

## PROGRAM COSTS

### EDUCATIONAL

**Life Skills** fee is \$120 for 12 sessions (3 months)  
Transportation not provided.

**Basic Cooking** fee is \$85 for 12 sessions (3 months)  
Transportation is not provided.

**American Sign Language** fee is \$135 for 8 sessions.  
(includes Basic American Sign Language Workbook)

**Diverse Works:**  
**Diverse Designs** fee is \$30 per sessions. (3 months)

***Our Active Living Programs are funded in part by:  
the Thompson Nicola  
United Way,  
Province of BC,  
the City of Kamloops (Social  
Planning Grant***

### RECREATIONAL & FITNESS

**Bowling Club** pay for their games and transportation.

**Crib Club** pay for their transportation.

**Social & Youth Club** fee is \$20/month. Additional fees may be required for some outings. Transportation is provided

**SYRP** fee is \$25/day.  
Autism funding is available.  
Transportation provided with some restrictions.

**TNF** fee is \$20/month, this program is financially supported by **Community Living BC (CLBC)**. If you are interested call CLBC - **250-377-4444** and ask to be waitlisted.

## MEMBERSHIP

Active Living Program participants are encouraged to take out a People In Motion membership (\$10 individual. \$15 family per year).

A People In Motion membership also gives you an opportunity to be a voting member, receive newsletters, 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**
- Disabled Parking Permits**
- Cedar Creek Camp Rental**
- Para-transit Bus Charter and Day trips**
- RDSP & Income Tax Clinics**
- Quarterly Newsletter**
- Volunteer opportunities & more.**




**Province of BC - Gaming**



July 2016



**EDUCATION  
RECREATION  
FITNESS  
PROGRAMS  
for  
Adults & Youth**

**Telephone/TDD:** 250.376.7878   
**Fax:** 250.376.4689  
**Call Toll Free Number:** 1.877.414.4241  
**E-mail:** [information@peopleinmotion.org](mailto:information@peopleinmotion.org)  
**Web site:** [www.peopleinmotion.org](http://www.peopleinmotion.org)

**Mailing address:** 182 B Tranquille Road  
Kamloops, BC  
V2B 3G1

**Office Hours:** Mon. - Fri. 9:30 am - 4:30 pm



**Basic Cooking:** is a class (11:45 am to 1:00 pm) where individuals learn:

- teamwork
- kitchen safety
- healthy meal planning
- basic cooking skills
- kitchen hygiene & etiquette, and
- affordable choices.

**American Sign Language:** (Spring & Fall)

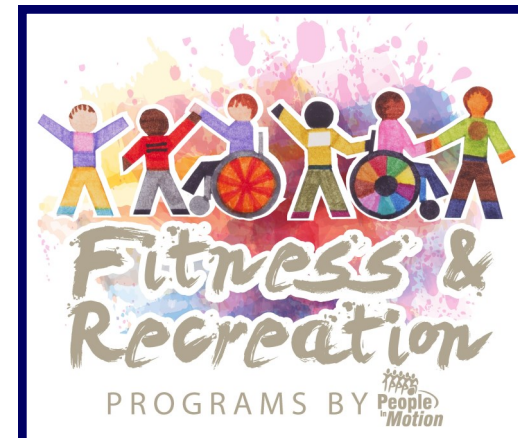
Twice a year we offer this program to teachers, members and the public.

Come and enjoy this interactive hands on session.



This exciting program fosters creativity and promotes entrepreneurship.

Members make a variety of items to sell to the public and receive money based on the time commitment.



**Bowling:** Games available for PIM groups each Monday. (Sept-May)

Family bowling during July and August.

**Walk 'n' Roll:** is for all fitness levels. Come explore the community and parks while enjoying fresh air, exercise and friendship.

Group will explore different designated walks each week.

**Tuesday Night Fitness Club:** is a weekly program for adults from October to May where people engage in fitness, sport activities as well as cooperative games and also fun, fun, and more fun.

Participants must be receiving services from CLBC

*BCRPA certified fitness instructor leads fitness program.*

**Social Club:** is a great opportunity for Adults to go out in the community and make friends while participating in fun activities. Three activities/outings a month. (Sept-May)

*Supported by our staff, volunteers and students.*

**Youth Club:** has three fun “age appropriate” activities/outings a month for youth with diverse abilities (6 to 18 yrs. old.) Youth will be picked up by our Para-Transit bus to attend group activities in the community and dropped off afterwards. (Sept-May)

*Supported by our staff, volunteers and students.*

**Summer Youth Recreation Program (S.Y.R.P.):** is an opportunity for youth with diverse abilities aged 6 to 18 yrs. old to get together in a day camp format to have fun in the community. **SYRP** is by referral from **Ministry of Children & Families Development-Children & Youth with Special Needs;** contact us for more information.

**Crib Club:** members come together every Tuesday at PIM (except June - August) to play cards.