Active Living Program Guide for Adults 50+

WINTER 2018
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Not-for-Profit Seniors Societies:

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<th>Parkinson Senior Society</th>
<th>Rutland Senior Centre Society</th>
<th>Okanagan Mission Senior Centre Society</th>
</tr>
</thead>
<tbody>
<tr>
<td>250-762-4108</td>
<td>250-765-3723</td>
<td>250-764-7642</td>
</tr>
<tr>
<td>Ali Westlund</td>
<td>Val Petillion</td>
<td>Kathleen Rowe</td>
</tr>
<tr>
<td>250-469-8749</td>
<td>250-469-8846</td>
<td>250-469-8798</td>
</tr>
<tr>
<td><a href="mailto:awestlund@kelowna.ca">awestlund@kelowna.ca</a></td>
<td><a href="mailto:vpetillion@kelowna.ca">vpetillion@kelowna.ca</a></td>
<td><a href="mailto:krowe@kelowna.ca">krowe@kelowna.ca</a></td>
</tr>
</tbody>
</table>

Active Living Guide
Kim Przybyl
250-469-8461
kprzybyl@kelowna.ca

Facility/Rental Information
Jordan Shaw
250-469-8957
jjshaw@kelowna.ca
Get Active this Winter!

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.
We welcome you to come join us at the Parkinson Activity Centre. With the winter season setting in we have lots of exciting activities to keep you busy and out of the cold. 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 Winter 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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Time</th>
<th>Activity</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>8:00am</td>
<td>Table Tennis</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>8:45am</td>
<td>Group Fitness</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>9:30am</td>
<td>Road Biking Club</td>
<td>No Charge</td>
<td></td>
</tr>
<tr>
<td>10:15am</td>
<td>Carpet Bowling</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>11:00am</td>
<td>Yoga</td>
<td>$6.00</td>
<td></td>
</tr>
<tr>
<td>11:45am</td>
<td>Pilates</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>1:00pm</td>
<td>Tai Chi</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>1:00pm</td>
<td>Mah Jong</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>2:15pm</td>
<td>Pickleball (3.0 &amp; above)</td>
<td>$2.00</td>
<td></td>
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<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Time</th>
<th>Activity</th>
<th>Fee</th>
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<tbody>
<tr>
<td>8:10am</td>
<td>Group Fitness</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>9:00am</td>
<td>Beginner Line Dancing</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>9:20am</td>
<td>Group Fitness</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>10:00am</td>
<td>Beginner Bridge (in Feb)</td>
<td>$60.00</td>
<td></td>
</tr>
<tr>
<td>10:30am</td>
<td>Osteofit for Life (call Bobbi 317-3508)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00am</td>
<td>Scrapbooking</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>12:30pm</td>
<td>Duplicate Bridge</td>
<td>$4.00</td>
<td></td>
</tr>
<tr>
<td>1:00pm</td>
<td>Scrabble</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>4:30pm</td>
<td>Ballroom Dance Practice</td>
<td>$2.00</td>
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<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Time</th>
<th>Activity</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>8:00am</td>
<td>Table Tennis</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>9:00am</td>
<td>Trekking Group</td>
<td>No Charge</td>
<td></td>
</tr>
<tr>
<td>8:45am</td>
<td>Group Fitness</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>10:15am</td>
<td>Carpet Bowling</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>10:30am</td>
<td>Singing for Fun (begins Feb 14)</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>11:00am</td>
<td>Yoga</td>
<td>$6.00</td>
<td></td>
</tr>
<tr>
<td>12:30pm</td>
<td>American Bridge - Duplicate</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>12:30pm</td>
<td>Cribbage</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>1:00pm</td>
<td>Intermediate Line Dancing</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>5:00pm</td>
<td>Wednesday Supper Club (tickets sold in advance)</td>
<td>$10.00</td>
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<table>
<thead>
<tr>
<th>Thursday</th>
<th>Time</th>
<th>Activity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am</td>
<td>Pleasure Painters</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>8:10am</td>
<td>Group Fitness</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>9:20am</td>
<td>Group Fitness</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>10:30am</td>
<td>Osteofit for Life (call Bobbi 317-3508)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:40am</td>
<td>Men's Group Fitness</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>1:00pm</td>
<td>Mah Jong</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>2:15pm</td>
<td>Pickleball (3.5 &amp; above)</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>7:00pm</td>
<td>Dancing at the PAC</td>
<td>$6.00</td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th>Friday</th>
<th>Time</th>
<th>Activity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:50am</td>
<td>Zumba</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>8:00am</td>
<td>Table Tennis</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>8:55am</td>
<td>Group Fitness</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>9:30am</td>
<td>Beginner Bridge II (in Feb)</td>
<td>$40.00</td>
<td></td>
</tr>
<tr>
<td>10:00am</td>
<td>Tai Chi</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>11:00am</td>
<td>Yoga</td>
<td>$6.00</td>
<td></td>
</tr>
<tr>
<td>12:30pm</td>
<td>Beginner Pickleball Lesson</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>1:00pm</td>
<td>Canasta</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>2:30pm</td>
<td>Pickleball (3.0 &amp; below)</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>5:00pm</td>
<td>Ballroom Dance Practice</td>
<td>$2.00</td>
<td></td>
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<table>
<thead>
<tr>
<th>Saturday</th>
<th>Time</th>
<th>Activity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:15am</td>
<td>Carpet Bowling</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Duplicate Bridge (ACBL)</td>
<td>$5.00</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Time</th>
<th>Activity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-11:00am</td>
<td>1st Sunday of each Month</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00pm</td>
<td>Dancing at the PAC</td>
<td>$6.00</td>
<td></td>
</tr>
</tbody>
</table>

**PSS Highlights**
- Kitchen Open & Coffee on - 9:00am - 1:00pm Monday to Friday. Great Food, Great Prices, & 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
**LEARNING THE ESSENTIALS OF MICROSOFT WINDOWS** - $65  
(3 x three hour classes)  
- **Fri** Jan 8, 15, 22  
  9:00am - 12:00pm  
- **Thurs** Feb 1, 8, 15  
  1:00pm - 4:00pm  
- **Mon** Mar 5, 12, 19  
  9:00am - 12:00pm

**OVERVIEW OF WINDOWS 10** - $30  
- **Wed** Jan 17  
  9:00am - 12:00pm  
- **Tues** Mar 27  
  9:00am - 12:00pm

**E-MAIL USING WEB MAIL** - $30  
- **Thurs** Jan 18  
  9:00am - 12:00pm  
- **Tues** Feb 20  
  9:00am - 12:00pm  
- **Mon** Mar 15  
  1:00pm - 4:00pm

**WEB EXPLORATION** - $20  
- **Mon** Mar 26  
  9:00am - 12:00pm

**BACKING UP YOUR COMPUTER** - $20  
- **Mon** Mar 13  
  1:00pm

**INTRODUCTION TO MICROSOFT WORD** - $50  
(2 x three hour classes)  
- **Fri** Jan 19, 26  
  9:00am - 12:00pm

**EXCEL ESSENTIALS** - $30  
- **Thurs** Jan 11  
  9:00am - 12:00pm  
- **Fri** Feb 9  
  9:00am - 12:00pm  
- **Thurs** Mar 8  
  1:00pm - 4:00pm

**ORGANIZING PHOTOS AND DOCUMENTS** - $30  
- **Fri** Jan 19  
  1:00pm - 4:00pm  
- **Thurs** Feb 16  
  9:00am - 12:00pm  
- **Fri** Mar 16  
  9:00am - 12:00pm

**COMPUTER MAINTENANCE & INTERNET SAFETY** - $30  
- **Fri** Mar 23  
  9:00am - 12:00pm

**FACEBOOK ESSENTIALS** - $30  
- **Wed** Jan 10  
  9:00am - 12:00pm  
- **Wed** Feb 7  
  9:00am - 12:00pm  
- **Wed** Mar 7  
  9:00am - 12:00pm

**OTHER THINGS TO DO ON YOUR COMPUTER** - $20  
- **Fri** Mar 30  
  9:00am - 12:00pm

**1-PAD FOR BEGINNERS** - $15  
- **Thurs** Jan 11  
  1:00pm - 2:45pm  
- **Thurs** Feb 8  
  9:00am - 10:45am  
- **Thurs** Mar 8  
  9:00am - 10:45am

**1-PAD ADVANCED** - $15  
- **Thurs** Jan 18  
  1:00pm - 2:45pm  
- **Thurs** Feb 15  
  9:00am - 10:45am  
- **Thurs** Mar 15  
  9:00am - 10:45am

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

**2ND TUESDAY FREE 1 HOUR LECTURES**  
- **Jan 9** 9:30am  
  Discover your ancestors  
  11:00am  
  DNA testing  
- **Feb 13** 9:30am  
  Pintrest  
  11:00am  
  Touring Castanet  
- **Mar 13** 9:30am  
  Shaw Internet  
  11:00am  
  Telus Internet

**FREE HELP SESSIONS ARE SCHEDULED**  
- **TUES** Jan 9  
  12:30pm to 2:30pm  
- **WED** Jan 31  
  12:30pm to 2:30pm  
- **TUES** Feb 13  
  12:30pm to 2:30pm  
- **WED** Feb 30  
  12:30pm to 2:30pm  
- **TUES** Mar 13  
  12:30pm to 2:30pm  
- **WED** Nov 29  
  12:30pm to 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   $2.00
12:45pm  Novice Duplicate Bridge   $3.00
1:00pm   Chair Yoga
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   No Charge
1:00-5:00pm Pickleball   $0.50
7:15pm   Fiddlers Practice   No Charge

Wednesday
9:00am   Table Tennis   $0.50
9:30am   Osteofit for Life   Call to Register
11:15am  Line Dancing   $2.00
12:45pm  Duplicate Bridge   $3.00
1:00pm   Cribbage   $2.50
7:00pm   Pickleball   $0.50
               $2/non-members

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
               1st Thurs
7:00pm   Pickleball   $0.50
               Last 3 Thursday of month

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

Saturday
12:15pm  Duplicate Bridge   $3.00
7:00pm   Dance   $6.00 members
               $8.00 non-mem

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

Sunday
2:30-4:30 pm   Fiddlers Jam Session   3rd Sunday/Month

Maintenance Shutdown
December 27 - 28, 2017
&
March 26 - April 2, 2018

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

Games Room
Monday - Saturday
8:00am - 4:00pm
Fee: $1.00
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
1st Vice Jerry Tyndall Treasurer Marolyn Armstrong
2nd Vice Ian Sisett Past President Bruce Taylor

Monday
10:00am Silver Song Club $0.50

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

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

Thursday
9:00am Crafts $0.50
12:30pm Bridge $2.00

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

- Bridge Annual Potluck Luncheon
  January 1, 2018
  Social Luncheon
  February 24, 2018
  12:00pm (Bridge & Crib to follow)
  Watch for Euchre Group to start on Monday’s
  in April 2018

Club #17

1353 Richter Street Kelowna, BC V1Y 2L5
250-762-5505
Membership Fee: $5/Year

Executive
President Shirley Rashke Vice President Patricia Charman
Treasurer Jeanette Weber Secretary June Kovach

Monday
12:30pm Bridge $3.00

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

Wednesday
12:45pm Mah Jong $2.00
7:00pm Songs of Norway 3rd Wed of Month
7:30pm Rock Club 4th Wed of Month

Thursday
12:00pm Dance Class $5.00 drop-in

Board of Directors Meeting
1st Wednesday of the Month @ 9:30am

Hall Rental Information
250 448-5970

- Board of Directors Meeting
  1st Wednesday of the Month @ 9:30am

- Hall Rental Information
  250 448-5970
### Executive

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Cathy Gunderson</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Brian Burnell</td>
</tr>
<tr>
<td>Secretary</td>
<td>Bev Rodgers</td>
</tr>
</tbody>
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### Meetings

**General Meeting**
- **Time:** 3rd Saturday of the Month @ 1:15pm
- **Location:** 150D Gray Road Kelowna BC V1X1W7

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

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### 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.

1. **Did you sign up for a spring or summer 2017 program?**
   - **Yes**

2. **Do you have an active pass at Parkinson Recreation Centre?**
   - **Yes**

As long as we have your email address on file, your client account was carried over.

**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 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!
Pilates, (Strott) Mat 1
Instructor: Linda McCormack
Location: Rutland Activity Centre
What you need to understand and master all Pilates basic mat exercises - a beginner level.
Age: 16Y and up
8286  W  Jan 10-Mar 14  5:45 PM-6:45PM  $74.50

Hip Opener Yoga Workshop
Instructor: Noushi Fattahi
Location: Rutland Activity Centre
Need to get your hips moving without pain? Many of us sit or stand for the greater part of the day, which results in tight hips.
Age: 14Y and up
7424  Su  Feb 4  9:30 AM-12:30 PM  $32.10

Lil Yogis-Parent & Child
Instructor: Daytona Hunter
Location: Rutland Activity Centre
You and your child will be inspired to discover your heart center through movement exploration.
7356  Th  Jan 25-Mar 8  4:45 PM-5:45 PM  $77

Yoga Ashtanga Beginner
Instructor: Noushi Fattahi
Location: Rutland Activity Centre
You will be introduced to Sun Salutations and basic poses while experiencing an overall body stretch and awakening.
Age: 13Y and up
7357  Th  Jan 11-Mar 22  7:00 PM-8:15 PM  $101.20

Mini Mother Daughter Yoga Retreat
Instructor: Noushi Fattahi
Location: Rutland Activity Centre
With all of life’s busyness, it can be hard for mothers and daughters to slow down and spend quality one-on-one time together.
Age: 7Y and up
7433  Su  Feb 11  12:30 PM-3:30 PM  $32.10

Yoga Gentle Relaxation
Instructor: Noushi Fattahi
Location: Rutland Activity Centre
Gentle Yoga is a far less strenuous form of yoga. Explore basic yoga poses with a connection to breath, alignment and mindfulness.
Age: 13Y and up
7311  M  Jan 15-Mar 19  5:30 PM-6:30 PM  $67.05

Total Body Tabata-Glenmore
Get in shape with one of the most popular forms of interval fitness training designed to target all major muscle groups.
Age: 16Y and up
7651  Tu  Jan 9-Mar 27  6:30-7:30PM  $89.40
7653  Tu,Th  Jan 9-Feb 15  6:30-7:30PM  $89.40
7652  Th  Jan 11-Mar 29  6:30-7:30PM  $89.40
7654  Tu,Th  Feb 20-Mar 29  6:30-7:30PM  $89.40

Yoga-Hatha/Yin-Beginner/Intermediate
This series will consist of deep Yin postures held for three to five minutes, yogic breath practices (pranayam), floor work, standing postures and flow sequences, including the Sun Salutation.
Age: 16Y and up
7793  M  Jan 22-Mar 12  7:00-8:30PM  $61.25

Yoga Vinyasa Flow
Vinyasa focuses on developing a balanced body that is strong and flexible, and a calm mind through the internal awareness of breath.
8327  W  Jan 24-Mar 14  5:00-6:00PM  $59.60
Amazing Body Series Plus!
Instructor: Sonja Friesen
Location: Okanagan Mission Secondary, Dance Studio
This class will sculpt your muscles, jumpstart your metabolism and challenge your fitness goals.
Age: 18Y and up
7458 M Jan 8-Mar 12 6:15 PM-7:30 PM $82.80

Barre Fitness
Instructor: Stefanie Babchuk
Location: Okanagan Mission Secondary, Dance Studio
Barre is a Ballet-inspired full body workout that uses specific moves to tone small muscle groups.
Age: 16Y and up
7443 W Jan 10-Mar 14 6:15 PM-7:15 PM $74.50

Bootcamp Challenge
Instructor: Althea Buhler
Location: Kinsmen Fieldhouse Hall
Challenge yourself in this Bootcamp for all levels.
Age: 16Y and up
7812 Tu Jan 9-Mar 13 4:45 PM-5:45 PM $74.50

Cardio & Sculpt Mash Up
Instructor: Allison Knittig
Location: Kinsmen Fieldhouse Hall
Everyone will be on the same “playing field” as we switch up the cardio and strength focus each week
Age: 16Y and up
7445 M Jan 8-Mar 5 7:00 PM-8:00 PM $59.60

Results Full Body Fitness
Instructor: Rhonda Laturnus
Location: Kinsmen Fieldhouse Hall
Each class works major muscle groups and brings a new challenge so you will never be bored.
Age: 18Y and up
7532 M Jan 8-Mar 12 9:30 AM-10:30 AM $67.05
7533 W Jan 10-Mar 14 9:30 AM-10:30 AM $74.50

Zumba Fitness
Instructor: Maria D'Vaz
Location: Okanagan Mission Secondary, Dance Studio
Dance fitness that is fun, energetic and will make you feel amazing!
Age: 16Y and up
7542 W Jan 1-Mar 14 7:30 PM-8:30 PM $74.50

Pilates Fuzion
Instructor: Sonja Friesen
Age: 18Y and up
Location: Kinsmen Media Centre
The perfect balance of Pilates and Yoga
7472 F Jan 12-Mar 16 9:30 AM-10:30 AM $74.50
Location: Kinsmen Fieldhouse Hall
7471 Tu Jan 9-Mar 13 10:15 AM-11:15 AM $74.50

Yin & Yang at the Lake
Instructor: Darlene O’Neill
Location: Okanagan Mission Activity Centre
This all-levels class will begin with an energetic Vinyasa sequence to build breath, heat and energy in the body.
Age: 18Y and up
7529 M Jan 8-Mar 26 6:30 PM-7:45 PM $101.20

Yoga Nidra Meditation
Instructor: Lesley Crowe
Location: Okanagan Mission Activity Centre
Experience a unique combination of alert awareness and profound relaxation.
Age: 18Y and up
7551 Tu Jan 9-Mar 27 8:00 PM-9:15 PM $110.40

Chair Yoga
Instructor: Melanie Morrissette
Location: Okanagan Mission Activity Centre
Starting with a short meditation, followed by breathing exercise, then to the practice.
Age: 50Y and up
7474 Tu Jan 16-Mar 27 1:30 PM-2:30 PM $65.45

City of Kelowna - Mission/South Kelowna
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.
Age: 19Y and up
Instructor: Rhonda Laturnus
7613 M Jan 8-Feb 5 11:45 AM-12:45 PM $37.25
7615 M Feb 19-Mar 12 11:45 AM-12:45 PM $29.80
Inspired by Dance
Instructor: Nikki Blanleil
7614 Th Jan 11-Feb 8 11:45 AM-12:45 PM $37.25
7616 Th Feb 15-Mar 15 11:45 AM-12:45 PM $37.25

Minds in Motion
Instructors: Nikki Blanleil & The Alzheimer Society
Location: Parkinson Recreation Centre, MacIntosh Room
Minds in Motion is designed for people diagnosed with Alzheimer's disease or other dementia.
Age: 15Y and up
7828 M Jan 8-Feb 5 1:15 PM-3:00 PM $37.25
7827 M Feb 19-Mar 12 1:15 PM-3:00 PM $29.80

Osteofit
Instructor: Dory Dueck
Location: Parkinson Recreation Centre, Bartlett Room
Research shows that exercise helps to build your muscles, improve your mobility and balance and reduces your risk of falls and fractures.
Age: 19Y and up
7623 Tu,Th Jan 9-Feb 8 11:15 AM-12:15 PM $74.50
7624 Tu,Th Feb 13-Mar 15 11:15 AM-12:15 PM $74.50

Parkinson's Fitness
Instructor: Nikki Blanleil
Location: Parkinson Recreation Centre, Orchard Room
This exercise program is intended for persons with Parkinson's disease. A variety of exercises will be used to help improve function and quality of life.
Age: 18Y and up
Chair Balance
7771 W,F Jan 10-Feb 9 10:15 AM-11:15 AM $74.50
7772 W,F Feb 14-Mar 16 10:15 AM-11:15 AM $74.50
Standing Beginner
7773 W,F Jan 10-Feb 9 11:30 AM-12:30 PM $74.50
7774 W,F Feb 14-Mar 14 11:30 PM-12:30 AM $67.05

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:
Current Events
Mindfulness
History
Dancing
International Politics
Health & Wellness
Music Appreciation
Beginners Bridge
Writing
Painting
Reiki
Book Club
Ancient Civilizations
Geology
Globe Trotting

And much more...

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

Visit volinspire.com for more information on Volunteer Opportunities!
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
### Cultural Events

**Okanagan Symphony Orchestra**

**Viennes Delights** – Masterworks III  
Jan. 19, 7:30pm  
Kelowna Community Theatre  
OSO welcomes the acclaimed UBC Opera Ensemble for a new year’s tradition of Viennese delights.

**Viva L’italia** – Masterworks IV  
Feb. 16, 7:30 pm at the  
Kelowna Community Theatre  
From the baroque concerto to the great tradition of opera, Italian is the international language of music.

**Prodigy** – Masterworks V  
Mar. 9, 7:30 pm at the  
Kelowna Community Theatre  
Twelve-year old prodigy, Kevin Chen, is poised to take the world by storm.  
[OkanaganSymphony.com](http://www.okanaganSymphony.com)

**Kelowna Community Concert Association Presents**  
- Lafayette String Quartet  
Thursday, March 8, 2018 at the Kelowna Community Theatre  
The women of the Lafayette String Quartet – artists in residence at the University of Victoria – have played together since 1986. Originally based in Detroit, they have been an integral part of UVic and the city of Victoria since 1991. LSQ has collaborated with many contemporary composers and has won several chamber music competitions.  
[www.kelownaCommunityConcerts.org](http://www.kelownaCommunityConcerts.org)

**Okanagan Heritage Museum- Nakulamen (What We Do)**  
Jan. 27, Feb. 10 and Mar. 3, from 2 – 4 pm  
A program that embodies the seasonal traditions and practices of the syilx/Okanagan people who have lived as a part of these lands for thousands of years. Each session includes interactive storytelling using costumes, as well as some introductory language, activities and crafts. Register at [www.kelownamuseums.ca/events](http://www.kelownamuseums.ca/events)

| Cultural District | Rock of Ages  
Jan. 5-7, 10-13, 2018 7pm  
New Vintage Theatre proudly remounts their record setting production of Rock of Ages. Featuring iconic songs from Journey, Bon Jovi, Pat Benatar and more, this Tony award winning show about a small town girl and boy who go to LA to make it big features a killer band and cast that will bring you right back to the 1980’s and leave you wanting more.  
Rotary Centre for the Arts box office at 250-717-5304.  
|-------------------|---------------------------------------------------------|

**First Thursdays in the Cultural District**

Explore Kelowna’s Cultural District on the first Thursday of every month!  
Jan. 4, Feb. 1, Mar. 1  
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://www.kelowna.ca/Culture)

**Chamber Music Kelowna**

Gryphon Trio  
Feb. 2, 7:30 pm at the  
Mary Irwin Theatre, Rotary Centre for the Arts  
Now in their 3rd decade of concertizing, the Gryphon Trio has impressed international audiences and the press with its highly refined, dynamic performances and has firmly established itself as one of the world’s preeminent piano trios. The Trio is committed to redefining chamber music for the 21st Century.  
[www.chambermusickelowna.ca](http://www.chambermusickelowna.ca)

**Ballet Kelowna**

Elles – Extraordinary Dance Created by Women  
Feb. 2, 2018 – 7:30 pm at the Kelowna Community Theatre  
Ballet Kelowna devotes this mixed program of dance to four talented female choreographers. With world premieres by celebrated Canadian choreographers Alysa Pires and Gioconda Barbuto, plus Folie à Cinq by Heather Myers and Glas by Gabrielle Lamb, this program promises to deliver the very best of contemporary ballet from the perspective of women.  
[www.balletkelowna.ca](http://www.balletkelowna.ca)
Festivals Kelowna presents a Valley First

new york NEW YEARS

DEC 31st, 2017 @ Stuart Park

{ 6PM TO 9PM }

FEATURING
Live Musical Performances on Stage
Kid's Zone Activity Stations
Valley First Warm-up Zone @ Kelowna Community Theatre
Facepainting & Crafts @ Kelowna Community Theatre
FREE Hot Chocolate courtesy RE/MAX Kelowna
New Year’s Countdown & Fireworks Show at 9PM
Skating & Food Trucks Onsite!

Many thanks to all our sponsors:

We acknowledge the financial support of the Province of British Columbia