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Not-for-Profit Seniors Societies:

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<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>City Liaison</td>
<td></td>
<td></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
Nicole Cantley
250-469-8650
cantley@kelowna.ca

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

Active Living for Adults 50+

SENIOR SOCIETY LOCATIONS:

Parkinson Senior Centre Society
1700 Parkinson Way, Phone: 250-762-4108
Location: Parkinson Activity Centre

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

Rutland Senior Centre Society
765 Dodd Road, Phone: 250-765-3723
Location: Rutland Activity Centre

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

The Active Living Program Guide for Adults 50+ is available with a complete list of activities and programs offered at all three Centres, as well as community information pertaining to adults aged 50 years and up. The Active Living Program Guide for Adults 50+ is also available online. Go to kelowna.ca/recreation.
We welcome you to come join us at the Parkinson Activity Centre. With spring in the air and a long winter over we are excited for the longer days ahead. If you are 50+ and are still active in the work force, please contact us and let us know what activities you would be interested in pursuing in the evenings and on weekends here at the Centre.

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

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Thursday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am Table Tennis</td>
<td>8:00am Pleasure Painters</td>
<td>10:00am Carpet Bowling</td>
<td>9:00-11:00am 1st Sunday of each Month</td>
</tr>
<tr>
<td>8:45am Group Fitness</td>
<td>8:10am Group Fitness</td>
<td>9:00am Yoga</td>
<td>10:15am Carpet Bowling</td>
</tr>
<tr>
<td>9:30am Road Biking Club</td>
<td>9:20am Group Fitness</td>
<td>11:00am Yoga</td>
<td>12:30 pm Duplicate Bridge (ACBL)</td>
</tr>
<tr>
<td>10:15am Carpet Bowling</td>
<td>10:30am Osteofit for Life (call Bobbi 317-3508)</td>
<td>11:00am Pilates</td>
<td>10:15am Carpet Bowling</td>
</tr>
<tr>
<td>11:00am Yoga</td>
<td>11:40am Men's Group Fitness</td>
<td>10:00am Tai Chi</td>
<td>12:00pm &amp; 2:00pm Our Famous Pancake Breakfast</td>
</tr>
<tr>
<td>11:45am Pilates</td>
<td>1:00pm Pilates</td>
<td>11:15am Chair Yoga</td>
<td>7:00pm Dancing at the PAC</td>
</tr>
<tr>
<td>1:00pm Tai Chi</td>
<td>1:00pm Mah Jong</td>
<td>11:00am Yoga</td>
<td>6:00pm Dancing at the PAC</td>
</tr>
<tr>
<td>1:00pm Mah Jong</td>
<td>1:00pm Beginner Watercolors (begins March)</td>
<td>1:00pm Intermediate Line Dancing</td>
<td>7:00pm Dancing at the PAC</td>
</tr>
<tr>
<td>2:15pm Pickleball (3.0 &amp; above)</td>
<td>2:15pm Pickleball (3.5 &amp; above)</td>
<td>5:00pm Ballroom Dance Practice</td>
<td>6:00pm Dancing at the PAC</td>
</tr>
<tr>
<td></td>
<td>7:00pm Dancing at the PAC</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6:00pm Dancing at the PAC</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### PSS Highlights

- Kitchen Open & Coffee on - 9:00am - 1:00pm Monday to Friday. Great Food, Great Prices, & it’s all Homemade!
- Pool Room Hours - 8:00am - 4:00pm Monday to Friday, and 9:00am - 4:00pm on Saturdays
- Are you receiving our emails with Special Events? If no, please get us your email address as you are missing out
**LEARNING THE ESSENTIALS OF MICROSOFT WINDOWS** - $65
(3 x three hour classes)
- **Mon** Apr 9, 16, 23 9:00am - 12:00pm
- **Tues** May 15, 22, 29 9:00am - 12:00pm

**OVERVIEW OF WINDOWS 10** - $30
- **Wed** Apr 11 9:00am - 12:00pm
- **Mon** May 7 9:00am - 12:00pm

**E-MAIL USING WEB MAIL** - $30
- **Tues** Apr 17 9:00am - 12:00pm
- **Thurs** May 24 1:00pm - 4:00pm

**WEB EXPLORATION** - $20
- **Mon** Apr 30 9:00am - 11:00am
- **Fri** May 19 9:00am - 11:00am

**BACKING UP YOUR COMPUTER** - $20
- **Fri** Apr 20 9:00am - 11:00am
- **Wed** May 23 9:00am - 11:00am

**INTRODUCTION TO MICROSOFT WORD** - $50
(2 x three hour classes)
- **Fri** May 4, 11 9:00am - 12:00pm

**EXCEL ESSENTIALS** - $30
- **Thurs** Apr 12 9:00am - 12:00pm
- **Thurs** May 10 9:00am - 12:00pm

**ORGANIZING PHOTOS AND DOCUMENTS** - $30
- **Thurs** Apr 5 9:00am - 12:00pm
- **Thurs** May 3 9:00am - 12:00pm

**COMPUTER MAINTENANCE & INTERNET SAFETY** - $30
- **Tues** Apr 24 9:00am - 12:00pm
- **Mon** May 14 9:00am - 12:00pm

**FACEBOOK ESSENTIALS** - $30
- **Wed** Apr 18 9:00am - 12:00pm
- **Wed** May 16 9:00am - 12:00pm

**OTHER THINGS TO DO ON YOUR COMPUTER** - $20
- **Fri** Apr 27 9:00am - 12:00pm
- **Fri** May 25 9:00am - 12:00pm

**I-PAD FOR BEGINNERS PART 1** - $15
- **Thurs** Apr 5 1:00pm - 2:45pm
- **Thurs** May 3 1:00pm - 2:45pm

**I-PAD FOR BEGINNERS PART 2** - $15
- **Thurs** Apr 12 1:00pm - 2:45pm
- **Thurs** May 10 1:00pm - 2:45pm

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

**2ND TUESDAY FREE 1 HOUR LECTURES**
- **Apr 10** 9:30am - 11:00am Using a Flash Drive
- **May 8** 9:30am - 11:00am Safe Online Shopping

**FREE HELP SESSIONS ARE SCHEDULED**
- **Wed** Apr 25 12:30pm - 2:30pm
- **Wed** May 30 12:30pm - 2:30pm
### Monday
- 9:00am: Palette Pals $2.00
- 9:00am: Table Tennis $1.00
- 11:15am: Line Dancing $3.00
- 12:45pm: Novice Duplicate Bridge $4.00
- 1:00pm: Chair Yoga $4.00
- 6:45pm: Pickleball $0.50
- 7:15pm: Barbershop Choir $0.50

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

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

### Thursday
- 8:30am: Fitness $4.00
- 8:30am: 31 “Cards” $0.50
- 10:00am: Carpet Bowling $0.50
- 12:30pm: Bingo $0.50
- 7:00pm: Fiddlers Jam Night $0.50
  - 1st Thursday every month
  - Last 3 Thursday of month
- 7:00pm: Pickleball $0.50

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

### Saturday
- No activities March 24th or 31st
- 12:15pm: Duplicate Bridge $4.00
- 7:00pm: Dance $8.00 members
  - $10.00 non-members

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

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**Maintenance Shutdown**
March 26 - April 2, 2018

**Schedule for Tax Clinics**
for low income individuals:
- All 10am-Noon
- Wednesday, March 21
- Wednesday, April 4
- Monday, April 9
- Wednesday, April 11
- Pick up Only
  - Wednesday April 18

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

Don’t forget to check Lost & Found!

**Games Room**
Monday - Saturday
8:00am - 4:00pm
Fee: $1.00 per entry
Okanagan Mission Senior Centre Society

4398 Hobson Road, Kelowna, BC V1W 1Y3
250 764-7642
okmissionseniors@gmail.com

Executive
President     Grace Egeland
1st Vice      Jerry Tyndall
2nd Vice      Ian Sisett
Secretary     Betsy Buchanan
Treasurer     Marolyn Armstrong
Past President Bruce Taylor

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

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
Re-start Sept 7
12:30pm    Bridge $2.00

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

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

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

Club #17

1353 Richter Street Kelowna, BC V1Y 2L5
250-762-5505 KSCSClub17@gmail.com
Membership Fee: $5/Year January-December

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

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

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

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

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

Saturday
12:00pm    Bingo Lunch Available

Board of Directors Meeting
1st Wednesday of the Month

Hall Rental Information
250 878-2679 or
KSCSClub17@gmail.com

Watch for Horseshoes to start on Monday’s in the Summer!
Branch #55

150D Gray Road Kelowna BC V1X1W7
250 765-5531
branch55@telus.net

Executive
President: Cathy Gunderson
Treasurer: Brian Burnell
Secretary: Bev Rodgers

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

Thursday
1:00pm Men’s Shed Meeting
2nd Thursday of the Month

Friday
12:30pm In-House Games

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

General Meeting
3rd Saturday of the Month @ 1:15pm

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

City of Kelowna - Active Living and Culture
Yoga Ashtanga Beginner
Instructor: Noushi Fattahi
Location: Rutland Activity Centre, Multi-Purpose Room
This class is wonderful way for everyone to experience the benefits of yoga. You will be introduced to Sun Salutations and basic poses while experiencing an overall body stretch and awakening. Modifications aligned with your physical ability will be suggested to encourage participation success, thus creating confidence on and off the mat. Poses will bring mobility to all parts of the body in a safe and gentle manner helping to clear the mind and relax the body. Drop-in if space available.
Age: 13Y and up
8511  Th  Apr 5-Jun 14  7:00 PM-8:15 PM  $110

Yoga Gentle Relaxation
Instructor: Lynn Stearns
Location: Rutland Activity Centre, Multi-Purpose Room
Gentle Yoga is a far less strenuous form of yoga. Explore basic yoga poses with a connection to breath, alignment and mindfulness. Therapeutic in nature, you will learn techniques to help you gain flexibility at a comfortable pace, allowing ample time to explore each pose. All fitness levels welcome. Drop-in if space available.
Age: 13Y and up
8510  M  Apr 9-Jun 11  5:30 PM-6:30 PM  $72

Yoga For Chronic Pain Workshop
Instructor: Noushi Fattahi
Location: Rutland Activity Centre, Multi-Purpose Room
This workshop is great for anyone who suffers from chronic pain. Through theory, tangible yoga stretches and breathing one can reduce pain, improve over-all quality of health, and support healthy well-being. Practical practice (asanas) along journey. Accessible to everyone. Props will be provided.
Age: 15Y and up
8568  Su  Jun 3  9:30 AM-11:30 AM  $36

Acrylic Techniques Rutland/Black Mountain
Instructor: Dani Lachuk
Location: Rutland Activity Centre, Meeting Room 1
In these guided workshops, students will learn the basic fundamentals of acrylic paint on canvas. Step-by-step demonstrations throughout the painting process will introduce
students to a variety of subject matter in realistic and gestural painting styles. Students will practice colour mixing, brush and palette knife work, glazing, texture building, blending and layering to achieve varied effects on their paintings. No class May 21.

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

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

**Pickleball Register & Play (2.0-3.25)**
**Location:** Watson Road Elementary, Gymnasium
Registered players have priority and must be at the facility five minutes prior to the start time of the program. Drop-in players will be taken on a first come, first served basis. Please register for the appropriate program based on your level of play. Drop-ins will enter their names into a draw 30 minutes before class start time to fill available space.

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

**Chair Yoga**
**Instructor:** Melanie Morrissette  
**Location:** Okanagan Mission Activity Centre
This gentle form of yoga is practiced sitting on a chair, or standing using a chair for support. Starting with a short meditation, followed by breathing exercise, then to the practice. The poses, or Asanas, are often adaptations of hatha yoga. We will end the class with a short meditation and a quote for the day. This program is not suitable for those with osteopenia/osteoporosis. No seniors discount.

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City of Kelowna - Glenmore/Downtown Kelowna

City of Kelowna - Mission/South Kelowna
Pilates Fuzion
Instructor: Darlene O'Neill
Location: Okanagan Mission Activity Centre
Now with three classes to choose from! The perfect balance of Pilates and Yoga postures to encourage the development, strength and flexibility of the whole body. All movements are connected with your core allowing you to strengthen abdominal and back muscles. All levels are welcome.
Age: 18Y and up
8748  M  Apr 9-Jun 25  6:30 PM-7:30 PM  $88

Ukulele Jam
Instructor: Monte Barwick
Location: Okanagan Mission Activity Centre
Calling all ‘closet’ Ukulele players come join our group Hum and Strum whether you’re just beginning level, intermediate or beyond. If you know a handful of chords and want to expand your horizons here’s your chance to play along with uke minded souls. Facilitated by certified and experienced music instructor Monte Barwick. It’s guaranteed to be a Hoot and Yes, Uke can do it! Ukulele Jam is biweekly.
Age: 13Y and up
8767  F  Apr 13-Jun 22  7:00 PM-9:00 PM  $121.50

Badminton
Location: Okanagan Mission Secondary, NLC Gymnasium
Grab your racquets and come out and have fun playing badminton. Equipment supplied if needed. Registered participants have priority. Drop-in $7 if space available. No class May 21.

Pickleball Register & Play (2.0-3.75)
Get Up & Go
Location: Parkinson Recreation Centre, Macintosh Room
Get up and Go! Is specifically designed for people with osteoporosis and low bone density or who have been inactive and are looking for an introductory exercise program. It is a safe exercise program specifically designed to improve balance and coordination as well as functional ability, independence and quality of life. Taught by fitness leaders who are certified in Osteofit and Get Up and Go! No seniors discount.
Age: 19Y and up
Instructor: Nikki Blanleil
9000  M  Apr 9-May 7  11:45 AM-12:45 PM  $37.25
9003  M  May 14-Jun 18  11:45 AM-12:45 PM  $37.25
Instructor: Rhonda Laturnas
9002  Th  Apr 5-May 10  11:45 AM-12:45 PM  $37.25
9004  Th  May 17-Jun 21  11:45 AM-12:45 PM  $37.25

PWR!Moves
Instructor: Mary de Souza, Certified PWR! Moves Instructor
Location: Parkinson Recreation Centre, Orchard Room
PWR!Moves is a Parkinson’s Disease Specific Exercise Program. The emphasis is on learning what “optimal function” feels like so that you can learn to move bigger and faster in your everyday life.
The class specifically targets slowness of movement, rigidity, incoordination and balance problems.
Advancing:
Participants must be able to get up and down from the floor independently or with minimal assistance. Exercises will be done standing, seated on the floor.
9016  W  Apr 4-May 11  10:15 AM-11:15 AM  $89.40
F  1:15 PM-2:15 PM  $89.40
### Seated:
This class is for persons that need to do the majority of class in a seated position. Options will be given for standing portions.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Start Date-END Date</th>
<th>Start Time-END Time</th>
<th>Fee</th>
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<tr>
<td>9017</td>
<td>W</td>
<td>May 16-Jun 22</td>
<td>10:15 AM-11:15 AM</td>
<td>$89.40</td>
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<tr>
<td>9015</td>
<td>W</td>
<td>Apr 4-May 11</td>
<td>11:30 AM-12:30 PM</td>
<td>$89.40</td>
</tr>
<tr>
<td>9018</td>
<td>W</td>
<td>May 16-Jun 22</td>
<td>11:30 AM-12:30 PM</td>
<td>$89.40</td>
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<tr>
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<td>2:30 PM-3:30 PM</td>
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</tbody>
</table>

### The Society for Learning in Retirement

Martin Centre, 1434 Graham Street  
250-448-1203  
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

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

### Volunteer Opportunities

WANT TO MEET PEOPLE, HAVE FUN AND CONTRIBUTE TO YOUR COMMUNITY?
Visit volinspire.com 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 citizens 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

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Canada Revenue Agency</td>
<td>1-800-959-8281</td>
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<tr>
<td>Income Security</td>
<td>1-800-277-9914</td>
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<tr>
<td>Kelowna Elderly Services</td>
<td>250-868-3374</td>
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<tr>
<td>Passport Canada-Kelowna</td>
<td>1-800-567-6868</td>
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#### Health Care Services

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<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Brookhaven Extended Care</td>
<td>250-862-4040</td>
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<tr>
<td>Cottonwood Extended Care</td>
<td>250-862-4100</td>
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<tr>
<td>Interior Health Authority</td>
<td>250-868-7700</td>
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<tr>
<td>Kelowna General Hospital</td>
<td>250-862-4485</td>
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<tr>
<td>May Bennett Wellness Centre</td>
<td>250-980-1400</td>
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<tr>
<td>Medical Services Plan</td>
<td>1-800-663-7100</td>
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<tr>
<td>Mental Health Centre</td>
<td>250-868-7788</td>
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<tr>
<td>Pacific Blue Cross/BC Life</td>
<td>1-888-275-4672</td>
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<td>Red Cross Loan Service</td>
<td>250-765-3465</td>
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<td>Share</td>
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#### Province of British Columbia

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

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

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

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<tr>
<td>Bus Passes</td>
<td>250-861-8121</td>
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<tr>
<td>Disability Parking Permit</td>
<td>250-469-8757</td>
</tr>
<tr>
<td>Handi-Dart/Taxi Savers</td>
<td>250-762-3278</td>
</tr>
<tr>
<td>Kelowna Transit System</td>
<td>250-860-8121</td>
</tr>
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</table>
### New Vintage Theatre Presents: Kelowna Fan Experience 2018 (KFX)
**March 23, 24 & 25**
**Kelowna Community Theatre, RCA & Kelowna Library Branch**

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

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

### The Debaters Live!
**March 23, 7:00 pm, Kelowna Community Theatre**

Starring: Ivan Decker, Evany Rosen & Steve Patterson

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

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

### Masterworks VI - Triomphe!
**Featuring the Gryphon Trio**
**May 11, 7:30 pm**
**Kelowna Community Theatre**

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

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

### Ballet Kelowna
**A Street Car Named Desire**
**May 1 & 2, 7:30 pm**
**Kelowna Community Theatre**

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

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

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### Mission Painters Presents:
**Art by the Lake**

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

**July 7 and 8th 2018**
**Time: 10am-4pm (both days)**

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

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### Explore Kelowna’s Cultural District on
the first Thursday of every month!
**March 1, April 5, May 3 and June 7**

**Time:** 4-7pm
- Free admission to the Kelowna Art Gallery
- Visit the Laurel Packing house for the Orchard and Wine Museums, and a variety of other programs offered at the Okanagan heritage Museum.
- Free entertainment at the Rotary Centre for the Arts

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

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

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

**Dover and Pacific Quartets**
**May 1, 7:30 pm at the Mary Irwin Theatre, Rotary Centre for the Arts**

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

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

43rd Annual Civic & Community Awards Gala

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

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

Tickets are $28 and are available for purchase through kelownatickets.com or by calling 250-862-2867.

Thank you to our sponsors for their continued support:

kelowna.ca/our-community