

## Saturday, February 1, 2025

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### Winter watercolours

Date and Time: Saturday, February 1 10:00 am - 12:00 pm

Address: Mission Creek Regional Park (EECO)

Explore your artistic side with watercolours and create a one-of-a-kind nature-inspired card. No experience necessary. Art supplies provided. Cost: \$5/ person.

Registration required.

### Frosty February

Date and Time: Saturday, February 1 1:00 pm - 3:00 pm

Address: K.L.O. Creek Regional Park

Join a park interpreter for a series of guided hikes through regional parks, uncovering their winter wonders. Bundle up and explore snowy trails and frosty landscapes!

Registration required.

### Whoo's on the trail?

Date and Time: Saturday, February 1 5:00 pm - 7:00 pm

Address: Scenic Canyon Regional Park

Whoo's ready for a nighttime adventure? Join us as we hike the trails to spot owls and other nocturnal creatures. Explore the mysteries of the night and learn about the fascinating world of these incredible birds of prey.

Registration required.

## Tuesday, February 4, 2025

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### Winter walking club

Date and Time: Tuesday, February 4 9:00 am - 10:00 am

Address: Mission Creek Regional Park

Embrace the season and stay active with our Winter Walking Club! Join us for leisurely walks through local par

ks, and enjoy the crisp outdoors - all while meeting fellow nature lovers. Bundle up and walk with us this winter.

Registration required.

## Story time

Date and Time: Tuesday, February 4 10:00 am - 10:45 am

Address: Mission Creek Regional Park (EECO)

Embark on a weekly adventure with stories, crafts, songs and activities themed around nature for 3 - 5 year olds.

Drop-in program. Registration not required.

## Thursday, February 6, 2025

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### Roll and stroll

Date and Time: Thursday, February 6 10:00 am - 11:30 am

Address: Mission Creek Regional Park (EECO)

Caregivers and their little ones are invited to join our weekly walking group! Let's enjoy the outdoors together this winter and recharge in a supportive community. After the walk, we'll gather downstairs at the EECO for some social time.

Registration required.

## Saturday, February 8, 2025

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### Frosty February

Date and Time: Saturday, February 8 1:00 pm - 3:00 pm

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

Join a park interpreter for a series of guided hikes through regional parks, uncovering their winter wonders. Bundle up and explore snowy trails and frosty landscapes!

Registration required.

### The tea apothecary

Date and Time: Saturday, February 8 3:00 pm - 4:30 pm

Address: Mission Creek Regional Park (EECO)

Celebrate the season of love by discovering herbal tea blends that warm the heart and soothe the soul. Join our interpreters to explore local Okanagan plants that make perfect additions to your tea blends. Sample a variety of herbal teas, and create your unique blend to take home - a perfect treat for yourself or a loved one this Valentine's. Cost: \$5/person

Registration required. Click the link below to register.

## **Sunday, February 9, 2025**

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### **Superb OWL Sunday**

Date and Time: Sunday, February 9 5:00 pm - 7:00 pm

Address: Mission Creek Regional Park

Join us for Superb OWL Sunday where the real MVPs are the owls! Take a guided evening stroll through easy to moderate trails, keeping an eye out for these nocturnal birds of prey. It's a night of discovery you won't want to miss - no game day stress, just nature at its best!

Registration required.

## **Tuesday, February 11, 2025**

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### **Winter walking club**

Date and Time: Tuesday, February 11 9:00 am - 10:00 am

Address: Mission Creek Regional Park

Embrace the season and stay active with our Winter Walking Club! Join us for leisurely walks through local parks, and enjoy the crisp outdoors - all while meeting fellow nature lovers. Bundle up and walk with us this winter.

Registration required.

### **Story time**

Date and Time: Tuesday, February 11 10:00 am - 10:45 am

Address: Mission Creek Regional Park (EECO)

Embark on a weekly adventure with stories, crafts, songs and activities themed around nature for 3 - 5 year olds.

Drop-in program. Registration not required.

## Wednesday, February 12, 2025

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### Moonlight hike: Snow full moon

Date and Time: Wednesday, February 12 6:00 pm - 8:00 pm

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

Enjoy the mountains after dark. Our interpreters will take you on a journey to their favourite places to view the night sky, balancing city views with mountain wilderness.

Registration required.

## Thursday, February 13, 2025

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### Roll and stroll

Date and Time: Thursday, February 13 10:00 am - 11:30 am

Address: Mission Creek Regional Park (EECO)

Caregivers and their little ones are invited to join our weekly walking group! Let's enjoy the outdoors together this winter and recharge in a supportive community. After the walk, we'll gather downstairs at the EECO for some social time.

Registration required.

## Friday, February 14, 2025

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### Winter walk of love

Date and Time: Friday, February 14 10:00 am - 11:30 am

Address: Scenic Canyon Regional Park

Join us for a whimsical walk through nature as we explore the fascinating and often surprising mating rituals of animals. Discover how different species find their mates and celebrate love in the wild!

By registration.

### Winter walk of love

Date and Time: Friday, February 14 1:00 pm - 2:30 pm

Address: Scenic Canyon Regional Park

Join us for a whimsical walk through nature as we explore the fascinating and often surprising mating rituals of animals. Discover how different species find their mates and celebrate love in the wild!

By registration.

## **Saturday, February 15, 2025**

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### **Family nature walk**

Date and Time: Saturday, February 15 10:00 am - 11:30 am

Address: Mission Creek Regional Park

Join a park interpreter for a guided walk through Mission Creek Regional Park with your family, in celebration of Family Day weekend. Together we will explore the diverse habitats that create the park's unique ecosystems. Get up close to discover different tree species, listen to bird calls and appreciate the natural beauty that makes this park so special.

Registration required. Click the link below to register.

### **Frosty February**

Date and Time: Saturday, February 15 1:00 pm - 3:00 pm

Address: Mill Creek Regional Park

Join a park interpreter for a series of guided hikes through regional parks, uncovering their winter wonders. Bundle up and explore snowy trails and frosty landscapes!

Registration required.

## **Tuesday, February 18, 2025**

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### **Winter walking club**

Date and Time: Tuesday, February 18 9:00 am - 10:00 am

Address: Mission Creek Regional Park

Embrace the season and stay active with our Winter Walking Club! Join us for leisurely walks through local parks, and enjoy the crisp outdoors - all while meeting fellow nature lovers. Bundle up and walk with us this winter.

Registration required.

### **Story time**

Date and Time: Tuesday, February 18 10:00 am - 10:45 am

Address: Mission Creek Regional Park (EECO)

Embark on a weekly adventure with stories, crafts, songs and activities themed around nature for 3 - 5 year olds

Drop-in program. Registration not required.

## Wednesday, February 19, 2025

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### Night sky club

Date and Time: Wednesday, February 19 3:30 pm - 5:30 pm

Address: Mission Creek Regional Park

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.

This program runs for four weeks - each week will cover different content. Cost: \$40/person

Suited for ages 9 to 11.

Registration required. Click the link below to register.

## Thursday, February 20, 2025

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### Central Okanagan Regional Hospital District Board

Date and Time: Thursday, February 20 8:30 am

Address: Woodhaven boardroom - 1450 KLO Road



The Central Okanagan Regional Hospital District Board 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.

### Regular Board meeting

Date and Time: Thursday, February 20 9:30 am

Address: Woodhaven boardroom - 1450 KLO Road



The **Regional Board** meets regularly on select Thursdays. 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 20 10:00 am - 11:30 am

Address: Mission Creek Regional Park (EECO)

Caregivers and their little ones are invited to join our weekly walking group! Let's enjoy the outdoors together this winter and recharge in a supportive community. After the walk, we'll gather downstairs at the EECO for some social time.

Registration required.

## Saturday, February 22, 2025

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### Snow birding

Date and Time: Saturday, February 22 9:00 am - 11:00 am

Address: Mission Creek Regional Park

Some birds migrate, others brave the Canadian winter, altering their behaviour to survive the seasonal changes.

Registration required.

### Salmon Life Cycle: Monthly insights

Date and Time: Saturday, February 22 11:00 am - 12:00 pm

Address: Mission Creek Regional Park

Join us each month as we dive into the remarkable life cycle of kokanee salmon. Each year, thousands of these extraordinary fish journey from Okanagan Lake to their spawning grounds upstream. Explore the unique aspects of their life cycle and discover the challenges they face along the way. This program offers a closer look at these incredible fish and the critical role they play in our ecosystem. Don't miss the chance to uncover the fascinating

story of the kokanee salmon!

Registration required.

## **Frosty February**

Date and Time: Saturday, February 22 1:00 pm - 3:00 pm

Address: Glen Canyon Regional Park

Join a park interpreter for a series of guided hikes through regional parks, uncovering their winter wonders. Bundle up and explore snowy trails and frosty landscapes!

Registration required.

## **Sunday, February 23, 2025**

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### **Winter tracks and trails**

Date and Time: Sunday, February 23 1:00 am - 3:00 pm

Address: Trepanier Creek Greenway Regional Park

Winter brings a flurry of activity to regional parks! Uncover the hidden life all around you by learning to interpret the tracks and signs left by wildlife. Delve into the art of eco-tracking - discover why animals are in the area and what they're up to.

Registration required.

### **Winter tracks and trails**

Date and Time: Sunday, February 23 10:30 am - 12:30 pm

Address: Trepanier Creek Greenway Regional Park

Winter brings a flurry of activity to regional parks! Uncover the hidden life all around you by learning to interpret the tracks and signs left by wildlife. Delve into the art of eco-tracking - discover why animals are in the area and what they're up to.

Registration required.

## **Tuesday, February 25, 2025**

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### **Winter walking club**

Date and Time: Tuesday, February 25 9:00 am - 10:00 am



Address: Mission Creek Regional Park

Embrace the season and stay active with our Winter Walking Club! Join us for leisurely walks through local parks, and enjoy the crisp outdoors - all while meeting fellow nature lovers. Bundle up and walk with us this winter.

Registration required.

## Story time

Date and Time: Tuesday, February 25 10:00 am - 10:45 am

Address: Mission Creek Regional Park (EECO)

Embark on a weekly adventure with stories, crafts, songs and activities themed around nature for 3 - 5 year olds.

Drop-in program. Registration not required.

## Wednesday, February 26, 2025

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### Night sky club

Date and Time: Wednesday, February 26 3:30 pm - 5:30 pm

Address: Mission Creek Regional Park

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.

This program runs for four weeks - each week will cover different content. Cost: \$40/person

Suited for ages 9 to 11.

Registration required. Click the link below to register.

## Thursday, February 27, 2025

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### After the fire

Date and Time: Thursday, February 27 10:00 am - 11:30 pm

Address: Rose Valley Regional Park

Join us on a guided hike to explore how nature is healing after a wildfire. Learn about the resilience of the ecosystem, the signs of renewal, and how plants and wildlife thrive in recovery.

Registration required.

## Roll and stroll

Date and Time: Thursday, February 27 10:00 am - 11:30 am

Address: Mission Creek Regional Park (EECO)

Caregivers and their little ones are invited to join our weekly walking group! Let's enjoy the outdoors together this winter and recharge in a supportive community. After the walk, we'll gather downstairs at the EECO for some social time.

Registration required.

## After the fire

Date and Time: Thursday, February 27 3:00 pm - 4:00 pm

Address: Rose Valley Regional Park

Join us on a guided hike to explore how nature is healing after a wildfire. Learn about the resilience of the ecosystem, the signs of renewal, and how plants and wildlife thrive in recovery.

Registration required.

## Friday, February 28, 2025

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### Let's do fika!

Date and Time: Friday, February 28 10:00 am - 11:30 am

Address: Gellatly Nut Farm Regional Park

Celebrate winter the Scandinavian way with fika! Bundle up and join us for a guided winter walk to a cozy outdoor location where you can unwind with a hot beverage and tasty treat.

Registration required.

### Winter watercolours

Date and Time: Friday, February 28 10:00 am - 12:00 pm

Address: Mission Creek Regional Park (EECO)

Explore your artistic side with watercolours and create a one-of-a-kind nature-inspired card. No experience required - art supplies will be provided. Cost: \$5/person

Registration required.

