

# Online Social Programs Kelowna

These are programs that will take place over the internet on a video conferencing system called Zoom. You will have a choice as to whether you would like to have your video camera on or not throughout the program.

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## How does it work?

- You can **call** or use the **registration form** on the website to register for programs you choose at any time.
- If applicable, you will be emailed any necessary materials for the program.
  
- At the time of the program, you will open your web browser and go to **zoom.us**. On the top of the page, click “join a meeting”.
  - Enter the meeting ID
  - Enter your meeting name, just an initial for your last name.
  - Enter the Meeting Password
- Please note that you may also want/need to follow the instructions to install the Zoom app.

## Code of Conduct

This is an inclusive and positive space where folks can have fun and connect with others! In order to maintain this space everyone must contribute respectfully. Please:

- Allow the facilitator/host to guide the group
- Respect other opinions despite whether you agree with them
- Do not dominate the conversation, rather, allow others to share too
- Do not engage in any disrespectful comments

If you cannot abide by these rules, you may be removed from the program at the facilitator's discretion. If you have an issue with another participant, please contact the coordinator directly.

## Registration & General Contact

**Telephone:** 250-861-6180 ext. 1

**Email:** SCWW@seniorsoutreach.ca

## Program List

### Coffee Break

Coffee Break is a casual platform where folks can catch up with one another and enjoy fun, light-hearted conversation over a cup of coffee.

Note: coffee not provided.

### YMCA Exercise

Partake in the YMCA at Home Virtual Workout Videos with your community. The types of programs include yoga, chair workouts, and so much more! Many workouts are done from a sitting position, and with little to no equipment.

## Kelowna Art Gallery Tours

Admire, learn, and engage with three unique exhibitions put on through the Kelowna Art Gallery. Walk through a tour with art gallery staff and other curious adults. Each exhibition is unique, so register for them all!

- On **October 5**, "From Geisha to Diva: The Kimono Ichimaru" exploring the life and times of Geisha through a collection of Kimono.
- On **October 26**, "I Must be Streaming" explore contemporary art created by *local* artist Jorden Doody.
- On **November 9**, "Northern Pines: Watercolours and Drawings from the McMichael Canadian Art Collection" exploration of the Group of Seven's drawings and watercolours.

# OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b> 10:30-11 Kelowna Art Gallery Tour (See above for exhibition) 2-2:30 YMCA Exercise	<b>6</b>	<b>7</b> 9:30-10 Coffee Break	<b>8</b>	<b>9</b>
<b>12</b> 2-2:30 YMCA Exercise	<b>13</b>	<b>14</b> 9:30-10 Coffee Break	<b>15</b>	<b>16</b>
<b>19</b> 2-2:30 YMCA Exercise	<b>20</b>	<b>21</b> 9:30-10 Coffee Break	<b>22</b>	<b>23</b>
<b>26</b> 10:30-11 Kelowna Art Gallery Tour (See above for exhibition) 2-2:30 YMCA Exercise	<b>27</b>	<b>28</b> 9:30-10 Coffee Break Physician Q&A	<b>29</b>	<b>30</b>

# NOVEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 2-2:30 <b>YMCA Exercise</b>	<b>3</b>	<b>4</b> 9:30-10 <b>Coffee Break</b>	<b>5</b>	<b>6</b>
<b>9</b> 10:30-11 <b>Kelowna Art Gallery Tour</b> (See above for exhibition) 2-2:30 <b>YMCA Exercise</b>	<b>10</b>	<b>11</b> 9:30-10 <b>Coffee Break</b>	<b>12</b>	<b>13</b>
<b>16</b> 2-2:30 <b>YMCA Exercise</b>	<b>17</b>	<b>18</b> 9:30-10 <b>Coffee Break</b>	<b>19</b>	<b>20</b>
<b>23</b> 2-2:30 <b>YMCA Exercise</b>	<b>24</b>	<b>25</b> 9:30-10 <b>Coffee Break Physician Q&amp;A</b>	<b>26</b>	<b>27</b>