



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 turns 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 summer, there is one online program available. See our telephone program guide for additional programs. Full programs resume in the Fall.

Coffee Break

Coffee Break is a casual platform where folks can catch up with one another and enjoy fun, light-hearted conversation. It is a wonderful way to get to know others, share stories and laugh together.

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

Connecting with others and engaging in stimulating activities and conversations contributes to our emotional, social, and mental well-being.

AUGUST 2022 - Zoom

Monday	Tuesday	Wednesday	Thursday
1	2	3 9:30-10 Coffee Break	4
8	9	10 9:30-10 Coffee Break	11
15	16	17 9:30-10 Coffee Break	18
22 SCWW Holidays - All week	23	24	25
29 SCWW Holidays - All week	30	31	1

