

Telephone Social Programs Kelowna

A **free**, interactive, **telephone**-based program that provides recreational activities to adults 55+ living in Kelowna.

Please note that a larger print version of this program is available upon request.

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 mailed or emailed any necessary materials for the program.
- On the day of the program, you will be called into the program

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

This is a list of all the programs we offer, however, make sure to refer to the calendar below to see more specific topics and times.

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. Keep an eye out for special guests such as our Physician Q&A.

Syilx Storytelling

Kelowna resides on the unceded Syilx territory. Learn about who these peoples are and listen to traditional stories from our partners at Sncəwips Heritage Museum.

Travelogue

Listen to the adventures and misadventures of travelers who have been all over the world. Learn about new cultures, food, language, and unique experiences from this traveler. Topics include: Germany, Cook Islands, China, Mediterranean, United States, Canada, Caribbean, and North Korea.

Musician History

Enjoy learning about the music icons of the last century, musicians that we never tire of listening to. We will focus on one icon and do a deep dive into their life and music.

Bingo

This program speaks for itself, it's a classic for good reason- it's fun! When you sign up for this program, you will be sent bingo sheets and all that's left to do is enjoy playing with others on the call.

Brain Teasers

Challenge and stretch your mind with these riddles and puzzles. Some may stump you; others may come naturally to you!

Trivia

See what sorts of obscure facts or information you know or remember. And, if you don't remember, you will surely learn something new.

Languages

Whether you've always wanted to learn a new language or want to be refreshed by what you used to know, these language groups are a relaxed place to learn the basics of a new language. Languages include: French, Spanish, German, and Cantonese.

Comedy & Jokes

Tickle your funny bone and share a laugh with others. All comedy is squeaky clean, so if you have a joke to share make sure it's appropriate.

Feedback Session

This will occur at the end of the term and allows participants a space to give feedback about what type of programs they liked or disliked and any ideas about future programs.

Scattergories

This is a party game where everyone tries to list words that start with a designated letter to describe the listed category.

For example, if the designated letter was 'M', everyone would have to find a word that started with M for a list of categories such as "TV Shows" or "Kinds of Dances". In this circumstance, you could write "MacGyver" for TV Shows and "Macarena" for Kinds of Dances because they both start with 'M'.

Mindfulness

Mindfulness is a meditation practice that has many proven benefits on physical and mental health, such as increasing happiness and improving the immune system. This program is a beginner guide to using this practice; no experience is necessary, just a willingness to learn something new.

Live Music

Enjoy listening to live music from your favourite genres and artists! Provide our musician with requests or ideas of what you want to hear.

OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday
5 9:30-10 Travelogue: Germany 12-12:30 Scattergories	6 9:30-10 Live Music 10:30-11 Mindfulness 11:30-12 Brain Teasers	7 10:30-11 Coffee Break	8 9:30-10 Bingo
12 9:30-10 Travelogue: Cook Islands 12-12:30 Scattergories	13 9:30-10 Languages: French 10:30-11 Mindfulness 11:30-12 Brain Teasers	14 10:30-11 Coffee Break	15 9:30-10 Bingo 11:30-12 Trivia 1:30-2 Syilx Storytelling
19 9:30-10 Travelogue: China 12-12:30 Scattergories	20 9:30-10 Live Music 10:30-11 Mindfulness 11:30-12 Brain Teasers	21 10:30-11 Coffee Break	22 9:30-10 Bingo 12:30-1 Musician History: Elvis
26 9:30-10 Travelogue: Mediterranean 12-12:30 Scattergories	27 9:30-10 Languages: Spanish 10:30-11 Mindfulness 11:30-12 Brain Teasers	28 10:30-11 Coffee Break: Physician Q+A	29 9:30-10 Bingo 11:30-12 Trivia

NOVEMBER 2020

Monday	Tuesday	Wednesday	Thursday
2 9:30-10 Travelogue: United States 12-12:30 Scattergories	3 9:30-10 Live Music 10:30-11 Mindfulness 11:30-12 Brain Teasers	4 10:30-11 Coffee Break	5 9:30-10 Bingo 12:30-1 Comedy & Jokes
9 9:30-10 Travelogue: Canada 12-12:30 Scattergories	10 9:30-10 Languages: German 10:30-11 Mindfulness 11:30-12 Brain Teasers	11 10:30-11 Coffee Break	12 9:30-10 Bingo 11:30-12 Trivia
16 9:30-10 Travelogue: Caribbean 12-12:30 Scattergories	17 9:30-10 Live Music 10:30-11 Mindfulness 11:30-12 Brain Teasers	18 10:30-11 Coffee Break	19 9:30-10 Bingo 1:30-2 Syilx Storytelling
23 9:30-10 Travelogue: North Korea 12-12:30 Scattergories	24 9:30-10 Languages: Cantonese 10:30-11 Mindfulness 11:30-12 Brain Teasers	25 10:30-11 Coffee Break: Physician Q+A	26 9:30-10 Bingo 11:30-12 Trivia 1:30-2 Feedback Session