

South Cariboo Active Living Guide

2025
Spring/Summer

Photo Credit:
Martens Resort
on Timothy Lake



SOUTH CARIBOO

100 MILE HOUSE

Find us on:

 [Twitter@southcariboovis](https://twitter.com/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.



Message from the CRD Chair

As we gear up for Spring and Summer 2025, the Cariboo Regional District and the District of 100 Mile House are excited to offer its residents a wide variety of lifestyle improving opportunities both indoors and out.

We know getting outside, especially after the long winter months, is vitally important to our physical and mental well-being and the South Cariboo Recreation Centre is an integral part of enabling people to be active individually or in group programs. Check out all the activities offered inside this guide and take the first steps to good health by registering for one (or more) today!



*Chair Margo Wagner
Cariboo Regional
District*

In addition to the instructor-led wellness classes offered by the the Rec Centre, the extensive network of low-mobility accessible trails provides almost endless options to get outdoors and wheel, walk, hike, and explore the beauty of our region. If you'd like to learn more about our local trail networks, visit www.cariboord.ca and search "trails" for details and directions.

On behalf of the Cariboo Regional District, enjoy exploring all that 100 Mile House and the surrounding area has to offer. And, if you're only visiting, we hope this guide will plant the seed of why you should consider making the move to the Cariboo.

Sincerely,
Chair Margo Wagner
Cariboo Regional District



Message from the Mayor

100 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 Centre, 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

Spring and Summer in the Cariboo Chilcotin, we are so fortunate to have all the great outdoor activities right in our own “backyard”. Time to get outside and enjoy the view. I suggest walking some of the great trails we have in the area. Visit the South Cariboo Visitor Centre for maps and information on all our walking areas as well as lakes for fishing. They also have information on the provincial and forestry campsites to help you find the perfect camping spot for you.



*Lorne Doerkson
MLA Cariboo-Chilcotin*

Spring and Summer are also baseball and soccer seasons, take in a game, or better yet, register for a league. There are teams for every age group.

As always, the Cariboo has many rodeos and gymkhanas throughout the area. Family friendly, they make a great day out or maybe the whole weekend.

I hope to make as many events as possible again this year and look forward to meeting with all of you there. Enjoy!

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 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

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:

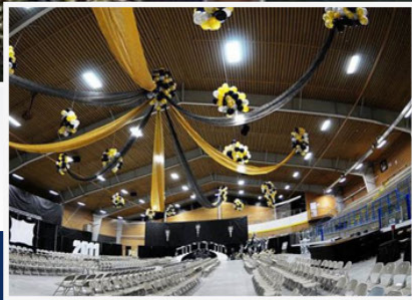
- * community public skate
- * open-ice stick & puck

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

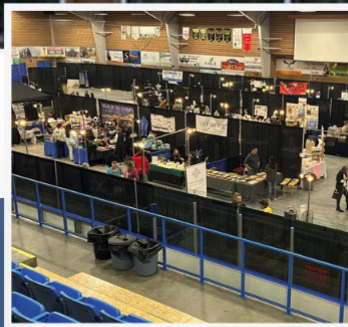
250-395-1353 smorton@100milehouse.com

South Cariboo Rec Centre... More than Ice!



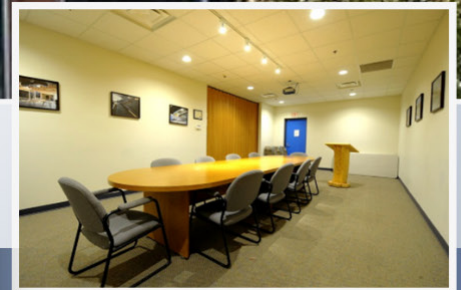
17,000sq. ft arena floor
ideal for:

- 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



EARLY YEARS 0-5 YEARS

ACTIVE START 0-5 YRS

AQUATICS

Cariboo Memorial Complex (Williams Lake)
www.williamslake.ca

Swimming lessons for children 4 months and up.

View their schedule at www.williamslake.ca

Contact: 250-398-7665

BALLET

Raising the Barre Academy of Dance
www.raisingthebarreaod.ca

Ballet for ages 2 yrs and older.

Location: 372 Unit 2 Taylor Way, 100 Mile House

Contact: raisingthebarreaod@gmail.com

BALL

South Cariboo Minor Softball

U5 - birth year 2020-2021

Parent/guardian participation is required. New players are subject to a one-time \$10 SBBC lifetime membership fee.

Earlybird registration: Feb 1 - 28th

Regular registration: Mar 1 - 31st

All players require a 2025/2026 CRD Rec Pass upon registration - available at the South Cariboo Rec Centre.

Location: South Cariboo Softball Ball Fields

Contact: scmsa.office@gmail.com



ACTIVE START 0-5YRS

BOWLING

Big Country Lanes

www.bigcountrylanes.ca

Youth Leagues (YBC)

Bowlasaurus - ages 3-5yrs .

Location: 879 Scott Rd, 100 Mile House

Contact: 778-482-5002

bigcountrylanes@gmail.com

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.

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



ICE SKATING

100 Mile House & District Skating Club

www.100mfsc.ca

Registration opens August 2025

September - April Season

Registration are accepted all season.

CanSkate - 2.5 - 12 years.

Learn to Skate Program, taught in a group lesson format, 6 levels based on balance, control and agility.

Parent & Tot CanSkate - 2.5 - 5 years.

Learn to Skate is for the Tot not yet emotionally ready to join in without a parent on the ice. Taught in a group setting.

All programs taught by Nationally Certified Skate Canada Professional Coaches.

***All skaters must have a current 2025/26 CRD Rec Pass upon registration.**

Location: South Cariboo Rec Centre

Contact: Lisa 250-395-1842 or

100milefigureskatingclub@gmail.com

SOCCER

100 Mile House & District Soccer Association

Introduction to soccer for 3-5 year olds.

Child must be born in 2022 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

All players require a 2025/2026 CRD Rec Pass upon registration - available at the South Cariboo Rec Centre.

Contact: office.omhsa@gmail.com

PARENT SUPPORTS & EARLY YEARS

CARIBOO FAMILY ENRICHMENT CENTRE

www.cariboofamily.org

The Cariboo Family Enrichment Centre (CFEC) is a non-profit family centre which has been strengthening the quality of personal, family, and community life for over 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 pregnancies 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 alongside 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 10-11:30am 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

PARENT SUPPORTS & EARLY YEARS

Early Childhood Development - Speech & Language

The Speech and Language Clinic focuses on supporting early language and communication development in children aged 0-5. Services are available to support children, as well as their parents and caregivers, in identifying and treating communication delays.

The program is accessible at no cost to families as it is funded through MSP. Parents can self-refer their child to the program or call Public Health to get assistance with a referral.

Location Public: Health - 555 Cedar Avenue South Cariboo Health Centre.

Contact: Gabrielle Schlet MS,R.S-LP, SLP (C)
250-395-7600 ext. 57755

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

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.

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

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

Contact: 250-397-2698 or 250-243-2021
Facebook@lllccanada100milehouse/williams-lake

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: metiseducation@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: metiseducation@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

Ready, Set, Learn



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 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

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





SCRC

SUMMER CAMPS

Exciting Activities for Ages 6 - 11 years

Sports - Cooking - Crafts - Activities

July 7 - 11

July 14 - 18

July 21 - 25

August 11 - 15

August 18 - 22



Register at www.100milehouse.com

South Cariboo Rec Centre

250-395-1353

CHILDREN & YOUTH 6-18 YEARS

ACTIVE START

ARCHERY

Big Horn Archery Club

www.bighornarchery.com

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. Visit the website and Facebook page @bighornarchery!

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: bighornarchery100mile@outlook.com

BALL

SOFTBALL

South Cariboo Minor Softball Association

Ages 5 - 20 (born 2005 - 2021)

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 - available at the South Cariboo Rec Centre.

Location: South Cariboo Softball Fields

Contact: scmsa.office@gmail.com



ACTIVE START

BOWLING

Big Country Lanes

www.bigcountrylanes.ca

Youth (YBC) League - Visit the website for Spring League schedules

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

8-21 years. Registration opens in September.
All players require a 2025/2026 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

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

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. Second Tuesdays of the month dedicated to Longsword program.

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

Location: 100 Mile Community Hall

Contact: Tristan Feissli at 604-375-2654

cariboobladedcombat@gmail.com and

“Cariboo Bladed Combat” on Facebook

ACTIVE START

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.

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.

Acro Gymnastics - ages 6-18

A sport that focuses on strength, balance, and flexibility to perform gymnastic based tricks and tumbling sets to music.

Silver Program: Recreational 1 hour classes once 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

HOCKEY

100 Mile House Minor Hockey Association



REGISTRATION for the 2025-26 Season opens on-line April 1-June 30*

See our website for more information.

*registrations may be taken up until October 31 pending space on teams

Offering registration for all skill levels: **U7** (ages 4, 5 & 6), **U9** (7 & 8), **U11** (9 & 10), **U13** (11 & 12), **U15** (13 & 14) & **U18** (15, 16 & 17)

Should enough players be interested before June 30, we may offer Rep or Development level opportunities.

REGISTER EARLY!

Female Hockey Programs

NEW players or players new to the area and for more information, please contact: registrar.omhaha@gmail.com

www.100mileminorhockey.com http://www.100mileminorhockey.com

Proud member of BC Hockey and Hockey Canada with funding assistance provided by the Province of BC

100 Mile House Wranglers Junior A Team

www.100milewranglers.com

Come out and support or volunteer!

Location: South Cariboo Rec Centre

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



100 Mile House Wranglers
2024-2025

ACTIVE START

ICE SKATING

100 Mile House & District Skating Club

www.100mfsc.ca

Season runs from September to April. Registration begins in August and are accepted all season.

CanSkate - 2.5 - 12 years.

Learn to Skate Program, taught in a group lesson format, 6 levels based on balance, control and agility.

Junior Academy

Introduction to Figure Skating taught in a group lesson format for skaters up to 9 years of age who have passed level 5 and show interest in figure skating.

Star Academy

Introduction to Figure Skating taught in a group lesson format for skaters ages 10 years and older that have passed CanSkate level 5 and show an interest in figure skating.

StarSkate:

Figure Skating Program that teaches skills, freeskate, dance, and interpretive skating (must have passed CanSkate level 6)

Teen/Adult

Learn to Skate Program teaches the fundamentals of skating: balance, control, and agility. Gain more confidence and skating skills in a fun, friendly class with your peers.

Synchro

Synchronized skating, often called synchro, is an ice skating sport where between 8 and 20 skaters perform together as a team. They move as a flowing unit at high speed over the ice, while performing elements and footwork. For StarSkate level or equivalent skaters.

Power Skating

High energy Hockey Skating Skills Program for hockey players or the non-figure skater, 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 2025/2026 CRD Rec Pass upon registration.***

Location: South Cariboo Rec Centre

Contact: Lisa 250-395-1842 or
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

JUDO

Kokoro Judo 100 Mile House

www.kokorojudo.ca

Little Warrior: 5-8 year olds

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

Kids Class: 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 advanced.

Kata - Tues. 5-6:00pm ages 9-12.

Nage No Kata: ages 13 plus

New Judoka: ages 14 plus

Beginners (with minimum 10 students) 10 week class - Thursdays 7:00-8:00pm ages 14 plus

Women's Only

(Girls and Women 13 plus)

Thursdays 6:30 - 8pm Women's only self-defense.

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

www.facebook.com/groups/kokorojudo

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

Our website: www.kokorojudo.ca

Location: #22 -105 Birch Ave

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

SOCCER

100 Mile House & District Soccer Association

Season: May-June & September.
Child must be born in 2022 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 available at the South Cariboo Rec Centre.

Registration deadline is March 1st, 2025

"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.

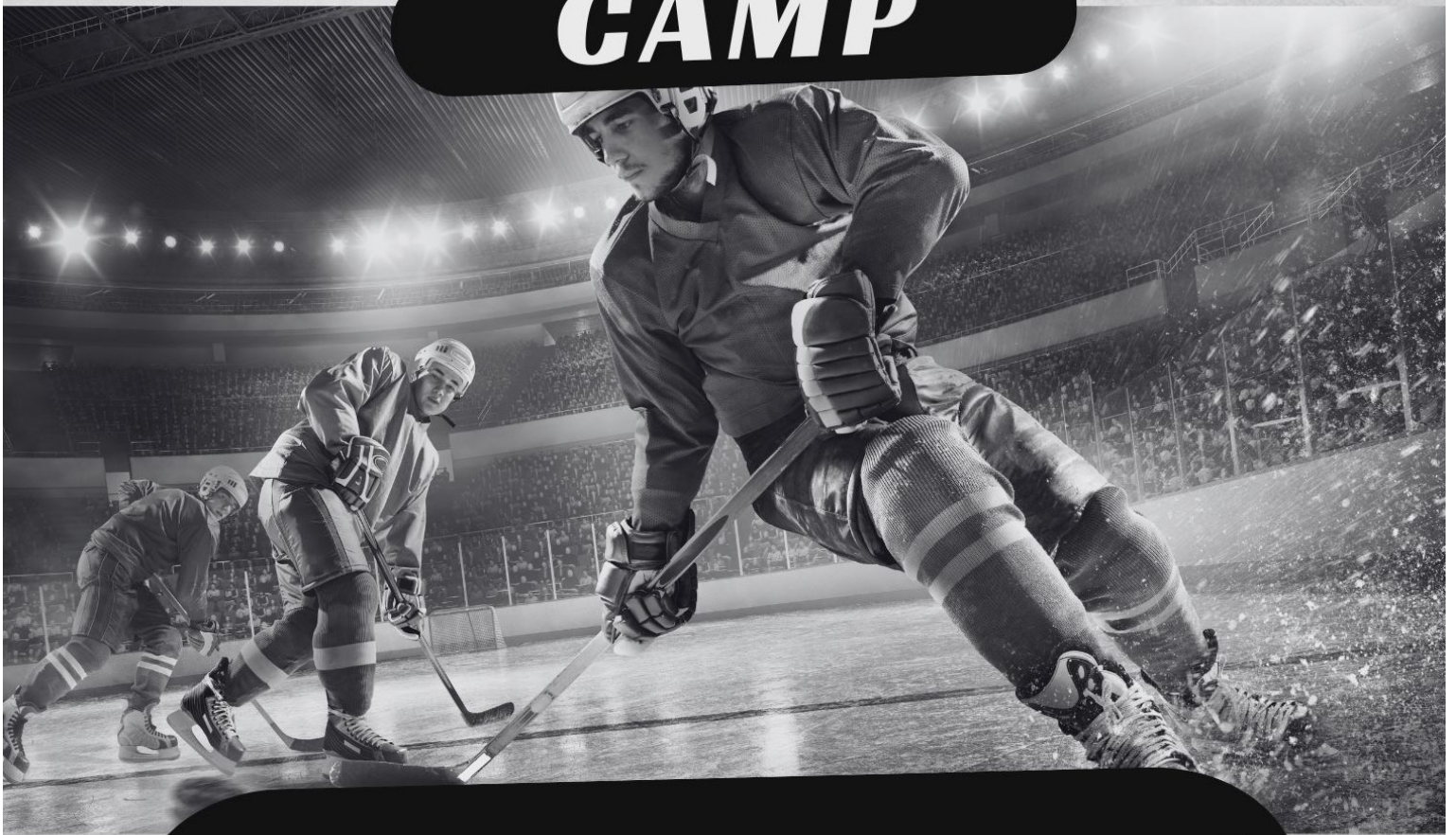
Contact: office.omhsa@gmail.com or 250-706-3865

SCRC

SOUTH CARIBOO REC CENTRE

SUMMER HOCKEY

CAMP



AUGUST 25-29, 2025

REGISTER:

www.100milehouse.com

250-395-1353

PERFORMING ARTS

100 Mile Festival of the Arts

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, instrumental, speech, dramatic arts, and dance. Watch for spring student recital dates in early March. The annual Festival of Arts in April awards 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

100 Mile House Performing Arts Society

www.100mileperformingarts.com

For events and updates visit 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. Visit the website for updates.

Spring Show "Four Old Broads" performance dates are April 3rd - 12th 2025.

Contact: 100MilePerformingArts.com

DANCE

Raising The Barre Academy of Dance

www.raisingthebarreaod.ca

Ages 2yrs - 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.

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

Cariboo Circus Arts

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 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

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 host a variety of all breeds shows in varying disciplines, gym-khanas, clinics and the annual Little Britches Rodeo.

In 2025, the Club is bringing back Youth Education!

Keep an eye on the Facebook page for more information.

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

Follow on Facebook and Instagram @100MileOutriders for all updates and events.

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

Creative Kids Homeschool Class

Bi-weekly classes focused on music and arts. Second Monday of each month

Location: Interlakes Community Center

Contact: Karma at artofmusic@gmail.com
250-593-0130

Flying Rooster Riding Center

Facebook@flyingroosterfarm

Spring/Summer Sessions

Riding Lessons (age 7 and up)

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)

Enjoy quality time with your child and our gentle horses! This parent-child activity begins with brushing and getting comfortable around the horses 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.

Horse Camps

Spring break & Summer

Join us for an unforgettable holiday experience! Perfect for beginner to confident beginner riders, our day camps offer a fun and educational way to connect with horses. Campers will enjoy: Horseback riding in our indoor arena or outdoor round pen, hands-on horse care and horsemanship activities, exciting games and horse-themed crafts, quality time with the herd and other farm animals.

Give your child the chance to build confidence, learn new skills, and make lasting memories with horses.

Location: Flying Rooster Farm

Contact: Ninon Chiberches 250- 644-3456 or manager@flyingrooster.org

YOUTH ACTIVITIES, CLUBS & CAMPS

Gavin Lake Forest Education Centre

www.gavinlake.ca

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

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

Girl Guides of Canada

www.girlguides.ca

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

Sparks: 5-6yrs - Tuesdays 5:30-7pm

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.

Check us out on Facebook at “100 Mile Girl Guides”.

District Guiders volunteer opportunities: Sleepovers, camps, and more. Please contact Shelby at bc_southcariboodc@girlguides.ca

Contact: Rachel at 604-897-7231 or 100milegirlguides@gmail.com

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

Interlakes Horse Club

www.interlakeshorseclub.ca

The Interlakes Horse Club is a newly formed club catering to the grass roots needs of the equine community. We are volunteer driven and put on a wide variety of equine events both educational and competitive. We strive to provide the best for our members by offering a safe environment to learn with your horse. Our calendar is filled with something for everyone, from our exclusive horsemanship sampler series to our recreational riding and youth programs. If you're looking for an inviting horse club with a great calendar and great year end award opportunities then look no further than the Interlakes Horse Club.

Location: Interlakes Rodeo Grounds

Contact: interlakeshorseclub@gmail.com

Jump - Educo Adventure Camp

www.jumpcanada.org

Tailored for ages 7-17, our enriching programs focus on leadership, personal development, and growth, offering an unforgettable summer of learning and empowerment amid the stunning Canadian wilderness.

Explore the world with JUMP! Global Summer Camps—unleashing adventure, cultural immersion, and unforgettable experiences. Join us for a summer of discovery and friendship across diverse locations worldwide!

Location: 4592 Gustafsen Lake Road

Contact: 250-395-3388

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 250-706-1476 or lonebutte4hclub@gmail.com

YOUTH ACTIVITIES, CLUBS, & CAMPS

Lake of the Trees Bible Camp

www.lakeofthetrees.com

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

Contact: 250-791-5502

Raven Youth Activity Centre Cariboo Family Enrichment Centre

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

**Instagram: raven.youth
South Cariboo Rec**

Centre Summer Camps

www.100milehouse.com

Day camps run 9am-4:30pm Monday to Friday. camp weeks scheduled.

July 7th - 11th

July 14th - 18th

July 21st - 25th

Aug 11th - 15th

Aug 18th - 22nd

The SCRC camps are filled with fun activities for kids with many different interests. Camps include sports, outdoor activities, crafts, baking, cooking, and outings around town.

Visit the website to register today!

Location: SCRC

Contact: 250-395-1353



YOUTH ACTIVITIES, CLUBS, & CAMPS

Red Cross Babysitting Course

South Cariboo Rec Centre

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: 11-16

Location: South Cariboo Recreation Centre

Contact: 250-395-1353

Red Cross Stay Safe Course

South Cariboo Rec Centre

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: 250-395-1353



Canadian
Red Cross

Training Partner

RECREATION FINANCIAL SUPPORTS

KidSport - 100 Mile House

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.

Contact: kidsport100milehouse@gmail.com

Jumpstart

www.canadiantire.ca/jumpstart

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

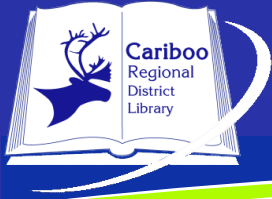
Contact: 1844-937-7529'



Athletics 4 Kids

www.a4k.ca

Providing Sport4life Grants for registration fees of \$200 per sport for kids 5 - 18 years of age.



CRD 100 Mile Library Spring and Summer FUN



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

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

Did you know?

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



What are some of the programs we offer?

- Lego Club (all ages)
- Lil' Library Club (ages 5-12)
- Storytime (ages 0-5)
- Take & Makes (ages 5+)
- Summer Reading Club
- Adult/Senior Social and Book Clubs
- Teens D&D Club
- Knitting & Crochet Club

Online Resources

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

Check out our website
cln.ca



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

Forest Grove

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

Lac La Hache

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

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

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

Pass Programs

Government of BC Bus Pass Program

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 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.

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

handyDART

Bookings: 250-395-2834

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

handyDART service is available:

Monday – Friday 8:45 a.m. – 4:30 p.m.

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

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

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

Rural Transit

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



Health Connections

Service to Williams Lake

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

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

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

One-way Fare: \$5.00

1 100 Mile House

Monday to Friday

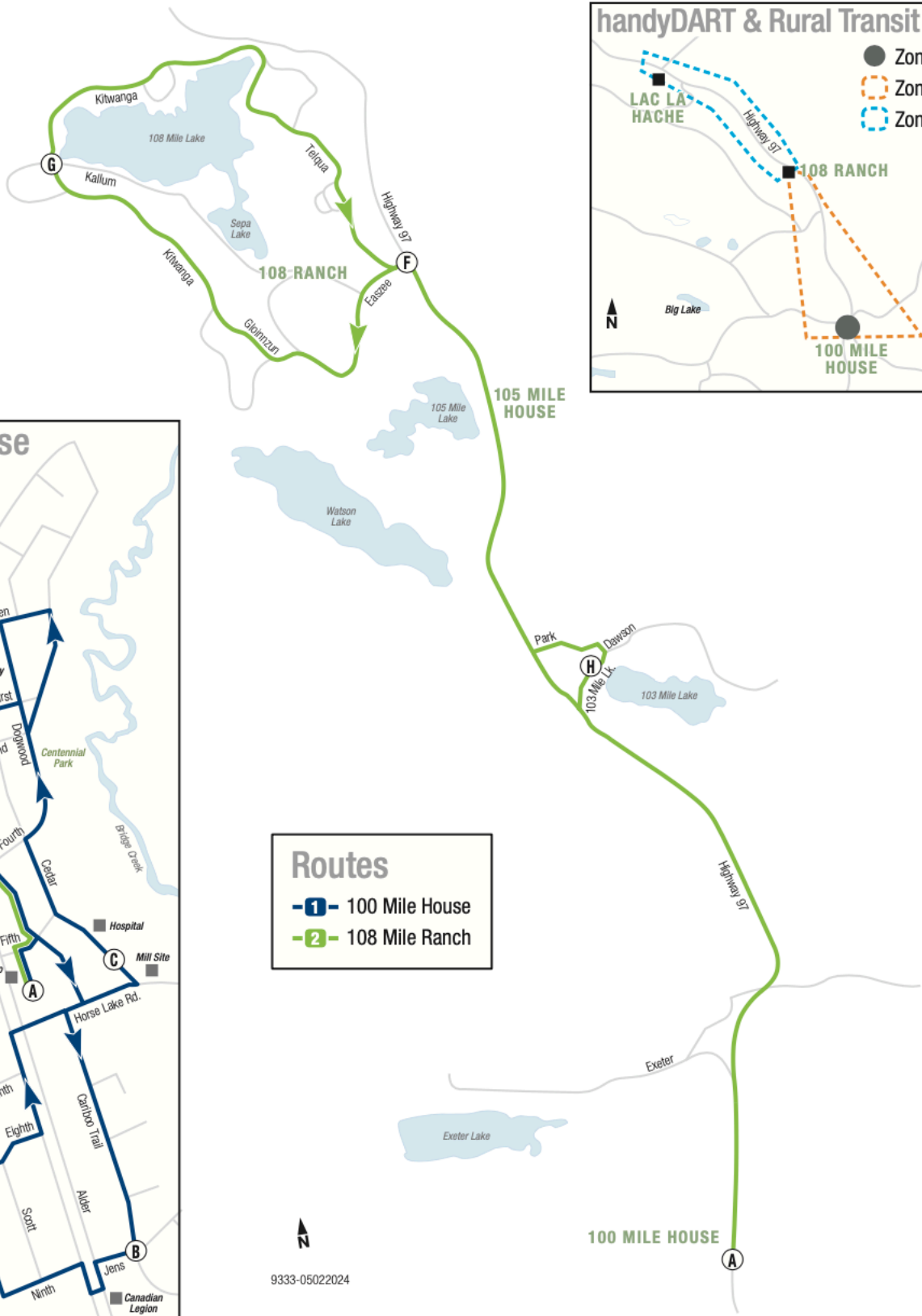
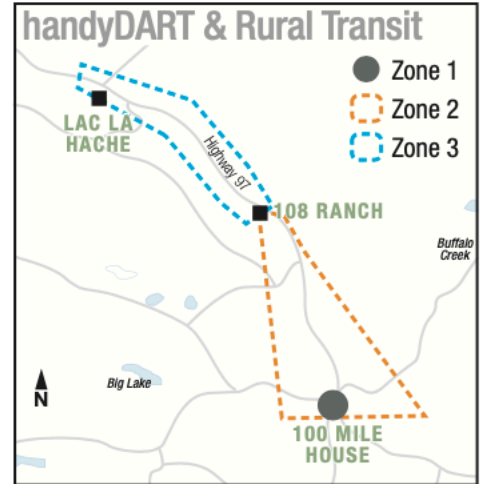
(I)	(J)	(E)	(A)	(B)	(C)	(J)	(E)	(A)
Save-On Foods Mall	100 Mile Elementary	Second and Birch	Cariboo Mall	Jens St and Cariboo Trail	Hospital	100 Mile Elementary	Second and Birch	Cariboo Mall
—	—	8:15	8:26	8:30	8:35	8:38	8:39	8:43
—	—	10:29	10:33	10:37	10:42	10:45	10:46	10:50
1:23	—	1:25	1:29	1:33	1:38	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 Easzee	Kitwanga and Kallum	Cariboo Hwy and Easzee	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.



SCRC

ADULT REC SPORTS

Indoor Soccer

Pickleball

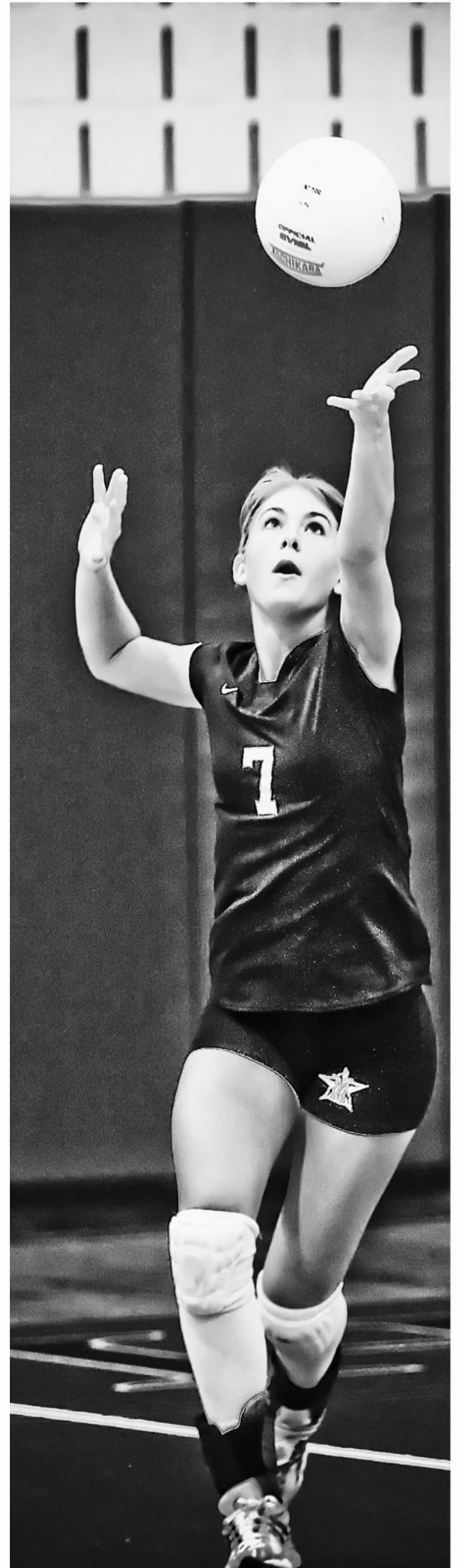
Volleyball

Basketball

OCTOBER - MAY

Register at the
South Cariboo Rec Centre
175B Wrangler Way
Punch Pass Required for Play

250-395-1353





FITNESS, HEALTH, & WELLNESS

ADULT SPORTS 18+ RECREATIONAL

South Cariboo Rec Centre

www.100milehouse.com

Indoor sports run October - May and registration is on going.

Visit the South Cariboo Rec Centre to register and purchase your punch pass.

Pickleball

Beginner, Novice, and Intermediate levels. Lessons & Skill Development.

Volleyball, Indoor Soccer, Basketball and more!

Location: SCRC #2-175B Wrangler Way

Contact: 250-395-1353 or smorton@100milehouse.com

ARCHERY

Big Horn Archery club

www.bighornarchery.net

A thriving community group dedicated in promoting the sport of archery. Enhance your archery skills through regular practice at Bighorn Archery with experienced and supportive shooters.

Indoor Practices - October - May

Outdoor Practices May- October

Visit the website for membership information.

Contact: bighornarchery100mile@outlook.com

AQUATICS/SWIMMING

Cariboo Memorial Complex, Williams Lake

www.williamslake.ca

Contact: 250-398-7665

BASEBALL

100 Mile Mixed Slo-Pitch League

For more information visit our facebook group [@100milehouseslo-pitch](https://www.facebook.com/100milehouseslo-pitch).

Location: 175 Wrangler Way SC Softball Fields

Contact: Gerald Allen 778-551-0434

BOWLING

Big Country Lanes

www.bigcountrylanes.ca

Visit the website for Spring League and public bowling details

Location: 879 Scott Rd

Contact: 778-482-5002



FITNESS, HEALTH, & WELLNESS

BC SPECIAL OLYMPICS - 100 Mile House

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. Contact: Alexander Orser
Region 8 Coordinator

Development Coordinator, Northern Region
region8@specialolympics.bc.ca

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

All players require a CRD 2025/2026 Rec Pass upon registration

Season runs October through March.

Contact: 250-395-4442

100milecurlingclub@gmail.com

DANCE

Cariboo Squares

www.cariboosquares.ca

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

Beginners: Registration opens in September

Experienced: Welcome to join anytime.

No partner necessary.

Location: 869 Alder Ave Unit 13 100 Mile House

Contact: Patrick or Lee at
info@cariboosquares.ca

BELLY DANCING

Canadian Tribal Style Belly Dance

CTS belly dance is a lead and follow dance style that encourages community within dancers. No set choreography or music. Learn to play the zylls (finger cymbals) while you get some activity in a safe and fun atmosphere. A low impact dance style that encourages core strength and a flexible spine.

May 7 start: Wed. 6-7:30pm 6-8 weeks

September 9 start: Tues. 6-7:30pm

September 10 start: Wed. 6-7:30pm 12 weeks

Location: Revelry Art Studio #3 869 Alder Ave

Contact: Faith at 250-305-9904 or
faithbellydancer@gmail.com

Mystique Bellydancers

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

Lone Butte Community Hall:

Wednesdays 7:00 - 8:30pm

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@BeautifulSoulYogaandFitness

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

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

Dancing in the Dark Events visit

www.events.jessthomas.ca

Interlakes Community Center Fitness Activities.

www.interlakescommunity.com

Facebook@interlakescommunitycentre

Cardio & Fitness with Dolly

Call or visit the Facebook page or website for dates.

Yoga with Prairie - Yoga at the Lakes

Mondays: 9:00 - 10:30am

Pickleball

Mondays: 6-8:30pm Open Play

Tuesdays & Thursdays:

Advanced: 8am-10am

Intermediate: 10am - 12pm

Open Play: 12pm - 2pm

Fridays:

Intermediate 10am-12pm

Open Play: 12-2pm

Line Dancing

Tuesdays 2:30-4pm - No experience necessary. call for start date.

Location: Interlakes Community Center

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

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

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

Location: 108 Mile Ranch

Contact: 778-896-9066 shawnaanderson@
tbc@gmail.com

Treat yourself Wellness-Yoga Therapy

www.treatyourselfwellness.com

Location: 4933 Gloinnzun Drive 108 Mile Ranch

Contact: Angela Hansen 250-644-0058

Vintage Athletics

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

GOLF

108 RESORT: GOLF & OUTDOOR ADVENTURES

www.108golfresort.com

500 acres of outdoor adventure space. CPGA 18 hole course. Annual Memberships & junior programs available. Twilight Special after 3pm. Adult & Senior Drop-in/Power Cart Rental Opens mid-April, weather dependent, 8am-8pm

Location: 4816 Telqua Dr, 108 Mile Ranch

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

108 Men's Golf

Contact: 250 791- 5212

108 Ladies Golf Club

Contact: Linda Lewis 250-791-6292 or Mildred Halcro at 250-395-2079

108 Seniors' Golf Club

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



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

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

Interior Iron and Fitness

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

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

Location: 21-231 Birch Avenue

Contact: info@solidfitness.ca 250-706-6678

FITNESS, HEALTH, & WELLNESS

ICE SKATING

100 Mile House Skating Club

www.100mfsc.ca

Season runs September - April. Registration begins in August and are accepted year round.

Teen/Adult: Learn to Skate Program teaches the fundamentals of skating: Balance, Control, and Agility. Gain more confidence and skating skills in a fun, friendly class with your peers.

***All skaters must have a current 2025/26 CRD Rec Pass upon registration.**

Location: South Cariboo Rec Centre

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

JUDO

Kokoro Judo - 100 Mile House

www.kokorojudo.ca

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

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

Beginners Class: 10 weeks 14+

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

Tuesday 6:30 to 8:00 Women's only self-defense.
Visit website: www.kokorojudo.ca for all info.

Location: #22 - 150 Birch Ave

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

MOUNTAIN BIKING

Huncity Mountain Bike Club

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

PICKLEBALL - ADULT

South Cariboo Pickleball Association

Novice and Intermediate Levels.

The association organizes plays June - September in Lac La Hache at the Rolf Zeis Arena and October - May at Buffalo Creek Elementary. The SCPA and SCRC work together during the winter to provide many opportunities for play around the area.

For more information visit the Facebook page @southcariboopickleballassociation.

Contact: Lorne Landry at 250-791-5300 or
lplandry1969@gmail.com for summer play.

South Cariboo Rec Centre

www.100milehouse.com

Beginner Lessons, Novice and Intermediate Levels.

South Cariboo Rec Centre play is October - May, at SD27 Schools and players require a punch pass through the Rec Centre. The South Cariboo Rec Centre encourages all players registered to join the SCPA. The SCRC and the SCPA work together to provide many opportunities for play throughout the area.

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

SOCCER

Adult Soccer

Outdoor soccer May through September
Monday evenings

Facebook page @100MileHouseAdultSoccer
100 Mile House & Dist. Soccer Fields



OUTDOOR RECREATION

108 ATV Club

www.108atvclub.ca

Looking for new adventures and meet new people while exploring the great outdoors of our community? Join the Club! Visit the website and find the calendar for weekly weekend rides!

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

Visit the facebook or instagram pages @100MileOuriders

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 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 the SCRC.

Contact: 100mileoutriders@gmail.com

100 Mile Fly Fishers Club

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

Contact the club for activities.

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

Cariboo Agility Team

terrozx.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

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. Visit the facebook page for more info on biweekly trap shoots.

Contact: fgrrodandgun@gmail.com

Facebook: Forest Grove Rod and Gun Club

Interlakes Horse Club

www.interlakeshorseclub.ca

The Interlakes Horse Club is a newly formed club catering to the grass roots needs of the equine community. We are volunteer driven and put on a wide variety of equine events both educational and competitive. We strive to provide the best for our members by offering a safe environment to learn with your horse. Our calendar is filled with something for everyone, from our exclusive horsemanship sampler series to our recreational riding and youth programs. If you're looking for an inviting horse club with a great calendar and great year end award opportunities then look no further than The Interlakes Horse Club.

Contact: interlakeshorseclub@gmail.com

OUTDOOR RECREATION

Lone Butte Fish & Wildlife Association

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
250-644-8613

Mica Mountain Riders Association

www.micamountainriders.ca

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

Facebook@MICAMRA

Contact: 250-395-3808 micamountainriders@gmail.com

Mount Timothy Recreation Resort

www.skitimothy.com

Mt. Timothy Recreational Resort has something for everyone with recreation activities offered all year round. During the warmer weather, enjoy the opportunity to rent Ebikes, kayaks, bouncy castles, Zorb balls, paddle boards, and fishing boats with oars. Book an exciting ATV or plane tour, and for the sport enthusiast; volleyball, badminton, and horseshoe pits for those friendly competitions. Visit the website for a list of events and chalet rentals.

Location: 5398 Timothy Mountain Lake Road
Lac La Hache

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

Quad Squad South Cariboo Atv Club

Facebook: "Quad Squad ATV Club"

Our Quad Squad South Cariboo is a fun, adventurous club eager to take spontaneous trips as well as planned excursions to keep us active. We work to improve the trail systems & protect the environment in our Cariboo Region.

Contact: quadsquadsatvclub@gmail.com
Facebook: "Quad Squad ATV Club"
Sheila Matthews 604-644-1101

South Cariboo Track & Trail Dirt Bike Assoc.

Facebook.com/SCTrackandTrail

Location: 900 Ainsworth Rd

Contact: 250-644-2064 sctracandtrail@gmail.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

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

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!

@ South Cariboo Astronomy Club

Contact: Steve Coleopy at 604-813-7233 or email at scoleopy@hotmail.com.

BINGO

108 Mile Community Hall

www.108ranch.com

1st and 3rd Tuesdays October - April

Doors open at 6pm and Early Bird starts at 7pm. Visit the website for future dates and information.

Location: 4924 Telqua Drive, 108 Mile Ranch

Forest Grove Legion

Wednesdays at 11am

Interlakes Community Centre

Once a month on Sundays. visit interlakescommunity.com for dates.

1:00-4:00pm Doors open at noon. 19 Plus and Cash only.

250-593-4869

Lac La Hache Community Hall Bingo

April - October Visit www.llhcommunityclub.com for 2025 start date. 7pm Wednesdays

CARDS

Interlakes Community Centre

www.interlakescommunity.com

Afternoon Bridge - Wednesday 3:30 - 5:30pm

Bridge/Duplicate - Thursday 6:30pm - 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

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

Seniors Coffee Connection at Creekside Seniors Centre.

Join for coffee and and exchange positive energy and ideas! First and third Wednesdays monthly.

Location: 501 Cedar Avenue

Contact: Marilyn at 250-395-4070



ARTS

GENERAL ARTS

100 Mile & District Arts Council

www.100milearts.com

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

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

Revelry Arts

www.revelryarts.ca

Social dancing & painting classes for adults.

Location: 869 Alder Ave #3

Contact: hi@jessthomas.ca

Chris Harris Studio Gallery

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. You can choose from my existing library, or we can work together to create a custom painting just for you and your group. I also do commission work.

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



ARTS

Parkside Art Gallery

www.parksideartgallery.ca

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

As a volunteer not-for-profit art gallery, you will find a featured presentation as well as a selection of paintings 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

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

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 excluding summer months. Contact Linda if you are interested for meetings over the summer months.

Contact: Linda Peterson at 250-791-5286 or
linpet@shaw.ca



PERFORMING ARTS

PERFORMING ARTS

100 Mile House Performing Arts Society

www.100mileperformingarts.com

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 in September. This week long theatre workshop experience for school age children, culminating in a performance for the public.

"Four Old Broads" performance dates are April 3rd -12th 2025.

Contact: 100MilePerformingArts@gmail.com

BAND

100 Mile Community Band

[Facebook @100milecommunityband](https://www.facebook.com/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

CHOIR

Eclectica Community Choir

Rehearsals are on Wednesdays 7pm-9pm at the 100 Mile United Church at 49 Dogwood Crescent All ages welcome! The season runs from September - December and January to May.

Contact: Margot 250-945-4080 pilgersh@shaw.ca

DANCE

Belly Dancing at Bridge Lake Store

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

Canadian Tribal Style Belly Dance

CTS belly dance is a lead and follow dance style that encourages community within dancers. No set choreography or music. learn to play the zylls (finger cymbals) while you get some activity in a safe and fun atmosphere. A low impact dance style that encourages core strength and a flexible spine.

May 7 start: Wednesdays 6-7:30pm 6-8 weeks
September 9 start: Tues. 6-7:30pm 12 weeks
September 10 start: Wed. 6-7:30pm 12 weeks

Location: Revelry Art Studio #3 869 Alder Ave

Contact: Faith at 250-305-9904 or faithbellydancer@gmail.com



PERFORMING ARTS

Mystique Bellydancers

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

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

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

Cariboo Squares

www.cariboosquares.ca

Cariboo Squares is a Modern Western Square Dance Club offering SSD (social square dancing) classes and events. No partner necessary, and no special clothing required.

Beginners: Next registration opens Sept. 2025
Experienced Dancers: Welcome to join anytime.

Location: 869 Alder Ave Unit 13 100 Mile House

Contact: Patrick or Lee at info@cariboosquares.ca

Cariboo Circus Arts

www.caribooarts.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 you if you have had previous 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 caribooarts@gmail.com



PERSONAL DEVELOPMENT

CARIBOO CHILCOTIN PARTNERS FOR LITERACY PROGRAMS

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.

Dates/Times: TBD

Location: #102 – 475 South Birch Ave

Contact: Lory @ 250-395-0655
lory@caribooliteracy.com

Community Literacy Outreach

Free assistance with documents and forms. Private 1-1 appointments; financial literacy coaching and workshops.

Location: #102 – 475 South Birch Ave

Contact: Lory @ 250-395-0655
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.

Location: #102 – 475 South Birch Ave

Contact Lory @ 250-395-0655
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

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

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

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

Guydelines for Success

www.guydlinesforsuccess.ca

PAL, CORE, RPAL courses.

Guydlines for Success offers students more than “the basics. Teaching you how to pass the exams, as well as what you need to know AFTER the exams. Learn how to be safe, competent and responsible at home, at the range, or in the field.

Contact: 778-241-3418 or guydlines2013@gmail.com

Work BC Centre

Work BC services provide the necessary tools and resources for both employees and employers to be successful in the labour market. All services are free.

Horton Ventures Inc.

www.hortonventures.com

Work BC - Job Postings - Advertise a job

Location: 808 Alpine Ave, 100 Mile House

Contact: 250-395-5121

centre-100milehouse@workbc.com

100 Mile & District Hospice Society

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 Society

100milefoodbank.ca

Hamper Distribution Days:

1st & 3rd Tuesday 10am - 2pm

Perishable Food Days:

Mondays, Wednesdays, & Fridays 10am-12:30pm *Except Wednesdays immediately following a distribution Tuesday.

Location: 199-7th Street, 100 Mile House

Contact: 250-395-3923

info@100milehousefoodbank.ca

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: 250-395-2708

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. A number of group courses are run throughout the year, including Anger Education, Personal and Relational Skills, and Post-partum Anxiety and Depression Support.

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

www.cariboobraininjury.com

Facebook @Cariboo Brain Injury Support

Support service to those impacted by a brain injury/stroke. The Association has many events and meetings on their calendar. Visit the Facebook page or the website for more information.

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

FOSTER PARENTS MAKE A DIFFERENCE!

Our
community
NEEDS
caregivers!



Have you considered becoming a Foster Parent?

- Can you provide a loving, supportive, and nurturing environment?
- Do you have patience and are you able to mentor a young person?
- Can you open your home and your heart to a child or teen in need?
- Can you work with the child's family and social worker?

If you answered 'yes' we want to hear from you!

Our program will help connect you to a resource social worker in your area to get your application started. While the requirements vary in each community, there is a need for Foster Parents wanting to work with: children and youth with support needs, babies, youth and sibling groups. Scan the QR code or contact:

Tabitha Fournier - Network Facilitator - (250) 320-4603



EVENTS

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

THE NEW FOREST GROVE MARKET

May - September
Every Saturday 10am -3pm across the street
from the Forest Grove Store.
October - May at the Forest Grove Community
Hall

HERITAGE MARKET

May - September
Saturdays 10am - 2pm
Location: 108 Heritage Site
Contact: 250-791-5288

MARKETS

LAC LA HACHE FLEA MARKET

Last Sunday of every month 11am-3pm at the
Lac La Hache Community Hall.
Contact: Fran 250-396-4003

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

APRIL

APRIL 5th

100 Mile Skating Club Celebrates 50 Years, Year End Ice Show featuring Elvis Stojko & Gladys Orozco. 11am and 6pm shows at the South Cariboo Rec Centre

APRIL 5th

Forest Grove Spring Fling Market
Forest Grove Community Hall 10am-3pm

APRIL 10th - 12th

100 Mile Wranglers Junior A
Spring ID Camp

APRIL 23rd

Work BC Job Fair
10am - 3pm at the South Cariboo Rec Centre

APRIL 25th

CMHA Art Show Opening Night Parkside Art Gallery

APRIL 25th & 26th

South Cariboo Outdoor & Recreation Show
Friday 5-9pm Saturday 10am - 3pm
South Cariboo Rec Centre

APRIL 29th

Seniors' Resource Fair
10am - 2pm
South Cariboo Rec Centre

APRIL 28th - MAY 9th

100 Mile Festival of the Arts

APRIL 26th

Wild Flower Womens' Gathering
Watch Lake Community Hall

MAY

MAY 2nd & 3rd

Cariboo Women's Fair
Friday 5-9pm & Saturday 10am - 3pm
South Cariboo Rec Centre

MAY 4th

100 Mile & District Soccer Assoc.
CYSA Tournament U10-U18

MAY 10th

108 Heritage Site Tailgate Party/Garage Sale

MAY 10th

100 Mile Festival of the Arts Showcase Concert

APRIL 26th

Wild Flower Womens' Gathering
Watch Lake Community Hall

MAY 24th

108 Mile Ranch Fair
10am - 4pm at the 108 Mile Community Hall.

MAY 24th

Wild Flower Womens' Gathering
Watch Lake Community Hall

MAY 25th

Walk for Guide Dogs by the 108 Lions Club
Registration at noon and walk at 1pm.
Ingrid: 250-791-5663

MAY 30th, 31st, JUNE 1st

100 Mile Slo-Pitch Ice Breaker Tournament
SCRC Ball Fields



JUNE

JUNE 7th - 8th

Watch Lake - Green lake Fishing Derby

JUNE 8TH

Buckle Series - 100 Mile Outriders Grounds

JUNE 13TH & 14TH

Logan Parent Memorial Rodeo
"Bulls a& Barrels"

JUNE 20th

PSO Grad Ceremonies
South Cariboo Rec Centre

JUNE 20th & 22nd

108 Heritage Site

JUNE 21ST

BC DragIT Challenge
100 Mile House Airport

JUNE 21st

Wild Flower Womens' Gathering
Watch Lake Community Hall

JUNE 21st & 22nd

Big Horn Archery Traditional 3D Archery Shoot

JUN 29th

Buckle Series - Interlakes Rodeo Grounds
Gymkhana and Horsemanship Event

JUNE 28th - 30th

Bridge Lake Rodeo

JULY

JULY 1st

108 Heritage Site Canada Day Celebrations

JULY 4th

REMAX 100 Parks Alive Summer Music Series
6-8pm in Centennial Park

JULY 11th

REMAX 100 Parks Alive Summer Music Series
6-8pm in Centennial Park

JULY 12th

Watch Lake Gymkhana

JULY 13th

Buckle Series - 70 Mile Riding Arena

JULY 18th

REMAX 100 Parks Alive Summer Music Series
6-8pm in Centennial Park

JULY 18th - 20th

Hot July Nights Car Show

JULY 20th

Gymkhana - 100 Mile House & District Outriders
Grounds.

JULY 25th

REMAX 100 Parks Alive Summer Music Series
6-8pm in Centennial Park

JULY 26th

108 Mile Heritage Site Celebrates 50 years!

JULY 26th

100 Mile Wrangler Junior A
Annual Alumni Golf Tournament



AUGUST

AUGUST 1st

REMAX 100 Parks Alive Summer Music Series
6-8pm in Centennial Park

AUGUST 2nd & 3rd

BCRA Interlakes Rodeo

AUGUST 8th

REMAX 100 Parks Alive Summer Music Series
6-8pm in Centennial Park

AUGUST 8th - 10th

100 Mile Slo-Pitch Yearend Tournament

AUGUST 9th

Watch Lake Gymkhana

AUGUST 9th & 10th

100 Mile Outriders 3rd Annual Ranch Show

AUGUST 15th

REMAX 100 Parks Alive Summer Music Series
6-8pm in Centennial Park

AUGUST 16th & 17th

Steven Daniels Memorial Ball Tournament
South Cariboo Ball Fields

AUGUST 17th

Buckle Series - 100 Mile Outriders Grounds

AUGUST/SEPTEMBER

AUGUST 22nd

REMAX 100 Parks Alive Summer Music Series
6-8pm in Centennial Park

AUGUST 24th

Buckle Series - Interlakes Rodeo Grounds
Gymkhana and Horsemanship Event

AUGUST 23rd & 24th

Cariboo Agility Dog Trials

AUGUST 22nd & 24th

Mt. Timothy Mountain Music Fest

AUGUST 23rd & 24th

South Cariboo Garlic Festival
Lac La Hache

AUGUST 22nd

REMAX 100 Parks Alive Summer Music Series
6-8pm in Centennial Park

SEPTEMBER 21st

Buckle Series - 70 Mile Arena

SEPTEMBER 27th & 28th

Bighorn Archery Indoor 3D Shoot.

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

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

Year round chalets and venue buildings available
for weddings & reunions.

www.skitimothy.com

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

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

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 Edition!

Contact Shelly at the South Cariboo Rec Centre at 250-395-1353 or 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

100 Mile House Wranglers Jr. A Hockey

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

108 Mile Ranch Community Association

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

108 Mile Ranch Lions Club

Local volunteer service group in 108 Mile Ranch dedicated to raising funds within our community.

Contact: Ingrid at 250-791-5663

100 Mile & District Soccer Association

visit: facebook.com/100milesoccer

100 Mile House & District Minor Hockey

Contact: info.omhmha@gmail.com
250-395-4344

100 Mile House Skating Club

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

108 Mile Heritage Site

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

100 Mile & District Hospice Society

Contact: 250-395-7680 100molehospice@shawbiz.ca

100 Mile Hospital Auxiliary

Contact: 250-395-7600
100molehospitalauxiliary@gmail.com

BC SPCA 100 Mile House & District Branch

www.sPCA.bc.ca

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

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

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

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 & Fischer 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

OUTDOOR AND RECREATION SHOW

April 25 & 26, 2025

Friday 5pm-9pm

Saturday 10am-3pm

Showcasing the incredible resources that we
have at our disposal in the South Cariboo

“The Great Outdoors”

South Cariboo Rec Centre
100 Mile House

**REGISTER YOUR
BUSINESS OR ORGANIZATION
NOW!**

☎ 250-395-1353 ✉ smorton@100milehouse.com
lalbert@100milehouse.com



CARIBOO WOMEN'S FAIR

MAY 2ND & 3RD, 2025

FRIDAY 5PM - 9PM

SATURDAY 10AM - 3PM

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

South Cariboo Rec Centre
100 Mile House

**REGISTER YOUR
BUSINESS OR ORGANIZATION
NOW!**

☎ 250-395-1353 ✉ smorton@100milehouse.com
lalbert@100milehouse.com

OVER
70 VENDORS!

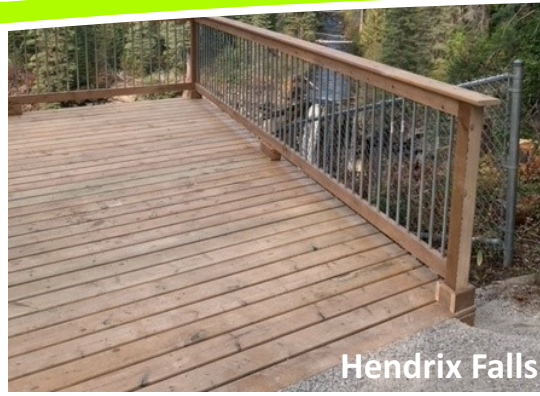




TAKE A TRAIL TOUR!



Mountain Spruce



Hendrix Falls



99 Mile



Kosta's Cove



Gavin Lake



Exeter



Interlakes



108 Mile



Churn Creek



Moffat Falls



cariboord.ca/accessible-trails

Discover 28 accessible low mobility trails in the region.
Visit cariboord.ca/accessible-trails for more information.

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

building communities together

cariboord.ca

facebook.com/caribooregion
facebook.com/crdemergencyoperations

