

# WALK *n'* ROLL

## Schedule

Meet every Wednesday at 10:30am | 1.5 Hours  
Bring Water Bottle | Wear Comfortable Shoes  
Dress Appropriately for weather conditions

## January

### 4 MCARTHUR ISLAND

Meet at the Gazebo by ice rink.

### 11 AVIATION WAY

Meet at the Float Plane dock parking lot.  
(Dog Friendly Area)

### 18 WESTSYDE RIVER TRAILS

Meet at Westmount Elementary walk south  
towards the train bridge where you will find a  
small park to your right.

### 25 RIVERSIDE PARK

Meet in parking lot behind Sandman Centre near  
LOVE sign.

## February

### 1 ABERDEEN MALL

Meet at the bottom floor at the escalators.

### 8 DYKE WALK

Meet at the petting zoo.

### 15 SCHUBERT RIVER TRAIL

Meet at Overlanders Memorial Park

### 22 RIVERS TRAIL

Meet at Kamloops Yacht Club and head  
towards Pioneer Park.



Creating a **Better Tomorrow**  
for People Living With Disabilities

## HAVE YOU CHECKED OUT ANY OF OUR OTHER PROGRAMS & ACTIVITIES?

Diverse Designs

Adult Social Club

Life Skills

Basic Cooking

Coffee & Cards

For more information or to register contact

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