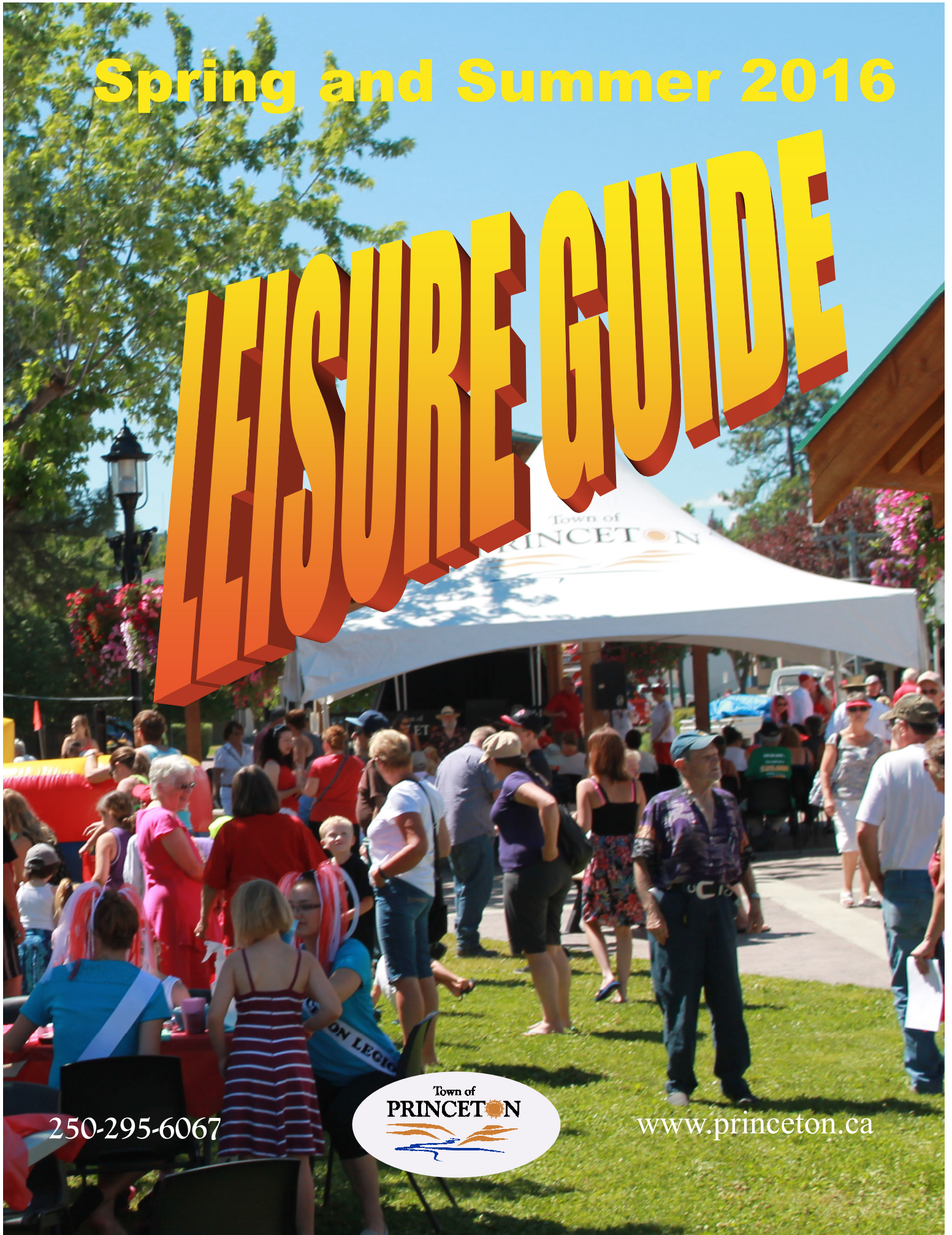


Spring and Summer 2016

LEISURE GUIDE



250-295-6067



www.princeton.ca

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Registration

Registration and payment are due a minimum of 7 days prior to start date.

4 ways to register.

- Visit our friendly staff at Princeton Town Hall to register in person at 151 Vermilion Ave Monday to Friday , 8:30am-4:30pm.
- Register at the Visitor center 169 Bridge St.
- Phone the Recreation and Culture Office at 250-295-6067 to add your name to a program. Payment is due a minimum of 7 days prior to the program start date.
- Contact the community organization listed with a program to register for their activity, program or event.

Program cancellations

Programs may, at times, be cancelled due to insufficient enrollment so please register early. Should we cancel a program, your preference of a full refund or enrollment in another available program will be made. Please allow 3 weeks for processing and mailing of a refund.

Withdrawals & transfers

If you need to withdraw for any reason, we will gladly give a full refund up to the second class date. After the 2nd class date, refund amounts will be prorated from the date of your refund request.



Be Safe in the sun

1. Apply sunscreen at least 15 to 30 minutes before going outdoors. If you can do it an hour ahead of time, that's even better.
2. Be sure to choose a sunscreen that offers broad spectrum protection, which means it protects from both UVA and UVB rays.
3. Don't forget to wear protection on cloudy days as well as sunny ones. UVB rays may be partially blocked by the grayness, but UVA rays are not.
4. Know that the sun's rays are strongest between 10:00 AM and 4:00 PM. Protect yourself appropriately. Also know that you should use sunscreen no matter what time you go out to enjoy the day.
5. Protect your child's skin with sunscreens designed specifically for the sensitive skin of babies and kids.
6. Wear sunscreen even if you are only planning to drive from one indoor location to another. UVA rays can penetrate glass. Commonly forgotten exposures include the left arm that sits on the car door ledge when driving, and the rays that warm your face through the sunroof.
7. Sunscreen isn't the only form of protection from the sun. Wearing a hat, sun protective clothing or even using an umbrella can help prevent harmful damage to your skin and help avoid a sunburn.
8. Winter, spring, summer or fall—sunscreen is needed all year round.
9. One ounce of sunscreen should cover you from head to toe if you're wearing a swimsuit. That dollop's about the size of a golf ball.
10. Don't forget those often missed spots like ears, lips and noses.

Decoda-Princeton Leaders for Literacy
 "Learning never ends for anyone...unless you let it."
 Dierra Maynard
 Literacy Outreach Coordinator



Box 1303
 Princeton, BC
 V0X 1W0
 250-295-0084
 250-295-5560
 dierra@xplomet.com

FREE HELP IN:

- Reading
- Writing
- Speaking
- Computer
- Educational upgrades



** Volunteers are always welcome to our programs.*

Princeton Leaders for Literacy offers a lending hand to those who want more...literacy is for life.

Free

**Check out
Page 5
For all
the details**

Fun Zone

Park Play Program

Weekdays

10:30am-1:30pm

**Children aged
6 to 12 years**

**Children aged
3 to 5 years
welcome
with a guardian
attending aged 16
or older**

**Monday
Wednesday
Friday**

**In Memorial
Park
Near the Pool**

**Tuesday
Thursday**

**At the
Rotary
Splash Park**

**MAX 20 CHILDREN
A DAY**

**OFFERED BY THE PRINCETON PARKS, RECREATION
& CULTURE DEPARTMENT
FOR MORE INFORMATION: 250-295-6067
WWW.PRINCETON.CA**



EARLY YEARS Birth to 5 years

EXPECTANT MOTHERS PRENATAL GATHERING

Stop in for a morning of conversation, exchanging ideas, and experiences related to pregnancy and parenthood. This is a wonderful place for first time moms to gain valuable knowledge from other moms.

Free All expectant moms
Princeton Family Services 250-295-3126
Thursdays 11:00am

PARENT & TOT

INFANT DEVELOPMENT PROGRAM

Enjoy your time supporting your infant's development as they discover what they can do. Parents learn ways to encourage their child, share with others and talk about parenting. Please call Cathy Robillard to set up an appointment.

Free by appointment Birth to 3 yrs
Princeton Family Services 250-295-3126

MOMS & TOTS

Moms and tots is a fun time for moms and their preschool kids to spend time together while making friends. We have free custom made, specialty coffee for the moms and tons of toys and find a supportive environment to share the challenges and joys of motherhood. This program is supported by the Princeton Baptist Church. There is no program during the summer.

Free Birth & up
Princeton Baptist Church 250-295-5438
Thursdays 10:00am-noon

PARENT TALKS

Gather for some parenting strategies to add to your parenting tool box as you connect with other parents to talk, laugh and share.

Free Parents
Princeton Family Services 250-295-3126
1st & 3rd Tues 11:15 am-12:15 pm

PRINCETON FAMILY PLACE

Enjoy a relaxing atmosphere where parents and children can get together to play, create healthy lunches, and share in great conversations.

Free Parent & Children
Princeton Family Services 250-295-3126
Tues to Thurs 11:00am - 2:00pm

RED CROSS SWIMMING LESSONS (6 to 36 months)

Introduce your child to the wonders of water through a fun and interactive lesson experience. Join one of our experienced instructors for games, water activities and an introduction to swimming skills. Parent participation in the water is required.

8 lessons/\$35.00 June Sessions
10 lessons/\$40.00 July and August Sessions
Centennial Outdoor Pool 250-295-6535

RED CROSS SWIMMING LESSONS (3 to 5 years)

This 7 level program was designed to promote success, focusing on parent involvement and water safety. It has an exciting and attractive format with fun characters and activities geared towards those 3 to 5 years old. Once your little one turns 6, they will move seamlessly into the Swim Kids program.

8 half hour lessons/\$35.00 June Sessions 3:30-5:00pm
10 half hour lessons/\$40.00 Jul/Aug Sessions 9:00am-12:00pm
Centennial Outdoor Pool 250-295-6535

Princeton FAMILY PLACE

parenting matters!



drop-in center

Come enjoy and stay for
lunch!

250.295.3126

CHILDREN/YOUTH

GENERAL INTEREST

CHILDREN'S ART CLASSES

Bring out your creative side by joining an art class with Shirley. Use your imagination in paint, ceramics, pottery and more. Price includes an one hour lesson and supplies. Call 250-295-4076 to learn more. \$20.00

Shirley's Arts and Crafts Studio 162 Vermilion Avenue

LEARN TO FLY – COPA FOR KIDS

COPA For Kids aviation program provides --- **free of charge** --- a motivational aviation experience, initiating young people to the science of flight. Come out and learn all about aviation. Enjoy time in the air over Princeton with experienced volunteer pilots from Penticton. Pre-registration is encourage by calling the recreation office at 250-295-6067 so a time can be assigned. Visit www.copaforkids.org for more information and to download a brochure that needs to be filled out and signed by your parent or guardian.

FREE Ages: 8 to 17 years
Sunday, May 15 9:00am – noon
Princeton Airport 151 Airport Road

PRINCETON ARENA

Cool off in mid August by lacing up your skates for some fun on the ice. Watch for opening dates in August at www.princeton.ca or by calling the arena at 250-295-7222.

LEARN TO FISH

The Town of Princeton welcomes the Freshwater Fisheries Society of BC for this 2 hour session where you will learn the basics of freshwater fishing! This interactive program includes topics such as hatchery roles, fish identification, proper fish handling, tackle, rod rigging, safety, casting, and time spent fishing! Rapala rods provided. All children must be accompanied by an adult.

Pre-registration is a must as we are limited to 20 children by calling the recreation office at 250-295-6067

Free 5 to 15 years with adult

Date: Thurs July 14 10:00am to noon

Wed Aug 11 6:00pm to 8:00pm

Two Rivers Park – located near the Bridge of Dreams on the KVR

SUMMER READING CLUB

Join the adventure and fun at the Library each week! Enjoy story based themes to make crafts, play games, and discuss stories, prizes, book draws and so much more. Pre-registration is welcomed for supply lists by calling 250-295-6495

Free 5 to 12 years

Fridays 9:30-11:00am

July 8, 15 & 29

July 22 Visit from a Clown

Okanagan Regional Library 107 Vermilion Avenue

PARK PLAY

FUN ZONE – FREE

Fun Zone for kids is a free park play program being offered this summer by the Town of Princeton Parks, Recreation and Culture Department. This safe, supervised program helps children make new friends and learn games and activities that they can use on their path to healthy and active lifestyles. Programs run weekdays and are weather dependant. A limited number of participants are accepted each day to ensure proper staff to child ratios are maintained. For your Fun Zone – Park Play Handbook and information please check it out on the Town of Princeton website at www.princeton.ca on the Parks, Recreation & Cultural Services page or call the Recreation Office at 250-295-6067

Ages: 6 to 12 years, Children aged 3 to 5 years are welcome with a guardian aged 16 or older.

10:30am-1:30pm

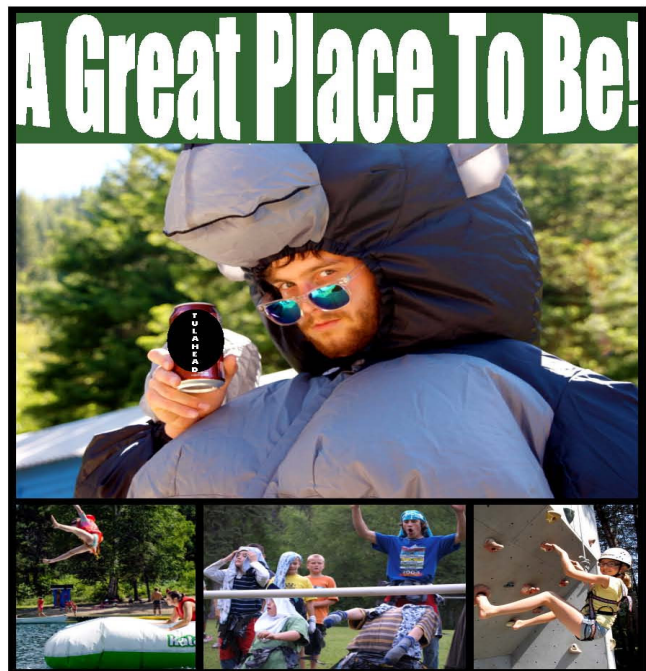
July 4 to August 26

Monday - Wednesday - Friday In Memorial Park near the Pool.

Tuesday – Thursday

At the Rotary Splash Park

Register for Princeton Parks, Recreation and Culture programs at Princeton Town Hall at 151 Vermilion Avenue or at the Visitor Center 169 Bridge Street. For more information please call the Recreation Office at 250-295-6067.



A Great Place To Be!

Serving Princeton's youth ages 8-17 since 1981

For details and registration visit www.camptulahead.com or call 250-295-6233

CAMPS

BRICKS 4 KIDZ – LEGO CAMPS – JUNIOR ROBOTICS

This is a hands-on class where students will design and build educational models including motorized machines. Children problem solve, math and science concepts are explored, creativity and self-confidence are encouraged, architecture and engineering are challenged, and team work make this a fun camp to participate in. For a full description of this camp and the Bricks4Kidz program please visit their website at www.brick4kidz.com.

Register at Princeton Town Hall at 151 Vermilion Avenue OR call the Recreation Office at 250-295-6067.

Ages: 6 to 12 years	\$60 per week
1:00 to 2:30pm	Riverside Centre
Camp Week 1	July 25, 26, 27
Camp Week 2	August 29, 30, 31

SOCCER CAMP

If you enjoy the game of soccer or just kicking a ball around why not join the fun on the PSS soccer pitch! Build your skills, play games and have some fun with great coaches. Cost includes a t-shirt and ball. This program is supported by the Princeton Baptist Church. Register by calling Kyle at 250-295-5439.

4 days/\$20	6-12 years
Monday to Thursday	6:00-8:00pm
August 22 to 25	Princeton Secondary School Field

PRINCETON YOUTH SOCCER

Join the fun with your team mates and coaches as you kick a ball around learning the game of soccer! Build skills, play games and be active!

Call Alicia at 250-295-0366 or Carrie at 250-295-7140 to learn more or to sign up.

7 weeks/\$40	Ages 4- 12
Mon & Wed	May 2 to June 15
6:00-7:00pm	Vermilion Forks School Field

SPORTS ACTIVITY CAMP

Enjoy time with our high energy instructors Matt and his assistant for a variety of supervised sports, games, field trips and challenges for children aged 6 to 12 years, hosted by the Princeton Recreation Department. Spend time in the gym, on the fields, in Princeton parks, on bikes and at the pool!

Registration is welcomed at the Princeton Visitor Centre, Princeton Town Hall or by calling the Recreation Office at 250-295-6067. Register by June 23!

10 children required to operate per day.

Ages: 6 to 12 years	
\$125 per week - \$5 discount for 2 nd child from the same family	
\$30 per day - \$2 discount for 2 nd child from the same family	
8:30am to 3:30pm	Vermilion Forks School Gym
Camp Week 1	July 4 to 8
Camp Week 2	July 11 to 15

DEVELOPMENTAL SPORTS PROGRAMS

JUNIOR GOLF PROGRAM

Enjoy some time on our practice facility, learning to chip, drive the ball and putt, along with some basis rules of the game. 6 sessions will be offered during May and June. Contact the Princeton Golf Course at 250-295-6123 to learn more.

BADLANDS BASKETBALL CAMP

Join Jesse McLean and his professional coaching staff for this popular training camp. This very active camp is tiered to accommodate all skill levels including ball handling, defense, rebounding, shooting, and individual and team concepts. Camp fee includes t-shirt, insurance, prizing, awards and high level coaching. Call 780-340-5000 to learn more.

Camp/TBA	9-18 years	Date: TBA
Mon, Tues, Weds	9:30am-3:30pm	
Thurs	9:30am-1:30pm	

KOKANEE SUMMER SWIM TEAM

Kokanee Summer Swim Team season starts in early May. This competitive swim team welcomes swimmers ages 5 to adult. Practice times are flexible with sessions offered mornings and afternoons Monday to Friday. Registration includes a t-shirt, swimsuit and cap. For the most up to date information please check our website at www.princetonkokanees.ca or call Jamie at 250-295-3059.

PRINCETON MINOR BASEBALL LEAGUE

Princeton Minor Baseball League will be enjoying their second season in 2016 since they switched from fastball to baseball. They welcome players (aged 5 to 14 years of age), coaches and team managers. If you enjoy the sport of baseball and would like to help make this a successful league for children and youth please contact Kyle at 250-295-3499.

PRINCETON MINOR POSSE HOCKEY CLUB

Lace up the skates, put on the gear and join the fun as you learn the basics of the sport of Hockey. Hockey starts at age 5 for children interested in playing. Previous skating learning makes this program more enjoyable for young children. Registration for the 2016/2017 season takes place in early August. Contact Angela at 250-295-0095.



Give your child the opportunity to participate in activities that encourage social interaction, creative development and school readiness.

Contact Sandy (teacher/manager) to learn more.

**Box 852 Princeton, BC V0X 1W0
Old Hedley Road 250-295-3083**



Fun Sports Activity Camp

**for kids
6-12 yrs**

Enjoy time with our high energy instructor Matt for a variety of supervised sports, games, field trips and challenges for children aged 6 to 12 years, hosted by the Princeton Recreation Department. Taking part in this high energy active camp will keep you fit this July. Spend time in the gym, on the fields, in Princeton parks, on bikes and at the pool!

10 children per day required to operate.

**Register by
June 23**

**Camp 1 July 4 to 8
Camp 2 July 11 to 15**

**8:30am-3:30pm
Vermilion Fork School**

**\$125 per week
\$5 discount for 2nd child**

**\$30 per day
\$2 discount for 2nd child**



4 Easy Ways to Register:

In person at the Princeton Visitor Centre

In person at Princeton Town Hall

Call 250-295-6067

Email: nmcewen@princeton.ca

MAKE A SPLASH AT THE POOL!

The Town of Princeton welcomes you to enjoy Centennial Outdoor Pool this Spring & Summer.

Pool Staff encourage you to be active this season at the pool by:

- Learning to swim
- Taking a life saving course
- Jumping on in at our special event swims
- Moving to the music during Aquasize
- Taking a few laps
- Splashing around during public swims

CENTENNIAL OUTDOOR POOL

250-295-6535

LOCATED IN MEMORIAL PARK

221 Hwy 3

*** Outdoor Pool * Playground * Tennis Courts *
* Ball Diamonds * Beach Volleyball Court ***



AQUA - FITNESS PROGRAMS

AQUA LITE

Aqua-Lite is a low intensity water program designed to meet the needs of a variety of participants including older adults; individuals suffering from arthritis; joint pain and replacements; fibromyalgia. The workout will offer a blend of cardio, muscular strength and endurance, balance work, range of motion, flexibility and core stability. Comfort in Water recommended. Instructor: Sandee Watson

TRY IT FREE June 8 12-1pm

Monday and Wednesday 12-1pm

Session 1	June 13-29	6 classes/\$41.50
Session 2	July 4-25	7 classes/\$48.50
Session 3	Aug 3-31	9 classes/\$62.00

AQUA FIT

Aqua-Fit is designed as a medium intensity total body workout, providing a balance of cardiovascular as well as muscular strength and endurance components. With Aqua-Fit, you'll have the added benefits of the water's resistance and extra support for your muscles and joints while working out. Challenge yourself, be fit and enjoy working out in the pool. Instructor: Carol Mack

TRY IT FREE June 2 7:30-8:30pm

Tuesday and Thursdays 7:30-8:30pm

Session 1	June 7-30	8 classes/\$55.00
Session 2	July 5-28	8 classes/\$55.00
Session 3	Aug 2-Sept 1	10 classes/\$70.00

Special Events at the Pool

SCHOOLS OUT LOONIE SWIM

Celebrate the start of summer holidays by cooling off at the pool.

\$1.00 All ages

Fri June 30

1:00-3:00 pm

FATHER'S DAY SWIM

Dad's swim free with a child. Enjoy time

splashing around with your dad!

Sun June 19

2:00-4:00 pm

CANADA DAY

FREE SWIM

Join the fun as we celebrate Canada Day with a red & white swim.

Fri July 1

1:30-3:30 pm



SENIOR APPRECIATION DAYS

July 15 & August 5

Free admission for seniors at all our public swim times.

SUMMER SPLASH

FREE SWIM

Make a big splash at this summer end pool party!

Mon Sept. 5

1:30-3:30 pm



Jump in with family and friends for some fun at the pool! Enjoy dressing up, challenges, prizes and fun at each of our Pool party events!



GLOW STICK PARTY

Brighten up the night at this glowing party!

Wed July 13

7:00-9:00 pm

MEXICAN FIESTA

Hola! Amigos & Amigas! Grab your sombreros to join the fun!

Wed July 27

1:30-3:30 pm

MERMAIDS & PIRATES

Take a trip to Never Never Land! Walk the plank and swim with mermaids.

Wed Aug 10

1:30-3:30 pm



TOGA NIGHT

Calling all gods and goddesses!

Wear your best toga for some Olympic fun at the pool!

Wed Aug 24

7:00-9:00 pm





RED CROSS SWIMMING LESSONS

Parent & Tot (6 to 36 months)



The love of swimming starts here. Give your child the gift of aquatic fun and swimming at an early age. Songs, games and introductory swimming skills will make your child comfortable and happy in the water. Parent participation in the water is required.

Preschool (3 to 5 years)



Give your child the gift of aquatic fun and swimming and learn to be comfortable in the water through songs, games and learning swimming skills.

Swim Kids (6 to 12 years)

Help your child develop a healthy lifestyle through swimming. Children learn swimming and survival strokes, and build their distance and speed, while focusing on making safe decisions in, on and around water. Swimmers are evaluated on performance criteria and once met they will move on to the next level.

Adults & Youth

Learn to swim, develop confidence in the water, stay fit and healthy, and build your swimming skills. We adapt the program to suit all participants.

Private Swim Lessons

Private swim lessons are available at the pool for \$50. Three 30 minute sets.

SWIM LESSONS BEGIN JUNE 6

No lessons on holidays

Spring Sessions	8 lessons
Preschool	\$38.00
1/2 hour class	
Swim Kids	Level 1 - 4
1/2 hour class	\$38.00
Swim Kids	Level 5 - 10
3/4 hour class	\$46.00
Adult/Youth	
3/4 hour class	\$46.00
Summer Sessions	10 lessons
Preschool	\$48.00
1/2 hour class	
Swim Kids	Level 1 - 4
1/2 hour class	\$48.00
Swim Kids	Level 5 - 10
3/4 hour class	\$53.00
Adult/Youth	
3/4 hour class	\$53.00

Spring Lesson Sessions 3:30-5:00pm

Session A June 6 to 16
Session B June 20 to 30

Summer Evening Lessons
6:30-7:00pm
Mon/Wed July 4-27 & Aug 3-29



Summer Lesson Sessions 9:00am-12:00pm

Session C July 4 to 15
Session D July 18 to 29
Session E August 2 to 12
Session F August 15 to September 2

Life Saving Courses

BRONZE MEDALLION

Pre-requisite: Bronze Star Award or 13 years and over
You will learn lifesaving techniques as well as develop your leadership, swimming skills and CPR Skills. This course is first step in training to be a lifeguard. Includes manual

8 classes/\$180 **July 4-15**
Mon-Thurs **11:00am-2:00pm**

BRONZE CROSS

Pre-requisite: Bronze Medallion Award
This is the last Life Saving Course of the Bronze Award Family, and is a pre-requisite to taking the NLS course, qualifying you to be a lifeguard.

8 classes/\$135 **July 18-29**
Mon-Thurs **11:00am-2:00pm**

NATIONAL LIFEGUARD AWARD

Please inquire at the pool 250-295-6535 to learn how to become a lifeguard.



POOL SCHEDULE 250-295-6535

May 21 to June 30					Spring 2016	
Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Schools 9am – 12pm	Schools 9am – 12pm	Schools 9am – 12pm	Schools 9am – 12pm	Open for rentals 9am - 3pm	Rainy Day Special: ½ price admission if it is raining at time of swim start. Does not apply to special swims. Closed when a thunderstorm is in the area.	
Lane swim & Senior swim 12- 1pm	Lane swim 12- 1pm	Lane swim & Senior swim 12- 1pm	Lane swim 12- 1pm			
Aqua Lite 12- 1pm	Parent & Tot 12 - 1pm	Aqua Lite 12- 1pm	Parent & Tot 12 - 1pm	Registration required for Aqua Lite & Aqua Fit programs	Lane swim Seniors swim 1 - 2pm	Lane swim Seniors swim 1 - 2pm
Schools 1-2:30pm	Schools 1-2:30pm	Schools 1-2:30pm	Schools 1-2:30pm		Public swim 2-4pm	Public swim 2-4pm
Swim lessons 3:30 – 5pm	Swim lessons 3:30 – 5pm	Swim lessons 3:30 – 5pm	Swim lessons 3:30 – 5pm	Afterschool swim 3:30 – 5pm	Children Admission Policy: Children 5 years of age or younger must be accompanied in the water by a person 16 years of age or older and be within arms reach at all times.	
Swim Lessons begin June 6	Aqua Fit Lane Swim 7:30-8:30pm	Available for rent	Aqua Fit Lane Swim 7:30-8:30pm	Public swim 7:30-8:30pm		

Swimming Fees	Drop in	10 Visit Pass	Season Pass June to September
Adult	\$4.00	\$35.00	\$200.00
Child - 5 years old and under	Free	-	
Family – Immediate family members only	\$10.00	\$90.00	
Senior	\$2.50	\$20.00	\$120.00
Student	\$2.50	\$20.00	\$120.00
The pool is available for private rentals, birthday parties, youth groups and family parties.			



July 1 to September 5					Summer 2016	
Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Swim lessons 9am – 12pm	Swim lessons 9am – 12pm	Swim lessons 9am – 12pm	Swim lessons 9am – 12pm	Swim lessons 9am – 12pm	Rainy Day Special: ½ price admission if it is raining at time of swim start. Does not apply to special swims. Closed when a thunderstorm is in the area 	
Lane swim Senior swim 12- 1:30pm	Lane swim Parent & tot 12- 1:30pm	Lane swim Seniors swim 12- 1:30pm	Lane swim Parent & tot 12- 1:30pm	Lane swim Seniors Swim Parent & tot 12- 1:30pm		
Aqua Lite 12- 1pm		Aqua Lite 12- 1pm	Registration required for Aqua Lite & Aqua Fit programs			
Public swim 1:30 – 3:30pm	Public swim 1:30 – 3:30pm	Public swim 1-3:30pm	Public swim 1:30 – 3:30pm	Public swim 1:30 – 3:30pm	Lane swim Seniors swim 1-2pm	Lane swim Seniors swim 1-2pm
Swim Club	Swim Club	Swim Club	Swim Club	Swim Club	Public swim 2-4pm	Public swim 2-4pm
Swim lessons 6:30-7:00pm	Adult swim lessons Lane Swim 6:45-7:30pm	Swim lessons 6:30-7:00pm	Adult swim lessons Lane Swim 6:45-7:30pm	Fun Freezie Fridays 7:00-8:30pm Public swim	Children Admission Policy: Children 5 years of age or younger must be accompanied in the water by a person 16 years of age or older and be within arms reach at all times 	
Public swim 7:00-8:30pm	Aqua Fit 7:30-8:30pm	Public swim 7:00-8:30pm	Aqua Fit 7:30-8:30pm			

Princeton Racing Days Weekend

July 1 to 3, 2016



11am to 2pm
Veterans Square
Bridge St /Vermilion Ave.

Live Stage
Princetons got talent
Magician Tent &
Stage Performance
BBQ - Legion
Cake &
Activities in the
square for the whole
family to enjoy.

Show your country
pride and wear your
Canadian colours!

CANADA DAY FUN
BONNE FETE DU CANADA
Friday July 1



Canada Day Dance
8:00pm Royal Canadian Legion

Make a splash on
Canada Day!

2:00-4:00pm
**Centennial
Outdoor Pool**
221 Hwy 3
In Memorial Park

Free swim
Fun activities for
the whole family!

250-295-6535



Saturday, July 2

Pancake Breakfast
9:00am to 11:00am
Royal Canadian Legion

Mixed Open Golf Tournament
July 2 & 3
www.princetongolfclub.com

Centennial Outdoor Pool
Public Swim 2:00-4:00pm

Old Fashion Kids Relay Races
5:00pm Veterans Square

Rotary Parade
6:00pm Start
Vermilion Ave—Veterans Way—Bridge St

Ambassador Coronation
7:00pm Riverside Community Centre



For more information:
250-295-0235

Sunday, July 3

Pancake Breakfast
9:00am to 11:00am
Rotary Park

Duck Race
Old Brown Bridge to Rotary Park
Pick your duck number at the
Royal Canadian Legion

Mixed Open Golf Tournament
July 2 & 3
www.princetongolfclub.com

Centennial Outdoor Pool
Public Swim 2:00-4:00pm



PRINCETON EVENTS CALENDAR 2016



APRIL

- 21 PSS Family Fair
- 22 Ambassador Fashion Show

MAY

- 7 Crimson Tine Production
'Rabbit Hole'
- 8 Mother's Day Bruch
- 11 Mining Days
- 12 Amazing Literacy Race
- 14 Princeton Riding Club Event
- 15 Highland Dancers Spring Fling
- 17 Princeton Tourism
Information Trade Show
- 19 Ambassador Speech Night
- 27-29 BC Back Country
Horsemen Rendezvous

JUNE

- 2 Kids Town Party
- 4 Rotary Charity Golf
Tournament
- 4 Chugger Mountain Bike Ride
- 11 & 12 Rodeo
- 18 Paint Run
- 19 Father's Day Dinner
- 20

JULY

- 1-3 Racing Days Weekend
- 8 Senior Men's Open
- 9 Show n Shine—Car Show
- 14 Senior Ladies Open
- 16 Legion 9 Hole Tournament
- 23 Golf Club Championship
- 30 Tulameen Family Days
- 30 Ultra520K Canada

AUGUST

- 12-14 Fat Dog 120 Ultra-Race
- 13 Men's Golf Tournament
- 19-21 Princeton Traditional
Music Festival

SEPTEMBER

- 3-4 Princeton Motorsports
Weekend
- 9 Improv Theatre
Performance
- 10 Pink Ladies Golf
Tournament
- 10-11 Agricultural Fair
- 18 Luau



FITNESS

AQUA-LITE

Aqua-Lite is a low intensity water program designed to meet the needs of a variety of participants including older adults; individuals suffering from arthritis; joint pain and replacements; fibromyalgia. The workout will offer a blend of cardio, muscular strength and endurance, balance work, range of motion, flexibility and core stability. Comfort in

Water recommended. Instructor: Sandee Watson

TRY IT FREE	June 8	12-1pm
Centennial Pool		
Monday and Wednesday		12-1pm
Session 1	June 13-29	6 classes/\$41.50
Session 2	July 4-25	7 classes/\$48.50
Session 3	Aug 3-31	9 classes/\$62.00

AQUA FIT

Aqua-Fit is designed as a medium intensity total body workout, providing a balance of cardiovascular as well as muscular strength and endurance components. With Aqua-Fit, you'll have the added benefits of the water's resistance and extra support for your muscles and joints while working out. Challenge yourself, be fit and enjoy working out in the pool. Instructor: Carol Mack

TRY IT FREE	June 2	7:30-8:30pm
Centennial Outdoor Pool		
Tuesday and Thursdays		7:30-8:30pm
Session 1	June 7-30	8 classes/\$55.00
Session 2	July 5-28	8 classes/\$55.00
Session 3	Aug 2-Sept 1	10 classes/\$70.00

GENTLE FITNESS

Combining seated and standing exercises as well as equipment such as balls, bands and light weights, participants will work to improve their overall health in this low impact class. Individuals living with arthritis, chronic disease, joint replacements as well as those looking for lower intensity class are welcome. Sandee Watson is a certified fitness instructor who brings with her over 20 years of experience specializing in supporting individuals with chronic pain or disabilities.

12 sessions/\$83.00(Or one day a week for \$41.50)

Tuesday and Thursdays	11:15am-12:15pm
April 12 to May 19	Riverside Centre

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 2480 Coalmont Rd Tulameen, BC



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SUMMER HOURS
 Tues to Fri
 8:00am-5:00pm
 Saturday
 8:00am-noon
 Sun & Mon
 Closed

PRINCETON AND DISTRICT MINOR HOCKEY ASSOCIATION

Registration is open for the 2016/2017 season.



New and experienced players welcome

Registrar: 250-295-0095

PO BOX 325 PRINCETON BC V0X 1W0

www.princetonminorhockey.ca





Things to do in Princeton

1. Hit the Kids Fun Zone park play program this July and August at a Princeton Park.
2. Cool off with the kids at Rotary Splash Park.
3. Step back in time at the Princeton Museum
4. Take a 5 km loop walk from downtown up to the Tulameen Trail and along the KVR.
5. Throw a ball around at Memorial Park.
6. Get some mud on your tires as you mountain bike the China Ridge Trails.
7. Celebrate Canada Day in Veterans Square.
8. Cool off at Centennial Outdoor Pool.
9. Dig, Spike and volley at the beach volleyball court in Memorial Park.
10. Play a round of golf at the Princeton Golf Course.
11. See how many bird species you can identify at Swan Lake.
12. Cool off and float one of our two rivers.
13. Volunteer with a local community group or cause.
14. Shoot some hoops on the outdoor basketball court at Riverside Community Centre.
15. Check out local artists at Sunflower Gallery.
16. Picnic in Veterans Square during a summer concert.
17. Take the Miner's Climb challenge by climbing the stairs as part of your daily routine.
18. Fly fish the Similkameen and Tulameen Rivers.
19. Be active at a Children's Sports Camp this July.
20. Take a learn to swim program at Centennial Outdoor Pool.
21. Walk, wheel or run along the Kettle Valley Rail Trail (TCT) from the Bridge of Dreams making your way through the 1000ft tunnel to the old train trestle.
22. Enjoy a healthy meal or shop local at boutiques and shops that offer small town hospitality.
23. Walk, talk and view hot rods, cars, trucks and unique rides at the Princeton Show and Shine.
24. Show off your skateboarding skills at the Skateboard Park.
25. Wheel around the Princeton Bike Park.
26. Attend a Crimson Tine Production at Riverside Community Centre Theatre.
27. Geocache around Princeton.
28. Pull on your cowboy boots for Princeton Rodeo Weekend.
29. Float the Tulameen River under the Old Brown Bridge.
30. Pan for gold at Two Rivers Park
31. View Princeton through the lens of a camera.
32. Skate at the Princeton Arena in mid August
33. Find the glow rocks at the Princeton Museum.
34. Fish at Martins Lake or one of many creeks and lakes in the area.
35. Colour it up at the Princeton Secondary School 2nd annual Paint Run.
36. Puzzle it out at the Okanagan Regional Library.
37. Make a splash during pool party events at Centennial Outdoor Pool.
38. Take a hike along the Kettle Valley Rail Trail (TCT) to Ochre Bluffs and beyond to see the natural formations of the Hoodoos.
39. Send a ball flying at the Princeton Tennis Courts.
40. Take a historic walk around downtown Princeton.
41. Cheer on Princeton Little League teams at home games.
42. Sign up for an Aqua-Lite or Aqua-Fit program at Centennial Outdoor Pool.
43. Enjoy a pancake breakfast during Racing Days Weekend.
44. Pick up a wildflower checklist at the Visitor Centre and see how many you can find around Princeton.
45. Buy a duck from Legion for the annual duck race on Racing Days.
46. Pick up your treats from the annual Senior Centre Bake Sale.
47. Get your entries ready for the Princeton Agricultural Fair in September
48. Be a community garden angel.
49. Sign a team up for the Ball Buster Slo-Pitch Tournament.
50. Be a tour guide to your friends and find more to do in Princeton!

COMMUNITY



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LOOP TRIATHLON
JUNE 27, 2016

STANDARD
1.5K/40K/10K
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SPRINT
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PEACHLAND
SPRINT TRIATHLON
SEPT 11, 2016

SPRINT
750M/20K/5K

REGISTER AT: threelakestriathlonseries.com





LEADERSHIP

Enrich your life by becoming a recreation leader! Discover how to lead programs, share your abilities in sport, game, and arts and organize fun activities for children or your peers. Princeton Parks, Recreation and Cultural Services are always interested in dedicated young people! Send Nadine an e-mail at nmcewen@princeton.ca or text 250-295-5115 to learn more.

HISTORY

PRINCETON & DISTRICT MUSEUM & ARCHIVES

Take a walk through time! Book a group tour or education program at the museum. Visit our website at www.princetonmuseum.org or call 250-295-7588 to learn all there is about our museum.



LITERACY

OKANAGAN REGIONAL LIBRARY - PRINCETON

A Library Card is your passport into imagination, learning, wonder, glimpses into others lives, experiences and fun! Stop in to take out a book, use a computer or spend some quiet time near the fire with a great read or do a jigsaw puzzle! The Library can be found across from Veterans Square at 107 Vermilion Ave. Phone: 250-295-6495 Website: www.orl.bc.ca

Hours:	Tuesday	12:00-5:00 pm
	Thursday	12:00-8:00 pm
	Friday	12:00-4:00 pm
	Saturday	10:00 am – 1:00 pm



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COMMUNITY

ARTS & CRAFTS

PRINCETON & COMMUNITY ARTS COUNCIL

The Princeton Community Arts Council supports and encourages the full range of artistic creation and production, both professional and non-professional, through programming and promotional support, including the operation of the Sunflower Gallery. www.princetonarts.ca

BUNCHGRASS QUILTERS

This dedicated group of quilters meets to work on their own quilts in the company of others, learn new techniques or just get inspired. Once a year we do a charity sew-in for children in crisis. Please call to ensure quilters are attending during the summer. For more information; contact Myrna at 250-295-7272.

Adult/Free

Mondays 10:00am-2:00pm

1st & 3rd Thursday 10:00am-2:00pm

Riverside Community Centre

RAKU & PIT FIRING WORKSHOP

Raku firing is one of the most exciting processes in ceramics. After you place your pottery into a rakukiln, the anticipation builds as you wait for that final moment when the intense heat begins to melt theraku glazes. Pre-registration is required by calling Shirley at 250-295-4076.

\$150 per person Adults (Children welcome with adult supervision)

May 7

Limited to 12 people

Spectators welcome

CARDS

DUPLICATE BRIDGE CLUB

Join our friendly group to play duplicate bridge; ACBL sanctioned. Enjoy a short break for lunch and socializing. Contact: Arlene Turner 250-295- 6157

\$3.00 per day Wednesday 10:15-3:00 pm

Riverside Community Centre

SOCIAL BRIDGE

Enjoy time at this friendly social bridge mixer. To Learn more please contact Ruby Petrie at 250- 295 -6204 or Gail Fidler at 250-295- 0171. This program requires a yearly Arts Council membership of \$5.00

\$1.00 per night Mondays 7:00-9:30pm

Riverside Community Centre

MUSIC

PRINCETON COMMUNITY BAND

The Princeton Community Band performs at a variety of community events and is enjoyed by many. New members are always welcome and should call Joan Kelly at 250-295-7743 to learn more.

Performance June 2

Admission by donation

6:00pm Doors Open

6:30pm Concert Starts

Riverside Community Centre

SENIORS CENTRE – BRANCH 30

250-295-7515

The Seniors Centre welcomes adults of all ages to come out and enjoy all the activities happening at their wonderful facility. It is easily accessible in downtown Princeton; located behind Cooper's Foods off Bridge Street at 162 Angela Avenue. Yearly membership fee \$15.

Active Fun at the Centre includes:

Open daily 9:00 am to 4:00 pm Monday to Friday & 1:00-4:00 pm Saturday & Sunday

Daily

Pool & Card Playing

Healthy Lunch Served

11:30 am-1:00 pm

No lunch beginning June 12 to the end of August

Weekly

Monday Bingo! Sales start at 4:30 pm

Monday 10:00 am

Walking Class

Wednesday 10:00 am

Exercise & Walking Class

Thursday 10:00 am

Music

Friday 7:00 pm

Games Night

Monthly Open to the general public

1st Saturday of the month 1:00 pm

Crib Tournament

Last Tuesday of the month 10:00 am

Pool Tournament

2nd Wednesday of the month 1:30 pm

General Meeting

Last Friday of the month 5:30 pm

Potluck Supper

Special Events Families are welcome to attend special events! Suppers, Music events, Flea Markets, Bake Sales, Guest Speakers and more. Members receive discounts at special events.



Princeton Golf Club and RV Resort

Come and enjoy the best kept secret in the Similkameen Valley

- 3 minutes east of Princeton on Hwy #3
- 18 Hole Par 72, 6500 Yard Championship Golf Course
- Serviced 33 site RV Park
- 10% off Green Fees for local residents (with valid ID)
- Non-member Annual Range Passes: \$75 or \$125/family
- Featuring - Two for One Mondays & Twilight Tuesdays
- Full Service Restaurant

Exceptional Golf Exceptional Value

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Princeton BC V0X 1W0

pgcproshop@eastlink.ca
1-888-295-5123

250-295-6123

www.prinetongolfclub.com



Providing opportunities to appreciate and participate in the arts

Upcoming Events

Crimson Tine Players

"Rabbit Hole" Festival entry

May 7th preview at Riverside

May 21st Frank Venables Theatre, Oliver

JUNE- WHODUNNIT? at VermilionFork

Gazebo Concerts

Art attacks

Evenings in July and August

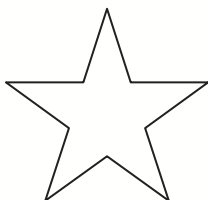
Watch for details

Princeton Community Band Concert

June 2nd 6pm, Riverside

PRINCETON TRADITIONAL MUSIC FESTIVAL

AUGUST 19TH- 21ST



Sunflower Gallery

Exhibit your work for sale here. Find work by local artisans here

Hours 11pm – 3pm, Thursday, Friday, Saturday

COMMUNITY & ACTIVITIES

OUTDOOR

GARDEN CLUB

This group of dedicated gardeners meets to share their love for gardening, take field trips and more. No meetings during the summer months. Contact Doreen Poulsen at 250-295-1577 for more information.

3rd Tuesday of every month

1:00pm

Riverside Community Centre

Arts Council Room

FISH & GAME ASSOCIATIONS

Fish & Game Associations in Princeton and Tulameen have dedicated, hard working individuals who coordinate a variety of activities and conservation programs such as clean up at local lakes, habitat restoration, and children and youth outdoor activities. Please contact the individual associations to learn more about memberships, meetings and upcoming activities.

Princeton Fish and Game Association

Al Lay

250-295-0250

Tulameen Fish and Game Club

Anne Jones

250-295-3642

PRINCETON ROCK AND FOSSIL CLUB

The Princeton District is blessed with an incredible diversity of mineralization. Members share an interest in exploring and studying rocks and fossils, pooling their knowledge and having fun. Contact Franz at 250-295-3896

Riverside Centre

Membership Adults/Families

Meetings 3rd Tuesday of each month

7:00pm

VERMILION FORKS FIELD NATURALISTS

VFFN welcomes visitors and new members! Please join us for our monthly speaker series and twice-monthly field trips in our natural world if you enjoy hiking, birding, walking, kayaking, snowshoeing and more. For more information please call Janis Wright at 250-295-7560.

For your most up to date information on hikes and speakers please check out the website at www.vffn.ca

SOCIAL

NEW BEGINNINGS

The New Beginnings Day Program and Residential Living Program assists developmentally disabled adults to achieve their greatest independence under the least restrictive conditions, with the same rights respects and freedoms enjoyed by other citizens.

DAILY ACTIVITIES

Open 9am-3pm

47 Harold Avenue

250-295-7516

Monday

Life Skills, School & Recreation

Tuesday

Indoor/Outdoor Activities

Wednesday

Music/Out & About Day


Thursday

Recreation/Impulse Activity

Friday

Closed

* Special trips are planned throughout the year for evenings and weekends.



Mind Body and Spirit Wellness
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Counselling and Reiki Services

Jamie is a registered social worker and has been working in the counselling field since 2005. Services are covered by many extended health benefit plans and employment assistance programs.


www.mindbodyandspiritwellness.com

Jamie Holloway, RSW, BSW, RM

BC CSW 250-295-3049 or 250-293-6492
Riverside Wellness Centre
148 Old Hedley Road, Princeton







Princeton & Area Transit System 250-295-6666 / 1-800-291-0911

PENTICTON SERVICE: Pick up Monday, Wednesday and Friday

<table border="0"> <tr> <td>Princeton</td> <td>Door to Door Service</td> <td>7:30 am</td> <td>Parking lot behind Elite Café</td> <td>1:10 pm</td> </tr> <tr> <td>Hedley</td> <td>Door to Door Service</td> <td>8:30 am</td> <td>Cherry Lane Mall -</td> <td></td> </tr> <tr> <td>Keremeos</td> <td>Mountain View Manor</td> <td>8:45 am</td> <td>(Save On Foods back entrance)</td> <td>1:20 pm</td> </tr> <tr> <td></td> <td>Old Age Pension Building</td> <td>8:50 am</td> <td>Walmart - Main entrance</td> <td>1:30 pm</td> </tr> <tr> <td></td> <td>Hill Top Esso</td> <td>9:00 am</td> <td></td> <td></td> </tr> <tr> <td></td> <td>Cawston - Amber Light</td> <td>9:05 am</td> <td></td> <td></td> </tr> <tr> <td></td> <td>Olalla (if stop in Cawston 9:10 am)</td> <td>9:05 am</td> <td></td> <td></td> </tr> </table>	Princeton	Door to Door Service	7:30 am	Parking lot behind Elite Café	1:10 pm	Hedley	Door to Door Service	8:30 am	Cherry Lane Mall -		Keremeos	Mountain View Manor	8:45 am	(Save On Foods back entrance)	1:20 pm		Old Age Pension Building	8:50 am	Walmart - Main entrance	1:30 pm		Hill Top Esso	9:00 am				Cawston - Amber Light	9:05 am				Olalla (if stop in Cawston 9:10 am)	9:05 am			<p>ALL SERVICE REQUIRES BOOKING AHEAD and PRE-REGISTRATION.</p>	<p>PRINCETON LOCAL SERVICE: Door to door within Princeton Tuesday, Thursday and Friday 8:30 am - 12:00 pm and 1:00 pm to 3:45 pm</p> <p>FARES Passengers (one way fares):</p> <table border="0"> <tr> <td>Princeton local</td> <td>\$1.50</td> </tr> <tr> <td>Princeton/Penticton</td> <td>\$4.00</td> </tr> <tr> <td>Hedley/Penticton</td> <td>\$3.50</td> </tr> <tr> <td>Keremeos/Penticton</td> <td>\$3.00</td> </tr> </table>	Princeton local	\$1.50	Princeton/Penticton	\$4.00	Hedley/Penticton	\$3.50	Keremeos/Penticton	\$3.00
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*No regular service on weekends or statutory holidays.
Times subject to change due to road conditions.

COMMUNITY & ACTIVITIES



New Fixtures Supplied & Installed
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SMASH & BURN PARTY

THE GOOD ~ THE BAD ~ THE UGLY

MAY 7TH & 8TH

IN A COUNTRY SETTING

1102 HWY 5A ~ 12K NORTH OF PRINCETON

MAY 7TH ~ RAKU & PIT FIRING WORKSHOP

\$150 per person Adults & Children Welcome
Limited to 12 people You must register in advance
Phone Shirley at 250-295-4076 for details
Spectators welcome

MAY 8TH SMASH & BURN

Yard Sale from 10:00 am to noon

All items \$2.00 each

Anything not sold by noon gets smashed or burned
Shirley has been "Playing and Experimenting!"
Shirley thinks some of the stuff is bad or ugly!
You may like it. Some are factory seconds with flaws
and can't be sold to retail stores.

ENTERTAINMENT & FOOD

In a Country Setting

Cowboy Coffee ~ Hobo Bread ~ English Smokies
And Toasted Marshmallows
Around a Campfire



THE GOOD STUFF

can be found at the following locations

The Winking Pedlar 195 Bridge St Princeton BC
The Image Emporium 221 Bridge St Princeton BC
The Okanagan Art Gallery 8302 Main St. Osoyoos BC
The Sunflower Gallery 105 Vermilion Ave Princeton BC
Shirley's Arts & Crafts 162 Vermilion Ave Princeton BC
(email: shirleyscraftstore128@nethop.net)

SPORTS

BOWLING

Bowling is a well-known fun activity that everyone can enjoy. It is a great way to stay active, have some fun with friends and be healthy. The bowling alley will be on summer hours for July and August. Please call 250-295-6500 to book a time to bowl.

PRINCETON ARENA

Cool off in mid August by lacing up your skates for some fun on the ice. Watch for opening dates at www.princeton.ca or by calling the arena at 250-295-7222.

PRINCETON GOLF CLUB

Take in a round of golf at our first class Golf Course! Enjoy time with friends on the fairways, enjoy refreshments on our patio, or take a lesson with a golf expert. Contact the Pro Shop at 250-295-6123 to learn more.

Weekly Events:

Tuesday mornings	Ladies
Wednesday mornings	Senior Men's
Wednesday afternoons/evenings	Ladies Night
Thursday afternoons/evenings	Men's Night
Friday Nights	9 & Dine – Mixed Fun Night
Lessons Available with Wayne Hachey of Desert Golf	
April 14	High School Junior Clinic
April 24	Ladies Spring Tune Up

For private lessons dates check out www.desertgolf.ca

THEATRE

CRIMSON TINE PLAYERS

This dedicated group of theatre performers, directors, and artists work hard to develop unique theatre experience for Princeton and Area residents. New members are always welcome to join in the fun. Actors, make-up artists, set design, back stage, and sound booth are just a few of the many positions needed with each production. Email: crimsontineplayers@hotmail.com

'RABBIT HOLE' PERFORMANCE – Special One Night preview of the Crimson Tine Players entry into the Ozone Theatre Festival in Oliver. This production has a different fare from their usual theatre show. The play may be sensitive to some viewers as it examines the toll taken on a family by the accidental death of a child. It is not a play for those under 13.

May 7 \$15 adult \$10 students (13-18 yrs) & Seniors
Doors Open 6:30pm
Showtime 7:00pm

WELLNESS

LOTUS WELLNESS NIGHTS

Join Guadalupe, Alternative Medical Consultant, for an evening of relaxation through meditation and healthy living talks that will improve and maintain a healthy lifestyle. For more information call Guadalupe at 250-295-7406.

Riverside Centre Drop in/\$5.00	Adult/Senior
Tues September to June	7:00-8:30pm

FACILITIES

Town Hall

151 Vermilion Avenue
8:30am-4:30pm

250-295-3135
admin@princeton.ca
250-295-3135

Princeton Visitor Center

169 Bridge St
9:00am- 5pm

250-295-0235
visitorinfo@princeton.ca

Arena

167 Old Hedley Road
Leisure Services Manager

250-295-7222
Lyle Thomas
lthomas@princeton.ca

Riverside Community Centre

148 Old Hedley Road

250-295-6067
nmcewen@princeton.ca

Centennial Outdoor Pool

221 Hwy 3
Aquatic Supervisor
May - September

250-295-6535
Carol Mack

Princeton Regional Airport

151 Airport Rd

250-295-3105

Princeton Municipal Campground

365 Highway 3 East
Hosts
May to Sep

250-295-7355
Jim & Karen Manion
info@princetonrvpark.ca

Curling Club

570 Hwy 3
www.princetoncurlingclub.com

250-295-6400

Golf Course

365 Darcy Mountain Road
www.princetongolfclub.com

250-295-6123

Museum & Archives

167 Vermilion Avenue
www.princetonmuseum.org

250-295-7588

Okanagan Regional Library

107 Vermilion Avenue
www.orl.bc.ca

250-295-6495

Senior Citizens Branch 30

162 Angela Avenue

250-295-7515

Royal Canadian Legion Branch 56

172 Bridge St

250-295-6060

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MINI EXCAVATOR

8,000 lb. machine on rubber tracks.
Post Hole Pounder & Tamperer
Foundations - Landscaping - Water Lines
- Swimming Pools



POST HOLE AUGER

9 inch and 12 inch bits
Regular & Clamshell Buckets - Forks



MOBILE PRESSURE WASHING TRAILER

Hot or cold water
Cleans everything from machinery to
decks, driveways and siding.



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To rent: 24ft Class D Motorhome



DUMP TRAILER

14,000 lb. capacity (6 yards)

R&D LANDSCAPING - (250) 295-6449

COMMUNITY & ACTIVITIES

PRENATAL & POSTNATAL CLASSES

Family centered classes that focus on answering your questions about pregnancy, assisting women and their helpers to feel confident about labour and birth, breastfeeding and more. For more information or to sign up for a class please contact the Health Centre at 250-295-4442.

TOPS GROUP

The group 'Taking Off Pounds Sensibly' meets weekly to support and discuss ways to ensure that your weight loss is a success. Lots of laughter and support is given weekly at these meetings. Anyone interested in joining or learning more can call Lynda Borg at 250-295-3658 or Kay Bergeron at 250-295-1385
Membership Fee required Riverside Community Centre
Thurs Ongoing 8:30-10:00am

CWWA CHILD & YOUTH COUNSELING

For children and youth who have experienced serious family conflict. Witnessing may significantly impact academic, social and emotional development. Services are free and confidential. This program is supported through Princeton Family Services. Call 250-295-3186 or 250-293-6729

STV WOMEN'S COUNSELING

The Stopping the Violence Counseling Program provides support for women who have experienced relationship violence, sexual assault, traumatic events and/or child abuse. Services are free and confidential. This program is supported through Princeton Family Services. Call 250-273-STOP (7867).



THE HUT BOTTLE DEPOT

367 Highway 3 Princeton

11 am to 5 pm daily
10 am to 5 pm Saturday

CLOSED TUESDAY AND STAT HOLIDAYS

the.hut@telus.net

250-295-3835



We also accept electronics, small appliances, power tools, alarms, light bulbs & household light fixtures.



LOTUS MEDICAL ACUPUNCTURE & ALTERNATIVE MEDICINE

Riverside Community Centre

Engage your body and mind through
therapeutic, natural means to relax,
release pain, reduce fatigue, improve
mood, concentration and restful sleep.

Safe, natural, drug free and effective



M Guadalupe Gutierrez, DDS R.AC
Alternative Medical Consultant

Call 250-295-7406
to book an appointment

www.medical-acupuncture.net

If you belong to any of these organizations you may be eligible for supplementary benefits: MSP – Premium Assistance; MSP – Mental Health Clients
MSP – At Home Program; GIS – Long Term Facilities; First Nations

COMMUNITY AND ACTIVITIES



The Royal Canadian Legion

Join us and be part of one of the biggest
Volunteer Organizations in Princeton
and in Canada.

We welcome all good Canadians and guests!

We are open from 12 pm Monday to Saturday
and 1pm on Sundays
Except Christmas Day, Boxing Day and
New Years Day!

We have many year round activities including
2 meat draws Saturday & Tuesdays.
Crib, poker, darts free bingo and pool weekly,
Community dinners, dances and entertainment.
Fishing, golf and crib tournaments.

Check out our Newspaper ads and articles call /
250 295 6060 or drop into the Branch for more information.

We are right next to Veterans Square!

GINORMOUS INDOOR COMMUNITY

**Free
admission**



**\$10 space
(10'x20'
with 1 table)**

***NEW*
Home based
business
section**

Princeton Arena 167 Old Hedley Rd

**Friday, June 17 6pm - 9pm
Saturday, June 18 9am - 3pm**

**Friday, July 15 6pm - 9pm
Saturday, July 16 9am - 3pm**

**To book a space please contact
Lyle 250-295-7222 lthomas@princeton.ca
OR
Nadine 250-295-6067 nmcewen@princeton.ca**

COMMUNITY DIRECTORY

BUSINESS

CHAMBER OF COMMERCE
250-295-3103
RED CROSS EQUIPMENT LOAN
250-293-6467
TOWN OF PRINCETON
250-295-3135

COMMUNITY SERVICES

COMMUNITY SERVICES SOCIETY
250-295-6666
CRISIS ASSISTANCE SOCIETY
250-293-1120
FAMILY SERVICES SOCIETY
250-295-3126
GROUND SEARCH & RESCUE
250-295-6759
HOSPITAL AUXILIARY THRIFT STORE
250-295-7214
HOSPICE SOCIETY
250-295-7748
MINISTRY OF CHILDREN & FAMILY
250-295-7585

CULTURAL CLUBS

BRIDGE CLUB
250-295-6204
BUNCHGRASS QUILTERS
250-295-6511
PRINCETON COMMUNITY BAND
250-295-7743
CRIMSON TINE PLAYERS
crimsontineplayers@hotmail.com
DUPLICATE BRIDGE CLUB
250-295-6157
GARDEN CLUB
250-295-1577
MUSEUM & ARCHIVES
250-295-7588
PRINCETON ARTS COUNCIL
250-295-6718
PRINCETON TRADITIONAL
MUSIC SOCIETY 250-295-6010
RIVERSIDE COMMUNITY
CENTRE/THEATRE 250-295-6067
ROCK & FOSSIL CLUB
250-295-3896
SUNFLOWER GALLERY
250-295-6718
VFFN - NATURALIST CLUB
250-295-7743

HEALTH CARE

ALCOHOLICS ANONYMOUS
250-295-7272
CASCADE MEDICAL CENTRE
250-295-4482
DRUG & ALCOHOL SUPPORT
Counselor 250-295-4449
Counselor 250-295-3029
INFANT DEVELOPMENT PRG
250-295-3126
MENTAL HEALTH SERVICES
250-499-3029
PGH (SUPPORT GROUPS)
250-295-3233
PRINCETON HEALTH CENTRE
250-295-4442
THE ANCHORAGE
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