



# Online Programs Okanagan

A **free**, interactive online program that provides activities for mental, social, and emotional well-being to adults 65+ in the Okanagan.

These programs 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, if you have already downloaded zoom onto your computer:
  - Open your email and click on the zoom link that was sent to you from [SCWW@seniorsoutreach.ca](mailto:SCWW@seniorsoutreach.ca)
  - Type your name if prompted
  - Wait in the waiting room until the facilitator admits you
- If you have not downloaded zoom, do the following:
  - Go to <https://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
  - 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 for everyone! In order to maintain this space everyone must contribute respectfully. Please:

- Allow the facilitator/host to guide the group
- Respect other opinions, whether or not you agree with them
- Take turn and allow others to share too
- Be kind when you make comments to others

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](mailto:SCWW@seniorsoutreach.ca)

## Program List

This is a list of all the programs we are offering in our Fall session from September 20<sup>th</sup> to December 2<sup>nd</sup>, 2021. Connecting with others and engaging in stimulating activities and conversations contributes to our emotional, social and mental well-being.

### Virtual Tours

Join us on Zoom as we explore virtual tours of your favorite historic sites including museums, gardens, famous places, and more.

### 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. The last session of each month will have a community highlight or special guest.

### Craft & Chat

Do you love to make things, or did you in the past? Do you knit, crochet, paint, sew, build, or have another hobby? Join us to chat about your projects or work on them as we chat. Get your creativity flowing!

### 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. A different country or location will be highlighted each week.

### Kelowna Art Gallery Tours

Admire, learn, and engage with two 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.

**October 18<sup>th</sup> - *A Year From Now*** is an introspective look at works from the Kelowna Art Gallery's permanent collection that were hand-picked by local artist and curator Wanda Lock. Divided into five poetic groupings, this introspective exhibition forms a cycle for viewers to reflect upon.

**November 15<sup>th</sup> - *Grizzly Bears: Teachers of the Land*** is a partnership between the Bateman Foundation and the Grizzly Bear Foundation. This unique exhibition explores the lessons that we can learn from this majestic creature. This travelling exhibition features 27 original artworks by 16 Canadian artists including works by Robert Bateman, Susan Point, and Bill Reid that capture the beauty of the Grizzly bear from a range of perspectives.

## Gratitude Journal

Did you know that having and showing gratitude can help reduce feelings of stress and improve feelings of well-being? Gratitude can foster positive feelings. Come join us as we learn about gratitude and how it can help our well-being. Decorate and create a gratitude journal to use as a tool to increase your positive feelings. (4 sessions in total)

## SEPTEMBER 2021- Zoom

| Monday                       | Tuesday                              | Wednesday                     | Thursday                       |
|------------------------------|--------------------------------------|-------------------------------|--------------------------------|
| 6                            | 7<br><b>Fall Registration begins</b> | 8                             | 9                              |
| 13                           | 14                                   | 15                            | 16                             |
| 20<br>11:00-12<br>Travelogue | 21                                   | 22<br>9:30-10<br>Coffee Break | 23<br>1:00-2<br>Craft and Chat |
| 27<br>11:00-12<br>Travelogue | 28                                   | 29<br>9:30-10<br>Coffee Break | 30<br>1:00-2<br>Virtual Tours  |

## OCTOBER 2021- Zoom

| Monday   | Tuesday   | Wednesday                                | Thursday   |
|--|-----------|--|--|
| <b>4</b><br><br>11:00-12<br>Travelogue   | <b>5</b>  | <b>6</b><br><br>9:30-10<br>Coffee Break  | <b>7</b><br><br>1:00-2<br>Craft and Chat   |
| <b>11</b><br><br><b>Thanksgiving<br/>Holiday</b>                                     | <b>12</b> | <b>13</b><br><br>9:30-10<br>Coffee Break | <b>14</b><br><br>10:00-11<br>Gratitude Journal<br><br>1:00-2<br>Virtual Tours    |
| <b>18</b><br><br>11:00-12<br>Travelogue<br><br>1:30-2<br>Kelowna Art<br>Gallery Tour | <b>19</b> | <b>20</b><br><br>9:30-10<br>Coffee Break | <b>21</b><br><br>1:00-2<br>Craft and Chat  |
| <b>25</b><br><br>11:00-12<br>Travelogue  | <b>26</b> | <b>27</b><br><br>9:30-10<br>Coffee Break | <b>28</b><br><br>10:00-11<br>Gratitude Journal<br><br>1:00-2:00<br>Virtual Tours |

## NOVEMBER 2021- Zoom

| Monday  | Tuesday   | Wednesday   | Thursday   |
|---|-----------|---|--|
| <b>1</b><br><br>11:00-12<br><b>Travelogue</b>   | <b>2</b>  | <b>3</b><br><br>9:30-10<br><b>Coffee Break</b>      | <b>4</b><br><br>1:00-2<br><b>Craft and Chat</b>  |
| <b>8</b><br><br>11:00-12<br><b>Travelogue</b>   | <b>9</b>  | <b>10</b><br><br>9:30-10<br><b>Coffee Break</b>     | <b>11</b><br><br><b>Remembrance<br/>Day Holiday</b>  |
| <b>15</b><br><br>11:00-12<br><b>Travelogue</b><br><br>1:30-2<br><b>Kelowna Art<br/>Gallery Tour</b> | <b>16</b> | <b>17</b><br><br>9:30-10<br><b>Coffee Break</b>     | <b>18</b><br><br>10:00-11<br><b>Gratitude Journal</b><br><br>1:00-2<br><b>Craft and Chat</b>     |
| <b>22</b><br><br>11:00-12<br><b>Travelogue</b>  | <b>23</b> | <b>24</b><br><br>9:30-10<br><b>Coffee Break</b>     | <b>25</b><br><br>1:00-2<br><b>Virtual Tours</b>  |
| <b>29</b><br><br>11:00-12<br><b>Travelogue</b>  | <b>30</b> | <b>DEC 01</b><br><br>9:30-10<br><b>Coffee Break</b> | <b>DEC 02</b><br><br>10:00-11<br><b>Gratitude Journal</b><br><br>1:00-2<br><b>Craft and Chat</b> |