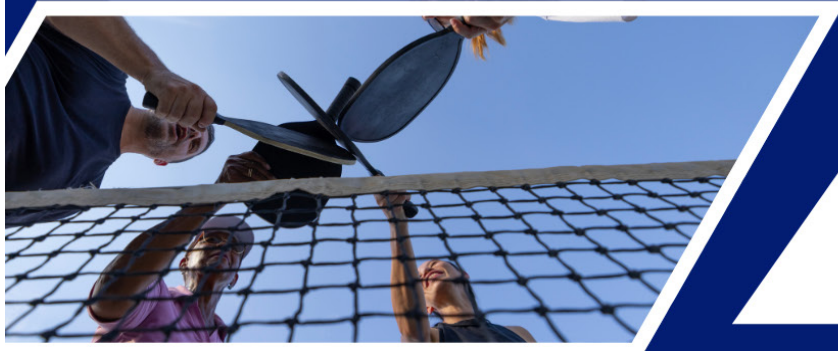
**VOLLEYBALL**



**PICKLEBALL**



**INDOOR SOCCER**



**PASSES AVAILABLE AT  
SOUTH CARIBOO REC  
CENTRE.  
#2-175B WRANGLER WAY**

 250-395-1353  [www.100milehouse.com](http://www.100milehouse.com)  [smorton@100milehouse.com](mailto:smorton@100milehouse.com)



# ADULTS & SENIORS

## FITNESS, HEALTH, & WELLNESS

### ADULT SPORTS 18+ RECREATIONAL

South Cariboo Rec Centre

[www.100milehouse.com](http://www.100milehouse.com)

**October 2024 - May 2025**

Pickleball - Intermediate

Pickleball -Beginner Lessons

Pickleball - Novice

Volleyball

Indoor Soccer

Registration and punch passes can be obtained at the South Cariboo Rec Centre . Sport times are based on school availability. Contact us for season start dates and times!

Location: SCRC #2-175B Wrangler Way

Contact: 250-395-1353 or  
[smorton@100milehouse.com](mailto:smorton@100milehouse.com)

### ARCHERY

**Big Horn Archery club**

[www.bighornarchery.com](http://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.

Visit the website for membership information.

**Outdoor Practice: April-October** at Gibson Rd.

**Indoor Practice: October-April** – Agriplex,  
175 Wrangler Way

Contact: Allen at 250-609-1104  
[bighornarchery100mile@outlook.com](mailto:bighornarchery100mile@outlook.com)

### AQUATICS/SWIMMING

**Cariboo Memorial Complex, Williams Lake**

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

Contact: 250-398-7665

### BASEBALL

**100 Mile Mixed Slo-Pitch League**

For more information visit our facebook group  
**@100milehouseslo-pitch.**

Location: 175 Wrangler Way SC Softball Fields

Contact: Gerald Allen 778-551-0434

### BOWLING

**Big Country Lanes**

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

**Fall/Winter League Program**

**Club 55 Afternoon Leagues**

Thursdays & Fridays 12:30pm

**Mixed Evening Leagues**

Tuesday & Thursdays @ 7:00pm

Sundays 5:00pm

Register individually or as a team.

**New bowlers welcome with lessons available.**

Visit: [www.facebook.com/bigcountrylanes](http://www.facebook.com/bigcountrylanes)  
for hours and updated information.

**Public Bowling : Check website for updated times.**

Location: 879 Scott Rd

Contact: 778-482-5002



## FITNESS, HEALTH, & WELLNESS

### **BC SPECIAL OLYMPICS - 100 Mile House**

[www.specialolympics.bc.ca](http://www.specialolympics.bc.ca)

100 Mile House is currently looking for administration volunteers. Visit the website for more information.

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: Jasmine Webster  
Development Coordinator, Northern Region  
250-570-1455

### **Creekside Seniors Centre Activities**

Carpet Bowling - Mon & Wed - 1pm  
Pool - Mon, Wed, Fri 9:30 - 11:30am  
Tai Chi - Tues 9:30am Thurs 1:00pm

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

### **CURLING**

#### **100 Mile Curling Club**

[www.100milecurlingclub.ca](http://www.100milecurlingclub.ca)

*\*All players require a CRD Rec Pass upon registration\**

**Season runs October through March**

#### **Leagues:**

Open Doubles - Monday 2:30pm - 4:30pm  
Learn to Curl - Every 2nd Mon. 6:30 - 7:30pm  
Open Doubles - Every 2nd Mon. 6:30 - 8:30pm  
Open Mixed - Tuesday 6:30 - 8:30pm  
Open Drop In - Wednesday 11:00am - 1:00pm  
Men's Curling - Wednesday 6:30-8:30pm  
Women's Curling - 6:00-8:00pm  
Open Mixed Curling - Sunday 2:00-4:30pm  
Open Doubles (Proposed) Sunday 6:00-8:00pm  
Bonspiel dates in the events portion of the guide.

Location: 100 Mile Curling Club

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

### **DANCE**

#### **Cariboo Squares**

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

Cariboo Squares is a Modern Square Dance Club offering SSD ( Social square dancing) classes and dance events.

Location: 869 Alder Ave Unit 13 100 Mile House and local community halls.

Contact: Patrick or Lee at info@cariboosquares.com.

#### **Revelry Arts**

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

Social dancing, line dancing, dancing in the dark!

Location: 869 Alder Ave #3

Contact: hi@jessthomas.ca

### **BELLY DANCING**

#### **Mystique Belly Dancers**

Lone Butte Community Hall:  
Wednesdays 7:00 - 8:30pm  
100 Mile House: Mondays- 6:00pm -7:30pm  
Come learn the beautiful movement of Middle Eastern dance. Bellydancing is a fun, low-impact workout. Enjoy music, laughter, and full instructional teaching. 8-10 week sessions with four sessions a year. No experience necessary, just bring your sense of humour and be ready to shimmy! Date and times subject to change.

Contact: Kerri at 250-706-2368 baladibabes@gmail.com

#### **Belly Dancing at Bridge Lake Store**

For more information on dates and times call 250-593-9355 or wherrin2005@yahoo.ca

# FITNESS, HEALTH, & WELLNESS

## FITNESS & YOGA CLASSES

### Beautiful Soul Yoga & Fitness

**facebook@Beautiful SoulYogaandFitness**

Early morning, lunch time, & evening classes.

Group Fitness Classes, HIIT, Strength & Endurance Training, Boot Camp, Spin Classes, Deep Stretch, Buti Yoga, and more.

Location: Unit #1 530 Horse Lake Road, Uptown Plaza

Contact: Debbie MacNeil at  
beautifulsoulyogaandfitness@gmail.com

### Boot Camp with Donya Nichol

Contact: Donya at 250-699-1777

## 108 Mile Community Hall Fitness Activities

### Pilates with Patti Harper

Mondays & Thursdays at 5:30pm

Location: 108 Community Centre Upper Hall

Contact: Patti at 250-948-0280

### Medieval Martial Arts

Mondays 6:30pm - Main Hall

Contact Sue Davis at 778-485-2099

### Zumba with Gale

Wednesdays & Friday 9:00am

Contact: Gale at 250-396-7381

## Lone Butte Community Hall Fitness Activities

**www.lonebuttecommunityhall.ca**

Volleyball: call for information 250-395-0623

Yoga: Thursdays 10:00am 250-395-6767

Bellydancing: baladibabes@gmail.com

## Interlakes Community Center Fitness Activities.

**www.interlakescommunity.com**

**Facebook@interlakescommunitycentre**

### Cardio & Fitness with Dolores

Call or visit the Facebook page for dates.

### Yoga with Prairie - Yoga at the Lakes

Mondays: 9:00 - 10:30am

### NEW! Movement Classes

Call or visit the Facebook page for dates.

### Pickleball

Tuesdays & Thursdays:

Intermediate: 8am-10am

Advanced Beginner/Intermediate 10am - 12pm

Novice/Beginner/New Players 12pm - 2pm

Fridays:

Advanced/Beginner/Intermediate 12:00-2:00pm

### Line Dancing

Tuesday 2:30-3:30pm - No experience necessary.call for start date.

Location: Interlakes Community Center - 7592 Hwy 24.

Contact: Crista Herod at 250-593-4869





## FITNESS, HEALTH, & WELLNESS

### **Fitness with Gale Ogden**

Certified group fitness & Zumba Instructor

**Zumba:** Wednesdays & Fridays at 9:00 am

Location: 108 Mile Community Centre

**Strength & Stretch Class:** Tuesdays at 9:30 am

Location: Pioneer Centre 4822 Clarke Ave, LLH

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

### **TAI CHI**

#### **Fung Loy Kok Taoist Tai Chi®**

[www.taoist.org](http://www.taoist.org)

Our form of tai chi is specifically designed to improve health.

Location: Creekside Seniors Centre

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

### **Union MVMNT Yoga Studio**

[www.theunionmvmnt.com](http://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 and Prenatal Yoga.

Location: 5501 Park Drive

Contact: Kate @ 250-945-4920

### **TBC Bootcamp & Personal Training**

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

Location: 108 Mile Ranch

Contact: 778-896-9066 shawnaandersontbc@  
gmail.com

### **Treat yourself Wellness-Yoga Therapy**

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

Location: 4933 Gloinzon Drive 108 Mile Ranch

Contact: Angela Hansen 250-644-0058

### **Vintage Athletics**

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

#### **OSTEOFIT**

A safe and gentle strength, balance, & coordination exercise program.

**Registration is on going for all classes!**

#### **Fit For Life**

**Mondays, Wednesdays, & Fridays -9:00am**

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 or without Osteoporosis.

#### **Movers & Shakers**

**Mondays, Wednesdays, & Fridays - 10:00am**

This program is not just for those with osteoporosis, but for those who feel a regular aerobic program is not right for them. This class offers a less traditional warm up, less coordinated dance, and more focused on walking with gait changes and balance

#### **Mens Class**

**Mondays, Wednesdays, & Fridays - 1:00pm**

Join an active mens class and rediscover your strength and balance in a relaxed male environment. Emphasising gait training, balance exercises, strength building, and endurance enhancement.

#### **Get Up and Go**

**Mondays, Wednesdays & Fridays - 2:30pm**

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 or without Osteoporosis.

#### **Pain Free Mobility (One on One)**

Sessions focused on pain free mobility, a proven method to identify and provide corrective movement to relieve back, neck, shoulder, and joint pain.

Location: 98C Cecil Place (downstairs)

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

# 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.

Location: Unit #1 530 Horse Lake Road

Contact: Donri & Murray Helmer 250-395-1012

### Canim Lake Band Sports & Recreation

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

The Canim Lake Band offers a wide variety of sport and recreation programs for all age groups. Weekly fitness classes, personal training, fitness testing and athletic development programs.

24hrs/7 days a week Fitness Centre.

Contact: 250-397-2227

[fitness@canimlakeband.com](mailto:fitness@canimlakeband.com)

### Interior Iron and Fitness

[www.interiorironandfitness.ca](http://www.interiorironandfitness.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. *Saturday & Sunday - card-lock users only*

Location: #1 - 460 Birch Ave S.

Contact: 778-482-1796

### Solid Fitness Studio

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

A full service gym including tanning facilities. 24/7 access for members.

Location: 21-231 Birch Avenue

Contact: [info@solidfitness.ca](mailto:info@solidfitness.ca) 250-706-6678

## Cariboo Circus Arts

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

We believe that aerial arts is not just a form of physical activity. It's a way to express yourself and tap into your creativity. Our classes are designed to teach you the basics of aerial silks, hoop (lyra) and hammock (sling), and help you to progress at your own pace. Experienced instructors will guide you through every step of the way, from learning proper techniques to mastering your favourite moves.

Our classes, workshops, team building and private parties are for all ages, genders, fitness levels and body shapes. Activities are tailored to suit individual needs and goals whether you are a complete beginner or you if you have had previously time on an aerial apparatus. Our studio is equipped with state-of-the-art equipment, and our instructors are experienced professionals. We are committed to providing a safe, supportive and inspiring environment for all our students.

Contact: Martina Page [cariboocircus@gmail.com](mailto:cariboocircus@gmail.com)





## FITNESS, HEALTH, & WELLNESS

### ICE SKATING

#### 100 Mile Skating Club

[www.100mfsc.ca](http://www.100mfsc.ca)

#### Teen/Adult: 13+ yrs of age.

Learn to Skate Program for teens and adults to gain more confidence and skating skills in a fun, relaxed class with your peers. This class teaches the fundamentals of skating. Agility, balance and control with some synchronized skating on our group lesson day.

\*All skaters must have a current CRD Rec Pass upon registration.

Location: South Cariboo Rec Centre

Contact: 250-395-1842 or 100milefigureskating-club@gmail.com

### ICE SKATING - DROP IN

#### South Cariboo Rec Centre

[www.100milehouse.com](http://www.100milehouse.com)

Public Skate/Stick & Puck schedules for the South Cariboo Rec Centre will be posted on our Facebook page @southcaribooreccentre or call 250-395-1353.

Seniors Hockey - Mon, Wed, Fri 10:15 -11:45am

Public Skating - Mon, Wed, Fri 12:00-1:00pm

Stick & Puck - Tues & Thurs 12:00-1:00pm

Watch For FREE sponsored Sunday Skates 3:00-4:30pm

See full calendar for added times for Pro-D and holidays at [www.100milehouse.com](http://www.100milehouse.com).

### JUDO

#### Kokoro Judo - 100 Mile House

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

Tuesday 7:00pm to 8:30pm 13+ and adults.

Kata: Tues. 5:00 - 6:00pm 13+

Beginners Class: 10 weeks 14+

#### Women's Only

#### (Girl's and Women 13+)

Tuesday 7:00 to 8:30 Women's only self-defense.

Visit website: [www.kokorojudo.ca](http://www.kokorojudo.ca) for all info.

Location: #22 - 150 Birch Ave

Contact: 250-706-9794 or [info@kokorojudo.ca](mailto:info@kokorojudo.ca)

### MOUNTAIN BIKING

#### Huncity Mountain Bike Club

[www.huncitymtb.club](http://www.huncitymtb.club)

The HunCity Mountain BikeClub 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. Contact: [pres@huncitymtb.club](mailto:pres@huncitymtb.club)

### PICKLEBALL - ADULT

#### South Cariboo Pickleball Association

Club plays June - September in Lac La Hache & through the South Cariboo Rec Centre October - May at local school gyms.

Contact: Lorne Landry at 250-791-5300 or [lpandry1969@gmail.com](mailto:lpandry1969@gmail.com) for summer play.

**Contact South Cariboo Rec Centre for fall, winter, and spring pickleball play. Oct - May. 250-395-1353 [smorton@100milehouse.com](mailto:smorton@100milehouse.com).**



# OUTDOOR RECREATION

## 108 ATV Club

[www.108atvclub.ca](http://www.108atvclub.ca)

Looking for new adventures and meet new people while exploring the great outdoors of our community? Join the Club!

Contact: Mark Redl 604-819-5375 108atvclub@gmail.com

## 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 House & District Outriders

The 100 Mile Outriders are a group of local horse enthusiasts whose mission is to promote and enhance the equine industry in the area by offering educational, recreational, competitive, and fun activities.

Members have access to two outdoor arenas (weather and scheduling permitting), equipment, as well as a discounted entry fees for shows and events. The Outriders try to host a variety of all breeds shows in varying disciplines, gymkhanas, clinics and the annual Little Britches Rodeo. Meetings are held the 2nd Thursday every month at 6pm at the South Cariboo Rec Centre Lions Den Meeting Room. Location: Wrangler Way behind SCRC

Contact: 100mileoutriders@gmail..com or President Danita McLaren 250-644-5686

## 100 Mile Fly Fishers Club

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

Contact the club for activities.

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

## Cariboo Agility Team

[terroxx.wixsite.com/caribooagilityteam](http://terroxx.wixsite.com/caribooagilityteam)

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](http://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. Contact: fgrrodandgun@gmail.com

Facebook: Forest Grove Rod and Gun Club

## Interlakes Horse Club

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

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





## OUTDOOR RECREATION

### **Lone Butte Fish & Wildlife Association**

**[www.lonebuttefishandwildlife.com](http://www.lonebuttefishandwildlife.com)**

The Lone Butte Fish and Wildlife Association was incorporated in the early 80's. 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](mailto:info@lonebuttefishandwildlife.com)  
250-644-8613

### **Mica Mountain Riders Association**

**[www.micamountainriders.ca](http://www.micamountainriders.ca)**

The best kept secret in the Cariboo! Groomed trails and riding areas for levels. Annual memberships or day passes offered.

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

Contact: 250-395-3808

### **Mount Timothy Recreation Resort**

**[www.skitimothy.com](http://www.skitimothy.com)**

Whether you're skiing or boarding on the hill, riding your sled on the gold rush trail system up to the lodge, or on the tubing hill, we know for sure you will be having a blast. Year round cabin rentals are available to make your stay even better! Visit the fully licensed Yeti Cafe for a hearty meal and beverage.

Location: 5398 Timothy Lake Road

Contact: 250-396-4095 or [info@skitimothy.com](mailto:info@skitimothy.com)

### **South Cariboo Track & Trail Dirt Bike Assoc.**

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

Location: 900 Ainsworth Rd

Contact: 250-644-2064 [sctradandtrail@gmail.com](mailto:sctradandtrail@gmail.com)





## OUTDOOR RECREATION

### SKIING, SNOWSHOEING, & SNOWBOARDING

#### 100 Mile Nordics

#### 100 Mile Nordics Ski Society

[www.100milenordics.com](http://www.100milenordics.com)

Enjoy 45kms of groomed trails plus snowshoe trails and night skiing. The lodge opens daily 9am-4pm during the season and night skiing with lit up trails runs until 10pm on 5kms of trails. Visit the two warming huts on the trails!

New volunteers are welcome! Visit the facebook page for updated snow reports at facebook.com/100MileNordics

Location: 500 Ainsworth Road

Contact: 250-395-2104 or [info@100milenordics.com](mailto:info@100milenordics.com)

### Mount Timothy Recreation Resort

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

A winter wonderland with activities for everyone. Offering skiing, tubing, and snowshoeing with many theme week events! Season passes, day passes, and punch passes available.

#### Learn with Ski Timothy

Lessons are available for all ages and ski levels and are available as private or a group setting.

#### Tube Park

Experience the rush where laughter and excitement fill the air. Perfect for families!

#### Snowshoeing

With easy to follow trails it's a perfect activity for all ages to enjoy. Rentals are available if needed.

Lift hours are Thursday - Sunday 9am - 3pm. Open through Christmas Break & Family Day.

Visit the Facebook page @skitimothy for updated events, specials and weather reports!

Location: 5398 Timothy Lake Road

Contact: 250-396-4095 or [info@skitimothy.com](mailto:info@skitimothy.com)





## 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 250-395-4042  
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



# GENERAL INTEREST

## AVIATION

### 100 Mile House Flying Club

[www.100milehouseflyingclub.com](http://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.

Visit the website for more information.

### 100 Mile House Model Flyers Society

[www.maac.ca](http://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. Join '100 Mile Model Flyers' on Facebook.

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

### South Cariboo Astronomy Club

The South Cariboo Astronomy Club meets twice per year for an educational session. We also try to meet at a local dark site for several observing sessions, weather permitting. Follow us on FaceBook or sign up as a member on FaceBook. Membership is free. Join us to explore the wonders of the night sky!

Contact: Steve Coleopy at 604-813-7233 or email at [scoleopy@hotmail.com](mailto:scoleopy@hotmail.com).

## BINGO

### 108 Mile Community Hall

[www.108ranch.com](http://www.108ranch.com)

September 24th, October 8th & 22nd, November 5th & 19th, & December 3rd & 17th. Check the website for 2025 dates.

Location: 4924 Telqua Drive, 108 Mile Ranch

### Forest Grove Legion

Wednesdays at 11am

### Interlakes Community Centre

The last Sunday of every month 1:00-4:00pm  
Doors open at noon. 19 Plus and Cash only.  
250-593-4869

### Lac La Hache Community Hall Bingo

April - October 7pm Wednesdays

## CARDS

### Interlakes Community Centre

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

Starting October 3rd  
Bridge - Thursday 6:45pm - 10pm

Contact: Wendy Dubbin 250-593-4538

Poker - 4th Saturday of every month except December.

### Creekside Seniors Centre

Cribbage - Tuesday at 1:00pm  
Bridge/Hand & Foot Canasta Fri 1:00 - 3:00pm





## GENERAL INTEREST

### HERITAGE

#### 100 Mile House & District Historical Society

[www.historical.bc.ca](http://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. Play area, washrooms, water tower and caboose to view.

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 1st Thursday 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

### COMMUNITY CONNECTION

#### Caregivers Support Group

Meets 2nd & 4th Thursday of each month from 10:30-12pm

Location: St. Timothy's Anglican Church

Contact: Wendy Hamblin at 250-395-6142

#### 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.

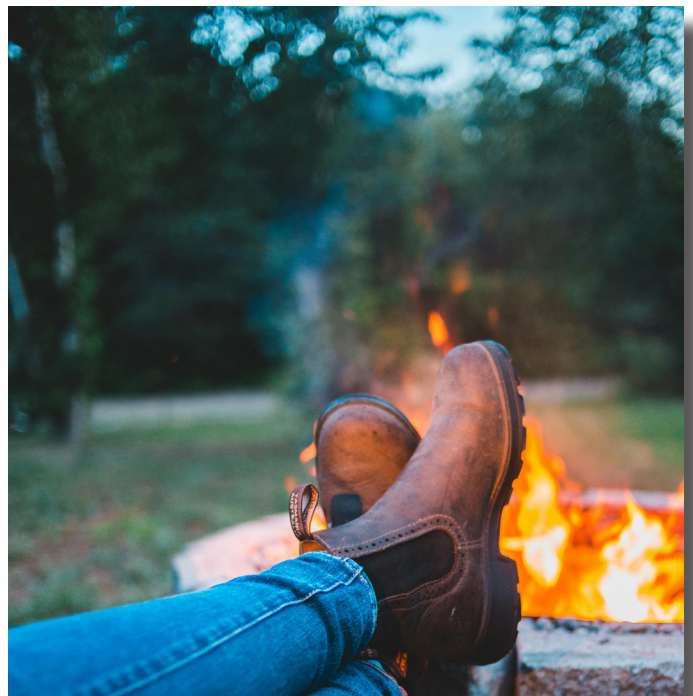
Location: 4535 Canim-Hendrix Lk Rd,  
Forest Grove Legion

#### 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



# ARTS

## GENERAL ARTS

### 100 Mile & District Arts Council

[www.100milearts.com](http://www.100milearts.com)

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

### 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: Sheryl Fremlin 250-395-6150  
sherylfremlin@gmail.com

### Chris Harris Studio Gallery

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

Photographic Art, Slide-sound Shows, Photographic Prints, Books, Art Cards, Souvenirs. 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

### Moonlight Creations

Artist and painting instructor. For daytime and evening classes. For private parties and group painting sessions for up to 20 people. Have fun with step by step instructions. I provide everything you need to come away with your very own masterpiece. I also do commission work.

Contact: Kerri @ 250-706-2368 mymysticartistic@gmail.com





## ARTS

### Parkside Art Gallery

[www.parksideartgallery.ca](http://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

[parksidegallery100mile@gmail.com](mailto:parksidegallery100mile@gmail.com)

### O.U.T (Other Unusual Talents)

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. Tuesday mornings at 10:00am.

Location: Lone Butte Community Hall

Contact: Mary Carter 250-395-1994

### TEXTILE ARTS

#### Cariboo Calico Quilters Guild

Mon - 6:30pm - 8:30pm

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

Location: Creekside Seniors Activity Centre

Contact: Robbie Hambley at 250-644-3284 or  
Anita Edwards at 250-791-5683

#### Dancing Quilts

Sewing & Quilting Classes

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

Location: 701 Alder Ave, 100 Mile House

Contact: Faith at 250-395-4227

### Log Cabin Quilters

Guild meetings Wednesdays from 9:00am-3:30pm September - June

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

Location: Interlakes Community Center  
7592 Hwy 24

Contact: 250-593-4869

### South Cariboo Weavers, Spinners, & Fibre Artists Guild

Providing support, inspiration and to share information through formal and informal activities. New members welcome. Meet on the first Friday of the month.

Parkside Art Gallery Spinning & Weaving  
Call for project dates.

Contact: Linda Peterson at 250-791-5286  
[orlinpet@shaw.ca](mailto:orlinpet@shaw.ca)



# PERFORMING ARTS

## PERFORMING ARTS

### 100 Mile House Performing Arts Society

[www.100mileperformingarts.com](http://www.100mileperformingarts.com)

For events and updates visit [facebook.com/100PAS](https://www.facebook.com/100PAS)

Our mission is to provide performing arts entertainment across all age ranges to our community, and provide opportunities for adults and youth to experience various theatrical disciplines such as acting, dance, music, technical, backstage, props, makeup, and costumes.

Missoula Children's Theatre is coming September 16th - 21st, 2024. This week long theatre workshop experience for school age children, culminating in a performance for the public.

Auditions for the winter pantomime "A Long Time Ago..." will be held on September 12th and 14th. Performance dates are November 28th through December 7th.

Auditions for the spring show, "Four Old BROADS" will be December 12th and 14th. Performance Dates are April 3rd - 12th 2025.

Contact: [info@performingarts.com](mailto:info@performingarts.com)

## BAND

### 100 Mile Community Band

**Facebook @100milecommunityband**

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. Looking for new members! Practices on Tuesdays 7pm.

Location: Christ the King Lutheran Church.

Contact: Eric Grummisch at 250-706-5076 or Dave at 778-485-5560

## BELLY DANCING

### Mystique Belly Dancers

Lone Butte Community Hall:  
Wednesdays 7:00 - 8:30pm

100 Mile House:  
Mondays - 6:00-7:30pm

Come learn the beautiful movement of Middle Eastern Dance. Bellydancing is a fun, low-impact workout. Enjoy music, laughter, and full instructional teaching. 8-10 week sessions with four sessions a year. No experience necessary, just bring your sense of humour and be ready to shimmy! Dates and times subject to change.

Contact: Kerri at 250-706-2368 [baladibabes@gmail.com](mailto:baladibabes@gmail.com)

### Belly Dancing at Bridge Lake Store

For more information on dates and times call 250-593-9355 or [wherrin2005@yahoo.ca](mailto:wherrin2005@yahoo.ca)

## CHOIR

### Eclectica Community Choir

Rehearsals are on Wednesdays 7pm-9pm at the 100 Mile United Church at 49 Dogwood Crescent  
All ages welcome!

Contact: Margot 250-945-4080 [pilgersh@shaw.ca](mailto:pilgersh@shaw.ca)



## PERSONAL DEVELOPMENT

### CARIBOO CHILCOTIN PARTNERS FOR LITERACY PROGRAMS

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

#### 100 Mile Community Learning Cafes

##### #1 Computer Practice for Seniors

Practice with your peers; share your skills and build friendships with others at your skill level. Support and assistance for your learning goals.

##### #2 Basic Tech Skills for New Learners

Learn the basics on how to use a computer or get help using your tablet or smart phone. Topics planned: email, web search/safety; passwords, using social media and apps.

Sept 2024 – June 2025

Dates/Times: TBD

Location: #102 – 475 South Birch Ave

Contact: Lory @ 250-395-0655

[lory@caribooliteracy.com](mailto:lory@caribooliteracy.com)

#### Community Literacy Outreach

Free assistance with documents and forms. Private 1-1 appointments; financial literacy coaching and workshops. Sept 2024 – Aug 2025

Location: #102 – 475 South Birch Ave

Contact: Lory @ 250-395-0655

[lory@caribooliteracy.com](mailto:lory@caribooliteracy.com)

#### Partner Assisted Learning (P.A.L.)

Free 1-1 tutoring (in many subject areas) and help with reading, writing, math, or language. Private appointments.

Sept 2024 – June 2025

Location: #102 – 475 South Birch Ave

Contact Lory @ 250-395-0655

[lory@caribooliteracy.com](mailto:lory@caribooliteracy.com)

#### English Conversation Circle

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

Location: Suite #102 475 Birch Ave

Contact: Brenda at 250-945-4861

or [brenda@caribooliteracy.com](mailto:brenda@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 cross-cultural support. By appointment.

Contact: Kimberly at 250-706-3143

or [kimberly@caribooliteracy.com](mailto:kimberly@caribooliteracy.com)

Location: Suite #102 475 Birch Ave



## PERSONAL DEVELOPMENT

### CONTINUING EDUCATION COURSES

**Thompson Rivers University - 100 Mile House  
Community Education**

**[www.tru.ca/regionalcentres/100mh.html](http://www.tru.ca/regionalcentres/100mh.html)**

A satellite extension of the main TRU campus in Kamloops.

Programs, courses and workshops in topics like business, administration, computers, internet, public health & safety, and first aid.

Location: #6-475 Birch Avenue

Contact: 250-395-3115 or [csinfo@tru.ca](mailto:csinfo@tru.ca)

### Horton Ventures Inc

**[www.hortonventures.com](http://www.hortonventures.com)**

Work BC, job Posting, Advertise a Job.

Contact: 250-395-5121

[centre-100milehouse@workbc.ca](mailto:centre-100milehouse@workbc.ca)

### 100 Mile & District Hospice Society

**[www.100miledistricthospice.org](http://www.100miledistricthospice.org)**

Volunteer Training available. Training includes:

- Offering emotional, social, and spiritual companionship.
- Listening without judgement.
- Relieve family care givers for short periods of time.
- recommending palliative care equipment.

Contact: 250-395 7680





## PERSONAL SUPPORTS

### **100 Mile Food Bank**

***100milefoodbank.ca***

1st & 3rd Tuesday 10am - 2pm

Location: 199-7th Street, 100 Mile House

### **100 Mile Loaves & Fishes**

Open Wednesdays 9:30am-2:30pm. Food items, clothing, shoes, dishes and a variety of other items.

Location: 550 Exeter Road

Contact: Trudy at 250-395-5220

### **100 Mile & District Hospice Society**

***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.

Contact: 250-395 7680

### **AA Meetings**

Thursdays 7:00pm

Location: 108 Mile Community Hall

Contact: Ted Peterson 250-791-5286

### **Cariboo Family Enrichment Centre**

CFEC offers supportive counselling for individuals and families. Drop-in services are available on a first come, first served basis every Monday and Friday, from 1pm to 3pm. A number of group courses are run throughout the year, including Anger Education, Healing with the Arts, Personal and Relational Skills, and Post-partum Anxiety and Depression Support. Please contact the centre to sign-up for any services.

Location: #1-486 Birch Avenue

Contact: 250-395-5155

### **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. Location: St. Timothy's Anglican Church

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

### **Cariboo Brain Injury Association**

***Facebook @Cariboo Brain Injury Support***

Support service to those impacted by a brain injury/stroke.

Contact: Mike Dewing at 604-202-1630 or Brain.Injury.2023@gmail.com

### **Cedar Crest Society for Community Living**

***www.cedarcrestsociety.com***

Community Inclusion, Employment Services & Outreach supports.

Location: 410 Cedar Ave, 100 Mile House

Contact: Cedar.Crest@ccscl.ca 250-395-4643

### **CMHA - South Cariboo**

***southcariboo.cmha.bc.ca***

CMHA South Cariboo is proud to be a part of a network of CMHA branches in communities across BC.

Location: 555B South Cedar Ave

Contact: 250-395-4883 or info@cmhasouthcariboo.org

# PERSONAL SUPPORTS

## Emergency Social Service

Providing short term assistance to British Columbians who are forced out of the homes due to flood, fire, earthquake or other emergencies.

Contact: Liz Jones at 250-644-0146 or 100mile.district.ess@gmail.com

## 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

## Parkinsons Support Group

Group support meetings.

Contact: Philip at 250-395-3925 or Marilyn at 250-395-4070

## 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 Mile House. 70 Mile Elementary

Contact: 250-456-6061

## South Cariboo Health Centre

A variety of services in one location.

Location: 5555D Cedar Avenue

Contact: 250-395-7676

## Stemete7uw'i Friendship Centre

Location: #4 -330 Birch Ave

Contact: 250-706-0385







## FARMERS

### 108 MALL MARKET

Once a month on Saturday 10am-4pm  
Contact Ingrid: 250-791-5663

### CRAFTER'S MARKET

May long weekend to labour Day weekend.  
Saturdays 10am-3pm

Location: Loon Bay Resort-Sheridan Lake

Contact: Joan at 250-593-2353

### FOREST GROVE MARKET

May - September  
Saturdays 10am - 2pm

Location: Forest Grove Legion Parking Lot

Contact: Becky 250-706-3701

### HERITAGE MARKET

May - September  
Saturdays 10am - 2pm

Location: 108 Heritage Site

Contact: 250-791-5288

## MARKETS

### INTERLAKES FARMER'S MARKET

June \_ September  
Saturdays at the Interlakes Business Area

### LAC LA HACHE FLEA MARKET

Last Sunday of every month 10am-4pm at the  
Lac La Hache Community Hall.

### SOUTH CARIBOO FARMER'S MARKET

May - October  
Fridays 9:00am-2:00pm  
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.

Location: Birch Avenue, 100 Mile House

Contact: marketmanager@  
southcariboofarmersmarket.org



# EVENTS

## SEPTEMBER

### **AUGUST 31st - SEPTEMBER 1st**

Mud Racing  
100 Mile Horse Power Ranch

### **SEPTEMBER 7th**

Parkinsons Superwalk 2024  
1pm- 3:30pm Centennial Park, 100 Mile House

### **SEPTEMBER 7th**

Script Reading Night  
100 Mile Performing Arts Society  
7PM Martin Exeter Hall

### **SEPTEMBER 8th**

Square Dance Intro - FREE  
2-4PM Lone Butte Community Hall

### **SEPTEMBER 11th**

Wrangler's Tailgate Party - Game Night

### **SEPTEMBER 13th & 14th**

South Cariboo Track & Trail  
Season End Scramble

### **SEPTEMBER 15th**

Wrangler's Street Hockey Game

### **SEPTEMBER 27th - 29th**

100 Mile Minor Hockey Tournament  
U13 Rep NCD Icebreaker

## SEPTEMBER

### **SEPTEMBER 28th**

Oktober Fest - 108 Lions 6pm  
108 Mile Community Hall.

### **SEPTEMBER 28th**

108 Heritage Site Fall Fair  
10am-2pm

### **SEPTEMBER 30th**

TRUTH & RECONCILIATION DAY

## OCTOBER

### **OCTOBER 4th**

Fall Round Up - SD 27  
4:00-7:00pm - 100 Mile Elementary

### **OCTOBER 11th**

Wrangler's Turkey Bowling - Game Night

### **OCTOBER 14th**

Thanksgiving

### **OCTOBER 18th**

Wrangler's Indigenous Night - Game Day

### **OCTOBER 25th - 27th**

Minor Hockey Tournament TBA

### **OCTOBER 26th**

RCA AGM  
2pm at the 108 Community Hall

### **OCTOBER 31st**

Halloween Night Ghost Tours  
108 Mile Heritage Site

### **HAPPY HALLOWEEN!**



# EVENTS

## NOVEMBER

### NOVEMBER 2nd

Wrangler's Parent Weekend

### NOVEMBER 2nd

Cattlebells Harvest Social  
Interlakes Community Center

### NOVEMBER 9th

Wrangler's Hockey Fights Cancer Game Night

### NOVEMBER 9TH

Interlakes Christmas Market  
Interlakes Community Center

### NOVEMBER 15th - 17th

100 Mile Curling Club  
Mixed Bonspiel

### NOVEMBER 22nd - 24th

100 Mile Minor Hockey Rep Tournament

### NOVEMBER 23rd

Santa Claus Parade 4:30pm  
Santa Claus Breakfast - RedRock Restaurant

### NOVEMBER 23rd

Christmas Craft Fair  
10AM - 4PM 100 Mile Community Hall

### NOVEMBER 29th -DECEMBER 1st

45th Annual Christmas Arts & Crafts Fair  
100 Mile House Community Hall

## DECEMBER

### DECEMBER 1st

108 Christmas Market  
10am - 3PM 108 Mile Community Hall

### DECEMBER 6th - 8th

100 Mile Minor Hockey Tournament  
U18 Recreation

### DECEMBER 7th

108 Breakfast With Santa  
108 Community Hall

### DECEMBER 8th

Wrangler's Toques & Toes Game Night

### DECEMBER 13th

Wrangler's Billet Appreciation Game Night

### DEC 15th

Wrangler's Food Drive "Fill The Net" Game Night





## JANUARY

**Happy New Year!**

### **JANUARY 10th - 12th**

100 Mile Curling Club  
Men's Bonspiel

### **JANUARY 10th- 12th**

100 Mile Minor Hockey Tournament  
U13 Recreation

### **JANUARY 17th - 19th**

Annual Adult Hockey Tournament

### **JANUARY 23rd**

WinterFest 2025 - SD 27  
9:00am-12:00pm  
South Cariboo Rec Centre



## FEBRUARY/MARCH

### **FEBRUARY 7th - 9th**

100 Mile Curling Club  
Open Doubles Bonspiel

### **FEBRUARY 7th - 9th**

100 Mile Minor Hockey Tournament  
U9 Recreational

### **FEBRUARY 17th**

Family Day Activities - Mount Timothy  
Recreation Resort

Family Day **FREE SKATE** 12pm  
South Cariboo Rec Centre.

### **FEBRUARY 28th - MARCH 2nd**

100 Mile Curling Club  
Women's Bonspiel

### **MARCH 30th**

Slush Cup - Mount Timothy Recreation Resort  
Weather dependant.

### **APRIL 5th**

100 Mile Skating Club Year End  
Performance

**SENIORS RESOURCE FAIR COMING IN  
MAY 2025**

**10th ANNUAL CARIBOO WOMEN'S FAIR  
MAY 2nd & 3rd, 2025**



## COMMUNITY CONNECTIONS

### COMMUNITY FACILITIES & RENTALS

#### 100 Mile Community Hall

Contact: 100 Mile District Office 250-395-2434

#### 100 Mile Curling Rink Lounge

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

#### 108 Community Centre

Contact: 250-706-4323 EmmyLou  
108communityhallbookings@gmail.com  
[www.108ranch.com](http://www.108ranch.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 Centre

Contact: Chet Powell at 250-593-4869

#### Lone Butte Community Hall

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

#### Lac La Hache Community Hall

Contact: llhcommunityclub@gmail.com

#### Martin Exeter Hall & the Valley Room

Contact: 100 Mile District Office 250-395-2434

#### Mount Timothy Recreational Resort

Weddings, reunions, during the off season.

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

#### South Cariboo Recreation Centre

Contact: 250-395-1353

#### Watch Lake Community Hall

Contact: 250-456-7434  
[watchgreenlakecommunityassoc.com](http://watchgreenlakecommunityassoc.com)

### 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: Kim Taylor at 250-395-4855

#### 108 Mile Ranch Lions

Contact: Ingrid 250-791-5663

#### Forest Grove 94 Lions

Contact: Dale Gents 250-397-2837

#### Knights of Columbus

Contact: Chris Betuzzi 250-791-5381

#### Rotary Club

Contact: Gizella Janzen 250-706-1186

#### Big Country Shriners

Contact: Glen Clancy 250-706-4046

Visit the District of 100 Mile House Event Guide  
for event resources the community has to offer.

[www.100mile.com/our-community/events](http://www.100mile.com/our-community/events)

## EVENT GUIDE



### Planning an Event?

This guide lists available event planning resources to help plan your event. Whether it's a conference, a tournament, a meeting, or a family reunion - this guide will help you make your event a success.

<http://www.100milehouse.com/our-community/event-planning-guide>

### Highlight your event or organization in the next Active Living Guide, Fall/Winter Edition!

Contact Shelly at the South Cariboo Rec Centre at 250-395-1353 or [smorton@100milehouse.com](mailto:smorton@100milehouse.com).  
Deadline for submissions is August 15th, 2024.  
Get the word out!



## 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](http://www.100milefire.com)

### **100 Mile House Wranglers Jr. A Hockey**

Contact: 250-395-1005 or  
[office@100milewranglers.com](mailto:office@100milewranglers.com)

### **108 Mile Ranch Community Association**

Contact: [108rca@gmail.com](mailto:108rca@gmail.com)  
[www.108ranch.com](http://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](https://facebook.com/100milesoccer)

### **100 Mile House & District Minor Hockey**

Contact: [info.omhmma@gmail.com](mailto:info.omhmma@gmail.com)  
250-395-4344

### **100 Mile House Skating Club**

Contact: [100milefigureskatingclub@gmail.com](mailto:100milefigureskatingclub@gmail.com)  
250-395-1842

### **108 Mile Heritage Site**

Contact: 250-791-5288 or  
[heritagesite108@gmail.com](mailto:heritagesite108@gmail.com)  
[www.historical.ca](http://www.historical.ca)

### **100 Mile & District Hospice Society**

Contact: 250-395-7680 [100molehospice@shawbiz.ca](mailto:100molehospice@shawbiz.ca)

### **100 Mile Hospital Auxiliary**

Contact: 250-395-7600  
[100mlehospitalauxiliary@gmail.com](mailto:100mlehospitalauxiliary@gmail.com)

### **BC SPCA 100 Mile House & District Branch**

[www.sPCA.bc.ca](http://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 web-site. 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.

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

[cindy.morgan@bigbrothersbigsisters.ca](mailto:cindy.morgan@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

[employ@hortonventures.com](mailto:employ@hortonventures.com)

### **Girl Guides of Canada**

Contact: 604-897-7231

### **Interlakes Community Centre Frozen Meal Program**

Like to cook and have fun? Every other Wednesday join the volunteers.

Location: Interlakes Community Centre

Contact: Gabrielle Clark 604-999-6190

### **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 Association**

Contact: [southcariboominorsoftball100@gmail.com](mailto:southcariboominorsoftball100@gmail.com)

# 10th Cariboo Women's Fair

Annual

May 2nd & 3rd, 2025

South Cariboo Rec Centre  
100 Mile House, BC



Live Entertainment, Wine & Cheese Night,  
Shopping, Over 70 Vendors  
Celebrating Women's Health & Wellness,  
Businesses, & Creativity!

Vendor registration opens January 2025  
Contact Shelly Morton for a vendor package!  
[smorton@100milehouse.com](mailto:smorton@100milehouse.com)  
250-395-1353

Over 70 Vendors!

#2-175B Wrangler Way  
100 Mile House, BB



100 Mile Development Corporation



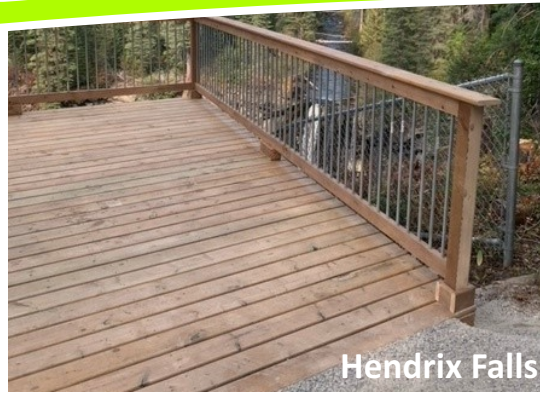




# TAKE A TRAIL TOUR!



Mountain Spruce



Hendrix Falls



99 Mile



Kosta's Cove



Gavin Lake



Exeter



Interlakes



108 Mile



Churn Creek



Moffat Falls



[cariboord.ca/accessible-trails](http://cariboord.ca/accessible-trails)

Discover 28 accessible low mobility trails in the region.  
Visit [cariboord.ca/accessible-trails](http://cariboord.ca/accessible-trails) for more information.

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

*building communities together*

[cariboord.ca](http://cariboord.ca)

[facebook.com/caribooregion](https://facebook.com/caribooregion)  
[facebook.com/crdemergencyoperations](https://facebook.com/crdemergencyoperations)

