

## Table of Contents

Water Street Centre	2 - 4
Computer Training	4 - 5
Rutland Activity Centre	6
OK Mission Activity Centre	7
Club #17, Branch #55	7-8
City of Kelowna Programs	8-12
Arts, Culture & Heritage	13
SLR & Osteofit	14
Community Wide Information	15
Community Contact Numbers	16



## Spring is in the Air!

You will have noticed by now the new look and structure of the Active Living Guide for the Older Adult. The City of Kelowna is committed to a sustainable future and these changes have been made with that goal in mind.

By printing a seasonal issue of the Active Living Guide instead of monthly, we will hopefully use much less paper. \*Note: More copies will be printed with updated information as needed.

The Guide is also available at [kelowna.ca/recreation](http://kelowna.ca/recreation) if you scroll down and click on Seniors Services. It will also be updated as new information becomes available.

The Spring Guide contains all the activities and events from April to June. Please take one copy and check the City website for any updates. Thank you for doing your part.

**\*Important Note:** The Water Street Centre and the Rutland Senior Centre will be closed for yearly maintenance during the weeks of:

**Water Street Centre: Monday, April 12 to Sunday, April 18**  
**Rutland Senior Centre: Monday, April 19 to Sunday, April 25**

All regular activities are cancelled for these two weeks and the Centres will re-open on Monday, April 19 (Water Street) and Monday, April 26 (Rutland).

*Thank you for your cooperation.*

For comments/submissions to the Active Living Guide for Older Adults,  
Contact: Kathleen Rowe at 250 469-8798 or Email: [krowe@kelowna.ca](mailto:krowe@kelowna.ca).

For rental information for the Senior Centres as well as other City facilities,  
Contact: Dudley Whapshare at 250-469-8957 or Email: [dwhapshare@kelowna.ca](mailto:dwhapshare@kelowna.ca)

## Water Street Centre

1360 Water Street, Kelowna, B.C. V1Y 1J1

Office hours: 8:00 am-4:00 pm, Monday - Friday (Closed for lunch 12-1 pm)

Phone: 250 762-4108 Fax: 250 712-1106 [www.waterstseniors.com](http://www.waterstseniors.com)

### Executive

President	Mary Murphy	250 860-2912	Treasurer	Gail Gibbs	250 769-6310
1 <sup>st</sup> Vice	Chris Bischoff	250 763-9332	Secretary	Marion Olynick	250 763-3385
2 <sup>nd</sup> Vice	Teena Taylor	250 862-3950	Past President	Roy Becker	250 860-0740

### Regular Weekly Activities

<u>Sunday</u>	7:30 pm	Ballroom Dancing	\$6.00
<u>Monday</u>	8:45 am	Fitness to Music	\$1.50
	10:30 am	Carpet Bowling	\$ .50
	12:30 pm	Whist	\$1.00 (March & April)
	1 pm	Tai Chi/Qigong	\$1.50
	7 pm	Table Tennis	\$ .50
<u>Tuesday</u>	8:45 am	Fitness to Music	\$1.50
	10 am	Osteofit for Life	(Tracy-250 763-5776)
	10 am	Paper Tole	\$ .50
	12 pm	Bingo	\$ .50
	4:30 pm	Ballroom Dance Practice	\$ .50
	6:55 pm	Duplicate Bridge	\$2.50
<u>Wednesday</u>	8:30 am	Trekking Group	No Charge
	8:45 am	Line Dancing	\$1.50
	9 am	Table Tennis	\$ .50
	10:30 am	Carpet Bowling	\$ .50
	12:30 pm	Cribbage	\$1.00
	1 pm	Yoga	\$5.00
<u>Thursday</u>	8:45 am	Fitness to Music	\$1.50
	8 am	Pleasure Painters	\$1.25
	10 am	Osteofit for Life	(Tracy-250 763-5776)
	<b>*New Program*</b> 10 am	<b>Dog 'n' Walk - Meet at rear of Ctre. (leash &amp; pick-up bag required)</b>	
	12 pm	Shuffleboard	\$ .50
	7:30 pm	Dance	\$4.00
<u>Friday</u>	8:45 am Pole	Walking Clinic - by appointment - Call 250-862-1663	No charge
	9 am	Table Tennis	\$ .50
	9 am	Painting	(see instructor)
	10 am	Tai Chi/Qigong	\$1.50
	5 pm	Ballroom Dance to CD's	\$ .50
<u>Saturday</u>	10:30 am	Carpet Bowling	\$ .50
	1 pm	Duplicate Bridge	\$2.50 (Feb 6 at Rutland Ctre)

## Water Street Centre Hi-Lites

- The next Pancake Brunch will be held on April 4 & June 6. No Pancake Brunch in May
- Water St. Ctre. will be closed for building maintenance Mon. Apr 12 to Sunday, Apr 18
- Pleasure Painters Annual Art Show & Sale - Sun, Apr. 11, 10 am-3 pm at the Water Street Ctre.
- Bill McGhee's Short Game Golf School, Mon-Fri, Apr 26-30 at Harvest Golf Club. Class One-9-10:30 am, Class Two-10:30 am-12 noon. No Beginners please. Leave your name with Marie & a draw on Apr 19 will determine the 12 players. Cost: \$20 for 5 lessons. For Water St. Senior Ctre. members only.

## Wednesday Water Street Trekkers Schedule - April to June 2010

Trekkers meet at the Water Street Centre at **9:00 am** unless otherwise indicated.

Wear hardy hiking shoes or boots, and bring water, hiking sticks and suitable clothing for weather. Most hikes will be under 2 hours in length and a stop for refreshments will be noted.

**Please note, these hikes are not easy strolls as most participants come to get the exercise. Hikes are subject to change as conditions change.**

Those wishing to meet at the hike start should phone the leader to get the exact location. For more information on any of the hikes call the leader or Rose Fraser (250-868-3327).

**April 7 - Greenway at Mission Creek:** Car pool from Water Street Senior Centre to ECCO Ctre on Springfield Rd. The walk will be across the Creek and into the hills for approximately one hour and 45 minutes of ups and downs with option to shorten last half of walk. Coffee to follow at Orchard Park Food Court. (For more information, call Shirley Fitzpatrick 250- 860-1576).

**April 14 - Kelowna Craggs:** Meet at Water Street Centre or at Cedar Mountain Park above the Kettle Valley Subdivision (further directions will be provided when we meet at the Centre). Coffee place to be announced at the walk. (For more information, call Chris Bischoff 250-763-9332).

**April 21 - Kalamoir Park Trails:** Car pool from Water Street Centre to the end of Benedick Road (Near Casa Loma Road). There is a choice of two walks here - a flatter walk along the beach or a hilly hike along the cliff tops. Coffee to follow at Towne Centre Mall. (For more information, call Carole Bridges 250-861-5600).

**April 28 - Priest Creek Trail:** Car pool from Water Street Centre to Balldock Road, (edge of Myra Bellevue Park) further directions will be provided when we meet at the Centre. This is a **new** walk which will be through the forest and with some moderate hills. Coffee to follow at Pioneer Market on Benvoulin. (For more information, call Alan Bischoff 250-763-9332).

**May 05 - Emmanuel House of Prayer, OK Centre:** Car pool from Water Street Senior Centre to Okanagan Centre. This is a circular walk from the Emmanuel House down to the lake and return. It is moderate as it ends with a very steep climb and this could be avoided by returning half way on the walk. A Labyrinth walk is available on site for those who choose. Soup and home-made bread provided at the end for a donation. (For more information, call Ann Fleming 250-861-4065).

**May 12 - BX Falls:** Meet at Water Street Centre to car pool to the Vernon Information Centre on Hwy. 97 and then on to BX Falls. This is a spectacular walk beside the falls which has one steep set of stairs and two short hills, otherwise it is basically flat. Bring water and a picnic snack. Coffee or lunch to follow at Friesens in Vernon. (For more information, call Chris and Alan Bischoff 250-763-9332).

**May 19- Glenmore Highlands South:** Car pool from Water Street Centre to the end of Cara Glen Road off Clifton Road and walk through the Southern part of the Highlands with views of Blair Pond and Magic Estates to the West. This walk is moderate with several hilly sections. Coffee to follow at Staccatos. (For more information, call Eric Ascroft 250-979-2915).

**May 26 - Philpott:** Car pool from Water Street Centre to corner of Hwy. 33 and Philpott Road (17.7 km past Rutland Road) and park on Philpott Road. This is a relatively flat easy walk through the forest (approx. 1hr. & 20 mins.). At the end of the walk there will be an optional extension on a portion of the High Rim Trail which is a moderate hike with some minor hills (approx. 50 mins.). Coffee or lunch to follow at Specialty Bakery, 833 Finns Road. (For more information, call Alan Bischoff 250-763-9332).

**JUNE - PLEASE NOTE TIME CHANGE - Trekkers meet at the Water Street Centre at 8:30 am**

**June 2 - Penticton Area:** Meet at Water Street Centre where information and directions will be provided for this easy flat walk. Lunch to follow at Salty's on the Lake front. (Leader TBA - For more information, call Chris Bischoff 250-763-9332).

**June 9 - Bear Creek:** Car pool from Water Street Senior Centre to Bear Creek Provincial Park on Westside Road. We will be going up the steps and following the creek in a circular route. The walk is difficult due to the steep steps. Coffee to follow at Towne Centre Mall (For more information, call Ritha Johnson 250-768-3225).

**June 16 - Myra-Bellevue Park in Crawford:** Car pool from Water Street Senior Centre to end of Stewart Road East pass the Power Station to the Park's parking lot. The walk is moderate to difficult as there are some hills. Coffee to follow at Pioneer Market on Benvoulin. (For more information, contact Alan Bischoff 250-763-9332).

**June 23 - Okanagan Centre:** Meet at Water Street Senior Centre to car pool to the store on Okanagan Centre Road. The walk is flat along a sometimes pebbly beach, bring swimsuit if you wish. Coffee or lunch location to be announced at the walk. (For more information, call Ann Fleming 250-861-4065).

**June 30 - Paul's Tomb:** Meet at Water Street Centre to car pool to first lookout parking lot on Knox Mountain. This is an easy to moderate walk except for a sharp climb back to the parking lot. Bring your cold drinks and bathing suits for a great swim at the beach near Paul's Tomb. (Don't forget water shoes as the beach is pebbly). Coffee to follow at Staccatos. (For more information, call Geraldine Bush 250-717-3468).

**Reminder: Anyone providing car pool must have \$2 million 3rd Party Liability Insurance.**

**\*A reminder to all Water Street Senior Centre Members:** The Kelowna Yacht Club will be hosting their annual Boat and Leisure Show May 1<sup>st</sup> and May 2<sup>nd</sup>. The Kelowna Yacht Club will be utilizing the Water Street parking lot from approximately 3.00 pm Friday April 30<sup>th</sup> to Sunday May 2<sup>nd</sup> at 8 pm. Kelowna Yacht Club will be posting an advance notice on all vehicles informing members of the closure to the parking lot.

### Water Street Centre Computer Training Lab

Our spring computer courses are now underway with several courses scheduled for March, April and May. Check the Water St. Ctre. website ([www.waterstseniors.com](http://www.waterstseniors.com)) for a list of courses and contact Marie to register. Many computer users will now be using Microsoft's newest operating system called "Windows 7". Our spring program is offering an introduction to Windows 7 for those that already have it or are thinking about buying either by upgrading from Windows Vista or purchasing a new computer with Windows 7 on it.

The biggest adjustment for Windows 7 users is probably the new Windows Live Mail program that has replaced both Outlook Express and Windows Mail. This unique e-mail program can be used With Vista as well as Windows 7 operating systems. Windows Live Mail can be set up for multiple email programs including your local provider's email (Shaw & Telus), as well as web based email programs such as Hotmail, Yahoo and Gmail.

For Vista users, go to [www.microsoft.com](http://www.microsoft.com) and click on "Windows" and then from the drop down menu, click on "All Windows Live Products". Under "Download", click on "Mail" to begin downloading Windows Live Mail. For Windows 7 users, go to all programs and click on Windows Live and then on Windows Live Mail.

Once you've downloaded Windows Live Mail, you can first set up your local e-mail for your provider such as Shaw or Telus. Then if you also have a web based email program such as Hotmail, Yahoo or Gmail, you just click on "Add email account" to set up these programs. You will now be able to view, compose etc. all of your email from one program.

Our **Tech Support** sessions are held on the last Wednesday of each month (except July, August & December), from 12:30 - 2:30. Write down your questions and bring them to the computer lab to discuss with one of the several instructors who will be there. For further information on courses offered at the Water Street Senior Centre contact Marie at 762-4108, email [wssc@shaw.ca](mailto:wssc@shaw.ca) or Bernie Major, 862-9113; email [bgmajor@shaw.ca](mailto:bgmajor@shaw.ca)

## Water Street Centre Computer Courses for April & May 2010 - Age 50+

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

BUYING A COMPUTER	Tues, Apr 6, 9-Noon Wed, May 5, 9-Noon
LEARNING THE KEYBOARD AND MOUSE (Free Class)	Wed, April 7, 9-Noon Mon, May 3, 12.45-3.45 pm
WINDOWS XP -COMPUTER BASICS There are 3 x 3 hour classes	Tues, April 6, 20, 27, 12.45-3.45 pm Mon, May 10, 17, 31, 9-Noon
WINDOWS VISTA - COMPUTER BASICS There are 3 x 3 hour classes	Thurs, April 8, 22, 29, 9-Noon Tues, May 4, 11, 18, 12.45-3.45 pm
WINDOWS XP - LEVEL 2 BASICS There are 3 x 3 hour classes	Friday, April 9, 23, 30, 9-Noon
ORGANIZE YOUR COMPUTER	Friday, April 23, 12.45-3.45 pm
IMPROVE YOUR INTERNET SKILLS There are 3 x 3 hour classes	Thurs, May 6, 13, 20, 9-Noon
E-MAIL USING WINDOWS MAIL There are 3 x 3 hour classes	Thurs, May 6, 13, 20, 12.45-3.45 pm
HOW TO DOWNLOAD FILES & PROGRAMS	Wed, May 12, 9-Noon
EXCEL SPREADSHEETS	Fri, May14, 9-Noon
CD/DVDBURNING	Mon, May 17, 12.45-3.45 pm
COMPUTER UPKEEP & SECURITY	Wed, Apr, 7, 21, 12.45-3.45 pm
EASILY EDIT YOUR PHOTOS There are 3 x 3 hour classes	Thurs, Apr8, 22, 29, 12.45-3.45 pm
CAMERAS & COMPUTERS	Tues, May 25, 9-Noon
LETTERS, LABELS & ART	Mon, April 19, 26, 12.45-3.45 pm
WINDOWS MAIL/OUTLOOK EXPRESS For new computer users	Tues, April 20, 9-Noon
INTRO TO WINDOWS 7	Tues, April 27, 9-Noon
WINDOWS LIVE MAIL	Monday, May 3, 9-Noon
INTERNET/E-MAIL REVIEW	Wed, May 19, 9-Noon
GETTING STARTED WITH WINDOWS LIVE MESSENGER AND INTERNET PHONES	Thursday May 27, 9-Noon
<b>Computer questions? - Come to our free help session - WED, APR 28 &amp; WED MAY 26, 12.45 - 2.30 PM</b>	

# Rutland Activity Centre

765 Dodd Road, Kelowna, V1X 5H1 Phone: 250 765-3723, Email: [rsac@telus.net](mailto:rsac@telus.net)

## Executive

President	Kelly Troup	Secretary	Lynn Callon
1 <sup>st</sup> Vice	Mary Hovde	Treasurer	Doreen Chrin
2 <sup>nd</sup> Vice	June Padley	Past President	Sally Garrard

*For information re: Rutland Seniors Society programs please call 250-765-3723*

## Regular Weekly Activities

<u>Sunday</u>	10 am	Pancake Breakfast every 2 <sup>nd</sup> Sunday of the month, \$3
	7 pm	Ballroom Practice \$ .50
<u>Monday</u>	9 am	Palette Pals \$1.25
	9 am	Table Tennis \$ .50
	11:15 am	Line Dancing \$1.50
	1 pm	Quilting \$ .50
	12:45 pm	Novice Duplicate Bridge \$2.50
	2 pm	Square Dancing \$ .50
	6 pm	Painting (see instructor)
	6:30 pm	Badminton \$ .50
<u>Tuesday</u>	8:30 am	Aerobics \$1.50
	9 am	Crafts No charge
	9:30 am	Painting (see instructor)
	10 am	Carpet Bowling \$ .50
	10:30 am	Quilting \$ .50
	1 pm	Pickleball \$ .50
	2 pm	Dutch Cards \$ .75 (1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday only)
	7 pm	Old Time Fiddlers Lessons
<u>Wednesday</u>	9 am	Table Tennis \$ .50
	9 am	Osteofit for Life (Tracy-250-763-5776)
	10 am	Free Guided Walks Meet at front entrance
	11:15 am	Line Dancing \$1.50
	12:45 pm	Duplicate Bridge \$2.50
	7 pm	Pickleball \$ .50 members-\$2.00 non-members
	7:30 pm	Cribbage \$1
<u>Thursday</u>	8:30 am	Aerobics \$1.50
	10 am	Carpet Bowling \$ .50
	12:15 pm	Bridge \$ .75
	12:30 pm	Bingo \$ .50
	7 pm	Old Time Fiddlers No charge
<u>Friday</u>	9 am	Table Tennis \$ .50
	9 am	Osteofit for Life (Tracy-250 763-5776)
	10:30 am	Quilting \$ .50
	11:15 am	Line Dancing \$1.50
	1 pm	Badminton \$ .50
	3 pm	Pickleball \$ .50
<u>Saturday</u>	10:00 am	Intermediate Painting \$1.25
	7:30 pm	Dance Members-\$4.00, Non-members- \$6

## Centre Hi-Lites

Rutland Senior Centre will be closed for building maintenance from Mon, Apr 19 to Sun, Apr 25

A Bingo Caller, Coordinator and a Cashier are needed to help with the Bingo program on Thursdays.

Some knowledge of bookkeeping & computers would be beneficial. Call 250-765-3723 or Alice @ 250-448-6027.

Open House Planning Meeting - Thurs, May 13, 11:15 am for the Open House Sept. 25, 10 am -3 pm.

## Okanagan Mission Activity Centre

4398 Hobson Road, Phone: 250 764-7642

### Executive

President	Con Craddock	250-712-0720	Secretary	Gillian Barany	250-764-1003
2 <sup>nd</sup> Vice Pres.	Shirley Anderson	250-764-8274	Treasurer	Betty Annan	250-764-8233

### Regular Weekly Activities

<b>Monday</b>	9 am-2 pm	Quilting	\$ .50
<b>Tuesday</b>	9:30-10:30 am	Keep Fit	\$1.50
	10:30 am-12 pm	Directors meeting	(1 <sup>st</sup> Tues. of the month)
<b>Wednesday</b>	11 am-3 pm	Retired Teachers	\$ .50 (3 <sup>rd</sup> Tues. of the Month)
	9 am-1:30 pm	Painting	\$ .50
<b>Thursday</b>	9 am-12:30 pm	Crafts	\$ .50
	1-4 pm	Mixed Bridge	\$1.25
<b>Friday</b>	9:30-10:30 am	Keep Fit	\$1.50
	1-4 pm	Cribbage	\$2.00
<b>Saturday</b>	6 pm	Dinner (last Sat of the month) Pot Luck or Catered	

### Okanagan Mission Activity Centre Hi-Lites

- Board meetings for April to June will be held as follows: Tues, Apr 6, May 4, June 1 @ 10:30 am
- Annual General Meeting - Tuesday, June 8 @ 10:30 am
- Pot Luck Dinner Sat May 29
- Catered Dinner with entertainment - Sat, Apr 24 & June 26
- Please contact Gillian Barany with news items & suggestions at 250 764-1003 or gilbarany@shaw.ca
- For rental of OKMAC call Dudley at 250 469-8957 or dwhapshare@kelowna.ca

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

### Executive

President	Sture Gustafsson	250 762-6284	Secretary	Lavonne Brown	250 860-7638
1 <sup>st</sup> Vice	Gene Kopan	250 860-1017	Treasurer	Myrna Chartrand	250 861-1498
2 <sup>nd</sup> Vice	Shirley Rashke	250 448-5970			

### Regular Weekly Activities

<b>Sunday</b>	10am	Pancake Brunch	3 <sup>rd</sup> Sunday of each month
<b>Monday</b>	12:30 pm	Bridge	\$2 (250 860-9873)
<b>Tuesday</b>	10:30 am	Seniors Outreach - Coffee Break	250 861-6180
	7 pm	Accordion Club	\$2 to listen
<b>Wednesday</b>	1 pm	Mah Jong	\$1 (250 763-9410)
	7 pm	Ogopogo Radio Club	(1 <sup>st</sup> Wed. of the Month)
	7 pm	Kelowna Garden Club	(2 <sup>nd</sup> Wed. of the Month)
<b>Thursday</b>	7 pm	Sons of Norway	(3 <sup>rd</sup> Wed. of the Month)
	12:30 pm	Duplicate Bridge	250 765-3278 (Drop-in pairs only)
	7 pm	Wagon Wheelers	250 764-4600
<b>Friday</b>	12:30 pm	Bridge	\$2 (250 860-9873)
<b>Saturday</b>	12 pm	Bingo (Lunch Available)	6, 12 and 9 up

### Club #17 Hi-Lites

- For Hall Rentals, please call 250 448-5970.
- Board of Directors meet the 1<sup>st</sup> Tuesday of each month at 9:30 am
- Next General Meeting - Tuesday, April 6. Coffee at 10:30 am, meeting at 11

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

**Executive**

President	Helen Burnell	250 765-6144	Secretary	Marge Ratchford	250 765-9238
1 <sup>st</sup> Vice	Doris Mulley	250 765-8913	Treasurer	Diana Loiselle	778 754-0031
2 <sup>nd</sup> Vice	Mabel Babcock	250 765-3499			

**Regular Weekly Activities**

<b>Monday</b>	10 am	Cribbage	\$1
<b>Tuesday</b>		Drop In during the day	
<b>Wednesday</b>		Drop In during the day	
	5 pm	Pot Luck Supper (Apr 28, May 26, June 30)	
<b>Thursday</b>	12 pm	Whist	\$ .50
<b>Friday</b>	12:30 pm	In-House Games	
<b>Saturday</b>	11 am	Soup & Sandwich (Apr 10, 24, May 1, 8, 22, 29, June 5, 12, 26)	\$4

**Branch #55 Centre Hi-Lites**

- Executive Meeting, Thurs, Apr 15, May 13, June 17 at 3:30 pm
- General Meeting, Mon, Apr 19, May 17, June 21 at 1:15 pm, Soup & Sand., 11:30 am-1 pm
- Bake Sale - Sat, Apr 10, May 8, June 12 - 10 am - 1 pm
- Branch Dinner Sat, Apr 17, May 15, June 19 at 5 pm
- For hall rentals, please call Helen at 250-765-6144 (leave message)
- **Branch #55 will be closed for July & August. See you in September!**

**City of Kelowna Recreation & Culture Programs**

*To register or for more information on the following programs call 250 469-8811*

**Water Street Centre**

**BLT - Body Lunch Tone-Up**

**Instructor:** Angela Hurd

**Location:** Multi Purpose Room

Get your butt, legs and thighs in shape with this power-packed 45 minute workout. This coed class will involve both cardio and strength components using a variety of challenging moves both indoors and out (weather permitting). All you need is a positive attitude, workout clothes and a water bottle.

Suitable for all levels of fitness.

**Codes:** 110391, 110392, 110395

**Day, Time & Dates:** Tues, Thurs, 12:10-12:55 pm, Mar 23-Apr 8, Apr 20-May 13, May 18-Jun 10 **Fee:** \$40

**Boomers Waterfront Fitness**

**Instructor:** Erva Jensen

**Location:** Multi Purpose Room & Outside

This one of a kind class is for Boomers, Zoomers and anyone else 45+ who is a healthy adult and would like to become more fit. The waterfront walkways and parks will be used for walking, strength and muscle toning exercises as well as working on breathing and balance exercises. Spring has sprung and what a great way to get in shape for 2010.

**Day, Time & Dates:** Wed, 5:30-6:30 pm, Apr 24 - June 2

**Fee:** \$56

**Code:** 110350

**Sing for Your Life BC**

**Instructor:** Nigel Brown

**Location:** Multi Purpose Room

Participate in a range of musical activities including singing and playing percussion, using hand chimes and gentle chair-based exercises. Many songs will be familiar and will evoke memories.

Registration is FREE but necessary as space is limited.

**Ages:** 19+

**Day, Date & Time:** Tues, Apr 6, May 4, June 8, 9:30-11 am **Fee:** FREE **Codes:** 110647, 110648, 110649

## Rutland Activity Centre

### Acrylic on Canvas Painting

**Instructor:** Dani Lachuk

**Location:** Meeting Room

Paint the subject matter of your choice in guided painting lessons with individual attention, critiques and demonstrations. Supply rental cost of \$20 is payable to the instructor the first night of the program.

Age: 14+ years

**Day, Time & Dates:** Monday, 7-9 pm, Apr 26-June 21

**Fee:** \$90

**Code:** 109761

### Mixed Media Art Workshop

**Instructor:** Patricia Gulyas

**Location:** Multi Purpose Room

Have you ever thought of becoming a Mixed Media Artist? Come and try a variety of mediums including soft or oil pastel, pencil and acrylics. Supply fee of \$10 payable to instructor.

Age: 18+ years

**Day, Time & Dates:** Sat, 9 am-12 noon, Apr 17 or May 1

**Fee:** \$30 each

**Codes:** 110622, 110623

### Paper Album Kit

A mini paper album might be the perfect solution to complete a quick and easy project that you can keep for yourself or give as a gift. You will need to bring a min. of 25 pictures to create your album and you will leave with a fully scrapbooked project. Cost of supplies is \$25 and payable to the instructor on the first day of class.

**Day, Time & Dates** Tues, 7-9 pm, Feb 9

**Fee:** \$20 + supply fee

**Code:** 109636

### All Occasion Cards - Mom & Me

**Instructor:** Deborah Lawless

**Location:** Meeting Room

In just 2 hours create 10 beautiful hand crafted cards to give out for all occasions. There will be a template for you to follow along or feel free to be creative and create your own designs!

Cost of supplies is \$20 and is payable to the instructor at class.

**Day, Time & Dates** Tues, 7-9 pm, Apr 13

**Fee:** \$20 per person + supply fee

**Code:** 111127

### Developing Surrealism Creation Art

**Instructor:** Patricia Gulyas

**Location:** Multi Purpose Room

Come join this new and creative art class. Find out about the Surrealism Movement and learn the approaches of a variety of painters such as Margritte and Dali.

Cost of supplies is \$10 and is payable to the instructor at class.

**Day, Time & Dates:** Mon, 7-8:30 pm, Apr 26-May 31

**Fee:** \$40 + supply fee

**Code:** 110870

### Belly Dance Core Workout

**Instructor:** Leslie Plaisance

**Location:** Multi Purpose Room

This Fitness class incorporates Pilates, Yoga, Isolations, and Traditional Belly Dance steps to create a challenging, but fun workout. This low-impact cardio workout improves flexibility and coordination as well as confidence. Work your core in new and challenging ways! Come and join the fun. Bring a hip scarf or coin belt or any other funky apparel that makes you feel good

**Day, Time & Dates:** Thursday, 6:40-7:40 pm, Apr 1-June 24

**Fee:** \$66

**Code:** 109766

### Eastern Dance - Bhangra Belly Blast

**Instructor:** Leslie Plaisance

**Location:** Multi Purpose Room

This class mixes belly dance isolations and moves, Yoga, Pilates and Indian Bhangra folk dancing. This energetic, lively workout is guaranteed to make you sweat! Tone and strengthen your body while learning cool moves for the dance floor. All this with fun & fabulous music. Bring a hip scarf or coin belt or any other funky apparel that makes you feel good.

**Day, Time & Dates:** Tuesday, 5:30-6:30 pm, Apr 6-June 29

**Fee:** \$66

**Code:** 109767

### Yoga for the Flexibly Impaired

**Instructor:** Leslie Plaisance

**Location:** Multi Purpose Room

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

**Day, Time & Dates:** Thursday, 5:30-6:30 pm, Apr 1-June 24

**Fee:** \$60

**Code:** 109759

## Yin Yoga

**Instructor:** Leslie Plaisance

**Location:** Multi Purpose Room

Yin Yoga directs the stimulation deeper than the muscles into the connective tissues. Props are used and yoga poses are held for 3 to 5 minutes. The style is passive, meditative and relaxing. Please bring two blankets and a firm pillow and yoga bolster if you have one.

**Day, Time & Dates:** Monday, 5:15-6:30 pm, Apr 12-Jun 28

**Fee:** \$65

**Code:** 109758

## Boomers Fitness Challenge

**Instructor:** Erva Jensen

**Location:** Rutland Activity Ctre., Multi Purpose Rm.

New this spring to the Rutland area, this outdoor fitness class is designed specifically for Boomers. Do you think you need a workout that will get you moving? This is the class for you.

**Day, Time & Dates:** Thurs, 10:30-11:30 am, Apr 29-Jun 17

**Fee:** \$56

**Code:** 111142

**Recreation & Culture**  
presents

**Community Neighborhood  
Health & Wellness Fair**

Are you interested in the quality of your health and your over-all well-being? Do you need guidance on health matters? Get quality information from a variety of health care agencies and professionals in your community. Come learn the secrets to maintaining good health. Learn preventative health measures and what is healthy for you.

**Sat. June 26th 10:00 am -1:00 pm**  
**Rutland Seniors Centre**

Barcode: 111034 Fee: \$5.00

For more information or to inquire about table rentals call 250 469-8846



**COACH**



City of  
**Kelowna**  
Recreation &  
Cultural Services



*hearts@work*

**Registration for the Community Health Fair is free for Rutland Senior Centre members  
To register or for more information call 250 469-8811**

### Move for Life DVD:

**A valuable tool to assist older adults lead healthier lives**

The Move for Life DVD provides easy to do, physical activities for older adults who are interested in adding physical activity options to their daily routine. The DVD, which was developed in consultation with older adults and exercise specialists, is free of charge to older adults living in BC.

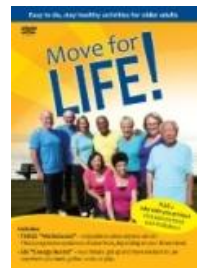
The DVD includes two sections:

1. Walkabouts

- Walkabouts are easy-to-follow physical activities that can be done anywhere - at home, in a neighbourhood park or while travelling.
- 

2. Energy Bursts

- Energy Bursts are fun routines designed to get groups moving and feeling energized.
- To view the DVD or order a copy please visit [ActNow BC.ca](http://ActNow BC.ca) or phone the Health and Seniors Information Line at 1-800-465-4911.



## Okanagan Mission Activity Centre & the Mission Area

### Mixed Media Art Workshop

**Instructor:** Patricia Gulyas

**Location:** Okanagan Mission Activity Centre

Have you ever thought of becoming a Mixed Media Artist? Come and try a variety of mediums including soft or oil pastel, pencil and acrylics. Supply fee of \$10 payable to the instructor.

**Age:** 18+

**Day, Time & Date:** Sat, 9 am-12 noon, Apr 10

**Fee:** \$30

**Code:** 110624

### Painting Portraits

**Instructor:** Dani Lachuk

**Location:** Okanagan Mission Activity Centre

Capture portraits with acrylic on canvas. Based on imagery of your choosing, learn how to create a realistic portrait from initial sketch to finishing. Supply fee of \$20 payable to instructor on the first day of class.

**Age:** 16+

**Day, Time & Dates:** Thurs, 7-9 pm, Apr 1 - May 6

**Fee:** \$80

**Code:** 111128

### Boomers Fitness

**Instructor:** Erva Jensen

**Location:** Kinsmen Fieldhouse Hall, Mission Sportsfield

Ideal for the 45+ healthy adult. This fitness class will be circuit-based and include a low-level cardio component, strength, stretch, breathing and balance exercises.

**Day, Time & Dates:** Tues, 5:15-6:15 pm, Apr 6-May 11, May 18-Jun 22 **Fee:** \$42 **Codes:** 109791, 109792

### Traditional Southern BBQ

**Instructor:** Randy Schueler

**Location:** Okanagan Mission Activity Centre

This ain't your average backyard BBQ! The central theme of Traditional Southern BBQ is 'low & slow' and this class will be no different. Learn the secrets of slow smoking over charcoal and hardwood to enhance the flavor and texture of your food. **Age:** 18+

**Day, Time & Date:** Sat, 11 am-5 pm, May 1

**Fee:** \$42

**Code:** 111091

### Sunrise Yoga

**Instructor:** Carla Jackson

**Location:** Kinsmen Media Centre, Mission Sportsfield

Recharge your spirit and nourish the body with this dynamic series of over 50 poses, balances and stretches. This class will awaken your senses and challenge all muscle groups. Reduce stress and tension, boost energy and vitality. Please bring your own yoga mat. **Age:** 18+

**Day, Time & Date:** Wed, 9-10 am, May 12-June 16

**Fee:** \$40

**Code:** 111044

## Ladies Golf Open

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

**Course Barcode:** 109782 **Fee:** \$129.00

**Thurs. May 6** Sunset Ranch

**Thurs. May 13** Black Mountain Golf (complementary shared cart & \$10.00 food voucher)

**Tues. May 18** Kelowna Springs

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

**Course Barcode:** 109793 **Fee:** \$100.00

**Tues. May 4** McCulloch Orchard

**Tues. May 11** Mission Creek

**Wed. May 19** Michaelbrook Ranch

**Tues. May 25** Pinnacle

**Course Barcode:** 109794 **Fee:** \$100.00

**Thurs. June 3** McCulloch Orchard

**Thurs. June 10** Mission Creek

**Wed. June 16** Michaelbrook Ranch

**Thurs. June 24** Pinnacle







**To register for the above programs or for more information call 250 469-8811**

## FREE Neighbourhood Walks

Join friends & neighbours for a Spring Walk. A certified instructor will lead the group and all walks are free

Day & Dates	Time	Walk Location & Where to Meet	Level
<b>Mon. (Weekly)</b> April 12 – June 7	10:30 -11:30 am No class May 24	<b>Brandt's Creek Linear Trail,</b> (Golfview Park ) bottom of Summit & Valley Rd.at sign )	1 1/2
<b>Mon. (Weekly)</b> April 12 – June 7	11 am-12 pm No walk May 24	<b>Mission Recreation Park,</b> (meet at the front entrance of the Capital News Centre)	1
<b>Tues. (Weekly)</b> April 13 – June 8	10 – 11 am	<b>Mission Ridge Park,</b> (meet on Schamerhorn Ct.)	1
<b>Tues. (Weekly)</b> April 13 – June 22	5:15 – 6: 15pm	 <b>Cultural District,</b> (South end of the waterfront boardwalk at Stuart Park)	1
<b>Wed. (Weekly)</b> April 14 – June 9	10 -11 am	<b>Rutland Parks &amp; surrounding area,</b> (outside front doors Rutland Seniors Centre)	1 1/2
<b>Wed. (Weekly)</b> April 14 – June 2	7 - 8 pm	<b>South Ridge Recreation Drive &amp; Linear Park,</b> (meet at Quarry Park)	1 1/2
<b>Thurs. (Weekly)</b> April 15 - June 3	6:30 -7:30 am	<b>Knox Mountain,</b> (at the Tennis Crts. bottom of Knox Mtn.)	1 1/2 1 1/2
<b>Thurs. (Weekly)</b> April 15 – June 24	12:10 – 12:55pm	 <b>Heritage Area,</b> (South end of the waterfront boardwalk at Stuart Park)	1
<b>Sat. May 1st</b> (one time walk )	10 – 11:15 am	<b>Paul's Tomb,</b> (first lookout Knox Mountain)	1 1/2
<b>Mon. May 10th</b> <b>Move For Health Day</b>	7 -8 pm	<b>Rails and Trails,</b> (Parkinson Recreation Centre -front lobby entrance)	1
<b>Mon. (Weekly)</b> May 17 – June 28	6:30 -7:30 pm	<b>Loseth Park and surrounding areas –Black Mountain,</b> (meet at the Park- Loseth Drive)	1 1/2
<b>Sat. May 29</b> (one time walk)	10 am-12 pm	<b>Scenic Canyon Hike,</b> (meet at Scenic Canyon Regional Park off Field Rd.)	1 1/2 1 1/2 1 1/2
<b>Sat. June 5</b> (one time walk)	10 -11 am	<b>UBCO Trails,</b> (University Way-rear parking lot next to Day Care Centre/& Public Affairs building)	1 1/2
<b>Sat. June 12</b> (one time walk)	10 am-12:30 pm	<b>Myra Bellevue Park,</b> (meet in parking lot off of Stewart Rd. E.)	1 1/2 1 1/2 1 1/2
<b>Sat. June 19</b> (one time walk)	10 am-12:30 pm	<b>Coyote Ridge,</b>	1 1/2 1 1/2 1 1/2

-  - Entry level walks, flat and wide terrain, easily accessible
-  - may include some hills, narrow path and narrow terrain
-  - will include hills, uneven terrain and more difficult
-  - Cultural & Heritage District Walks

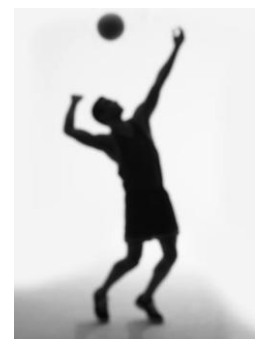


## Seniors Sports at Parkinson Recreation Centre

**Pickleball** - PRC Gymnasium  
Tuesday, 9-11 am, Friday, 1:30-3:30 pm, Saturday, 7-9 pm  
For more information call: 250 860-4425

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

**Aquafit** - PRC Aquatic Centre  
Various programs available for registration or drop in  
For more information call: 250 469-8800 or go to [Kelowna.ca/recreation](http://Kelowna.ca/recreation)



## Arts, Culture & Heritage in Kelowna

### **Global Citizens Week: April 18 -24, 2010**

Events include: If the World Were a Village Children's Festival at the Parkinson Recreation Centre, the Millenium Development Challenge and Taste of Home event.

For more information on these events please visit [www.globalcitizenkelowna.org](http://www.globalcitizenkelowna.org)

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### **Kelowna Community Theatre**

**250 469-8940**

Apr 8 - 10	BC Interior Jazz Festival
Apr 11	Okanagan Symphony Orchestra - The Andrew Lloyd Webber Experience
Apr 14	Red Priest presented by Kelowna Community Concerts
Apr 29 - May 15	Theatre Kelowna presents Distracted in the Black Box Theatre
Apr 30	Ballet Kelowna Masters' Play
May 2	Kiwanis Music Festival Gala Concert
May 7	Okanagan Symphony Orchestra - Ode to Joy

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### **Mary Irwin Theatre at the Rotary Centre for the Arts**

**250 717-5304**

Apr 8 - 10	BC Interior Jazz Festival
Apr 13 - 17	April 14, 1912 - theatrical performance remembering the sinking of the Titanic
Apr 24	Kevin Fox - cello driven folk/pop
Apr 29	Canefire - Calypso, Latin and Jazz rhythms
May 8	Fathead - multi-award winning Canadian Blues Band

The Rotary Centre for the Arts also offers classes and workshops for children and adults in dance, pottery, jewelry making and more.

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### **Kelowna Art Gallery Exhibits**

**250 762-2226**

Until May 23 *Joice M. Hall: Surreal. Real. Ideal.*

Realist painter Joice M. Hall has lived in Kelowna for the last ten years, having spent the first part of her career in Calgary. This major survey show will include key works from her various series completed to date, including incredibly beautiful and detailed paintings of the Okanagan Mountain Park fire of 2003, which she viewed from across the lake.

Take an art class at the Gallery, stop by on Saturdays for guided public tours, or bring the little ones with you for Family Sundays where children have the opportunity to create their own works of art.

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### **Kelowna Museum Exhibits & Activities**

**250 763-2417**

April 17<sup>th</sup> Okanagan Regional History Fair Open House

11:00 am to 2:00 pm at the Rotary Centre for the Arts

Students from across the Okanagan submit projects on Canadian history to be assessed by a panel of community judges. You are invited to come view the students' projects during the Open House.

Until July 3 *Is Anybody Out There?* Explore the history of amateur radio communication in the Okanagan. Visit the museum to watch amateur radio in action every day!

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### **Kelowna Library Ellis Street Main Branch**

**250 762-2800**

Thursday Night - Scrabble, 6:30 pm, Book Club - 7pm Join in the lively facilitated discussion!

“Learn & Share”

2010 Spring Semester: April to June

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

Examples of study groups are:

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

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

Study group descriptions and registration information available on the website [www.slrkelowna.ca](http://www.slrkelowna.ca) or phone 250-448-1203

BC Women’s Hospital & Health Centre Osteofit Program

This is a gentle strength, balance, and coordination program, safe for those with osteoporosis and osteopenia, with exercise and education components. Classes available at the following locations:

Water Street Senior Centre: (Tracy Taylor 250-763-5776)	Tuesday Thursday	10-11am 10-11am
Rutland Activity Centre: (Tracy Taylor 250-763-5776)	Wednesday Friday	9-10 am 9-10 am
SandStone Adult Community (Tracy Taylor 250-763-5776)	Tuesday Friday	1:45-2:45 pm 1:45-2:45 pm
SandPointe Adult Community (Tracy Taylor 250-763-5776)	Monday Thursday	11:30 am-12:30 pm 11:30 am-12:30 pm
Sunrise Village Adult Comm. (Tracy Taylor 250-763-5776)	Monday Friday	3-4 pm 10:30-11:30

For more information, please contact Tracy Taylor, BC Women’s Okanagan Osteofit Regional Coordinator at 250-763-5776 or by email at [tbtaylor@telus.net](mailto:tbtaylor@telus.net)

## Community Wide Information

### Central Okanagan Senior Citizen Counselors

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

### Meal Program

Okanagan Meal Services, in partnership with Interior Health Authority, offer a nutritious meal served in a warm, friendly atmosphere. The cost is \$7.00 a meal and if transportation is required the total cost is \$9.00. Home delivery and frozen dinners are also available.

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

<b>May Bennett Wellness Centre</b>	<b>First United Hall</b>	<b>St. George's Hall</b>
135 Davie Road	Richter & Bernard	3690 Brown Road
Mon- Fri. at 5 pm	Wed. at 5 pm	Wed. at 12 Noon

### Interior Alzheimer Society

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

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

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

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

### Alzheimer Society of British Columbia

Kelowna Resource Centre, 865 Bernard Ave, V1Y 6P6 Phone: 250-860-0305 [www.alzheimerbc.org](http://www.alzheimerbc.org)

#### Support Groups - Information and Mutual Aid:

- Early Stage Support Group
- Caregiver Support Group

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

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

#### Education:

- Dementia Series - Monthly sessions to strengthen coping abilities. Learning about dementia, practical coping strategies, and early planning.
- "Life After Diagnosis" - An introductory session for the person with dementia, care partners & family members.
- "Heads Up - an introduction to Brain Health" - Encourages people to actively engage in protecting and maintaining their brain and emotional health.
- "Shaping the Journey" - 6 two-hour education sessions for people with dementia and their care partners.

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

### Seniors Outreach Services Society

**Phone:** 250 861-6180. **Email:** [seniorsos@silk.net](mailto:seniorsos@silk.net), [www.seniorsoutreach.ca](http://www.seniorsoutreach.ca)

**Seniors Coffee Break** - Come and meet other seniors and make connections!

Volunteer hosts will welcome you! All Seniors Welcome!

Capri Group-Thurs, Capri Mall Food Court 1-2:30 pm, Mission Group-Monday, 10-11:30 am

Haven Restaurant, Mission Mall (Group room to the left of the cash desk, follow the sign)

## Community Contact Numbers

### City of Kelowna

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

### Government of Canada

Income Security	1-800-277-9914
Canada Revenue Agency	1-800-959-8281
Passport Canada-Kelowna	1-800-567-6868

### Health Care Services

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

### Province of British Columbia

Bus Passes	1-866-866-0800
Transit System	250 860-8121
Landlord & Tenant Act	1-250-387-1602
Legal Services	250 763-8613
Medical Services Plan	1-800-663-7100
Pharmacare	1-800-554-0250
Public Gaming Branch	250 861-7363
S.A.F.E.R.	1-800-257-7756
Seniors Supplement	1-800-665-2656

### Senior Centres

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

### Community Organizations

ALS Society	1-800-708-3228
Interior Alzheimer Soc.	250 762-3312
Alzheimer Society of BC	250 860-0305
Alcoholics Anonymous	250 763-5555
Arthritis Society	250 868-8643
Can. Hard of Hearing Assoc.	250 765-3344
Cancer Society	250 762-6381
C.N.I.B.	250 763-1191
Crisis Line	250 763-9191
Diabetes Association	250 762-9447
Elder Services	250 868-7788
Food Bank	250 763-7161
Heart & Stroke Foundation	250 860-6275
Hospice Association	250 763-5511
Kelowna Respiratory Club	250 868-7770
Legion	250 762-4117
55 Alive Defensive Driving	250 765-3163
Kidney Foundation	250 717-3117
Meals on Wheels	250 763-2424
Multiple Sclerosis Society	250 762-5850
Okanagan Staffing Services	250 717-0506
Osteoporosis-Kelowna Ch.	250 861-6880
Parkinson Support Society	1-800-668-3330
SLR	250 762-3989, L. 125
Seniors Outreach Service	250 861-6180
Share	250 763-8117
Stroke Recovery Group	250 763-0556
Widow Support Group	250 860-6376
Women's Emergency Shelter	250-763-1040
Can. Assoc. of 45 Plus(CARP)	250 860-5408

### Transportation

Bus Passes	1-866-866-0800
Handi-Dart	250 762-3278
Kelowna Transit System	250 860-8121
BCAA	1-800-222-4357