



**Calling All Self-Advocates**

**What is Self-Advocacy?**

Self-Advocacy is learning how to speak up for yourself, making your own decisions about your own life, learning how to get information so that you can understand things that are of interest to you, finding out who will support you in your journey, knowing your rights and responsibilities, problem solving, listening and learning, reaching out to others when you need help and friendship, and learning about self-determination.

**Why is Self-Advocacy important?**

So that you have the knowledge and information needed to succeed and are given the chance to participate in making decisions that will improve your quality of life.

See more at:

<http://www.inclusionbc.org/self-advocates>

Date	Planned Meeting or Activity
November 9th, 2018 12:30PM	Hot Lunch TBD Advocacy in the Service Area meeting
November 23rd, 2018 12:30PM	Hot Lunch Advocacy in the Service Area event

**Important Phone Numbers**

If you are calling because you attend Activity Services or you are calling on behalf of an individual who attends Activity Services, please call: **250-763-4484** or **778-484-4490**, West Kelowna call: **778-754-5677**, Franklyn Senior Services call **778-478-0062**.

**Please, leave a message at the appropriate service area.  
Thank you!**

**Email Address List**

If you need to contact any of the following people, email is a great tool you can use:

Executive Director: [ed@pathwayskelowna.ca](mailto:ed@pathwayskelowna.ca)

Quality Assurance & Home share: [aqam@pathwayskelowna.ca](mailto:aqam@pathwayskelowna.ca)

Finance Manager: [fm@pathwayskelowna.ca](mailto:fm@pathwayskelowna.ca)

Residential Supervisor: [rs@pathwayskelowna.ca](mailto:rs@pathwayskelowna.ca)

Activity Supervisor: [fs@pathwayskelowna.ca](mailto:fs@pathwayskelowna.ca)

Senior Services:

[branch55@pathwayskelowna.ca](mailto:branch55@pathwayskelowna.ca)

[fss@pathwayskelowna.ca](mailto:fss@pathwayskelowna.ca)

Social Recreation:

[socialrec@pathwayskelowna.ca](mailto:socialrec@pathwayskelowna.ca)

Community Placement Developer- Intake:

[cpdintake@pathwayskelowna.ca](mailto:cpdintake@pathwayskelowna.ca)

Travel Club Coordination:

[travelclub@pathwayskelowna.ca](mailto:travelclub@pathwayskelowna.ca)

Community Placement Developer-Scheduling:

[cpdscheduling@pathwayskelowna.ca](mailto:cpdscheduling@pathwayskelowna.ca)

Employment Manager: [em@pathwayskelowna.ca](mailto:em@pathwayskelowna.ca)

Newsletter / Community Link

[adminassist@pathwayskelowna.ca](mailto:adminassist@pathwayskelowna.ca)

West Kelowna [aswestkelowna@pathwayskelowna.ca](mailto:aswestkelowna@pathwayskelowna.ca)

**2019 Closure dates**

**Tuesday, January 1, 2019  
New Years Day**

~~~~~  
**Monday, January 21, 2019  
In-Service**

~~~~~  
**Monday, February 18, 2019  
Family Day**

~~~~~  
**Friday, April 19, 2019  
Good Friday**

~~~~~  
**Monday, April 22, 2019  
Easter Monday**

~~~~~  
**Monday, May 20, 2019  
Victoria Day**

~~~~~  
**Monday, June 10, 2019  
In-Service**

~~~~~  
**Monday, July 1, 2019  
Canada Day**

~~~~~  
**Monday, August 19, 2019  
to Friday, August 30, 2019  
Summer Closure**

**Re-opening Tuesday, September 3, 2019**

~~~~~  
**Monday, September 2, 2019  
Labour Day**

~~~~~  
**Monday, October 14, 2019  
Thanksgiving**

~~~~~  
**Monday November 11, 2019  
Remembrance Day**

~~~~~  
**Wednesday, December 25 to  
Wednesday, January 1, 2020  
Christmas Closure**

**Re-opening Thursday, January 2, 2020**

**Pathways is closed**

*Monday, November 12, 2018 for  
Remembrance Day and  
December 24, 2018 to  
January 1, 2019. Reopening,  
January 2, 2019.*



Pathways wants everyone to stay healthy and happy. Please, use the following flu and cold prevention strategies:

- ◆ Please, stay home if you are sick
- ◆ Wash your hands with warm water and soap often
- ◆ Use hand sanitizer where it's available
- ◆ Keep your hands away from your face
- ◆ Cover your cough and sneeze into your sleeve or elbow
- ◆ Get the flu shot when available



When you attend the Activity Service you must bring the following each day: a backpack, lunch which requires no heating and with containers that can either be returned or disposed of, a refillable water bottle, a city bus pass if you have one, handyDART pass if you have one, any personal care or personal support supplies you require, medication and the correct documentation if you need to take them while at Pathways, recreational gear which will be specified i.e. a swimsuit, towel, hiking boots, etc.

To help us ensure items are returned to you please label them discreetly.

Just a reminder, you must call this number 778-484-4490 if you are not attending on a scheduled day. You can leave a message.

Thank you!

Pathways Abilities Society Holiday Luncheon  
December 20, 2018 11:00AM-3:00PM  
Rutland Community Hall, 180 Rutland Rd. N,  
Kelowna, B.C., RSVP to: 778-484-4490  
Doors open at 11:30 am (not before). Lunch is  
being served at noon!  
\*Tickets and Registration will be provided in  
the next issue.



# November

Please Contact : April  
Social Recreation Coordinator  
Phone: 250-681-3475  
Email:  
socialrec@pathwayskelowna.ca

Name:

Coming Dec 20th!		Tue		Wed		Thu		Fri		Sat	
<b>O' CHRISTMAS TEA!</b> <b>A BRITISH COMEDY PLAY</b> <b>\$34</b> Let me know by Nov 1st						<b>1</b> <b>Pizza &amp; Karaoke</b>  5:00-7:30pm		<b>2</b> <b>Cosmic Throat</b> <b>Singer</b> Matinee 2:00-6:30pm		<b>3</b> <b>Rockets Vs Brandon</b> <b>Game</b> 6:00-9:30pm	
<b>4</b>  <b>BIG NEWS</b>		<b>6</b> <b>Dinner &amp; Movie</b> Meet at OP food court 5:00-9:00pm		<b>7</b>		<b>8</b> <b>Friends of the</b> <b>Library</b> <b>Book Sale</b> 3:30-6:30pm		<b>9</b> <b>Marmalade</b> <b>Cat</b> <b>Live music 3:30-</b> <b>7:30pm</b>		<b>10</b>	
<b>11</b>  <b>Lest We Forget.</b>		<b>12</b>		<b>13</b> <b>Operation</b> <b>Christmas Child</b> "fill a Shoe Box" 3:30-5:30pm		<b>14</b>		<b>15</b> <b>Songs of The</b> <b>Southern Bells</b> 7:30-9:30pm <b>\$40</b>		<b>16</b> <b>West Side</b> <b>Warriors Game</b> 6:00- 10:00pm <b>\$16</b>	
<b>18</b>		<b>19</b>		<b>20</b> <b>Cooking group</b>  3:30-6:30pm		<b>21</b>		<b>22</b> <b>Megan</b> <b>Appreciation</b> <b>Dinner!</b> 6:00-8:00pm		<b>23</b> <b>Rockets Vs</b> <b>Victoria</b> <b>Game</b> 6:00-9:30pm	
<b>25</b> <b>West Side</b> <b>Matinee</b> 10:30-2:30pm		<b>26</b>		<b>27</b> <b>Dennis's</b> <b>Birthday Dinner</b> <b>Red Robin</b> 5:30-7:30pm		<b>28</b> <b>Rockets Vs</b> <b>Vancouver</b> <b>Game</b> 6:00-9:30pm		<b>29</b> <b>Art Gallery Tours</b> <b>&amp; Dinner</b> 3:30- 7:30pm		<b>30</b>	

\*Note!  
Once snow hits,  
we will be meeting at  
the side entrance of  
Prospera for all  
Games

Pathways Abilities Society  
123 Franklyn Road  
Kelowna, BC  
V1X 6A9



recipient



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