

# WALK *n'* ROLL

## Schedule

Meet every Wednesday at 10:30am | 1.5 Hours

Bring a lunch or snack for after the walk.

Weather permitting - default to TCC\* indoor track should the weather be too cold, icy or too hot.

### April

#### 5 MCARTHUR ISLAND

Meet at the baseball diamond.

#### 12 WESTSYDE CENTENIAL PARK

Meet by the petting zoo.

#### 19 AVIATION WAY

Meet at the Float Plane Dock parking lot.  
Dog Friendly Area

#### 26 WESTSYDE RIVER TRAIL

Meet at Westmount Elementary walk south towards the train bridge.

### May

#### 3 OUTDOOR TRACK @ TCC

Meet at the main doors of the TCC.

#### 10 MCARTHUR PARK

Meet at baseball diamond.

#### 17 AVIATION WAY

Meet at the Float Plane Dock parking lot.  
Dog Friendly Area

#### 24 WESTSYDE RIVER TRAIL

Meet at Westmount Elementary walk south towards the train bridge.

#### 31 MCARTHUR PARK

Meet at the baseball diamond.



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

**\*WE DO ARCH PASSES  
for the TCC**

*Come in for more  
information*

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

Diverse Designs

Adult Social Club

Life Skills

Basic Cooking

Coffee & Cards

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For organization news, program updates,  
contests and more!

