

# Active Living Program Guide for Adults 50+

SPRING 2018



# Active Living Program Guide for Adults 50+

## Table of Contents

Get Active this Spring! .....	3
Parkinson Senior Society .....	4
Parkinson Activity Centre - Computer Courses .....	5
Rutland Senior Centre Society .....	6
Okanagan Mission Senior Centre Society .....	7
Club #17 .....	7
Branch #55 .....	8
City of Kelowna - Active Living and Culture .....	8
City of Kelowna - Rutland/Black Mountain .....	9
City of Kelowna - Glenmore/Downtown Kelowna .....	10
City of Kelowna - Mission/South Kelowna .....	10
City of Kelowna - PRC & PAC .....	11
The Society for Learning in Retirement .....	12
Volunteer Opportunities .....	12
Community Wide Information .....	14
Community Contact Information .....	15
Cultural Events .....	16
Community Events .....	17

### Not-for-Profit Seniors Societies:

<b>Parkinson Senior Society</b>  250-762-4108	<b>Rutland Senior Centre Society</b>  250-765-3723	<b>Okanagan Mission Senior Centre Society</b>  250-764-7642
<b>City Liason</b>		
Ali Westlund 250-469-8749 awestlund@kelowna.ca	Val Petillion 250-469-8846 vpetillion@kelowna.ca	Kathleen Rowe 250-469-8798 krowe@kelowna.ca

#### Active Living Guide

Nicole Cantley  
 250-469-8650  
 ncantley@kelowna.ca

#### Facility/Rental Information

Jordan Shaw  
 250-469-8957  
 jjshaw@kelowna.ca



Get Active this Spring!

## Active Living for Adults 50+

### SENIOR SOCIETY LOCATIONS:

#### Parkinson Senior Centre Society

1700 Parkinson Way, Phone: 250-762-4108

Location: Parkinson Activity Centre

#### Okanagan Mission Senior Centre Society

4398 Hobson Road, Phone: 250-764-7642

Location: Okanagan Mission Activity Centre

#### Rutland Senior Centre Society

765 Dodd Road, Phone: 250-765-3723

Location: Rutland Activity Centre



The City of Kelowna, Active Living & Culture Division is pleased to be able to assist with the delivery of service to seniors in the Kelowna area through its service delivery agreements with the three societies. These agreements provide the societies access to three municipal recreation facilities from which they can offer a wide variety of recreational and educational programs to enhance their quality of life.

The Active Living Program Guide for Adults 50+ is available with a complete list of activities and programs offered at all three Centres, as well as community information pertaining to adults aged 50 years and up.

The Active Living Program Guide for Adults 50+ is also available online. Go to [kelowna.ca/recreation](http://kelowna.ca/recreation).



# Parkinson Senior Society

Office Hours: 8:00am - 3:00pm, Monday - Friday

1700 Parkinson Way, Kelowna, B.C. V1Y 4P9  
250-762-4108

Membership Fee: \$15.00/Year (Required for participation in activities below)

www.parkinsonseniors.com  
parkinsonseniorsociety@shaw.ca  
Executive Director: Corrinne Reid

We welcome you to come join us at the Parkinson Activity Centre. With spring in the air and a long winter over we are excited for the longer days ahead. If you are 50+ and are still active in the work force, please contact us and let us know what activities you would be interested in pursuing in the evenings and on weekends here at the Centre.

We would love to have you here and know that you will find our centre to be a vibrant and active place for you at an extremely reasonable price. To our existing members a warm welcome to Spring and to any retirees in the community that are considering joining us - give us a chance to impress you, we won't disappoint.

If you would like to learn how to use a computer or would like to hone your current skill set, we have a Computer Lab that offers instruction from January to May so be sure and check out our class brochures and schedules. Our instructors are all seniors that are prepared to work at a pace that will be conducive to learning so don't be afraid to give it a try.

## Monday

8:00am	Table Tennis	\$2.00
8:45am	Group Fitness	\$3.00
9:30am	Road Biking Club	No Charge
10:15am	Carpet Bowling	\$2.00
11:00am	Yoga	\$6.00
11:45am	Pilates	\$3.00
1:00pm	Tai Chi	\$3.00
1:00pm	Mah Jong	\$2.00
2:15pm	Pickleball (3.0 & above)	\$2.00

## Tuesday

8:10am	Group Fitness	\$3.00
9:00am	Beginner Line Dancing	\$2.00
9:20am	Group Fitness	\$3.00
10:00am	Beginner Bridge (in Feb)	\$60.00
10:30am	Osteofit for Life (call Bobbi 317-3508)	
11:00am	Scrapbooking	\$2.00
12:30pm	Duplicate Bridge	\$4.00
1:00pm	Scrabble	\$2.00
4:30pm	Ballroom Dance Practice	\$2.00

## Wednesday

8:00am	Table Tennis	\$2.00
9:00am	Trekking Group	No Charge
8:45am	Group Fitness	\$3.00
10:15am	Carpet Bowling	\$2.00
10:30am	Singing for Fun (begins Feb 14)	\$2.00
11:00am	Yoga	\$6.00
12:30pm	American Bridge - Duplicate	\$2.00
12:30pm	Cribbage	\$2.00
1:00pm	Intermediate Line Dancing	\$2.00
5:00pm	Wednesday Supper Club (tickets sold in advance)	\$10.00

## Thursday

8:00am	Pleasure Painters	\$3.00
8:10am	Group Fitness	\$3.00
9:20am	Group Fitness	\$3.00
10:30am	Osteofit for Life (call Bobbi 317-3508)	
11:40am	Men's Group Fitness	\$3.00
1:00pm	Pilates	\$3.00
1:00pm	Mah Jong	\$2.00
1:00pm	Beginner Watercolors (begins March)	
2:15pm	Pickleball (3.5 & above)	\$2.00
7:00pm	Dancing at the PAC	\$6.00
	*Featuring a Live Band	

## Friday

7:50am	Zumba	\$3.00
8:00am	Table Tennis	\$2.00
8:55am	Group Fitness	\$3.00
9:30am	Beginner Bridge II (in Feb)	\$40.00
10:00am	Tai Chi	\$3.00
11:15am	Chair Yoga	\$3.00
11:00am	Yoga	\$6.00
12:30pm	Beginner Pickleball Lesson	\$2.00
1:00pm	Canasta	\$2.00
2:30pm	Pickleball (3.0 & below)	\$2.00
5:00pm	Ballroom Dance Practice	\$2.00

## Saturday

10:15am	Carpet Bowling	\$2.00
12:30 pm	Duplicate Bridge (ACBL)	\$5.00

## Sunday

9:00-11:00am	1 <sup>st</sup> Sunday of each Month	
	Our Famous Pancake Breakfast	\$6.00
7:00pm	Dancing at the PAC	\$6.00

### PSS Highlights

- Kitchen Open & Coffee on - 9:00am - 1:00pm Monday to Friday. Great Food, Great Prices, & it's all Homemade!
- Pool Room Hours - 8:00am - 4:00pm Monday to Friday, and 9:00am - 4:00pm on Saturdays
- Are you receiving our emails with Special Events? If no, please get us your email address as you are missing out

# Parkinson Activity Centre - Computer Courses

**APR-MAY - AGE 50+ FOR INFO PICK UP A BROCHURE AT  
1700 PARKINSON WAY OR CALL 762-4108**

**(MAX 6 TO A CLASS)**

## LEARNING THE ESSENTIALS OF MICROSOFT WINDOWS - \$65

(3 x three hour classes)

Mon	Apr 9, 16, 23	9:00am - 12:00pm
Tues	May 15, 22, 29	9:00am - 12:00pm

## OVERVIEW OF WINDOWS 10 - \$30

Wed	Apr 11	9:00am - 12:00pm
Mon	May 7	9:00am - 12:00pm

## E-MAIL USING WEB MAIL - \$30

Tues	Apr 17	9:00am-12:00pm
Thurs	May 24	1:00pm-4:00pm

## WEB EXPLORATION - \$20

Mon	Apr 30	9:00am - 11:00am
Fri	May 19	9:00am - 11:00am

## BACKING UP YOUR COMPUTER - \$20

Fri	Apr 20	9:00am - 11:00am
Wed	May 23	9:00am - 11:00am

## INTRODUCTION TO MICROSOFT WORD - \$50

(2 x three hour classes)

Fri	May 4, 11	9:00am - 12:00pm
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## EXCEL ESSENTIALS - \$30

Thurs	Apr 12	9:00am - 12:00pm
Thurs	May 10	9:00am - 12:00pm

## ORGANIZING PHOTOS AND DOCUMENTS- \$30

Thurs	Apr 5	9:00am - 12:00pm
Thurs	May 3	9:00am - 12:00pm

## COMPUTER MAINTENANCE & INTERNET SAFETY \$30

Tues	Apr 24	9:00am - 12:00pm
Mon	May 14	9:00am - 12:00pm

## FACEBOOK ESSENTIALS - \$30

Wed	Apr 18	9:00am - 12:00pm
Wed	May 16	9:00am - 12:00pm

## OTHER THINGS TO DO ON YOUR COMPUTER-\$20

Fri	Apr 27	9:00am - 12:00pm
Fri	May 25	9:00am - 12:00pm

## I-PAD FOR BEGINNERS PART 1 -\$15

Thurs	Apr 5	1:00pm - 2:45pm
Thurs	May 3	1:00pm - 2:45pm

## I-PAD FOR BEGINNERS PART 2 - \$15

Thurs	Apr 12	1:00pm - 2:45pm
Thurs	May 10	1:00pm - 2:45pm

The Instructor may also be able to answer questions on iPhone, iPod and iCloud.

## 2ND TUESDAY FREE 1 HOUR LECTURES

Apr 10	9:30am 11:00am	Using a Flash Drive What to Look for When Buying a New Computer
May 8	9:30am 11:00am	Safe Online Shopping Understanding your Mouse & Recycling Bin

## FREE HELP SESSIONS ARE SCHEDULED

Wed	Apr 25	12:30pm - 2:30pm
Wed	May 30	12:30pm - 2:30pm

# Rutland Senior Centre Society

765 Dodd Road, Kelowna, V1X 5H1  
250-765-3723

www.rutlandseniors.com  
rsac@telus.net

## Monday

9:00am	Palette Pals	\$2.00
9:00am	Table Tennis	\$1.00
11:15am	Line Dancing	\$3.00
12:45pm	Novice Duplicate Bridge	\$4.00
1:00pm	Chair Yoga	\$4.00
6:45pm	Pickleball	\$0.50
7:15pm	Barbershop Choir	\$0.50

## Tuesday

8:30am	Fitness	\$4.00
9:00am	Quilting	\$0.50
10:00am	Carpet Bowling	\$0.50
11:30am	Pickleball Beginner/Lessons	FREE
1:00-3:00pm	Pickleball	\$0.50
1:00-5:00pm	Pickleball	\$0.50
7:15pm	Fiddlers Practice	FREE

## Wednesday

9:00am	Table Tennis	\$1.00
9:30am	Osteofit for Life	Call to Register
11:15am	Line Dancing	\$3.00
12:45pm	Duplicate Bridge	\$4.00
1:00pm	Cribbage	\$2.50
7:00pm	Pickleball	\$0.50

## Thursday

8:30am	Fitness	\$4.00
8:30am	31 "Cards"	\$0.50
10:00am	Carpet Bowling	\$0.50
12:30pm	Bingo	\$0.50
7:00pm	Fiddlers Jam Night	\$0.50
	1 <sup>st</sup> Thursday every month	
7:00pm	Pickleball	\$0.50
	Last 3 Thursday of month	

## Friday

8:45am	Osteofit for Life	Call to Register
9:00am	Table Tennis	\$1.00
10:00am	Quilting	\$0.50
11:15am	Line Dancing	\$3.00
1:00pm	Badminton	\$0.50
1:00pm	Whist	\$2.00
3:00pm	Pickleball	\$0.50

## Saturday - no activities March 24th or 31st

12:15pm	Duplicate Bridge	\$4.00
7:00pm	Dance	\$8.00 members \$10.00 non-members

*\*Please call Mary at 250-763-9207 or  
Lavonne at 250-860-7638 for more information*

## Sunday

1:00pm	Duplicate Bridge	\$4.00 No bridge March 25 <sup>th</sup> or April 1 <sup>st</sup>
2:30-4:30 pm	Fiddlers Jam Session	3 <sup>rd</sup> Sunday/Month

### Maintenance Shutdown

March 26 - April 2, 2018

**Schedule for Tax Clinics  
for low income  
individuals:  
All 10am-Noon**

**Wednesday, March 21  
Wednesday, April 4  
Monday, April 9  
Wednesday, April 11**

**Pick up Only  
Wednesday April 18**



iPads available for use in the  
Centre at the front office (for  
collateral)

Don't forget to check Lost &  
Found!

**Games Room**  
Monday - Saturday  
8:00am - 4:00pm  
Fee: \$1.00 per entry

# Okanagan Mission Senior Centre Society

4398 Hobson Road, Kelowna, BC V1W 1Y3  
250 764-7642

okmissionseniors@gmail.com

## Executive

President	Grace Egeland	Secretary	Betsy Buchanan
1 <sup>st</sup> Vice	Jerry Tyndall	Treasurer	Marolyn Armstrong
2 <sup>nd</sup> Vice	Ian Sisset	Past President	Bruce Taylor

### Monday

10:00am	Silver Song Club	\$0.50
1:00pm	Euchre Starting April 9th	TBA

### Friday

9:30am	Keep Fit	\$2.00
1:00pm	Cribbage	\$2.00

### Tuesday

9:30am	Keep Fit	\$2.00
10:45am	Directors Meeting	2 <sup>nd</sup> Tues. month
11:00am	Sask. Retired Teachers	3 <sup>rd</sup> Tues. month

### Wednesday

9:00am	Painting	\$1.00
	Drop-in \$5 (if space available)	
	Contact <a href="mailto:nvbejames@shaw.ca">nvbejames@shaw.ca</a>	

### Thursday

9:00am	Crafts	\$0.50
		Re-start Sept 7
12:30pm	Bridge	\$2.00

**Social Luncheon**  
February 28, 2018  
12:00pm  
(Bridge & Crib to follow)

*Watch for Horseshoes to start on Monday's in the Summer!*

## Club #17

1353 Richter Street Kelowna, BC V1Y 2L5  
250-762-5505     [KSCSCLub17@gmail.com](mailto:KSCSCLub17@gmail.com)  
Membership Fee: \$5/Year January-December

**Board of Directors Meeting**  
1<sup>st</sup> Wednesday of the Month

### Executive

President	Cecelia Buckley	250-448-5970
1 <sup>st</sup> Vice President	Reta Derksen	
2 <sup>nd</sup> Vice President	Donald Rutherford	
Treasurer	Gary Hanson	250-878-3279
Secretary	Jeanette Weber	250-863-0439

**Hall Rental Information**  
250 878-2679 or  
[KSCSCLub17@gmail.com](mailto:KSCSCLub17@gmail.com)

### Monday

12:30pm	Social Bridge	\$3.00
		Contact Mervyn: 250-762-9303

### Thursday

12:00pm	Dance Class	\$5.00 drop-in
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### Tuesday

12:30pm	Rug Hookers	
7:00pm	Accordion Club	\$2.00

### Friday

12:30pm	Social Bridge	\$3.00
		Contact Mervyn: 250-762-9303

### Wednesday

12:45pm	Mah Jong	\$2.00
7:00pm	Songs of Norway	3 <sup>rd</sup> Wed of Month
7:30pm	Rock Club	4 <sup>th</sup> Wed of Month

### Saturday

12:00pm	Bingo	Lunch Available
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## Branch #55

150D Gray Road Kelowna BC V1X1W7  
250 765-5531

branch55@telus.net

### Executive

President	Cathy Gunderson	Secretary	Bev Rodgers
Treasurer	Brian Burnell		

**General Meeting**  
3<sup>rd</sup> Saturday of the Month @ 1:15pm

### Wednesday

4:00pm	Sharing & Caring - Baking	
5:15pm	Potluck Supper	Last Wednesday of the Month

### Thursday

1:00pm	Men's Shed Meeting	2 <sup>nd</sup> Thursday of the Month
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### Friday

12:30pm	In-House Games	
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### Saturday

11:30 am	Soup and Sandwich	3 <sup>rd</sup> Saturday of the Month
1:15 pm	General Meeting	3 <sup>rd</sup> Saturday of the Month

Hall Rental Information  
250-765-6144 or 250-765-5531

City of Kelowna - Active Living and Culture



# New Online Registration

**What you need to know:**  
We've launched a new online registration software, check it out! Search and register for programs anytime, anywhere, on any device.

**What you need to do:**  
Your old Client ID no longer applies, you can now login using your email address. Let's start with a two quick questions so you know how to set up your new account.



If you answered **no** to both of those questions, no problem. We'll just need to set up your account for you.

Call us at 250-469-8800 or email [recreation@kelowna.ca](mailto:recreation@kelowna.ca) with your name, address, email and telephone number.

**Sign up early!**  
*Prizes available for early birds that set up new accounts ahead of fall registration!*

## City of Kelowna - Rutland/Black Mountain

### Yoga Ashtanga Beginner

**Instructor:** Noushi Fattahi

**Location:** Rutland Activity Centre, Multi-Purpose Room

This class is wonderful way for everyone to experience the benefits of yoga. You will be introduced to Sun Salutations and basic poses while experiencing an overall body stretch and awakening. Modifications aligned with your physical ability will be suggested to encourage participation success, thus creating confidence on and off the mat. Poses will bring mobility to all parts of the body in a safe and gentle manner helping to clear the mind and relax the body. Drop-in if space available.

**Age:** 13Y and up

**8511 Th Apr 5-Jun 14 7:00 PM-8:15 PM \$110**

### Yoga For Chronic Pain Workshop

**Instructor:** Noushi Fattahi

**Location:** Rutland Activity Centre, Multi-Purpose Room

This workshop is great for anyone who suffers from chronic pain. Through theory, tangible yoga stretches and breathing one can reduce pain, improve over-all quality of health, and support healthy well-being. Practical practice (asanas) along

journey. Accessible to everyone. Props will be provided.

**Age:** 15Y and up

**8568 Su Jun 3 9:30 AM-11:30 AM \$36**

### Yoga Gentle Relaxation

**Instructor:** Lynn Stearns

**Location:** Rutland Activity Centre, Multi-Purpose Room

Gentle Yoga is a far less strenuous form of yoga. Explore basic yoga poses with a connection to breath, alignment and mindfulness. Therapeutic in nature, you will learn techniques to help you gain flexibility at a comfortable pace, allowing ample time to explore each pose. All fitness levels welcome. Drop-in if space available.

**Age:** 13Y and up

**8510 M Apr 9-Jun 11 5:30 PM-6:30 PM \$72**

### Acrylic Techniques Rutland/Black Mountain

**Instructor:** Dani Lachuk

**Location:** Rutland Activity Centre, Meeting Room 1

In these guided workshops, students will learn the basic fundamentals of acrylic paint on canvas. Step-by-step demonstrations throughout the painting process will introduce

students to a variety of subject matter in realistic and gestural painting styles. Students will practice colour mixing, brush and palette knife work, glazing, texture building, blending and layering to achieve varied effects on their paintings. No class May 21.

**Age: 14Y and up**  
**8416 M Apr 16-Jun 11 6:30 PM-9:30 PM \$192**

### Crochet Beginner

**Instructor: Sue Lord**  
**Location: Rutland Activity Centre, Meeting Room 2**  
 Learn the basics of crochet which include chain, single and double crochet stitches as well as tension. Create a simple crocheted hat or a scarf and mittens or an item of your choice, while crocheting in the round and increasing and decreasing stitches.

**Age: 16Y and up**  
**8417 W, Th Apr 18-26 6:30 PM-8:30 PM \$46**

### Who Am I Really?

**Instructor: Lilli-Ann Whittall**  
**Location: Rutland Activity Centre, Meeting Room 1**  
 Discover your true power and who you were born to be! If you are curious about your own unique energy patterns and how they blend with the significant others in your life, you will find this course fun and exciting. Explore mental, emotional, physical and spiritual potential using face reading, numerology, group discussion, effective communication and inner reflective work.

**Age: 18Y and up**  
**8592 W Apr 25-Jun 13 7:00 PM-8:30 PM \$81.60**

## City of Kelowna - Glenmore/Downtown Kelowna

### Pickleball Register & Play (2.0-3.25)

**Location: Watson Road Elementary, Gymnasium**  
 Registered players have priority and must be at the facility five minutes prior to the start time of the program. Drop-in players will be taken on a first come, first served basis. Please register for the appropriate program based on your level of play. Drop-ins will enter their names into a draw 30 minutes before class start time.

## City of Kelowna - Mission/South Kelowna

### Hatha for Boomers 45+

**Instructor: Lesley Crowe**  
**Location: Kinsmen Fieldhouse Hall**  
 Gentle Hatha style yoga is an ideal practice for those 45+ and will develop flexibility, strength, balance and ease in the body and mind. No previous yoga experience needed and all levels welcome as the poses are adaptable for different abilities and conditions.

**Age: 45Y and up**  
**8772 Th Apr 5-Jun 21 9:15 AM-10:45 AM \$144**

### Chair Yoga

**Instructor: Melanie Morrisette**  
**Location: Okanagan Mission Activity Centre**  
 This gentle form of yoga is practiced sitting on a chair, or standing using a chair for support. Starting with a short meditation, followed by breathing exercise, then to the practice. The poses, or Asanas, are often adaptations of hatha yoga. We will end the class with a short meditation and a quote for the

day. This program is not suitable for those with osteopenia/osteoporosis. No seniors discount.

**Age: 50Y and up**  
**8570 Tu Apr 3-May 8 1:30 PM-2:30 PM \$36**  
**8573 Tu May 15-Jun 26 1:30 PM-2:30 PM \$42**

### Strength & Flexibility

**Instructor: Melanie Morrisette**  
**Location: Okanagan Mission Activity Centre**  
 This class is suitable for individuals with arthritis, those recovering from injury or illness, as well as the general population. Classes will be self-paced and participants may exercise while seated in a chair and or standing with a chair to provide support as needed. Conditions that may benefit from these classes include joint replacement and deconditioning related to medical illness. Please speak to your physician should you have any concerns about your suitability for a program.

**Age: 50Y and up**  
**8571 W Apr 4-May 9 2:30 PM-3:30 PM \$36**  
**8572 W May 16-Jun 27 2:30 PM-3:30 PM \$42**



## Pilates Fuzion

**Instructor:** Darlene O'Neill

**Location:** Okanagan Mission Activity Centre

Now with three classes to choose from! The perfect balance of Pilates and Yoga postures to encourage the development, strength and flexibility of the whole body. All movements are connected with your core allowing you to strengthen abdominal and back muscles. All levels are welcome.

**Age:** 18Y and up

8748 M Apr 9-Jun 25 6:30 PM-7:30 PM \$88

## Ukulele Jam

**Instructor:** Monte Barwick

**Location:** Okanagan Mission Activity Centre

Calling all 'closet' Ukulele players come join our group Hum and Strum whether you're just beginning level, intermediate or beyond. If you know a handful of chords and want to expand your horizons here's your chance to play along with uke minded souls. Facilitated by certified and experienced music instructor Monte Barwick. It's guaranteed to be a Hoot and Yes, Uke can do it! Ukulele Jam is biweekly.

**Age:** 13Y and up

8767 F Apr 13-Jun 22 7:00 PM-9:00 PM \$121.50

## Badminton

**Location:** Okanagan Mission Secondary, NLC Gymnasium

Grab your racquets and come out and have fun playing badminton. Equipment supplied if needed. Registered participants have priority. Drop-in \$7 if space available. No class May 21.

**Location:** Okanagan Mission Secondary, NLC Gymnasium

Registered players have priority and must be at the facility five minutes prior to the start time of the program. Drop-in players will be taken on a first come, first served basis. Please register for the appropriate program based on your level of play. Drop-ins will enter their names into a draw 30 minutes before class start time to fill available space.

8741 F Apr 6-Jun 15 7:30PM-9:00PM \$66 (\$7 drop in)



## City of Kelowna - PRC & PAC

### Pickleball Register & Play (2.0-3.75)

#### Get Up & Go

**Location:** Parkinson Recreation Centre, Macintosh Room

Get up and Go! Is specifically designed for people with osteoporosis and low bone density or who have been inactive and are looking for an introductory exercise program. It is a safe exercise program specifically designed to improve balance and coordination as well as functional ability, independence and quality of life. Taught by fitness leaders who are certified in Osteofit and Get Up and Go! No seniors discount.

**Age:** 19Y and up

**Instructor:** Nikki Blaneil

9000 M Apr 9-May 7 11:45 AM-12:45 PM \$37.25

9003 M May 14-Jun 18 11:45 AM-12:45 PM \$37.25

**Instructor:** Rhonda Laturnas

9002 Th Apr 5-May 10 11:45 AM-12:45 PM \$37.25

9004 Th May 17-Jun 21 11:45 AM-12:45 PM \$37.25

#### PWR!Moves

**Instructor:** Mary de Souza, Certified PWR! Moves Instructor

**Location:** Parkinson Recreation Centre, Orchard Room

PWR!Moves is a Parkinson's Disease Specific Exercise Program. The emphasis is on learning what "optimal function" feels like so that you can learn to move bigger and faster in your everyday life.



The class specifically targets slowness of movement, rigidity, incoordination and balance problems.

#### Advancing:

Participants must be able to get up and down from the floor independently or with minimal assistance. Exercises will be done standing, seated on the floor.

9016 W Apr 4-May 11 10:15 AM-11:15 AM \$89.40  
F 1:15 PM-2:15 PM

9017 W May 16-Jun 22 10:15 AM-11:15 AM \$89.40  
F 1:15 PM-2:15 PM

9015 W Apr 4-May 11 11:30 AM-12:30 PM \$89.40  
F 2:30 PM-3:30 PM

**Seated:**

This class is for persons that need to do the majority of class in a seated position. Options will be given for standing portions.

9018 W May 16-Jun 22 11:30 AM-12:30 PM \$89.40  
F 2:30 PM-3:30 PM

## The Society for Learning in Retirement

Martin Centre, 1434 Graham Street  
250-448-1203

*"For the eternally curious"*

[www.slrkelowna.ca](http://www.slrkelowna.ca)

- Meeting the educational interests of Okanagan Seniors and Retirees
- Peer teaching, learning for fun and personal satisfaction.

- Stimulating daytime classes, no exams and no prerequisites.
- Inexpensive - \$25 annual membership and low course fee

Study Groups:

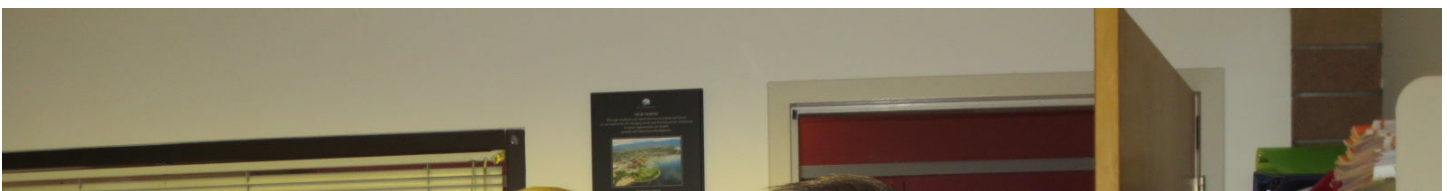
- |                        |                    |                         |
|------------------------|--------------------|-------------------------|
| Current Events         | Health & Wellness  | Reiki                   |
| Mindfulness            | Music Appreciation | Book Club               |
| History                | Beginners Bridge   | Ancient Civilizations   |
| Dancing                | Writing            | Geology                 |
| International Politics | Painting           | Globe Trotting          |
|                        |                    | <i>And much more...</i> |



Classes consist of 3 semesters/year  
 Each class is a 2 hour session/week  
 One to ten weeks (maximum) in duration  
**Meet NEW friends with shared interest in a welcoming environment!**

## Volunteer Opportunities

# WANT TO MEET PEOPLE, HAVE FUN AND CONTRIBUTE TO YOUR COMMUNITY?



Visit [volinspire.com](http://volinspire.com) for more information on Volunteer Opportunities!

## Community Wide Information

### Central Okanagan Senior Citizen Counselors

julie.cox@interiorhealth.ca    250-980-1558

The Okanagan Senior Citizen Counselors are volunteers that work under Interior Health Volunteer Services. They are available to help senior citizen with government forms, BC disability and other documentation. They also serve as advocates for the senior population of the Central Okanagan.

### May Bennett Meal Program

www.okmeals.info    250-860-3378

Enjoy a nutritious, well balanced meal prepared by the May Bennett Wellness Centre. Cost is \$7.50/meal and includes fresh soup, main meal (inclusive of two vegetables) and dessert delivered to your door. A wide variety of frozen meals and soups are also offered. Pick-up meal service available Monday - Friday, 11:30am - 12:00pm at 135 Davie Road.

### Alzheimer Society of British Columbia - Kelowna Centre

www.alzheimerbc.org    250-860-0305

Support Groups - Information and Mutual Aid:

- Early Stage Support Group
- Caregiver Support Group
- Individual Support (Available by appointment only)

### Dementia Helpline

Monday - Friday, 9:00am - 4:00pm    1-800-936-6033

Province-wide information & support service for people with dementia, caregivers, family members and more.

Educational Courses Include:

- Dementia Series - Monthly sessions to strengthen coping abilities. Learning about dementia, practical coping strategies, and early planning.
- “Life After Diagnosis” - An introductory session for the person with dementia, care partners & family members.
- “Heads Up - an introduction to Brain Health” - Encourages people to actively engage in protecting and maintaining their brain and emotional health.
- “Shaping the Journey” - 6 two-hour education sessions for people with dementia and their care partners.

### Seniors Outreach and Resource Centre

seniorvi@telus.net    250-861-6180

Seniors Outreach is a non-profit agency working to enhance the lives of seniors in Kelowna and area. The Centre provides information and referral services, crisis counseling, Elderguide (community resource directory), Regional Housing Program (outreach social worker, monthly housing information sessions, and housing directory), annual Safety Fair, Coffee Breaks and a monthly speaker series. Our various volunteer programs include Friendly Visitors, Eldernet (computer mentors), income tax preparation, event hosting and minor handyman services.

### Kelowna & District Safety Council

www.kdsc.bc.ca    250-765-3163

The Kelowna & District Safety Council specializes in helping senior drivers refresh their driving skills and keep their licenses longer while staying safer on the roads! The patient, understanding and respectful instructors will help prepare seniors for mandatory ICBC and Drive Able testing so they can be more confident and relaxed during the testing process. The lessons are customized to each driver's needs, and appointments can be scheduled 7 days a week.

## Community Contact Information

### City of Kelowna

Airport	250-765-5125
B.C. Orchard Museum	778-478-0347
Can. Hard of Hearing Assoc.	1-800-263-8068
City Hall	250-469-8500
Cultural Services	250-469-8474
Glenmore Office	250-469-8811
H2O Centre	250-764-4040
Kelowna Family Y	250-491-9622
Kelowna Library	250-762-2800
Memorial Park Cemetery	250-862-5518
Memorial and Rutland Arena	250-469-8504
Mission Library	250-764-2254
Non-Emergency RCMP	250-762-3300
Okanagan Heritage Museum	250-763-2417
Parkinson Rec. Centre	250-469-8800
Rutland Library	250-765-8165
Sport Kelowna Office	250-469-8850

### Government of Canada

Canada Revenue Agency	1-800-959-8281
Income Security	1-800-277-9914
Kelowna Elderly Services	250-868-3374
Passport Canada-Kelowna	1-800-567-6868

### Health Care Services

Brookhaven Extended Care	250-862-4040
Cottonwood Extended Care	250-862-4100
Interior Health Authority	250-868-7700
Kelowna General Hospital	250-862-4485
May Bennett Wellness Centre	250-980-1400
Medical Services Plan	1-800-663-7100
Mental Health Centre	250-868-7788
Pacific Blue Cross/BC Life	1-888-275-4672
Red Cross Loan Service	250-765-3465
Share	250-763-8117

### Province of British Columbia

Bereavement Helpline (BCBH)	1-877-779-2223
Can. Assoc. of 45 Plus (CARP)	1-888-363-2279
Medical Services Plan	1-800-663-7100
Pharmacare	1-800-663-7100
Public Gaming Branch	250-861-7363
S.A.F.E.R.	1-800-257-7756
Seniors Supplement	1-866-866-0800
Women's Emergency Shelter	250-763-1040

### Seniors Societies

Branch # 55	250-765-5531
Club # 17	250-762-5505
Okanagan Mission	250-764-7642
Parkinson Activity Centre	250-762-4108
Peachland Senior Centre	250-767-9133
Rutland Senior Centre Society	250-765-3723
Senior Centre Society	250-764-7642
Westside Senior Citizens Centre	250-768-4004
Winfield Senior Centre	250-766-4220

### Community Organizations

55 Alive Defensive Driving	250-765-3163
Alcoholics Anonymous	250-763-5555
ALS Society	1-800-708-3228
Alzheimer Society of BC	250-860-0305
Arthritis Society	250-868-8643
BC Alzheimer Soc.	1-800-667-3742
Cancer Society	250-762-6381
C.N.I.B.	250-763-1191
Crisis Line	1-888-353-2273
Diabetes Association	250-762-9447
Food Bank	250-763-7161
Heart & Stroke Foundation	250-860-6275
Hospice Association	250-763-5511
Kelowna Community Resources	250-763-8008
Kelowna Respiratory Club	250-980-1572
Kidney Found. BC Branch	1-800-567-8112
Landlord & Tenant Act	1-800-665-8779
Legal Services	250-763-8613
Legion Service Office	250-763-3927
Meals on Wheels	250-763-2424
Multiple Sclerosis Society	250-762-5850
Okanagan Staffing Services	250-717-0506
Osteoporosis-Kelowna Ch.	250-861-6880
Parkinson Support Society	1-800-668-3330
Seniors Outreach Centre	250-861-6180
Stroke Recovery Group	250-763-0556
SLR	250-448-1203

### Transportation

Bus Passes	250-861-8121
Disability Parking Permit	250-469-8757
Handi-Dart/Taxi Savers	250-762-3278
Kelowna Transit System	250-860-8121



OKANAGAN SYMPHONY ORCHESTRA

## Masterworks VI - Triomphe! Featuring the Gryphon Trio

May 11, 7:30 pm

Kelowna Community Theatre

Beethoven's epic Triple Concerto will sparkle in the hands of Canada's Gryphon Trio. 2017/2018 marks this renowned trio's 25th Anniversary and we are so pleased to celebrate with them. Dvorak's glorious 7th Symphony is often considered to be his symphonic triumph.

[OkanaganSymphony.com](http://OkanaganSymphony.com)



## A Street Car Named Desire

May 1 & 2, 7:30 pm

Kelowna Community Theatre

In celebration of Ballet Kelowna's 15th anniversary season, the Company presents its first full-length ballet – *A Streetcar Named Desire*, by renowned Canadian choreographer John Alleyne.

[www.balletkelowna.ca](http://www.balletkelowna.ca)



## New Vintage Theatre Presents: Kelowna Fan Experience 2018 (KFX)

March 23, 24 & 25

Kelowna Community Theatre, RCA & Kelowna Library Branch

KFX (Kelowna Fan Xpo) experience is an annual event that will transport the interior of BC to a world of superheroes, film, comics, manga/anime, Sci-Fi, fantasy, horror, gaming, performance, and more. This year, the KCT lobby will feature Empire Movie Props amazing collection of rare film collectibles and arts groups/organizations from across the Okanagan. The stage will host celebrity guests, panels and live performances like The Best of The Irrelevant Show, Lip Sync Battles, Teenage Mutant Turtles vs. Ghostbusters Improv Battles. A huge highlight is our KFX Cosplay Contest which is our showcase event on Sat. evening.

[Newvintagetheatre.com](http://Newvintagetheatre.com)

## The Debaters Live!

March 23, 7:00 pm, Kelowna Community Theatre

Starring: Ivan Decker, Evany Rosen & Steve Patterson

You have heard the hit show on CBC Radio, now see it live as part of our three day pop culture festival.

[Newvintagetheatre.com](http://Newvintagetheatre.com)



Explore Kelowna's Cultural District on the first Thursday of every month!

March 1, April 5, May 3 and June 7

Time: 4-7pm

- Free admission to the Kelowna Art Gallery
- Visit the Laurel Packing house for the Orchard and Wine Museums, and a variety of other programs offered at the Okanagan heritage Museum.
- Free entertainment at the Rotary Centre for the Arts

[Kelowna.ca/Culture](http://Kelowna.ca/Culture)



The Zodiac trio with Ariel Barnes, cello  
April 3, 7:30 pm at the Mary Irwin Theatre,  
Rotary Centre for the Arts.

The **Zodiac Trio** is recognized as one of the foremost clarinet- violin-piano ensembles today.

Dover and Pacific Quartets

May 1, 7:30 pm at the Mary Irwin Theatre,  
Rotary Centre for the Arts

The **Dover Quartet** catapulted to international stardom following a sweep of the Grand Prize and all three Special Prizes at the 2013 Banff International String Quartet Competition.

[www.ChamberMusicKelowna.ca](http://www.ChamberMusicKelowna.ca)

## Mission Painters Presents:

## Art by the Lake

- Free admission
- Original art media includes watercolour, oil, acrylic – with a variety of subjects
- Door prize and refreshments

July 7 and 8<sup>th</sup> 2018

Time: 10am-4pm (both days)

Okanagan Mission Activity Centre  
at Sarsons Beach (4398 Hobson Rd)





# 43RD ANNUAL *Civic & Community* AWARDS GALA

Celebrate with our finalists!  
The 43rd annual Civic & Community Awards will recognize artists, athletes, volunteers, businesses, organizations & community leaders for their outstanding achievements in 2017.

**April 26, 2018**  
**Kelowna Community Theatre**  
**Doors open at 6 p.m.**  
**Awards show starts at 7 p.m.**

Tickets are \$28 and are available for purchase through [kelownatickets.com](http://kelownatickets.com) or by calling 250-862-2867.



Thank you to our sponsors for their continued support:



[kelowna.ca/our-community](http://kelowna.ca/our-community)