

Thursday, February 1, 2024

Roll and stroll

Date and Time: Thursday, February 1 09:30 am - 11:00 am

Address: Mission Creek Regional Park

Link up with other caregivers and their little ones for weekly walks. These are winter outings, so bundle up and enjoy that fresh winter air! Afterwards, we'll gather inside the EECO for social time and refreshments.

Registration required. Follow website link below to register online.

Nature nugget online trivia night

Date and Time: Thursday, February 1 07:00 pm - 8:30 pm

Address: Online (Zoom)

Get your four-person team together for trivia fun. See if your team can be crowned the winter winners for 2024! Join in from the comfort of your own homes. Prizes for winning teams.
By registration.

Friday, February 2, 2024

Discover your parks - winter series

Date and Time: Friday, February 2 10:30 am - 11:30 am

Address: Kaloya Regional Park

With winter comes exciting new ways to discover nature! Join a park interpreter on this series of guided hikes exploring regional parks and unveiling their winter secrets. Bundle up and enjoy snowy trails and crisp, frosty hikes! By registration.

Sunday, February 4, 2024

Who's been there?

Date and Time: Sunday, February 4 01:00 pm - 3:00 pm

Address: Woodhaven Nature Conservancy Regional Park

Winter is a busy time in regional parks! Look for life hidden in plain view by learning to read signs left by wildlife. Practice the art of eco-tracking - why was the animal here and what was it doing? By registration.

Monday, February 5, 2024

Tai Chi

Date and Time: Monday, February 5 10:00 am - 11:00 am

Address: Ellison Heritage Community Centre

This gentle practice of movement and breath is a whole-body exercise that can be practiced anywhere. Join this beginner class and ease into winter. Instructor Swee Lin from the Canadian Tai Chi Academy is teaching this 5 week series.

Suggested donation \$20 for series or \$5 per class. Drop-in. Registration not required.

Tuesday, February 6, 2024

Neighbourhood coffee social

Date and Time: Tuesday, February 6 10:00 am - 11:00 am

Address: Ellison Heritage Community Centre

Meet new friends and old acquaintances during our coffee social. Enjoy hot coffee, tea and light snacks. First Tuesday of the month.

Drop-in. Registration not required.

Story time

Date and Time: Tuesday, February 6 10:30 am - 11:15 am

Address: Mission Creek Regional Park

Meet inside the EECO for stories, songs, crafts, and nature exploration with your young child. Each week has a different nature theme. Suitable for children aged 3 - 5 years old.

Drop in. Registration not required.

Night sky club for youth

Date and Time: Tuesday, February 6 03:30 pm - 5:00 pm

Address: Mission Creek Regional Park (EECO)

Do you know we have a nocturnal preserve in the Central Okanagan? Become a night expert! Learn about animals and birds that thrive at night, how to read star charts, play outdoor games and work on night sky inspired arts and crafts. Each week is different. Suited for ages 9 to 12.

Registration required. Follow website link below to register online.

Restorative yoga - Session one

Date and Time: Tuesday, February 6 06:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

A group yoga class for all abilities. This gentle floor practice of Yoga Nidra with Paula Morrison ends your day with easy stretching and mindful movement. \$45 per session.

By registration.

Wednesday, February 7, 2024

Dance fitness

Date and Time: Wednesday, February 7 06:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

Dance for fun and exercise with SHiNE fitness, a cardio pumping, stress melting, smile producing class that will get you motivated to dance away the winter blahs. \$45 for the series (5 classes). By registration.

Thursday, February 8, 2024

Committee of the Whole

Date and Time: Thursday, February 8 08:30 am

Address: Woodhaven boardroom - 1450 KLO Road

The **Committee of the Whole** meets on select Thursdays at 8:30 a.m. Meeting agendas and reports will be posted a minimum of 72 hours prior to the meeting.

There is limited public seating in the boardroom. Live stream and recorded video are available.

Roll and stroll

Date and Time: Thursday, February 8 09:30 am - 11:00 am

Address: Mission Creek Regional Park

Link up with other caregivers and their little ones for weekly walks. These are winter outings, so bundle up and enjoy that fresh winter air! Afterwards, we'll gather inside the EECO for social time and refreshments.

Registration required. Follow website link below to register online.

Discover your parks - winter series

Date and Time: Thursday, February 8 10:30 am - 12:00 pm

Address: Trepanier Creek Greenway Regional Park

With winter comes exciting new ways to discover nature! Join a park interpreter on this series of guided hikes exploring regional parks and unveiling their winter secrets. Bundle up and enjoy snowy trails and crisp, frosty hikes! By registration.

Electoral Area Service Committee

Date and Time: Thursday, February 8 01:00 pm

Address: Woodhaven boardroom - 1450 KLO Road

The Electoral Area Services Committee meets on select Thursdays at 1 p.m. Meeting agendas and reports will be posted a minimum of 72 hours prior to the meeting.

There is limited public seating in the boardroom. Live stream and recorded video are available.

After the fire

Date and Time: Thursday, February 8 06:00 pm - 8:00 pm

Address: Mission Creek Regional Park (at the EECO)

Join us in the EECO to learn about the role of wildfires in our forests. If we understand their connection to healthy ecosystems, we may come up with ways to keep our communities and ecosystems safer from the damaging effects of interface wildfires.

Registration required. Follow website link below to register online.

Saturday, February 10, 2024

Winter walk of love

Date and Time: Saturday, February 10 10:00 am - 12:00 pm

Address: Scenic Canyon Regional Park

Join us for a whimsical walk and learn about the mating rituals of animals in the Okanagan.

Registration required. Follow website link below to register online.

Sunday, February 11, 2024

Who's been there?

Date and Time: Sunday, February 11 09:00 am - 11:00 am

Address: Black Mountain - sntsk'il'ntən Regional Park

Winter is a busy time in regional parks! Look for life hidden in plain view by learning to read signs left by wildlife. Practice the art of eco-tracking - why was the animal here and what was it doing? By registration.

Monday, February 12, 2024

Tai Chi

Date and Time: Monday, February 12 10:00 am - 11:00 am

Address: Ellison Heritage Community Centre

This gentle practice of movement and breath is a whole-body exercise that can be practiced anywhere. Join this beginner class and ease into winter. Instructor Swee Lin from the Canadian Tai Chi Academy is teaching this 5 week series.

Suggested donation \$20 for series or \$5 per class. Drop-in. Registration not required.

Tuesday, February 13, 2024

Story time

Date and Time: Tuesday, February 13 10:30 am - 11:15 am

Address: Mission Creek Regional Park

Meet inside the EECO for stories, songs, crafts, and nature exploration with your young child. Each week has a different nature theme. Suitable for children aged 3 - 5 years old.

Drop in. Registration not required.

Restorative yoga - Session one

Date and Time: Tuesday, February 13 06:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

A group yoga class for all abilities. This gentle floor practice of Yoga Nidra with Paula Morrison ends your day with easy stretching and mindful movement. \$45 per session.

By registration.

Wednesday, February 14, 2024

Winter walk of love

Date and Time: Wednesday, February 14 10:00 am - 12:00 pm

Address: Glen Canyon Regional Park

Join us for a whimsical walk and learn about the mating rituals of animals in the Okanagan.

Registration required. Follow website link below to register online.

Thursday, February 15, 2024

Roll and stroll

Date and Time: Thursday, February 15 09:30 am - 11:00 am

Address: Mission Creek Regional Park

Link up with other caregivers and their little ones for weekly walks. These are winter outings, so bundle up and enjoy that fresh winter air! Afterwards, we'll gather inside the EECO for social time and refreshments.

Registration required. Follow website link below to register online.

Winter bird walk

Date and Time: Thursday, February 15 10:00 am - 12:30 pm

Address: Scenic Canyon Regional Park

Some birds migrate, others brave the Canadian winter, altering their behaviour to survive seasonal changes. Join Kalin Ocana for these bird discovery walks. By registration.

Friday, February 16, 2024

Winter wonderland art day

Date and Time: Friday, February 16 10:00 am - 3:00 pm

Address: Ellison Heritage Community Centre

Explore the art of winter with Lynn Braakman! Paint your own winter art canvas. Take a break with a provided lunch and participate in winter-themed activities. Suited for ages 7 to 14. Cost \$30.

Saturday, February 17, 2024

Pancake café

Date and Time: Saturday, February 17 09:30 am - 11:30 am

Address: Ellison Heritage Community Centre

Start family day weekend with a breakfast treat! Homemade pancakes, hot coffee, tea and a special hot chocolate treat! Bring the family and share a morning together. Cost \$5.

Registration required.

Sunday, February 18, 2024

Family Day adventure quest

Date and Time: Sunday, February 18 09:45 am - 11:45 am

Address: Mission Creek Regional Park

Join us for a family-friendly scavenger hunt in collaboration with CRIS Adaptive Adventures. Test your family's skills in solving puzzles and completing tasks that challenge the body and mind. This inclusive and exciting event includes prizes for participating teams. Be prepared to play outside and walk up to 4 km. Ideal for families with children ages 5 to 12. CRIS Adaptive will provide TrailRiders for families who need help getting around the park.

Registration required. (One registration per family/team).

Follow website link below to register online.

Family Day adventure quest

Date and Time: Sunday, February 18 01:15 pm - 3:15 pm

Address: Mission Creek Regional Park

Join us for a family-friendly scavenger hunt in collaboration with CRIS Adaptive Adventures. Test your family's skills in solving puzzles and completing tasks that challenge the body and mind. This inclusive and exciting event includes prizes for participating teams. Be prepared to play outside and walk up to 4 km. Ideal for families with children ages 5 to 12. CRIS Adaptive will provide TrailRiders for families who need help

getting around the park.

Registration required. (One registration per family/team).

Follow website link below to register online.

Monday, February 19, 2024

Holiday office closure

Date and Time: Monday, February 19 08:00 am - 4:00 pm

Our KLO office will be closed Monday to observe the statutory holiday. We look forward to serving you when we reopen at 8 a.m. on Tuesday.

- Emergencies involving Regional District water systems or Regional Parks can be reported by calling 250-868-5299.
- Online payments can be made at rdco.com/payments.
- Curbside garbage, recycling and yard waste collection is not impacted.
- The North Westside transfer station, Traders Cove transfer station and Westside Residential Waste Disposal and Recycling Centre will be open regular hours over the weekend.
- The Robert Hobson Environmental Education Centre for the Okanagan(EECO) in Mission Creek Regional Park is regularly closed on Mondays.

Tuesday, February 20, 2024

Winter bird walk

Date and Time: Tuesday, February 20 10:00 am - 12:30 pm

Address: Mission Creek Regional Park

Some birds migrate, others brave the Canadian winter, altering their behaviour to survive seasonal changes. Join Kalin Ocana for these bird discovery walks. By registration.

Story time

Date and Time: Tuesday, February 20 10:30 am - 11:15 am

Address: Mission Creek Regional Park

Meet inside the EECO for stories, songs, crafts, and nature exploration with your young child. Each week has a different nature theme. Suitable for children aged 3 - 5 years old.

Drop in. Registration not required.

Wednesday, February 21, 2024

Heritage Week - Bird Walk

Date and Time: Wednesday, February 21 08:30 am - 11:30 am

Address: Mission Creek Regional Park

Join a bird walk along the lower stretch of historic Mission Creek offered in partnership with the Friends of Mission Creek and the Central Okanagan Naturalists Club as part of the 2024 Heritage Week: Layer by Layer programs. By registration.

Thursday, February 22, 2024

Regional Board

Date and Time: Thursday, February 22 08:30 am

Address: Woodhaven boardroom - 1450 KLO Road

The **Regional Board** meets regularly on select Thursdays at 8:30 a.m. Meeting agendas and minutes will be posted a minimum of 72 hours prior to the meeting.

There is limited public seating in the boardroom. Live stream and recorded video are available.

Roll and stroll

Date and Time: Thursday, February 22 09:30 am - 11:00 am

Address: Mission Creek Regional Park

Link up with other caregivers and their little ones for weekly walks. These are winter outings, so bundle up and enjoy that fresh winter air! Afterwards, we'll gather inside the EECO for social time and refreshments.

Registration required. Follow website link below to register online.

After the fire

Date and Time: Thursday, February 22 06:00 pm - 8:00 pm

Address: Mission Creek Regional Park (at the EECO)

Join us in the EECO to learn about the role of wildfires in our forests. If we understand their connection to healthy ecosystems, we may come up with ways to keep our communities and ecosystems safer from the damaging effects of interface wildfires.

Registration required. Follow website link below to register online.

Saturday, February 24, 2024

Discover your parks - winter series

Date and Time: Saturday, February 24 10:00 am - 12:00 pm

Address: Trepanier Creek Greenway Regional Park

With winter comes exciting new ways to discover nature! Join a park interpreter on this series of guided hikes exploring regional parks and unveiling their winter secrets. Bundle up and enjoy snowy trails and crisp, frosty hikes! By registration.

Sunday, February 25, 2024

Tea time

Date and Time: Sunday, February 25 10:00 am - 11:30 am

Address: Mission Creek Regional Park (EECO)

An introduction to the joy of growing a tea garden and the Okanagan plants that can be added to your tea blends! Join our interpreters and learn about Okanagan plants, sample tea blends, and make your own to bring home. By registration. Cost \$5.

Follow website link below to register online.

Tuesday, February 27, 2024

Tea time

Date and Time: Tuesday, February 27 10:30 am - 12:00 pm

Address: Ellison Heritage Community Centre

An introduction to the joy of growing a tea garden and the Okanagan plants that can be added to your tea blends! Join our interpreters and learn about Okanagan plants, sample tea blends, and make your own to bring home. By registration. Cost \$5.

Follow website link below to register online.

Story time

Date and Time: Tuesday, February 27 10:30 am - 11:15 am

Address: Mission Creek Regional Park

Meet inside the EECO for stories, songs, crafts, and nature exploration with your young child. Each week has a different nature theme. Suitable for children aged 3 - 5 years old.

Drop in. Registration not required.

Restorative yoga - Session two

Date and Time: Tuesday, February 27 06:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

A group yoga class for all abilities. This gentle floor practice of Yoga Nidra with Paula Morrison ends your day with easy stretching and mindful movement. \$45 per session.

By registration.

Thursday, February 29, 2024

Roll and stroll

Date and Time: Thursday, February 29 09:30 am - 11:00 am

Address: Mission Creek Regional Park

Link up with other caregivers and their little ones for weekly walks. These are winter outings, so bundle up and enjoy that fresh winter air! Afterwards, we'll gather inside the EECO for social time and refreshments.

Registration required. Follow website link below to register online.

<https://calendar.rdco.com>