

Here's a preview of our **ACTIVE LIVING PROGRAMS**

PIM Membership required to access all programs

Monday Bowling Group

A weekly program for Adults from September to June on Mondays at Bowlertime from 1:30 - 3:30 pm.

Supported by our staff & volunteers.

Transportation not provided.



Tuesday Night Fitness Club

A weekly program for Adults from September to May that features fitness and sport activities as well as cooperative games.

Offered Tuesday evenings at Arthur Hatton Elementary School from 7:00 - 8:30 pm. The program is led by a qualified Fitness Instructor and supported by staff & volunteers.

Transportation available.

This program is financially supported by the Community Living BC

\$12.50/month

Tuesday Card Group

A weekly get-together for Adults from September to June on Tuesday morning at People In Motion from 10:30 - Noon

Supported by our volunteers

Transportation not provided.



Wheelchair Curling

A new venture every Thursday (until the ice is removed) from 1 - 3 pm at MacArthur Island Curling Club

Supported by our staff and volunteers.

Transportation not provided

Social Club

Adult Club members meet weekly year round to do a variety of activities (as determined by the members themselves) in the community and surrounding area.

Supported by our staff and volunteers.

Transportation provided

\$12.50/month

Youth Club

What's it all about?

It's about....

- teens with disabilities hanging out with other teens.
- personal growth through recreation.
- quality of life and lifestyle.
- having fun.

Supported by our staff and volunteers.

Transportation provided

\$12.50/month

This program is financially supported by Variety - The Children's Charity

Summer Youth Recreation

This program is for youth with disabilities receiving services from CLBC, offered in a day camp type of format and contingent upon annual funding renewal.

Adaptive Recreation Equipment

Currently we have a Hand Cycle available for members (with orientation helmet provided), and a Trail Rider. Other planned acquisitions include a Beach Wheelchair. No charge at this time to use these items. Call us for more information.

COSTS



Bowling Group members pay for their own games and transportation.



The Card Group members pay only for transportation.



The Wheelchair Curling members pay only for transportation.

**Social Club and Youth Club members
Additional fees may be required for some outings.**

**Summer Youth Recreation:
by referral from CLBC; no charge.
Contact us for more information.
Transportation provided
with some restrictions**

Our Active Living Programs are funded in part by the Thompson Nicola United Way, the City of Kamloops (Social Planning Grant), Community Living BC and Variety-The Children's Charity.

MEMBERSHIP

Active Living Program participants are required to have a current People In Motion membership (\$10.00 individual, \$15.00 family).

A People In Motion membership also gives you an opportunity to be a voting member, receive newsletters, rent Cedar Creek Camp, participate in our various workshops and much more.

People In Motion is a non-profit organization addressing the needs of people with disabilities since 1989.

OTHER GREAT SERVICES...

Information & Referral

Support & Assistance

Disabled Parking Permits

Cedar Creek Camp Rental

Paratransit Bus Charter

Workshops

Internet Training

Quarterly Newsletter

Volunteer opportunities & more



ACTIVE LIVING PROGRAMS for Adults and Youth



Opening Doors Today
to Create a Better Tomorrow
for People with Disabilities

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