

Active Living Program Guide for Adults 50+

Spring 2020



Active Living Program Guide for Adults 50+

Table of Contents

Get Active this Spring!	2
Parkinson Senior Society	3
Rutland Senior Centre Society	5
Okanagan Mission Senior Centre Society	6
Kelowna Senior Citizens' Society	6
City of Kelowna - Active Living and Culture	7
The Society for Learning in Retirement	8
Community Opportunities	8
Community Contact Information	9
Cultural Events	10

Not-for-Profit Seniors Societies		
Parkinson Senior Society <i>1700 Parkinson Way</i> 250-762-4108	Rutland Senior Centre Society <i>765 Dodd Road</i> 250-765-3723	Okanagan Mission Senior Centre Society <i>4398 Hobson Road</i> 250-764-7642



Get Active this Spring!

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 above. 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 also available online! Go to kelowna.ca/recreation.

City Liason
Kathleen Rowe
250-469-8798
krowe@kelowna.ca

Active Living Guide
Hailey Given
250-470-0683
hgiven@kelowna.ca

Facility/Rental Information
Jenny Wesnoski
250-469-8957
jwesnoski@kelowna.ca



Parkinson Senior Society

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

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

Website: www.parkinsonseniors.com – Email: parkinsonseniorsociety@shaw.ca

Executive Director: Corrinne Reid

Membership Fee: \$15.00/Year June 1 to May 31 (Required for participation in activities below)



We welcome you to come join us at the Parkinson Activity Centre. With spring in the air we look forward to seeing everyone here at the centre keeping busy. We welcome back all members and are confident you will find our centre welcoming, inclusive & enjoyable.

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 September to May so be sure and check out our class brochures. 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

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

THURSDAY

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

TUESDAY

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

FRIDAY

7:50 am	H.I.I.T Circuit Training	\$3.00
8:00 am	Table Tennis	\$2.00
8:55 am	Group Fitness	\$3.00
10:00 am	Tai Chi	\$3.00
11:00 am	Yoga	\$6.00
11:15 am	Chair Yoga	\$3.00
12:30 pm	Beginner Pickleball Lesson	\$2.00
12:45 pm	Canasta	\$2.00
2:30 pm	Pickleball (3.0 & below)	\$2.00
5:00 pm	Ballroom Dance Practice	\$2.00

WEDNESDAY

8:00 am	Table Tennis	\$2.00
8:45 am	Group Fitness	\$3.00
9:00 am	Hiking Group	no charge
10:15 am	Carpet Bowling	\$2.00
11:00 am	Yoga	\$6.00
12:30 pm	American Bridge – Duplicate	\$2.00
	<i>Partner required</i>	
12:30 pm	Cribbage	\$2.00
1:00 pm	Intermediate Line Dancing	\$2.00
5:00 pm	Wednesday Supper Club	\$10.00
	<i>tickets sold in advance</i>	

SATURDAY

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

SUNDAY

9 – 11:00 am	1 st Sunday of each month	\$6.00
	<i>Our famous Pancake Breakfast</i>	
7:00 pm	Dancing at the PAC	\$5.00
	<i>1st Sunday of each month</i>	

Parkinson Activity Centre Highlights

- **Kitchen Open & Coffee:** 9:00 am – 1:00 pm Monday to Friday. **Great Food, Great Prices, & all Homemade**
- **Pool Room Hours:** 8:00 am – 4:00 pm Monday to Friday and 9:00 am – 4:00 pm on Saturdays
- **Special Events:** Give us your email address to receive notices so you don't miss out!

Parkinson Senior Centre Computer Courses

April & May Courses

For course descriptions pick up a brochure at 1700 Parkinson Way or call 250-762-4108

Note: Must be 50+ and a member to register



BASIC COMPUTER CLASS FOR BEGINNERS- \$40

(2 three-hour classes)

Fri Apr 17 & 24 9:00 am - 12:00 pm

Tues May 19 & 26 9:00 am - 12:00 pm

LEARN ABOUT MICROSOFT WINDOWS 10 - \$20

Mon Apr 20 10:00 am - 12:00 pm

Mon May 11 10:00 am - 12:00 pm

LEARNING G-MAIL - \$20

Fri Apr 3 10:00 am - 12:00 pm

Wed May 15 10:00 am - 12:00 pm

FREQUENTLY ASKED QUESTIONS ABOUT WINDOWS COMPUTERS - \$15

Mon Apr 6 10:00 am - 11:30 am

Fri May 22 10:00 am - 11:30 am

HOW TO BACK UP YOUR COMPUTER - \$20

Tues Apr 28 10:00 am - 12:00 pm

Wed May 13 10:00 am - 12:00 pm

INTRO TO EXCEL SPREADSHEETS - \$20

Thurs Apr 2 10:00 am - 12:00 pm

Thurs May 7 10:00 am - 12:00 pm

CREATING, NAMING & ORGANIZING FOLDERS - \$10

Thurs May 21 10:00 am - 11:00 am

USING A COMPUTER WITH LIMITED VISION - \$10

Wed Apr 15 10:00 am - 11:00 am

Tues May 12 10:00 am - 11:00 am

TAKING CARE OF YOUR COMPUTER - \$20

Mon Apr 27 10:00 am - 12:00 pm

Wed May 20 10:00 am - 12:00 pm

LEARNING FACEBOOK - \$20

Wed Apr 22 10:00 am - 12:00 pm

Tues May 5 10:00 am - 12:00 pm

LEARN ABOUT COMPUTER FLASH DRIVE - \$10

Tues Apr 7 10:00 am - 11:00 am

Fri May 29 10:00 am - 11:00 am

BEGINNER APPLE I-PAD PART 1 - \$15

Tues Apr 21 1:00 pm - 2:45 pm

Fri May 1 10:00 am - 11:45 am

BEGINNER APPLE I-PAD PART 2 - \$15

Thurs Apr 23 1:00 pm - 2:45 pm

Wed May 6 10:00 am - 11:45 am

FREE HELP SESSIONS ARE SCHEDULED

Tues Apr 14 12:30 pm – 2:30 pm

Wed Apr 29 12:30 pm – 2:30 pm

Tues May 12 12:30 pm – 2:30 pm

Wed May 27 12:30 pm – 2:30 pm



Rutland Senior Centre Society

765 Dodd Road, Kelowna, V1X 5H1
Office Hours 9am-2pm M-F

250-765-3723

www.rutlandseniors.com
rsac@telus.net

Please contact one of our office volunteers for further information or leave a message and someone will get back to you.
Membership \$5 per year. We are a friendly group and would welcome you to come and join us! See below for activities that we offer at the Rutland Activity Centre.

Monday

8 am-4 pm	Billiard Room Singles	\$1.50
9:00 am	Table Tennis	\$1.00
9:00 am	Palette Pals	\$2.00
11:15 am	Line Dancing	\$3.00
1:00 pm	Novice Duplicate Bridge	\$4.00
1:00 pm	Chair Yoga	\$4.00
2:10 pm	Tai Chi	<i>coming soon to RAC</i>
6:45 pm	Pickleball (Beginner)	\$0.50
7:15 pm	Barbershop Choir	\$0.50

Tuesday

8 am-4 pm	Billiard Room Doubles	\$1.50
8:30 am	Functional Fitness	City program (Starts May 5 th)
9:00 am	Quilting	\$1.00
10:00 am	Carpet Bowling	\$0.50
11:30-1 pm	Pickleball Lessons	Free (Volunteer instructor)
11:30-1 pm	Pickleball (Beginner)	\$0.50
12:30-4 pm	Ladies Billiards	\$1.50
1 pm-3 pm	Pickleball (All Play)	\$0.50
3 pm-5 pm	Pickleball (Exp.)	\$0.50
1:00-3 pm	Social Bridge	\$0.50

Wednesday

8am-4pm	Billiard Room Singles	\$1.50
9:00 am	Table Tennis	\$1.00
9:00 am	Social Time	Free
11:15 am	Line Dancing	\$3.00
1:00 pm	Duplicate Bridge	\$4.00
1:00 pm	Cribbage	\$2.00
7-9 pm	Pickleball (Exp.)	\$0.50

Thursday

8am-4pm	Billiard Room Doubles	\$1.50
8:30 am	31 "Cards"	\$0.50
9:45 am	Carpet Bowling	\$0.50
11:00am/3pm	Bingo	\$0.50
1:30 pm	Osteofit	\$5.00
7:00 pm	Pickleball (All Play)	\$0.50

Friday

8am-4 pm	Billiard Room Singles	\$1.50
9:00 am	Table Tennis	\$1.00
9:00 am	Quilting	\$1.00
9:00 am	Social Time	Free
11:15 am	Line Dancing	\$3.00
1:00 pm	Badminton	\$0.50
1:00 pm	Whist	\$2.00
3:00 pm	Pickleball (All Play)	\$0.50

Saturday

8 am-12 pm	Billiards (dependant on participants)	
12:30 pm	Duplicate Bridge	\$4.00
7:00 pm	Dance	\$8.00 Members/\$10.00 Non-Members <i>Please call Lynda Bjalek 250-763-0084</i>

Sunday

9 am-5 pm	Scrapbooking (last Sunday of each month)	\$3.00
11 – 2 pm	Pickleball (Advanced)	\$0.50
2 – 5 pm	Pickleball (All Play)	\$0.50

Concession!
Thursdays
10:30 am - 2:30 pm
Hot Dogs (11am-2pm)

Annual shut down
March 23-29
No RSCS programs
or activites during
this time

Are you looking for Income Tax Assistance?

Wednesdays April 1-29th, from 9:30 am - 12:30 pm
We will be providing assistance to those
who are financially disadvantaged.

Other pickleball lessons are provided by the City, please check the Activity Guide.

In order to play Beginners/All Pickleball you should have a basic understanding of how pickleball is played.



New Program at RAC!

Functional Fitness

May 5-June 23

8:30 am - 9:30 am

Use code 17542 to register

Kelowna.ca/recreation or 250-469-8800

Okanagan Mission Senior Centre Society

4398 Hobson Road, Kelowna, BC V1W 1Y3

okmissionseniors@gmail.com

250 764-7642

Monday

10:00 am	Sing for your life	\$0.50
1:00 pm	Euchre	\$2.00

Tuesday

9:30 am	Keep Fit	\$3.00
10:45 am	Directors Meeting	2 nd Tues of month
11:00 am	Sask. Retired Teachers	3 rd Tues of month

Wednesday

9:00 am	Painting	\$1.00
	Drop-in \$5 (if space available)	
	Contact nvbejames@shaw.ca	

Thursday

9:15 am	Crafts	\$0.50
12:30 pm	Bridge	\$2.00
4:00 pm	Chair Yoga NEW!	\$3.00

Friday

9:30 am	Keep Fit	\$3.00
1:00 pm	Cribbage	\$2.00



Get involved

@ the Okanagan Mission Activity Centre

- Open House: Come see what we offer!
April 25th, 1:00 pm – 3:30 pm
Share some refreshments with us
- Mission Painters "Art by the Lake" show & sale
July 4 & 5th, 10:00 am – 4:00 pm
Door prizes and refreshments!
missionpaintersartgroup.com

Kelowna Senior Citizens' Society

1353 Richter Street Kelowna, BC V1Y 2L5
250-762-5505 KSCSKelowna@gmail.com
Membership Fee: \$5/Year January-December

Schedule:

Monday

12:30 pm	Social Bridge	\$4.00
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Contact Mervyn: 250-762-9303

Tuesday

12:00 pm	Rug Hookers	\$3.00
7:00 pm	Dance/Accordion Club	\$5.00

Wednesday

12:45 pm	Mah Jong	\$3.00
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Friday

12:30 pm	Social Bridge	\$4.00
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Contact Mervyn: 250-762-9303

Saturday

9:30-11:00 am	Social	
11:00am-3:00 pm	Bingo	Snacks available.

Executive

President	Cecilia Buckley	250-878-2679
1 st Vice President	Larry Kelly	
2 nd Vice President	Donald Rutherford	
Treasurer:	Lillian Poulton	

Hall Rental Information

250- 878-2679

KSCSKelowna@gmail.com

Website: kscsclub17.ca

Board of Directors Meeting

2nd Monday of the Month





Move For Your Health

Move For Your Health programs are designed to be a safe exercise option to support those with, or at risk of, chronic health conditions. Programs are led by professional fitness instructors with additional certification. Participants should be aware that there can be risks associated with exercise. All participants are responsible for knowing their personal capabilities. Participants should always inform instructors of medical conditions.

Navigator Service



Not sure which activity is right for you? Allied Health's (Interior Health Authority) navigator services provide direction and encouragement towards appropriate programming.

The liaison therapist (navigator) is located at Parkinson Recreation Centre, 1800 Parkinson Way. The **free** service is available for everyone. No appointment necessary, just walk in!

Monday
2:00 PM-3:30 PM

Tuesday
2:00 PM-3:30 PM

Wednesday
2:00 PM-3:30 PM

Free Transit Travel Training for Adults 50+

Course ID	Date	Start Time (30-40 minute sessions)	Location
17610	Saturday June 13, 2020	10:00am	Queensway Transit Exchange – Bay F 1460 Ellis Street, Downtown Kelowna
17912	Thursday June 18, 2020	6:30pm	Pandosy Exchange – Bay A 3151 Lakeshore Road, Mission Park Mall
17613	Saturday June 27, 2020	10:00am	Rutland Exchange – Bay A Beside 225 Dougall Road North
17614	Tuesday June 30, 2020	6:30pm	Mission Rec Exchange – Bay A 4075 Gordon Drive
TBA	July and August	Check out the upcoming Summer Activity Guide for more information on July and August sessions.	

How to Register

Registration will begin on March 10 at 7:00am. Spaces are limited. Register by telephone, online or in-person.

Phone: 250-469-8800

Online: kelowna.ca/recreation
(search by Course ID)

In-person: Parkinson Recreation Centre
(1800 Parkinson Way, Kelowna)



The Society for Learning in Retirement

Martin Centre, 1434 Graham Street
250-448-1203

"For the eternally curious"

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 such as:

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 interests in a welcoming environment!

Community Opportunities

Volunteer in your neighbourhood

Meet people, have fun and contribute to your community!

Visit Kelowna.ca.city-hall/careers-volunteering



Would you like to try lawn bowling?

We offer introductory lessons and all you have to do is call or email us to set up a time. We will find a time that is convenient for you.

250-448-6010 or info@kelownalawnbowlingclub.com

The lesson will give you a good idea of how the game is played and how much fun lawn bowling is. Our green is located at City Park and our club has lots of fun activities from May to October.

*We welcome people of all ages.
Our green is not wheelchair accessible.*

Community Contact Information

City of Kelowna

Airport	250-807-4300
B.C. Orchard Museum	778-478-0325
Can. Hard of Hearing Assoc.	1-800-263-8068
City Hall	250-469-8500
Cultural Services	250-469-8811
H2O Centre	250-491-9622
Kelowna Family Y	250-491-9622
Kelowna Library - Ellis St.	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	1-800-561-7930
Kelowna Elderly Services	250-861-6180
Passport Canada-Kelowna	1-800-568-6868

Health Care Services

Brookhaven Care Centre	250-862-4040
Cottonwoods Care Centre	250-862-4100
Interior Health Authority	250-860-5731
Kelowna General Hospital	250-862-4000
May Bennett Wellness Centre	250-980-1400
May Bennett Meal Program	250-860-3378
Medical Services Plan	1-800-663-7100
Mental Health Centre	250-868-7788
Pacific Blue Cross/BC Life	1-877-722-2583
Red Cross Loan Service	250-491-8443
Share Society	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

Senior's Societies

Kelowna Senior Citizens' Society	250-762-5505
Okanagan Mission	250-764-7642
Parkinson Activity Centre	250-762-4108
Peachland	250-215-4628
Rutland Senior Centre Society	250-765-3723
W. Kelowna Sr. 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
Cancer Agency	250-712-3921
Canadian National Inst for Blind	1-800-563-2642
Crisis Line	1-877-820-7444
Dementia Helpline	1-800-936-6033
Diabetes Association	250-868-2077
Food Bank	250-763-7161
Heart & Stroke Foundation	778-313-8090
Hospice Association	250-763-5511
Kelowna & District Safety Council	250-765-3163
Kelowna Community Resources	250-763-8008
Kelowna Respiratory Clinic	778-477-5805
Kidney Found. BC Branch	1-800-567-8112
Legal Services	250-763-8613
Legion Service Office	1-613-591-3335
Meals on Wheels	250-763-2424
Multiple Sclerosis Society	1-800-268-7582
Okanagan Staffing Services	250-717-0506
Osteoporosis-Kelowna Ch.	250-861-6880
Parkinsons Canada	1-800-565-3000
Seniors Outreach Centre	250-861-6180
SLR	250-448-1203

Transportation

Bus Passes	1-866-866-0800
Disability Parking Permit	250-469-8757
HandyDART	250-762-3278
Kelowna Transit System	250-860-8121



more cultural news & events

Check out what the City of Kelowna's Cultural Services Branch is doing in the community at kelowna.ca/culture

Heritage Grants Program

We recognize the value of Kelowna's built heritage and in support of this we fund a grant program designed to ease the financial burden of maintaining these properties. This program is for buildings on the Kelowna Heritage Register and assists owners with the costs of renovation and restoration.

Visit kelowna.ca/heritage for the full grant program guidelines.



Artist in Residence Program

The City is developing an artist in residence program! We are looking for an innovative artist practicing in any discipline who can incorporate the topic of social inclusion in their artwork.

Interested applicants should visit kelowna.ca/culture for more details and full program guidelines. The deadline for Phase 1 of the application process is **March 29th**.



General Operating Grant Recipients

Arts Council of the Central Okanagan	Creative Okanagan	Kiwanis Music Festival
BC Old Time Fiddlers	Dolyna Ukrainian Cultural Society	Okanagan Festival Singers
Central Okanagan Heritage Society	Inner Fish Theatre Society	Okanagan Historical Society
Centre Culturel Francophone de L'Okanagan	Inspired Word Café	Ponderosa Spinners and Weavers
Chamber Music Kelowna	Kelowna City Concert Band	Sing for Your Life Foundation
Cool Arts Society	Kelowna Pipe Band	Theatre Kelowna Society

Project Grant Recipients

Arts Council of the Central Okanagan	Kelowna Community Resources	Kelowna Visual and Performing Arts Centre
Creative Okanagan	Kelowna Canadian Italian Club	Okanagan Comedy Festival Society
Inspired Word Café	Kelowna Taiwanese Cultural Society	Theatre Kelowna Society



Learn more about community initiatives that help to support the Cultural Plan at kelowna.ca/culture.