

## Putting A New Spin On Pre-Owned Bikes



There are few forms of exercise that offer both fitness benefits and the opportunity to enjoy the rich natural bounty of the Okanagan, like cycling. But not everyone can afford the latest, greatest two-wheeler on display at the local bike store. For those looking for a reliable, quality ride without the designer price tag, there is BikeWays.

BikeWays Used Bike Shop is a social venture initiative of Pathways Abilities Society, a Central Okanagan not for profit society providing services and support to individuals with diverse abilities.

BikeWays employees with diverse-abilities and community volunteers, repair and refurbish a full range of gently pre-owned bikes, from children's bikes to road bikes, mountain bikes, touring bikes and more. BikeWays provides a low-cost option for those wanting to cycle the roadways and trail-ways of our amazing Okanagan Valley. All proceeds from BikeWays used bike shop provide paid employment for individuals with diverse-abilities and activity support throughout our community! Bringing new life to old bikes – BikeWays is the true definition of re-cycling!

Located at St. Paul Street, Kelowna  
Bikeways@pathwayskelowna.ca  
250-768-4837 Ext. 3

To reach our service areas  
(except the homes)

call **250-763-4837.**

Pathways Service Area	Extension
Activity Service fs@pathwayskelowna.ca ws@pathwayskelowna.ca	1
West Kelowna Activity Service aswestkelowna@pathwayskelowna.ca	2
Bikeways bikeways@pathwayskelowna.ca	3
Staff Directory	5
Social Recreation socialrec@pathwayskelowna.ca	226



### COVID Safety



If you are in a group that requires headphones, we are asking you bring your own from home, please. Contact a supervisor if you want more information.

### COVID-19 Update

We hope you are continuing to stay healthy and safe! We continue to provide services while ensuring we are providing the safest service environment possible. Please go to our [website](#) and **ensure** you read and review our [COVID-19 Pandemic Prevention at Service Sites](#) and [Universal Precautions, Communicable and Infectious Diseases Prevention](#) policy and procedures. If you cannot access the internet, please contact a supervisor and they will print you a copy.



### Spring Summer Registration is coming out early April.

Prepare to bring a water bottle, sunscreen, hat and dress appropriately. Please label your items with your name or initials.



### Do you have a H2O Pass?



Please let Alaina (fs@pathwayskelowna.ca) know and bring it with you on your swimming days. We are looking to utilize community sources.

## In the month of April the following people **STARTED** service with Pathways:

Jeffrey G. 1986  
Angela P. 1986  
Beverly P. 1995  
Murray M. 1996  
Emily L. 2016  
Andrew M. 2016  
Donna C. 2017  
Ryan S. 2017  
Garrison F. 2017  
Tim B. 2021  
Earl H. 2021

## Hunt & Gather

### Intercity Scavenger Hunt & Reception

Build a team  
Create Costumes  
Tag Silly Photos

Prizes  
Food and Wine  
Silent Auction

April 9/22 1:00-5:30pm  
Tickets [www.planokanagan.ca](http://www.planokanagan.ca)

All proceeds raised go directly to PLAN Okanagan's programs





## OKANAGAN SELF-ADVOCATE GROUP

**Adults (over age 19) with Autism (ASD)  
or Diversabilities (Disabilities) in B.C.  
Invited**

**Free**

### **ZOOM Programs in 2022**

**All Programs on Saturdays from 1 PM – 2:30 PM.**

**February 26**

***The Social Skills of Sexuality***

Joanne Poole, Registered Nurse and  
Okanagan College Professor

**June 25**

***Job Employment Help***

Jacob May, Employer and Community  
Coordinator, Kelowna WorkBC Centre

**March 26**

***How to Stretch Your Budget and Save!***

Denise Martell, Marketing Director, Western  
Financial Group

**September 24**

***Raise Your Energy with Breath and  
Relaxation***

Danielle Dufour, Life Force Experiential  
Activities

**April 30**

***Become a Great Self-Advocate!***

Shelley DeCoste, Strategic Initiatives  
Advisor, CLBC

**October 29**

***Anxiety: A Common Barrier to Social  
Inclusion***

Becky Molly, Clinical Director, Pacific Coast  
Community Resources Inc.

**May 28**

***Loneliness, Depression and Anger  
Management***

Alysha Donko, Clinical Supervisor,  
posAbilities, Laurel Support Services

**November 26**

***Clearing the Clutter***

Corey Anderson, Owner and Manager of  
*Organize My Space Kelowna*

**To Register for ZOOM Presentations Contact:**

Linda Youmans, Okanagan Self-Advocate Group Advisor

[okanaganselfadvocategroup15@yahoo.com](mailto:okanaganselfadvocategroup15@yahoo.com)

Phone: (778) 478-3436

Supported by the South  
Central Okanagan Community Council



# April 2022

## Upcoming Closure Dates

Friday, April 15, 2022—Good Friday  
~~~~~

Monday, April 18, 2022—Easter Monday  
~~~~~

Monday, May 23, 2022—Victoria Day  
**Check out our web site for all closure  
dates in 2022 [www.pathwayskelowna.ca](http://www.pathwayskelowna.ca)**

### **NOTICE**



**Please wear a  
face mask**

### **Update on wearing masks**

Everyone is probably aware of the changes announced regarding mask mandates and vaccination passports. Pathways will continue to operate by wearing masks

indoors and outdoors while services are operational and follow current plans until further notice. Any visitors to our service sites, are required to wear your mask and sanitize your hands. Thanks you for everyone's patience and understanding as we navigate the new changes.

## **Pathways Self-Advocate**



### **Zoom Meetings**

**April 1st and 29th**

Contact Tiffany at 250-763-4837 Ext. 1 or  
email: [selfadvocacy@pathwayskelowna.ca](mailto:selfadvocacy@pathwayskelowna.ca)  
for more information.

Pathways Abilities Society

123 Franklyn Road

Kelowna, BC

V1X 6A9



*If you would like to receive this  
Monthly Update Edition by email  
instead of by mail or by hand,  
PLEASE contact  
[cpdintake@pathwayskelowna.ca](mailto:cpdintake@pathwayskelowna.ca) or  
call **(250) 763-4837 Ext 128**; leave  
your name and email. We will provide  
you with our electronic version.*