

Table of Contents

Water Street Centre	2-3
Computer Training	3
Arthritis Fitness Classes	4
OK Mission Activity Centre	4
Rutland Activity Centre	5
Club #17 & Branch #55	6
City of Kelowna Programs	7-12
Arts, Culture & Heritage	13
SLR & Osteofit	14
Community Wide Information	15
Community Contact Numbers	16



Spring Edition

Spring is nature’s way of saying “Let’s have fun”. The Active Living Guide for the Older Adult is full of exciting opportunities for you to experience. Check out the programs offered by the Senior Societies and also see what the City of Kelowna has to offer in Recreation & Culture.

Inside our edition we have multiple ways to get out and be active in our beautiful sunny Okanagan. So if you have been eyeing up a certain activity for a few seasons, or interested in one of the new ones, now is the time to try it!

Enjoy!

City of Kelowna Recreation liaisons to the not-for-profit Seniors Societies:

Water Street: Christine Gariepy - Phone: 250 469-8987, Email: cgariepy@kelowna.ca
Rutland: Val Petillion - Phone: 250 469-8846, Email: vpetillion@kelowna.ca
Mission: Kathleen Rowe - Phone: 250-469-8798 or Email: krowe@kelowna.ca

For comments/submissions to the Active Living Guide for Older Adults:
Contact: Nick Bonnett - Phone: 250 469-8885, Email: nbonnett@kelowna.ca

For rental information for all City facilities:
Contact: Dudley Whapshare - Phone: 250-469-8957 or Email: dwhapshare@kelowna.ca

Water Street Senior Centre Society

1360 Water Street, Kelowna, B.C. V1Y 1J1
 Office hours: 8:00 am-4:00 pm, Monday - Friday (Closed for lunch 12-1 pm)
 Phone: 250 762-4108 Fax: 250 712-1106 www.waterstseniors.com

Executive

President	Chris Bischoff 250 763-9332	Treasurer	Marie Leduc 250 762-4108
1 st Vice	Carole Bridges 250 861-5600	Secretary	Geraldine Bush 250 717-3468
2 nd Vice	Sharon Currie 250 448-9933	Past Pres.	Roy Becker 250 860-0740

Monday

8:45 am	Fitness to Music	\$2.00
9:00 am	Table Tennis	\$0.50
10:30 am	Carpet Bowling	\$0.50
12:30 pm	Whist	\$1.00
1:00 pm	Tai Chi/Qi Gong	\$2.00
1:15 pm	Yoga	\$5.00
7:00 pm	Table Tennis	\$0.50
7:00 pm - 9:30 pm	Barber Shop Practice	\$2.00

Tuesday

8:45 am	Fitness to Music	\$2.00
10:00 am	Osteofit for Life	
10:00 am	Paper Tole	\$0.50
12:30 pm	Bingo	\$0.50
4:30 pm	Ballroom Dance Practice	\$0.50
6:55 pm	Duplicate Bridge	\$2.50

Wednesday

8:45 am	Fitness to Music	\$2.00
9:00 am	Trekking Group	No Charge
9:00 am	Table Tennis	\$0.50
10:30 am	Carpet Bowling	\$0.50
12:00 pm	Bridge (Standard American)	\$2.00
12:30 pm	Cribbage	\$1.00
1:15 pm	Yoga	\$5.00

Thursday

8:00 am	Pleasure Painters	\$1.50
8:45 am	Fitness to Music	\$2.00
10:00 am	Osteofit for Life	
7:30 pm	Dance	\$4.00

Friday

8:30 am	Zumba	\$3.00
9:00 am	Table Tennis	\$0.50
10:00 am	Tai Chi/Qi Gong	\$2.00
12:00 pm	Bridge (Standard American)	\$2.00
5:00 pm	Ballroom Dance Practice	\$0.50

Saturday

10:30 am	Carpet Bowling	\$0.50
1:00 pm	Duplicate Bridge	\$2.50

Sunday

9:30 am	Pancake Breakfast	\$5.00
7:30pm	Ballroom Dance	\$5.00

Men of all Ages

If you like to sing, pay a visit to Cordial Invitation at the Water Street Centre any Monday evening starting at 7:00 pm. An evening of fun, fellowship and learning to sing four part acapella harmony barbershop style. No previous experience required. Visit us on the web at www.evg.org/chordial ; e-mail guybird7@gmail.com or call 250-707-3475 for information.

Tracy-250 763-5776

Partner required

Register with Mona 250-868-8474

Tracy- 250 763-5776

Register with Mona 250-868-8474

Partner required

Water Street Hi-Lites:

- Pancake Breakfast every first Sunday of the Month.
- Pleasure Painters Annual Painting Exhibition Sunday April 29, 10 am - 3 pm at Parkinson Recreation Centre
- Parking won't be available during these dates: April 27, 28 and 29, 2012 and June 16, 2012
- There will be no Tai Chi and Yoga during July and August. Both will resume in September.

Water Street Computer Courses (April-May 2012) Age 50+

Reasonable prices which include take home manuals. Maximum 6 people to a class.
 For additional information call 762-4108 or pick up a detailed brochure at Water Street Centre

LEARNING THE KEYBOARD AND MOUSE (FREE CLASS)	Wed, May 2	9-Noon
BUYING A COMPUTER	Fri. May 11	9-Noon
INTRODUCTION TO WINDOWS 7	Mon, May 7	9-Noon
COMPUTER BASICS WINDOWS XP There are 3 x 3 hour classes	Thur, Apr 19, 26	12:45-3:45 pm
WINDOWS 7 BASICS There are 3 x 3 hour classes	Tues, Apr 10, 17, 24 Thur, May 17, 24, 31	12:45-3:45 pm 12:45-3:45 pm
COMPUTER BASICS LEVEL 2 -Windows XP There are 3 x 3 hour classes	Wed, May 9, 16, 23	12:45-3:45 pm
BEGINNER INTERNET There are 3 x 3 hour classes	Mon, Apr 16, 23, 30	12:45-3:45 pm
E-MAIL	Thur, May 24	9- Noon
HOW TO DOWNLOAD FILES & PROGRAMMES	Thur, May 3	9-Noon
CD/DVD BURNING	Mon, Apr 23	9-Noon
CAMERAS & COMPUTERS	Friday, Apr 20 Mon, May 28	9-Noon 9-Noon
PHOTO EDITING	Tues, May 8	12.45-3.45 pm
INTERNET/E-MAIL REVIEW	Thur, May 10	9-Noon
EXCEL SPREADSHEETS	Wed, May 2	12.45-3.45 pm
ORGANIZE YOUR COMPUTER	Mon, May 17	9-Noon
TRIP PLANNING - GOOGLE EARTH	Friday, Apr 27	9-Noon
KEEPING IN TOUCH 1 (Skype, Magic Jack)	Fri, May 4	12.45-3.45 pm
KEEPING IN TOUCH 2 (Google Calendar, MS SkyDrive, Facebook, Twitter)	Friday, May 11	12.45-3.45 pm
UPKEEP & SECURITY	Tues, May 8,15	9-Noon

Free help sessions are offered on April 25 & May 30 from 12:30-2:30 pm
 FOR MORE INFORMATION PICK UP A BROCHURE AT 1360 WATER ST OR CALL 250 762-4108

Arthritis Fitness Classes

This program started off as a pilot project funded through a grant from the Interior Health Network. Now in its second season, we are committed to offering this gentle fitness classes designed specifically for people with arthritis at a low cost.

Classes will be instructed by fitness leaders trained by the Arthritis Society to deliver safe and effective exercises for those living with arthritis.

Exercises will be self-paced and participants may exercise while seated in a chair and/or standing with a chair available for support when required. Classes at PRC are in the pool.

Please check with your doctor before starting this or any exercise program.

A health history form will be given to all registrants and must be completed and brought to the first session.

Classes will start with 45 minutes of fitness and end with 15 minutes of social interaction time and will be held at the following 4 locations:

Rutland Activity Centre:

Wed 10:15-11:15 am Apr 11- Jun13 Code: 123675 Instructor: Tracy Taylor

Okanagan Mission Activity Centre:

Wed 3-4 pm Apr 11-June 13 Code: 123677 Instructor: Kami Johnson

Water Street Centre:

Thurs 2-3 pm Apr 12-Jun 14 Code: 123676 Instructor: Kami Johnson

Cost: \$50.00

To register or for more information call 250 469-8811

Okanagan Mission Senior Society

Okanagan Mission Activity Centre: 4398 Hobson Road, Phone: 250 764-7642

Executive

President:	Bev Akerlund	250 764-7478	Secretary:	Edna Allwright	250 717-3955
1st Vice:	Lance Secret	250 979-0074	Treasurer:	Betty Annan	250 764-8233
2nd Vice:	Mildred Djordjevich	250 764-8828			

Monday	9:00 am-2:15 pm	Quilting	\$0.50
Tuesday	9:30 am	Keep Fit (Starting March 27)	\$1.50
	10:45 am	Directors Meeting (1 st Tues. of the month)	
	11:00 am	Sask. Retired Teachers (3 rd Tuesday of the month)	\$0.50
Wednesday	9:00 am	Painting	\$0.50
Thursday	9:00 am	Crafts	\$0.50
	1:00 pm	Mixed Bridge	\$1.25
Friday	9:30 am	Keep Fit (last session May 31, 2012)	\$1.50
	1:00 pm	Cribbage	\$2.00
Saturday	6:00 pm	Dinner Last Sat of the Month (Pot Luck or Catered)	

Okanagan Mission Activity Centre Hi-Lites:

- Board meetings will be held at 10:45 am on April 3 and May 1, 2012
- Annual General Meeting at 10:45 am on June 5, 2012 followed by refreshments
- Catered Dinners or Pot Luck Dinners: April 28 , May 26 and June 30, 2012
- Please contact Edna Allwright with news items and suggestions at 250-717-3955
- For rental of OKMAC call Dudley at 250 469-8957 or dwhapshare@kelowna.ca
-

The Mission Painters would like to **invite** you to their **Show and Sale** on May 12th and 13th from 10:00 a.m. to 4:00 p.m. Refreshments and a door prize at the show.
The mediums include watercolours, acrylics, oils and collage.
Location: Okanagan Mission Activity Centre. For more info call 250-762-8949

Rutland Senior Centre Society

765 Dodd Road, Kelowna, V1X 5H1

Phone: 250 765-3723

Email: rsac@telus.net

Executive

President:	Sally Garrard	Secretary:	Lynn Callon
1 st Vice:	Sue Lorde	Treasurer:	Doreen Chrin
2 nd Vice:	Bert Graf	Past President:	Kelly Troup

Pool Room open for Billiards Monday to Saturday 8 am - 4 pm \$1

<u>Sunday</u>	7 pm	Ballroom Practice	\$.50
<u>Monday</u>	9 am	Palette Pals	\$1.25
	9 am	Table Tennis	\$.50
	11:15 am	Line Dancing	\$2
	12:45 pm	Novice Duplicate Bridge	\$2.50
	6:30 pm	Badminton	\$.50
<u>Tuesday</u>	8:30 am	Fitness	\$1.50
	9 am	Crafts	No charge
	10 am	Carpet Bowling	\$.50
	10:30-3pm	Quilting	\$.50
	12 pm	Pickleball Beginners (Starts June 5)	Free
	1 pm	Pickleball	\$.50
	7 pm	Old Time Fiddlers Lessons	\$.50
<u>Wednesday</u>	9 am	Table Tennis	\$.50
	9 am	Osteofit for Life	(Tracy-250-763-5776)
	11:15 am	Line Dancing	\$2
	12:45 pm	Duplicate Bridge	\$2.50
	7 pm	Pickleball	\$.50 members / \$2.00 non-members
	7:00 pm	Cribbage	\$1
<u>Thursday</u>	8:30 am	Fitness	\$1.50
	10 am	Carpet Bowling	\$.50
	10:15 am	Arthritis Fitness	Register by calling (250) 469-8811
	12:15 pm	Bridge	\$.75
	12:30 pm	Bingo	\$.50
	7 pm	Old Time Fiddlers	\$.50
<u>Friday</u>	9 am	Table Tennis	\$.50
	9 am	Osteofit for Life	(Tracy-250 763-5776)
	10:30-3pm	Quilting	\$.50
	11:15 am	Line Dancing	\$2
	1 pm	Badminton	\$.50
	3 pm	Pickleball	\$.50
<u>Saturday</u>	7:30pm	Dance	\$5.00 members / \$7.00 non-members



Rutland Activity Centre Hi-Lites

- Pancake Breakfast, 3rd Sunday of the month 9:30am to 12:30pm
- Membership fees: \$5 per year, running from June 1st to May 31st due NOW- Please see Activity Contact person or visit the Office
- Facility Maintenance shut-down will be March 25-April 1. The Facility is CLOSED
- Free Income Tax Sessions April 11, 18 & 25, 9am - 12pm, for seniors on fixed income or with income less than \$25,000.00 per year per couple. Pick up of tax returns April 30, 10am - 12pm
- Arthritis Fitness Class- Thurs. 10:15 -11:15 free fitness classes for those who wish to manage their pain. You MUST register by calling 250-469-8811.
- Rutland Seniors Society Annual General Meeting takes place **1:00pm Fri, June 15, 2012** at the Rutland Activity Centre- Gym

Club #17 - 1353 Richter Street, Phone: 250-762-5505

Executive

President:	David McLean	250 765-8079	Director:	Irene Nadain	250-860- 4391
1 st Vice:	Gene Kopan	778-754-0643	2 nd Vice:	Shirley Rashke	250-448-5970
Secretary:	Lavonne Brown	250-860-7638	Treasurer:	Sture Gustafsson	250-762-6284

Monday	12:30 pm	Bridge	\$2	(250 860-9873)
Tuesday	7 pm	Accordion Club & Dance	\$2	(250 765-8079)
Wednesday	1 pm	Mah Jong	\$2	(250 763-9410)
	7 pm	Ogopogo Radio Club		(1 st Wed of the month)
	7 pm	Kelowna Garden Club		(2 nd Wed of the month)
	7 pm	Sons of Norway		(3 rd Wed of the month)
Thursday	7 pm	Wagon Wheelers		(250 764-4600)
Friday	12:30 pm	Bridge	\$2	(250 860-9873)
	5:30 pm	Pot Luck Dinner		Last Friday of each month
Saturday	12 pm	Bingo (Lunch available)		
Sunday	7-11am	Dance Lessons		Mar17/ Apr14/ May12

Club #17 Hi-Lites

- For Hall Rentals please call 250 448-5970.
- Board of Directors meet the 1st Wednesday of each month at 9:30 am
- New members welcome, \$5 per year, January to December

Branch #55 - 150D Gray Road, Phone: 250 765-5531

Executive

President:	Helen Burnell	250 765-6144	Secretary:	Beverly Rodgers	250 868-0602
1 st Vice:	Doris Mulley	250 765-8913	Treasurer:	Diana Loiselle	778 754-0031
2 nd Vice:	Unfilled Position		Treasurer:	Brian Burnell	250 765-6144

Monday	10:00am	Cribbage	\$1.00	
Tuesday	Noon	Drop-in		
Wednesday	5:00pm	Potluck Supper		Last Wed of the month
Thursday	Noon	Whist	\$0.50	Not running Feb 15 th (Instead St Patty's Tea @ 1:30pm)
Friday	12-2:30	In-House Games		
Saturday	11:00am	Soup/ Sandwich	\$4.00	Second and Last Sat of the month
	5:00pm	Branch Dinner		3 rd sat of month

Branch #55 Centre Hi-Lites:

- For hall rentals, please call Helen at 250-765-6144 (leave message)
- Annual General Meeting 11:00am 1st Monday of each month (Soup and sandwich to follow) No Meeting in May due to Victoria Day.
- Feb, 15 St. Patty's Day Tea 1:30-3pm

City of Kelowna Recreation & Culture Programs

To register or for more information on the following programs call 250 469-8800

Water Street Centre

BLT - Body Lunch Tone-Up

Instructor: Angela Hurd

Location: Multi Purpose Room

Get your butt, legs and thighs in shape with this power-packed 45 minute workout. This coed class will involve both cardio and strength components using a variety of challenging moves. All you need is a positive attitude, workout clothes and a water bottle. Suitable for all fitness levels.

To register for 2 times/wk call 469-8811.

Mon, Wed, Fri	12:10-12:55pm	Mar 26-Apr 27	Fee: \$58.50	Code: 122331
Mon, Wed, Fri	12:10-12:55pm	Apr 30-May 25	Fee: \$49.50	Code: 122332
Mon, Wed, Fri	12:10-12:55pm	May 28-Jun 22	Fee: \$54	Code: 122333

Urban Yoga

Instructor: Ria Hampson

Location: Multi Purpose Room

Its noon hour! This is a great way to escape on your lunch break for some much needed breathing and stretching. Ideal for people who are new to yoga, or those wishing to deepen their practice.

Tues, Thurs	12:10-12:55 pm	May 1-31	Fee: \$60	Code: 123015
Tues, Thurs	12:10-12:55 pm	Jun 5-28	Fee: \$48	Code: 123016

Okanagan Cloggin'

Instructor: Barbara Bizovie

Location: Main Hall

Clogging is North America's truest folk dance, having roots back to the first settlers on this continent. Dances are choreographed to all music genres continually being updated to keep pace with music and the times. Clogging is an excellent form of fitness for all ages as the level of energy is self paced, does not require partners and is a terrific family activity. Wear comfortable shoes & clothing. No wooden shoes or heels please.

Beginner:	Fri	6:45-7:45 pm	Apr 13-June15	Fee: \$60	Code: 123273
Easy Intermediate:	Fri	7:45-8:45 pm	Apr 13-June15	Fee: \$60	Code: 123274

Rutland Activity Centre

Yoga for Relaxation

Instructor: Leslie Plaisance

Location: Multi Purpose Room

Are you run down, stressed, tired and don't know what to do? Refresh, renew and melt away stress while enjoying the physical & emotional benefits of Yoga. Yoga assists with pain relief, stress management and enhances overall well being. Learn yoga in a safe nurturing environment. Suitable for all levels.

Drop in \$9.50 if space.

Tues, 5:15-6:30 PM, Apr3-May 8 /or/ May 15-June 19

Fee: \$45 Code:123709/or/123710

Yoga for the Flexibly Impaired

Instructor: Leslie Plaisance

Location: Multi Purpose Room

Try this user friendly version of yoga designed for people who avoid yoga because they think they aren't flexible enough. Flexibility comes with practice, so you have to start somewhere. Experience stress reduction, relief from back pain and feel better all over. Please bring two blankets and a firm pillow to class. No experience required. Drop in is \$9.50 if space is available.

Thurs, 5:35-6:50 pm, Apr 5 - June 21

Fee: \$90 Code: 122022

Vinyasa Flow Yoga

Instructor: Marlene Weller

Location: Multi Purpose Room

This class is designed for the beginner/intermediate who has attended a yoga class in the past or is eager to learn. Marlene will lead you through a series of poses that flow from one to the next lead by the rhythm of your breath.

Mon, 5:15-6:30 pm, Apr 2- June 18

Fee: \$75

Code: 123687

Okanagan Mission Activity Centre & the Mission Area

Boomer Fit

Instructor: Melanie Morrissette

Location: Kinsmen Fieldhouse Hall

Ideal for the healthy 45+ adult who wants to have fun and get fit at the same time. Meet new friends and neighbors while you build stamina, strength, flexibility and balance. Class will end with a relaxing stretch. Adaptations will be made for a variety of conditions, such as arthritis, osteoporosis etc. As weather permits class will be held outside. Please dress in layers. Age: 45Y and up

Tues 5:30 -6:30 PM ,Mar 27-May 1

Fee: \$36

Code: 122623

Tues 5:30 -6:30 PM, May 8-Jun 12

Fee: \$36

Code: 122624

Qi Gong - an Introduction

Qi Gong consists of gentle, relaxing exercises which are usually practiced standing, but can also be done in a sitting position. Originating in China, Qi Gong movements are easy to follow and designed to improve the flow of energy (Qi) in the body as well as the mind providing positive benefits for your health and well-being. Age: 18Y and up

Instructor: Jolanda Himmelstein

Location: Okanagan Mission Activity Centre

Tues 2:00-3:00 PM, Apr 3-May 8

Fee: \$36

Code: 123707

Tues 2:00-3:00 PM, May 15-Jun 19

Fee: \$36

Code: 123708

Location: Kinsmen Fieldhouse Hall

Wed 11:00 AM-12:00 PM, Apr 4-May 9

Fee: \$36

Code: 123705

Wed 11:00 AM-12:00 PM, May 16-Jun 13

Fee: \$30

Code: 123706

Acrylic on Canvas Painting

Instructor: Dani Lachuk

Classes will include individual attention, critiques and demonstrations. Imagery will be developed with acrylic paint on canvas based on an image of your choice. Incorporate color mixing, washes and glazing techniques to develop your imagery into successful composition. Color theory and rules of composition will be introduced to achieve perspective, visual depth, and interpretations of light and shadow. Bring a variety of images to work from. Supply rental cost of \$20 is payable to the instructor the first night of the program.

Age: 16Y and up

Location: Okanagan Mission Activity Centre

Thur 7:00 PM-9:00 PM, Apr 5-May 24

Fee: \$96

Code: 122079

Programs at Parkinson Recreation Centre

Minds in Motion

Instructor: Nikki Blanleil

Location: Parkinson Recreation Centre, MacIntosh Room

Minds in Motion is designed for people diagnosed with Alzheimer's disease or another dementia and a friend, family member or caregiver. Enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Light refreshments will be provided. In partnership with the Alzheimer Society of B.C. Note: Fitness portion is 45 minutes. Age: 15Y and up

Mon 1:00 -3:00 PM , May 7-Jun 25

Fee: \$35

Code: 123683

Aqua Stretch & Strength

This is a mild pace, low impact class that takes place in shallow water. Exercises are geared towards improving balance, flexibility, range of motion and coordination. This class is ideal for beginner participants, individuals who are in, or just finishing a physiotherapy or rehabilitation program, or those with mobility conditions. This is a mild level class.

Wed 1:15 -2:00 PM, Apr 4-May 9	Fee: \$25.62	Code: 122436
Fri 1:15 -2:00 PM, Apr 13-May 11	Fee: \$21.35	Code: 122437
Wed 1:15 -2:00 PM, May 16-Jun 13	Fee: \$21.35	Code: 122438
Fri 1:15 -2:00 PM, May 18-Jun 15	Fee: \$21.35	Code: 122439

Aqua Arthritis

Aqua Arthritis is a pool-based, recreational program for people with arthritis. The buoyancy of the water can help decrease pain and or stiffness and help maintain or improve joint flexibility. This class focuses on relieving stiffness, restoring or maintaining joint range of motion and muscle strength, improving posture and increasing endurance to perform daily tasks. Additional benefits of this class are improved coordination, balance and general well being. Classes are led by fitness professionals who are certified by the Arthritis Society as Aqua Arthritis instructors.

Mon 1:15 -1:45 PM, Apr 2-May 7	Fee: \$16	Code: 122408
Mon 1:15 -1:45 PM, May 14-Jun 11	Fee: \$12.80	Code: 122409

Aqua-LITE

A low impact, moderate intensity workout. This class combines a variety of stationary and non-stationary exercises that will improve general fitness levels. This class takes place in shallow water. This is a moderate level class.

Tue 11:00 -11:55 AM, Apr 3-May 8	Fee: \$31.98	Code: 122448
Thu 11:00 -11:55 AM, Apr 5-May 10	Fee: \$31.98	Code: 122449
Tue 11:00 -11:55 AM, May 15-Jun 12	Fee: \$26.65	Code: 122450
Thu 11:00 -11:55 AM, May 17-Jun 14	Fee: \$26.65	Code: 122451

Pickleball

PRC Gymnasium
Tuesday, 9-11 am, Friday, 1:30-3:30 pm
For more information call: 250 860-4425

Volleyball

PRC Gymnasium
Monday, Wednesday, Friday, 10 am to 12 noon
For more information call: 250 712-1330

City of Kelowna- Transit Program

Transit smart

New and first time transit riders are invited to join this free transit learning session. A friendly transit ambassador will take a group of riders from Mission Park Shopping Centre to Orchard Park Shopping Centre. You will learn all about Kelowna Regional Transit, including how to plan your route, read a schedule, plan for transfers and more. Transit tickets will be provided to all participants, as well as helpful resources and freebies to help make your trip even better!

Location: Outside of Starbucks at Mission Park Shopping Centre

10:00am-12:00pm Friday May 4

Location: Outside of Starbucks at Mission Park Shopping Centre

10:00am-12:00pm Saturday June 9

City of Kelowna- Gardening Programs

Small Plot Gardening 101

Instructor: Elana Westers

Location: Okanagan Mission Activity Centre

Gardening in a small space? Whether gardening on a balcony or patio, this class will equip you with the skills needed to make the most of the space available. Topics include: which plants are best for container gardening, which type of container to use for which type of vegetable, trellising, seed sowing, soil composition, composting and watering techniques to establish a healthy container garden.

Sat 10:00AM-12:00PM Apr 21 Fee: \$20 Code: 123636

Container Gardening 101

Instructor: Elana Westers

Location: Okanagan Mission Activity Centre

Gardening in a small space? Whether gardening on a balcony or patio, this class will equip you with the skills needed to make the most of the space available. Topics include: which plants are best for container gardening, which type of container to use for which type of vegetable, trellising, seed sowing, soil composition, composting and watering techniques to establish a healthy container garden.

Sat 10:00AM-12:00PM Apr 28 Fee: \$20 Code: 122584

Natural Gardening

Instructor: Jesse Vernon Trail

Location: Watson Road School, Community Room

Natural or alternative means to control or repel unwanted insect pests, diseases, deer, other pests and weeds in the garden is the focus, instead of using often harmful chemicals. Natural fertilizers will also be included.

Tues 6:15-9:15 PM May 15 Fee: \$30 Code: 123522

Herbs: From Garden to Table

Instructor: Jesse Vernon Trail

Location: Watson Road School, Community Room

Plants that will diversify our dining pleasure are the focus. You will learn about many culinary herbs, salad herbs, edible flowers, herbal teas and herbs for nutrition.

Tues 6:15-9:15 PM May 22 Fee: \$30 Code: 123523

City of Kelowna- Adult Sport Programs

Biking Tips Workshop

Instructor: Angela Hurd

Got a bike?? How about a helmet? Need some pointers and helpful tips to get yourself into the saddle again? Just in time for Bike to Work Week!! Come join us for an educational morning where you will learn some of the useful tools to make your biking experience safe & enjoyable. Helmet fitting, safety checklist, chains, gears and tires... what to do if you get a flat? End with a great bike ride. Approximately 1 hour of moderate intensity. All levels of riders including youth, adults and seniors are all welcome. Bring your bike, helmet, water, a good attitude and weather appropriate clothing.

Location: Rutland Activity Centre, Multipurpose Room

Su 9:00 AM - 12:00 PM May 27 Fee: \$20 Code: 122517

Location: Parkinson Recreation Centre, Main Entrance

Sa 9:00 AM - 12:00 PM Jun 23 Fee: \$20 Code: 123184

Biking: Tips & Trips

Instructor: Angela Hurd

The bicycle is the perfect mode of transportation. Why not rely less on your car and help the environment by joining us for a bike ride. Each week learn a few tips such as how to change a tire, basic bike maintenance, road safety plus routes and gear ideas. Each session will be followed by a 1 hour scenic bike ride. Helmets Mandatory.

Location: Water Street Centre

Th 5:45 PM-7:15 PM

May 3-24

Fee: \$30

Code: 122349

Location: Kinsmen Fieldhouse Hall

Th 6:00 PM-7:30 PM

May 31-Jun 21 Fee: \$30

Code: 122431

Golf - Adult Lessons

Location: The Golf Centre

This fun and interactive program is designed to start or continue development of your golf game. Our CPGA professionals will guide students through all the basics of golf which include: proper grip, stance, balance, alignment, swing direction, rules and etiquette. This program includes 4 - 1 hour lessons weekly with 6 students for 1 CPGA Instructor. Practice Balls are included and equipment is provided if necessary.

Fee: \$114.25

121788	Tu	6:00 PM-7:00 PM	Mar 20-Apr 10
121789	W	6:00 PM-7:00 PM	Mar 21-Apr 11
121790	Th	6:00 PM-7:00 PM	Mar 22-Apr 12
121791	Sa	10:00 AM-11:00 AM	Mar 24-Apr 14
122981	Tu	6:00 PM -7:00 PM	Apr 17-May 8
122982	W	6:00 PM -7:00 PM	Apr 18-May 9
122983	Th	6:00 PM -7:00 PM	Apr 19-May 10
122984	Sa	10:00 AM -11:00 AM	Apr 21-May 12
122986	Tu	6:00 PM-7:00 PM	May 22-Jun 12
122987	W	6:00 PM-7:00 PM	May 23-Jun 13
122989	Th	6:00 PM-7:00 PM	May 24-Jun 14
122990	Sa	10:00 AM-11:00 AM	May 26-Jun 16

LADIES GOLF OPEN

Ladies, here's your chance to meet beginner to intermediate golfers and experience some of Kelowna's finest courses. This fun program offers you a chance to enjoy nine holes of golf in a relaxed atmosphere. Only 26 spots available. Tee times for all dates start at 4:30 pm.

Course Barcode: 122273

Fee: \$115

Tues	May 8	McCulloch Orchard Greens
Tues	May 15	Mission Creek
Wed	May 23	Michaelbrook Ranch
Tues	May 29	Pinnacle

Course Barcode: 122029 (Executive Courses)

Fee: \$139 (not for beginners)

Thurs	May 3	Shadow Ridge
Thurs	May 10	Black Mountain Golf (complimentary shared cart and \$10 food voucher)
Tues	May 15	Kelowna Springs

Course Barcode: 122274

Fee: \$115

Tues	June 5	McCulloch Orchard Greens
Tues	June 12	Mission Creek
Wed	June 20	Michaelbrook Ranch
Tues	June 26	Pinnacle

PLEASE NOTE:

Golf experience is necessary to keep with the pace of play at all golf courses.

Neighbourhood Walks for Spring 2012

Join our enthusiastic walk leaders as they guide you on the path to improved physical health and well-being.

Meet new friends & get to know your neighbours while you gain physical strength, increase stamina &

improve coordination. A wide variety of walks are offered with varying levels of difficulty.

All Neighbourhood Walks are free & led by a Certified Fitness Leader. Dogs are welcome at outdoor walks on leash.

Please arrive on time for walks and bring a water bottle

Day & Dates	Time	Walk Location & Where to Meet	Level
Mon. (Weekly) April 2 – June 18	9:00 - 10:00 am <i>No walk April 9 & May 21</i>	Hartwick Park (Corner of Mountain & Clifton Rd.)	👉👉
Tues. (Weekly) April 3 – June 12	9:45 - 10:45 am	Rutland Activity Centre, 765 Dodd Rd. (front door of the Centre)	👉
Thurs. (Weekly) April 5 – June 14	10:00 - 11:00 am	Gerstmar Park, 955 Gerstmar Rd. (the playground)	👉
Wed. (Weekly) April 11 – May 16	9:00 - 10:00 am	South Pandosy & Area (Kinsmen Park by the tennis courts, 2600 Abbott St.)	👉
Wed. (Weekly) April 11 – June 20	10:30 - 11:30 am	PRC & Dilworth Neighbourhood Walk (Front door of Parkinson Recreation Centre)	👉
Fri. (Weekly) April 13 - June 22	8:00 - 9:00 am <i>No walk May 18</i>	PRC & Dilworth Neighbourhood Walk (Front door of Parkinson Recreation Centre)	👉
Fri. (Weekly) April 13 - June 22	10:00 - 11:00 am <i>No walk May 18</i>	Wilden Estates area (Corner of Union & Longridge Dr.)	👉👉
Sat. April 28 (one time walk)	10:00 am – 12:00 pm	Knox Mountain Park (Pavilion parking lot, top of Knox Mtn.)	👉👉
Sat. May 5 (one time walk)	10:00 am – 12:00 pm	Scenic Canyon (The parking lot at the end of Field Rd. - off McCulloch Rd.)	👉👉
Sat. May 26 (one time walk)	10:00 - 11:30 pm	UBCO Trails Walk (Parking lot G at the top of the campus)	👉👉
Sat. May 12 or Sun. June 10 (one time walks)	10:00 am - 12:00 pm	Pandosy Walk Smart* (Outside of Good Earth Café on Pandosy)	👉



👉 **EASY** - Entry level walks, flat and wide terrain, easily accessible, suitable for strollers

👉👉 **MODERATE to DIFFICULT** - May/will include some hills, narrow paths and rough terrain. Children welcome in backpacks.

***Pandosy Walk Smart:** Meet your neighbours and discover the best routes around your neighbourhood. These walks will introduce the easiest and safest routes to travel for work, school and shopping, and will also provide great tips to help you get active by walking more often. All participants will receive complimentary reflective bands. **Pandosy Walk Smart is part of the smartTRIPS program. For more information on smartTRIPS, see page 56.**

Arts, Culture & Heritage in Kelowna

Something Borrowed Something Blue

Opening March 8th Okanagan Heritage Museum

Visit us this wedding season and view bridal gowns from the last 100 years. Have styles changed? Are modern brides influenced by history... or royalty? Join us and discover the history of the gown and other wedding traditions passed down through the years. **Price:** By donation www.KelownaMuseums.ca

Ballet Kelowna – A Grand Passion

April 27th 7:30pm & April 28th 2:00pm Kelowna Community Theatre

From the great ballet traditions of the 19th Century, through the sultry tango bars of Argentina, to the most impassioned and tragic love story of all time, Ballet Kelowna takes audiences on a passionate journey through ballet history. **Price:** \$30.80 www.balletkelowna.com

Masterworks VI “Russian Gems”

May 4th 8:00pm Kelowna Community Theatre

Guest Artist: Ian Parker, piano. Russian Gems showcases music with transformative power. *Butterfly Wines* and *Tropical Storms* starts with a gentle flutter that becomes a flourish, Borodin's Symphony No. 1 unfolds with uncommon beauty. *Tchaikovsky's First Piano Concerto*, an OSO premiere, will transform us all with its poignancy and power under the talents of renowned pianist Ian Parker.

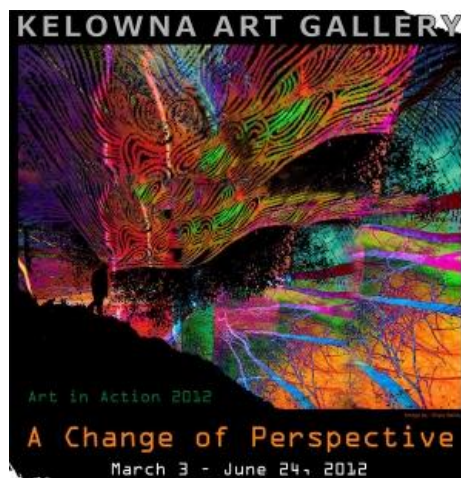
Price: \$18.00 www.okanagansymphony.com

Kelowna Art Galley – A Change of Perspective March 3 – June 24th

The Kelowna Art Gallery is pleased to host our 26th annual *Art in Action* exhibition. This exhibition features approximately 125 works of art created by students in Kelowna's public and private high schools. *Art in Action* is a celebration of the creativity and artist talent of local youth. Each year, middle and high school students are asked to explore their imaginations, creating their own creative visions of life through painting, sculpture, printmaking, drawing, and photography.

Admission: \$4 or free for members

www.kelownaartgallery.com



Kiwanis Club of Kelowna

Annual Kiwanis Hanging Basket Sale, just in time for Mother's Day!

Saturday, May 12th 9:00-11:30 am

Mission Creek Alliance Church parking lot

Beautiful 12 " basket creations from Bylands Garden Centre. Net proceeds to the 3 year Pacific Northwest Kiwanis commitment to support the Children's Cancer Program in BC Children's Hospital.

\$27.00 each

Reserve by May 1st @ [250-860-9921](tel:250-860-9921)

The Kiwanis Music Festival presents Cabaret Night 2012 fundraiser

Saturday, May 26th at 7:00 pm

OK Mission Community Hall.

An evening of wine, music and dancing and a host of interesting Silent Auction items. Performances by: Kelowna Secondary School's Rhythm 'n' Blues Band, One World Drum Company, Ensembles and Solo performers. Tickets available at Paramount Music, World of Music, Wentworth Music, Kelowna Community Music School, Kiwanis Music Festival office at [250-860-5033](tel:250-860-5033) - kmfest@telus.net, or Mark Keenan at [250-862-3583](tel:250-862-3583).

\$32/person or \$60/couple.

Includes a complimentary glass of wine!

The Society for Learning in Retirement (SLR)

2012 Spring Session: April - June
Course Outlines available March

- Meeting the educational interests of Okanagan retirees.
- Peer teaching and learning for fun and mental stimulation.
- No grades, no tests, no competition.
- Inexpensive - \$15 annual membership and most courses are \$25 or less.

Examples of study groups are:

Current Events	Recorder Orchestra
World Geography	Classical Music
History	Beginners Bridge
Philosophy	Writing
Astronomy	Art History
International	Book Club
Politics	

Study groups are one two-hour session per week for one to ten weeks duration held at
Martin Centre, 1434 Graham Street

*Next schedule: 2012 Fall Session: September - November
Course Outlines available August*

Study group descriptions and registration information available on the website
www.slrkelowna.ca or phone 250-448-1203

BC Women's Hospital & Health Centre Osteofit Program

Osteofit is a specifically designed exercise and educational program for those individuals who require a safe and gentle strength, balance, and coordination program

Classes available at the following locations:

Water Street Centre - Tue/Thur - 10:00 am
Rutland Seniors- Wed/Fri - 9:00 am
Sunrise Village- Mon - 3:00 & Fri - 10:30 am
Sandpointe Adult Community - Mon/Thur - 11:30 am



To register or for more information on the above classes please contact
Tracy Taylor, BC Women's Okanagan Osteofit Regional Coordinator,
Phone: 250-763-5776, Email: tbtaylor@shaw.ca

Community Wide Information

Central Okanagan Senior Citizen Counselors

Eileen Schuh	250-860-4869	Kelowna-Rutland	eschuh29@yahoo.com
Peter Thompson	250-764-7472	Kelowna	pmt@shaw.ca
Carl Bertholm	250-768-7853	West Kelowna	carl_bertholm@telus.net
Anne Robinson	250-766-5437	Lake Country	ichealth@cablelan.net

Meal Program

Okanagan Meal Services, in partnership with Interior Health Authority, offer a nutritious meal served in a warm, friendly atmosphere. The cost is \$7.50 a meal and if transportation is required the total cost is \$9.00. Home delivery and frozen dinners are also available.

For further information or to make a reservation please call Mona at 250-860-3378.

May Bennett Wellness Centre

135 Davie Road
Mon- Fri. at 5 pm

First United Hall

Richter & Bernard
Wed. at 5 pm

St. George's Hall

3690 Brown Road
Wed. at 12 Noon

Interior Alzheimer Society

Monday: Respite & Recreation Program, Trinity Baptist Church, 1905 Springfield Rd, 9 am-2:00 pm

Wednesday: Respite & Recreation Program, Fernbrae Manor, 295 Gerstmar Rd, 9:00 am- 12 noon

Thursday: Respite & Recreation, St. Paul's United Church, 3131 Lakeshore Rd, 9:00 am - 12 noon

Caregiver Support Groups: Trinity Baptist Church, 1905 Springfield Rd., 2nd Tues. of each month, 1:30 - 2:30 p.m. *For more information please call Joyce or Magdalena at: 250-762-3312.*

Alzheimer Society of British Columbia

Kelowna Resource Centre, 865 Bernard Ave, V1Y 6P6 Phone: 250-860-0305 www.alzheimerbc.org

Support Groups - Information and Mutual Aid:

- Early Stage Support Group
- Caregiver Support Group

Individual support available by appointment only: call 250-860-0305

Dementia Helpline: 1-800-936-6033. Province-wide information & support service for people with dementia, caregivers, family members and anyone concerned about dementia. Hours: Tuesday to Friday, 10 am - 4 pm

Education:

- 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.

Care-Ring Tele-Workshops, Library, Safely Home / BC Photo Registry

Seniors Outreach and Resource Centre (*Previously Seniors Outreach Services Society*)

Phone: 250-861-6180 Email: senior@telus.net

Website: www.senioursoutreach.ca; www.elderguide.ca

Seniors Outreach is a non-profit agency that works to meet the needs of seniors in Kelowna and area. We provide information and referral services, and also have an on-staff Housing Outreach Social Worker.

Our various volunteer programs include Friendly Visitors, Computer Mentors & One-Time Help.

The 3 Coffee Break Groups are a great opportunity to meet others and make new connections!

- Capri Group: Thursdays at the Capri Mall Food Court, 1-2:30pm
- Mission Group: Mondays at the A&W on Lakeshore, across from Mission Park Mall, 10-11:30am.
- Fernbrae Manor Group: Every other Thursday, 1:30-3pm

Community Contact Centre

City of Kelowna

Airport	250 765-5125
City Hall	250 469-8500
Cemetery	250 862-5518
Parkinson Rec. Centre	250-469-8800
Capri Centre	250 469-8811
Cultural Services	250 469-8474
Memorial Arena	250 762-3132
Sport Kelowna Office	250 469-8850
Athans Pool/ The Family Y	250 491-9622
H2O Centre	250 764-4040
Kelowna Library	250 762-2800
Rutland Library	250 765-8165
Kelowna Centennial Museum	250 763-2417
B.C. Orchard Museum	250 763-0433
Can. Hard of Hearing Assoc.	250 765-3344

Government of Canada

Income Security	1-800-277-9914
Canada Revenue Agency	1-800-959-8281
Passport Canada-Kelowna	1-800-567-6868
Elder Services	250 868-7788

Health Care Services

Kelowna General Hospital	250 862-4000
Cottonwood Extended Care	250 862-4100
Brookhaven Extended Care	250 862-4040
Long Term Care	250 868-7707
Kelowna Health Unit	250 868-7700
Rutland Health Unit	250 861-7388
May Bennett Wellness Centre	250 980-1400
Mental Health Centre	250 868-7788
Medical Services Plan	1-800-663-7100
Red Cross Loan Service	250 763-1859
Central Okanagan Help Society (Medical Alert)	250 860-7271
Pacific Blue Cross/BC Life Share	1-888-275-4672 250 763-8117

Province of British Columbia

Widow Support Group	250 860-6376
8121 Women's Emergency Shelter	250-763-1040
Can. Assoc. of 45 Plus (CARP)	250 718-3357
Medical Services Plan	1-800-663-7100
Pharmacare	1-800-554-0250
Public Gaming Branch	250 861-7363
S.A.F.E.R.	1-800-257-7756
Seniors Supplement	1-800-665-2656

Seniors Centres

Water Street Senior Centre	250 762-4108
Rutland Senior Centre	250 765-3723
Mission Activity Centre	250 764-7642
Branch # 17	250 762-5505
Branch # 55	250 765-5531
Westbank Senior Centre	250 768-4004
Winfield Senior Centre	250 766-4220
Peachland Senior Centre	250 767-9133

Community Organizations

ALS Society	1-800-708-3228
Interior Alzheimer Soc.	250 762-3312
Alzheimer Society of BC	250 860-0305
Alcoholics Anonymous	250 763-5555
Arthritis Society	250 868-8643
Cancer Society	250 762-6381
C.N.I.B.	250 763-1191
Crisis Line	250 763-9191
Diabetes Association	250 762-9447
Food Bank	250 763-7161
Heart & Stroke Foundation	250 860-6275
Hospice Association	250 763-5511
Kelowna Respiratory Club	250 868-7770
Legion	250 762-4117
55 Alive Defensive Driving	250 765-3163
Kidney Found., BC Branch	1-800-567-8112
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
SLR	250 448-1203
Seniors Outreach Service	250 861-6180
Stroke Recovery Group	250 763-0556
Transit System	250 860-
Landlord & Tenant Act	1-250-387-1602
Legal Services	250 763-8613
<u>Transportation</u>	
Bus Passes	1-866-866-0800
Handi-Dart	250 762-3278
Kelowna Transit System	250 860-8121
Handi-Dart/TaxiSavers	250-762-3278
Parking Permit- Ppl w Disabilities	250-469-8757