


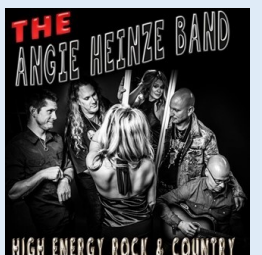





# COMMUNITY INCLUSION & CITIZENSHIP MONTH ACTIVITY SCHEDULE

# OCTOBER 2019

<p><b>Accessible Yoga with Rose</b></p> 	<p>THURSDAY OCTOBER 17TH 1PM - 2PM DESERT GARDENS</p>	<p>THIS EVENT IS <b>FREE</b></p>	<p>RSVP - SIGN UP WITH FARHA STEER (<a href="mailto:ccp@nhclss.ca">ccp@nhclss.ca</a>)</p>	<p>Join us for a special accessible beginner yoga class, taught by yoga and diverse ability champion, Rose Cortez! This session is suitable for those who love yoga and those who are new to it. Rose will offer a gentle series of poses with the use of a chair for support.</p>
	<p>FRIDAY OCTOBER 18TH 7 PM</p>	<p>LOBBY OF THE KAMLOOPS UNITED CHURCH</p>	<p>DIVERSE IMAGINATION ART EXHIBITION AND PERFORMANCE OPENING NIGHT GALA</p>	<p><i>Creativity, imagination, feelings from within, the colours in my soul....</i> These are the ways to describe art and how some pieces bring out feelings. This is an opportunity to immerse yourself in beautiful visual and performance art that has been provided by diverse artists that have so much to say. Join us to support this valued community.</p>
 <p>WITH  HIGH ENERGY ROCK &amp; COUNTRY</p>	<p>WEDNESDAY OCTOBER 23RD DOORS OPEN AT 7PM SHOW STARTS AT 8PM THE BLUE GROTTO</p>	<p>TICKETS \$10 OR \$15 @ THE DOOR CALL MIKE MAVEETY (250) 318-0715 FOR TICKETS</p>	<p>SPONSORED BY  ALL PROCEEDS GOING TO </p>	<p>Come out and ROCK THE GOLD with the Angie Heinze Band! Progressive Rubber Industries in conjunction with The Blue Grotto present... A night of music, dancing, silent auction items, 50/50 draws and CUPCAKES all in the efforts of raising money for The Kamloops Special Olympics Athletes and their amazing efforts to BRING HOME THE GOLD at their upcoming competitions for the 2019/2020 athlete year!</p>
	<p>THURSDAY OCTOBER 31ST MIKE'S HALLOWEEN PARTY</p>	<p>11AM - 2PM DESERT GARDENS</p>	<p>TICKETS \$10 FOR PARTICIPANTS \$5 FOR SUPPORT STAFF</p>	<p>Join us for some spooky fun, a pizza lunch, and a special Halloween Talent Show. The cost includes a treat bag and lunch. Contact Mike at <a href="mailto:calgaryagain@msn.com">calgaryagain@msn.com</a> for Party Tickets Contact Farha Steer at <a href="mailto:ccp2@nhclss.ca">ccp2@nhclss.ca</a> to sign up for the Talent Show</p>