

# Active Living Guide for Adults 50+

Fall 2022





# Active Living Guide for Adults 50+

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### Not-for-Profit Seniors Societies

<b>Parkinson Senior Society</b> <i>1700 Parkinson Way</i> 250-762-4108	<b>Rutland Senior Centre Society</b> <i>765 Dodd Road</i> 250-765-3723	<b>Okanagan Mission Senior Centre Society</b> <i>4398 Hobson Road</i> 250-764-7642
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### City Liason

Tom Clark  
250-470-0639  
tclark@kelowna.ca

### Facility Rental Information

Cheryl Berg  
250-469-8957  
cberg@kelowna.ca

## Get Active this Fall!

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](http://kelowna.ca/recreation).

# Parkinson Senior Society



## WEEKLY ACTIVITIES

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

Website: [www.parkinsonseniors.com](http://www.parkinsonseniors.com) – Email: [parkinsonseniorsociety@shaw.ca](mailto:parkinsonseniorsociety@shaw.ca)

Executive Director: Corrinne Reid

**Membership Fee: \$20.00 (June 1 – May 31 yearly)** Required for participation in activities

We welcome both new & valued existing Members to come join us at the Parkinson Activity Centre where we promote health, happiness, and a sense of community. We are confident you will find our centre welcoming, inclusive & enjoyable. We also have a Computer Lab that offers classes from September to May. The schedules can be found in the Centre & on our website. Our instructors are all volunteer seniors adept at working with all experience levels.

### MONDAY

8:00 am	Billiards Room	\$2.00
8:00 am	Table Tennis	\$2.00
8:30 am	Group Fitness	\$3.00
9:45 am	Zumba Gold	\$3.00
11:00 am	Yoga	\$6.00
11:00 am	Pilates-Intermediate Stott	\$3.00
12:45 pm	Tai Chi / Qigong	\$3.00
1:00 pm	Wizard	\$2.00
1:00 pm	Mahjong	\$2.00
2:00 pm	Pickleball – open play	\$2.00

### TUESDAY

8:00 am	Billiards Room	\$2.00
8:10 am	Group Fitness	\$3.00
9:00 am	Scrapbooking	\$2.00
9:20 am	Group Fitness	\$3.00
9:30 am	Ukulele (Lesson and Play)	\$3.00
10:30 am	Osteofit for Life (call Bobbi 250-317-3508)	
11:45 am	AB/Easy Beginner Line Dancing	\$2.00
1:00 pm	Scrabble	\$2.00
1:00 pm	Duplicate Bridge - Director	\$4.00
1:00 pm	Improver/Int Line Dance	\$2.00
4:30 pm	Ballroom Dance Practice ( <i>Couples</i> )	\$2.00

### WEDNESDAY

8:00 am	Billiards Room	\$2.00
8:00 am	Table Tennis	\$2.00
8:30 am	Group Fitness	\$3.00
8:30 am	Hiking Group	no charge
9:45 am	Beginner Line Dancing	\$2.00
11:00 am	Yoga	\$6.00
12:30 pm	Choir Practice	\$4.00
1:00 pm	Cribbage	\$2.00
1:00 pm	Duplicate Bridge – Director	\$4.00

### THURSDAY

8:00 am	Billiards Room	\$2.00
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 250-317-3508)	
11:40 am	Men's Group Fitness	\$3.00
1:00 pm	Pilates - Beginner Stott	\$3.00
1:00 pm	Mahjong	\$2.00
1:00 pm	Euchre	\$2.00
2:15 pm	Pickleball – open play	\$2.00
6:00 pm	Table Tennis	\$2.00
7:00 pm	Dancing at the PAC <i>members</i>	\$6.00
	<i>Non members</i>	\$8.00
	<i>*Featuring a live band-Singles welcome*</i>	

### FRIDAY

7:45 am	HIIT Circuit Training	\$3.00
8:00 am	Billiards Room	\$2.00
8:00 am	Table Tennis	\$2.00
8:55 am	Group Fitness	\$3.00
10:00 am	Tai Chi / Qigong	\$3.00
11:00 am	Yoga	\$6.00
11:15 am	Chair Yoga	\$3.00
12:30 pm	Pickleball-Beginner Lesson	\$2.00
12:45 pm	Canasta	\$2.00
2:15 pm	Pickleball-Level 3.0 & below	\$2.00
5:00 pm	Ballroom Dance ( <i>couples</i> )	\$2.00

### SATURDAY - Closed

### SUNDAY

9 - 11 am	1 <sup>st</sup> Sunday of each month Our Famous Pancake Breakfast	\$8.00
7 - 9 pm	Modern pattern dancing	\$3.00

### PARKINSON ACTIVITY CENTRE HIGHLIGHTS

- **Bistro:** Open 9:00 am - 1:00 pm Monday to Friday. *Great food, great prices, & all homemade!*
- **Billiards Room:** Hours 8:00 am - 4:00 pm Monday to Friday
- **Special Events:** As a Member you will receive notices via email so you don't miss out!

# Rutland Senior Centre Society

765 Dodd Road, Kelowna, V1X 5H1  
Office Hours 9 am-3 pm 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 \$10 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

Billiards	9:00 am – 3:00 pm	\$2.00
Palette Pals	9:00 am – 12:00 pm	\$2.00
Social Time	9:00 am – 3:00 pm	N/C
Table Tennis	9:00 am – 11:00 am	\$1.00
Line Dance	11:15 am - 12:30 pm	\$1.00
Chair Yoga	1:00 pm – 2:00 pm	<i>Call to register</i>
Duplicate Bridge	1:00 pm – 4:30 pm	\$4.00
Pickleball	7:00 pm – 9:00 pm	\$1.00
Barbershop Chorus	7:00 pm – 9:00 pm	\$1.00

## TUESDAY

Billiards	9:00 am – 3:00 pm	\$2.00
Quilting	9:00 am – 3:00 pm	\$1.00
Social Time	9:00 am – 1:00 pm	N/C
Carpet Bowling	9:30 am – 11:00 am	\$1.00
Pickleball (3 sessions)	11:30 am – 5:00 pm	\$1.00

## WEDNESDAY

Billiards	9:00 am – 3:00 pm	\$2.00
Table Tennis	9:00 am – 11:00 am	\$1.00
TOPS	9:30 am – 11:00 am	\$1.00
Line Dance	11:15 am – 12:30 pm	\$1.00
Cribbage	1:00 pm – 3:30 pm	\$1.00
Duplicate Bridge	1:00 pm – 4:30 pm	\$4.00
Pickleball	7:00 pm – 9:00 pm	\$1.00
Social Time	9:00 am – 3:00 pm	N/C

## THURSDAY

31 Cards	8:30 am– 11:00 am	\$1.00
Billiards	9:00 am – 3:00 pm	\$2.00
Social Time	9:00 am – 3:00 pm	N/C
Carpet Bowling	9:30 am – 10:30 am	\$1.00
Bingo	11:30 am – 3:00 pm	\$1.00
Osteofit	1:00 pm – 2:00 pm	<i>Call to register</i>
Pickleball	7:00 pm – 9:00 pm	\$1.00

## FRIDAY

Billiards	9:00 am – 3:00 pm	\$2.00
Quilting	9:00 am – 3:00 pm	\$1.00
Social Time	9:00 am – 3:00 pm	N/C
Table Tennis	9:00 am – 11:00 am	\$1.00
Line Dance	11:15 am – 12:30 pm	\$1.00
Badminton	1:00 pm – 3:00 pm	\$1.00
Whist	1:00 pm – 3:00 pm	\$1.00
Pickleball	3:00 pm – 6:00 pm	\$1.00

## SATURDAY

Duplicate Bridge	12:30 pm – 4:30 pm	\$4.00
Sat. Night Dance	7:00 pm – 10:00 pm	\$10/\$15

## SUNDAY (2<sup>nd</sup> and 4<sup>th</sup> Sunday of the month)

Card Making	10:00 am – 3:00 pm	\$2.00
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Other pickleball lessons are provided by the City, please check the Activity Guide.

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In order to play Beginners or “All Pickleball” you should have a basic understanding of how to score and how pickleball is played.





# Okanagan Mission Senior Centre Society

4398 Hobson Road, Kelowna, BC V1W 1Y3

[okmissionseniors@gmail.com](mailto:okmissionseniors@gmail.com)

250 764-7642

## Monday

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

## Tuesday

9:30 am	Keep Fit	\$3.00
11:00 am	Directors Meeting	2 <sup>nd</sup> Tues of month
11:00 am	Sask. Retired Teachers	3 <sup>rd</sup> Tues of month
11:00am	Fiends of OMAC	1 <sup>st</sup> or 4 <sup>th</sup> Tues of month

## Wednesday

9:00 am	Mission Painters	\$1.00
	Drop-in \$5 (if space available)	
	Contact <a href="mailto:margojensen@gmail.com">margojensen@gmail.com</a>	
1:30 pm	Canasta	\$0.50
4:00 pm	Chair Yoga	\$3.00

## Thursday

12:30 pm	Bridge	\$2.00
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## Friday

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



## Want to get involved

@ the Okanagan Mission Activity Centre?

- Stop by for one of our regularly planned Executive meetings on the 2<sup>nd</sup> Tuesday of each month at 11:00 am
- Come try bridge, crib, canasta or euchre. We're always looking for new card players!

## Board of Directors Meeting

- 2<sup>nd</sup> Monday of each month, we hope to see you there!

## Fitness & Health

### Group Training for Active Adults

**Instructor:** Dory Dueck

**Location:** Parkinson Rec Centre, MacIntosh Room  
Maintaining an active lifestyle and achieving personal fitness goals make GTAA the program for you!

**Age:** 50Y and up

24684	M,W,F	Sep 7-Oct 7	9:00 AM-10:00 AM	\$114
24685	M,W,F	Oct 12-Nov 9	9:00 AM-10:00 AM	\$108
24686	M,W,F	Nov 14-Dec 21	9:00 AM-10:00 AM	\$161.50

### Intro to Weight Training

**Instructor:** Tanji Hennessey

**Location:** Parkinson Rec Centre, Weight Room  
These introductory classes are designed to teach the fundamental principles of weight training.

**Age:** 18Y and up

24635	M	Sep 19-Oct 31	12:45 PM-1:45 PM	\$57
24636	M	Nov 7-Dec 12	12:45 PM-1:45 PM	\$57

### Pilates - The Classis Repertoire NEW!

**Instructor:** Janine Trudeau

**Location:** Canyon Falls Middle School, Grizzly Room  
Learn the original Pilates mat exercises created to improve and develop your deep abdominal and core strength, while lengthening and strengthening your body.

**Age:** 16Y and up

25146	Th	Sep 15-Oct 27	5:30 PM-6:30 PM	\$66.50
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### Posture Perfect

**Instructor:** Andrea Brumer

**Location:** Parkinson Recreation Centre, Spartan Room  
Postural retraining through targeted stretching and strengthening of key muscles and movements will be the focus of this class.

**Age:** 16Y and up

25040	M	Sep 12-Oct 31	5:15 PM-6:15 PM	\$66.50
25042	M	Nov 7-Dec 19	5:15 PM-6:15 PM	\$66.50

### Spin, Strength & Stretch for 50+

**Instructor:** Rebecca Loncaric

**Location:** Parkinson Recreation Centre, Orchard Room  
Open to all fitness levels and an excellent activity to increase strength and stability around the hip and knee joints.

**Age:** 50Y and up

24710	M	Sep 12-Oct 31	10:30 AM-11:30 AM	\$66.50
24711	M	Nov 7-Dec 19	10:30 AM-11:30 AM	\$66.50



## Move for Your Health

### ABCs Fitness

**Instructor:** Dory Dueck

**Location:** Parkinson Recreation Centre, Spartan Room  
Circuit stations will be used to practice balance, posture and agility in a safe, controlled environment. Prerequisite: you must be able to stand on one foot for at least five seconds unassisted. There is no floor or mat work.

**Age:** 18Y and up

24695 M, W Sep 7-Oct 26 2:30 PM-3:30 PM \$114

24697 M, W Oct 31-Dec 14 2:30 PM-3:30 PM \$133

### Core & Balance 50+

**Instructor:** Andrea Brumer

**Location:** Parkinson Recreation Centre, Spartan Room  
This class is specifically designed to improve your balance and core strength as you move into your golden years!

**Age:** 50Y and up

25361 M Sep 12-Oct 31 4:00 PM-5:00 PM \$66.50

25362 M Nov 7-Dec 19 4:00 PM-5:00 PM \$66.50

### F.A.M.E (Fitness & Mobility Exercise)

**Instructor:** Dory Dueck

**Location:** Parkinson Recreation Centre, Spartan Room  
FAME is a community-based program for stroke survivors and is designed specifically and proven to improve fitness, mobility and strength. Suitable for people at any time after stroke who can stand for 5 minutes, walk for four metres (even with a walking aid) and communicate with the instructor.

**Age:** 18Y and up

24682 Tu,Th Sep 8-Oct 27 2:30 PM-3:30 PM \$133

24683 Tu,Th Nov 1-Dec 20 2:30 PM-3:30 PM \$142.50

### Osteofit

**Instructor:** Dory Dueck

**Location:** Parkinson Recreation Centre, Orchard Room  
Osteofit has been designed specifically for people with osteoporosis and low bone density who have been inactive and are looking for an introductory exercise program.

**Age:** 18Y and up

24688 Tu,Th Sep 8-Oct 27 10:30 AM-11:30 AM \$133

24687 Tu,Th Nov 1-Dec 20 10:30 AM-11:30 AM \$142.50



### Restorative Yoga for Cancer Support

**Instructor:** Melanie Morrisette

**Location:** Okanagan Mission Activity Centre  
Move through mantra, breath work, kriyas (postures), and meditation to offer support and balance to the body, and soothe the nervous system. A great class for cancer patients, survivors, and caregivers to do together. Breathe, move with intention and let your body be the guide. Please follow physician's advice. Social time to follow class.

**Age:** 16Y and up

24672 Tu Sep 6-Dec 6 4:00 PM-5:00 PM \$133

### SIRvivor BC: Prostate Cancer Exercise Program

**Instructor:** Melanie Morrisette

**Location:** Parkinson Rec Centre, MacIntosh Room  
An evidence-informed group-based exercise program for men who have been diagnosed with prostate cancer, run in partnership with the BC Recreation and Parks Association.

**Age:** 18Y and up

24613 M,Th Sep 8-Nov 3 3:00 PM-4:00 PM \$40

24614 M,Th Nov 7-Dec 19 3:00 PM-4:00 PM \$32.50

**SIRvivor BC**  
EXERCISE FOR  
PROSTATE CANCER

## Community Contact Information

### City of Kelowna

Airport	250-807-4300
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
Okanagan Orchard Museum	778-478-0325
Parkinson Rec. Centre	250-469-8800
Rutland Library	250-765-8165
Sport Kelowna Office	250-469-8850

### Government of Canada Organizations

Canada Revenue Agency	1-800-959-8281
Income Security	1-800-561-7930
Seniors Outreach Centre	250-861-6180
Passport Canada –Kelowna	1-800-567-6868

### Health Care Services

Brookhaven Care Centre	250-862-4040
Cottonwoods Care Centre	250-862-4100
Interior Health Authority	250-469-7070
Kelowna General Hospital	250-862-4000
May Bennett Wellness Centre	250-980-1400
May Bennett Meal Program	250-860-3378
Medical Services Plan/Pharmacare	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	1-877-779-2223
Canadian Assoc. of 45 Plus	1-833-211-2277
Public Gaming Branch	250-861-7363
Shelter Aid for Eldery Renters	1-800-257-7756
Seniors Supplement	1-866-866-0800
Women's Emergency Shelter	250-763-1040

### Seniors Societies

Kelowna Senior Citizens' Society	250-762-5505
Okanagan Mission	250-764-7642
Parkinson Activity Centre	250-762-4108
Rutland Senior Centre	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	250-712-3900
Canadian National Inst for Blind	1-800-563-2642
Crisis Line	1-888-353-2273
Dementia Helpline	1-800-936-6033
Diabetes Association	250-868-2077
Food Bank – Kelowna Branch	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 Canada	1-800-463-6842
Parkinsons Canada	1-800-565-3000
Society for Learning in Retirement	250-448-1203

### Transportation

Bus Passes	250-469-8559
Disability Parking Permit	250-469-8400
HandyDART	250-762-3278
Kelowna Transit System	250-860-8121