



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.

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
 - 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

Program List

This is a list of all the programs we are offering in our Spring session from April 25th to June 30th, 2022. Connecting with others and engaging in stimulating activities and conversations contributes to our emotional, social and mental well-being.

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.

- Some sessions may include participants from the Saskatchewan Seniors Centre without Walls which is a great way to connect across provinces.

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.

Travelogue

Join us as we chat about and view the travels of a well-known travel writer and television icon. Learn about new cultures, food, language, music, traditions, history, and unique experiences from this traveler. Perhaps you will be inspired for your own travel goals, or just enjoy seeing new places online.

Affirmations for Positive Aging

Using positive affirmations on a regular basis helps bring a positive change to our thoughts and behaviors. Join us to create an affirmations jar you can use on a daily basis.

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.

Birding

Interested in a new hobby? Learn about birding and discover local birding opportunities. Enjoy a short documentary called “Birders” which explores the birds that share the Texas and Mexico border.

Writing for Active Minds

Did you know that writing can help keep your mind active! Join us as we explore creative writing, the joys of poetry, and the benefit of writing down your own life story.

Gardening Chat/Tours

Do you love plants or flowers? Whether indoors or outdoors, edible or not, plants enrich our lives. Come chat with others about your gardening interests and projects. Enjoy virtual tours of famous gardens around the world.

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.

May 2 - *The Circle of Life; Annabel Stanley* - In the Gallery's Rotary Courtyard Annabel Stanley explores the form of the circle, how it shapes our environment, and is reflected in the flora and fauna that surround us. This site-specific installation was inspired by her recent discovery of sacred geometry (which examines the intersection of math, architecture, and nature) in addition to the work of influential artist Alexander Liberman and his reflection on the circle.

Visitors will encounter various sculptures woven from natural fibres such as grasses, dogwood, alder, willow, moss, and grape vines – including an oversized bee skep that pays tribute to the humble bee which pollinates our food crops. The Circle of Life will feature subtle changes introduced throughout the year that reflect the cycle of the seasons.

Stanley sources her materials throughout the Okanagan Valley and from her vineyard in West Kelowna. She trained in Willow Sculpture with artist Julieann Worrall Hood in Wiltshire, England and has exhibited extensively in British Columbia and New Zealand.

June 6 - *From Warhol to Banksy* - From Warhol to Banksy invites visitors to view works of art that define the Pop Art movement and highlights the careers of some of the art world's most iconic figures. This exhibition will feature over 75 works by artists Roy Lichtenstein, Andy Warhol, Jeff Koons, Tom Wesselmann, Takashi Murakami, Banksy, and Mr. Brainwash.

Pop Art, known for its commentary on consumerism, social consciousness, and, more recently, activism, is not just a phenomenon of the 1960s. The evolution of Pop Art, from Andy Warhol's infamous Marilyn Monroe screen prints to Banksy's guerilla street art, has completely blurred the lines between high and low art. Through a selection of prints, paintings, sculpture, and ephemera, visitors will see first-hand how Pop Art continues to critique our world and challenges us to think about the issues that persist in our everyday life

APRIL 2022 - Zoom

Monday	Tuesday	Wednesday	Thursday
4	5	6	7
11 SCWW Spring Registration Week	12	13	14
18 Easter Monday (Holiday)	19	20	21
25	26	27 9:30-10 Coffee Break 1:00-1:30 Mindfulness	28

MAY 2022 - Zoom

Monday	Tuesday	Wednesday	Thursday
<p style="text-align: right;">2</p> <p>11:00-12 Travelogue</p> <p>1:00 -1:30 Kelowna Art Gallery Tour</p>	<p style="text-align: right;">3</p> <p>1:00-2 Gardening Chat/Tours</p>	<p style="text-align: right;">4</p> <p>9:30-10 Coffee Break</p> <p>1:00-1:30 Mindfulness</p>	<p style="text-align: right;">5</p>
<p style="text-align: right;">9</p> <p>11:00-12 Travelogue</p>	<p style="text-align: right;">10</p> <p>1:00-2 Craft and Chat</p>	<p style="text-align: right;">11</p> <p>9:30-10 Coffee Break</p> <p>1:00-1:30 Mindfulness</p>	<p style="text-align: right;">12</p>
<p style="text-align: right;">16</p> <p>11:00-12 Travelogue</p> <p>1:00-1:45 Birding</p>	<p style="text-align: right;">17</p> <p>1:00-2 Gardening Chat/Tours</p>	<p style="text-align: right;">18</p> <p>9:30-10 Coffee Break</p> <p>1:00-1:30 Mindfulness</p>	<p style="text-align: right;">19</p>
<p style="text-align: right;">23</p> <p style="text-align: center;">Victoria Day Holiday (closed)</p>	<p style="text-align: right;">24</p> <p>1:00-2 Craft and Chat</p>	<p style="text-align: right;">25</p> <p>9:30-10 Coffee Break</p> <p>1:00-1:30 Mindfulness</p>	<p style="text-align: right;">26</p>
<p style="text-align: right;">30</p> <p>11:00-12 Travelogue</p> <p>1:00-1:45 Affirmations for Positive Aging</p>	<p style="text-align: right;">31</p> <p>1:00-2 Gardening Chat/Tours</p>		

JUNE 2022 - Zoom

Monday	Tuesday	Wednesday	Thursday
		<p style="text-align: right;">1</p> <p>9:30-10 Coffee Break</p> <p>1:00-1:30 Mindfulness</p>	<p style="text-align: right;">2</p>
<p style="text-align: right;">6</p> <p>11:00-12 Travelogue</p> <p>1:00-1:30 Kelowna Art Gallery Tour</p>	<p style="text-align: right;">7</p> <p>1:00-2 Craft and Chat</p>	<p style="text-align: right;">8</p> <p>9:30-10 Coffee Break</p> <p>1:00-1:30 Mindfulness</p>	<p style="text-align: right;">9</p>
<p style="text-align: right;">13</p> <p>11:00-12 Travelogue</p>	<p style="text-align: right;">14</p> <p>1:00-2 Gardening Chat/Tours</p>	<p style="text-align: right;">15</p> <p>9:30-10 Coffee Break</p> <p>1:00-1:30 Mindfulness</p>	<p style="text-align: right;">16</p>
<p style="text-align: right;">20</p> <p>11:00-12 Travelogue</p> <p>1:00-1:45 Writing for Active Minds</p>	<p style="text-align: right;">21</p> <p>1:00-2 Craft and Chat</p>	<p style="text-align: right;">22</p> <p>9:30-10 Coffee Break</p> <p>1:00-1:30 Mindfulness</p>	<p style="text-align: right;">23</p>
<p style="text-align: right;">27</p> <p>11:00-12 Travelogue</p>	<p style="text-align: right;">28</p> <p>1:00-2 Gardening Chat/Tours</p>	<p style="text-align: right;">29</p> <p>9:30-10 Coffee Break</p> <p>1:00-1:30 Mindfulness</p>	<p style="text-align: right;">30</p>