

Wednesday, May 1, 2024

Discover your parks

Date and Time: Wednesday, May 1 9:00 am - 11:00 am

Address: Goats Peak Regional Park

With spring comes exciting new ways to discover nature! Join a park interpreter on a guided hike, exploring regional parks and unveiling their secrets. Enjoy the trails!

Registration required. Click on the link below to register.

Tracks (Walking club)

Date and Time: Wednesday, May 1 9:00 am - 10:00 am

Address: Mission Creek Regional Park

Your Tracks walking leader will offer support and motivation to keep you moving in nature. This beginner walking program starts with short walks and slowly increases each week.

Registration required. Click the link to register.

Nature journaling

Date and Time: Wednesday, May 1 2:00 pm - 3:00 pm

Address: Kalamo Regional Park

Slow down and take time for yourself. Park interpreters will guide you on calming, creative tasks to help you connect with nature and be more mindful.

Registration required. Click the link below to register.

Thursday, May 2, 2024

Roll and stroll

Date and Time: Thursday, May 2 9:30 am - 11:00 am

Address: Mission Creek Regional Park

Caregivers and their little ones are invited to join our weekly walking group. Each week, we walk an easy trail t

through the park. Let's spend time together outdoors and recharge our batteries with a supportive community. Afterwards we gather inside the EECO for social time.

Saturday, May 4, 2024

Community Shredding Day

Date and Time: Saturday, May 4 9:00 am - 1:00 pm

Address: 1450 KLO Rd

Join us for our 8th annual community shredding event.

Saturday, May 4, 2024

9 a.m. to 1 p.m. (or earlier if the truck fills up)

Parking lot at RDCO office - 1450 KLO Road

\$10 per box of documents - maximum three boxes

Receipts issued on request for donations over \$20

Invasive weed pull with Friends of Woodhaven

Date and Time: Saturday, May 4 9:30 am - 12:00 pm

Address: Woodhaven Nature Conservancy Regional Park

Join the Friends of Woodhaven to learn about a few problem plants in the Central Okanagan and help to remove them from the park. By registration.

Bye-bye kokanee fry

Date and Time: Saturday, May 4 1:00 pm - 2:00 pm

Address: Mission Creek Regional Park

Become a kokanee salmon ambassador and help us say good-bye to the kokanee fry reared in the aquarium at the EECO. Register to learn more about these fish and help release them into the spawning channel.

Two afternoon sessions to choose from. Registration required. Click the link to register.

Bye-bye kokanee fry

Date and Time: Saturday, May 4 2:30 pm - 3:30 pm

Address: Mission Creek Regional Park

Become a kokanee salmon ambassador and help us say good-bye to the kokanee fry reared in the aquarium at the EECO. Register to learn more about these fish and help release them into the spawning channel.

Two afternoon sessions to choose from. Registration required. Click the link to register.

Monday, May 6, 2024

Tracks (Walking club)

Date and Time: Monday, May 6 9:00 am - 10:00 am

Address: Mission Creek Regional Park

Your Tracks walking leader will offer support and motivation to keep you moving in nature. This beginner walking program starts with short walks and slowly increases each week.

Registration required. Click the link to register.

Strength and mobility moves

Date and Time: Monday, May 6 10:00 am - 11:00 am

Address: Ellison Heritage Community Centre

Open up tight joints and strengthen muscles in this class designed to get you feeling good in your body! Expect a low impact, body weight workout with gains in strength, balance and proper movements and alignment. Come for the fun, music, energy and laughter all while working on the body! Participants are welcome to bring weights of their choice, and personal mat.

\$45/session (Choose from two sessions: April 15 - May 13 or May 27 - June 24)

Registration required. Click the link to register.

Community Connection Open House

Date and Time: Monday, May 6 4:00 pm - 6:30 pm

Address: Ellison Heritage Community Centre

Join RDCO staff to learn about our services and connect with your neighbours. Enjoy a BBQ hosted by your local fire department (by donation). A family friendly event with games for all ages.

Representatives from the following RDCO service areas will be available to provide information including:

- Waste Reduction
- Regional Emergency Program
- Fire
- Economic Development
- Finance
- Parks
- Protective Services (Bylaw, Dog Control, Crime Prevention)
- Development
- Engineering

Tuesday, May 7, 2024

Neighbourhood coffee social

Date and Time: Tuesday, May 7 10:00 am - 11:00 am

Address: Ellison Heritage Community Centre

Sharing coffee, tea and treats with new neighbours and acquaintances is a perfect way to leave winter hibernation behind. Come out into the sunshine and join us for some social time and refreshments.

Drop-in. Registration not required.

Story time

Date and Time: Tuesday, May 7 10:30 am - 11:15 am

Address: Mission Creek Regional Park (EECO)

Join our park interpreters for story time in the park with your 3 - 5 year olds. Each week, we will have a new nature theme with stories, crafts, songs and fun activities.

Drop-in program. Registration not required.

Tracks (Walking club)

Date and Time: Tuesday, May 7 1:00 pm - 2:00 pm

Address: Gellatly Nut Farm Regional Park

Your Tracks walking leader will offer support and motivation to keep you moving in nature. This beginner walking program starts with short walks and slowly increases each week.

Registration required. Click the link to register.

Community Connection Open House

Date and Time: Tuesday, May 7 4:00 pm - 6:30 pm

Address: Killiney Beach Community Hall

Join RDCO staff to learn about our services and connect with your neighbours. Enjoy a BBQ hosted by your local fire department (by donation). A family friendly event with games for all ages.

Representatives from the following RDCO service areas will be available to provide information including:

- Waste Reduction
- Regional Emergency Program
- Fire
- Economic Development
- Finance
- Parks
- Protective Services (Bylaw, Dog Control, Crime Prevention)
- Development
- Engineering

Restorative yoga - Session one

Date and Time: Tuesday, May 7 6:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

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

By registration. Click the link below to register.

Wednesday, May 8, 2024

Tracks (Walking club)

Date and Time: Wednesday, May 8 9:00 am - 10:00 am

Address: Mission Creek Regional Park

Your Tracks walking leader will offer support and motivation to keep you moving in nature. This beginner walking program starts with short walks and slowly increases each week.

Registration required. Click the link to register.

Community Connection Open House

Date and Time: Wednesday, May 8 4:00 pm - 6:30 pm

Address: Joe Rich Community Hall

Join RDCO staff to learn about our services and connect with your neighbours. Enjoy a BBQ hosted by your local fire department (by donation). A family friendly event with games for all ages.

Representatives from the following RDCO service areas will be available to provide information including:

- Waste Reduction
- Regional Emergency Program
- Fire
- Economic Development
- Finance

- Parks
- Protective Services (Bylaw, Dog Control, Crime Prevention)
- Development
- Engineering

Dance fitness

Date and Time: Wednesday, May 8 6:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

Revitalize your spring with dance and music in this high energy, joyful fitness class. You'll feel like a beaming ray of sunshine! Join Jessica Baynton of SHiNE fitness for one or both sessions.

\$45 per session/by registration.

Click the link to register.

Thursday, May 9, 2024

Roll and stroll

Date and Time: Thursday, May 9 9:30 am - 11:00 am

Address: Mission Creek Regional Park

Caregivers and their little ones are invited to join our weekly walking group. Each week, we walk an easy trail through the park. Let's spend time together outdoors and recharge our batteries with a supportive community. Afterwards we gather inside the EECO for social time.

Music mornings in the park

Date and Time: Thursday, May 9 10:30 am - 12:00 pm

Address: Mission Creek Regional Park

Come out to relax and enjoy a morning of music in the park! Bring your lawn chair and listen to toe tapping folk music performed by local talent, the Nice and Easy Duo.

Drop-in. Registration not required.

Saturday, May 11, 2024

Go Fish!

Date and Time: Saturday, May 11 10:00 am - 3:00 pm

Address: Mission Creek Regional Park (Hall Road entrance) and Shannon Lake Regional Park

Introduce youngsters to fishing! Hall Road Pond and Shannon Lake will be stocked with trout. Children can try fishing on weekends from May 11 until June 16. Staff will be on hand to teach fishing skills. No fishing licence is required for BC youth aged 15 years and under.

Discover your parks

Date and Time: Saturday, May 11 10:00 am - 12:00 pm

Address: Glen Canyon Regional Park

With spring comes exciting new ways to discover nature! Join a park interpreter on a guided hike, exploring regional parks and unveiling their secrets. Enjoy the trails!

Registration required. Click on the link below to register.

Peachland Recycling Depot Pop-Up

Date and Time: Saturday, May 11 10:00 am - 2:00 pm

Peachland Community Centre, 4450 6th Street, Peachland

For one day only, free of charge you can drop off your:

- Glass bottles and jars
- Styrofoam packaging (white or coloured)
- Plastic bags and overwrap
- Other flexible plastic packaging
- Electronics

*Household residential recycling only.

Explora con tu familia - los arboles

Date and Time: Saturday, May 11 3:30 pm - 4:30 pm

Address: Mission Creek Regional Park

Ven aprender sobre los arboles locales de nuestra región y los animales que dependen de ellos (delivered in Spanish).

Reunirse en el EECO.

Se requiere registro. Regístrese en el siguiente enlace.

Sunday, May 12, 2024

Spring flowers hike

Date and Time: Sunday, May 12 10:00 am - 11:30 am

Address: Scenic Canyon Regional Park

Along with the return of warmer weather come the first flowers of the year! Join us and explore the many wildflowers that bloom early in the season.

Registration required. Click the link below to register.

Go Fish!

Date and Time: Sunday, May 12 10:00 am - 3:00 pm

Address: Mission Creek Regional Park (Hall Road entrance) and Shannon Lake Regional Park

Introduce youngsters to fishing! Hall Road Pond and Shannon Lake will be stocked with trout. Children can try fishing on weekends from May 11 until June 16. Staff will be on hand to teach fishing skills. No fishing licence is required for BC youth aged 15 years and under.

Spring flowers hike

Date and Time: Sunday, May 12 12:30 pm - 2:00 pm

Address: Scenic Canyon Regional Park

Along with the return of warmer weather come the first flowers of the year! Join us and explore the many wildflowers that bloom early in the season.

Registration required. Click the link below to register.

Explora con tu familia - los arboles

Date and Time: Sunday, May 12 3:30 pm - 4:30 pm

Address: Mission Creek Regional Park

Ven aprender sobre los arboles locales de nuestra región y los animales que dependen de ellos (delivered in Spanish).

Reunirse en el EECO.

Se requiere registro. Regístrese en el siguiente enlace.

Monday, May 13, 2024

Tracks (Walking club)

Date and Time: Monday, May 13 9:00 am - 10:00 am

Address: Mission Creek Regional Park

Your Tracks walking leader will offer support and motivation to keep you moving in nature. This beginner walking program starts with short walks and slowly increases each week.

Registration required. Click the link to register.

Strength and mobility moves

Date and Time: Monday, May 13 10:00 am - 11:00 am

Address: Ellison Heritage Community Centre

Open up tight joints and strengthen muscles in this class designed to get you feeling good in your body! Expect a low impact, body weight workout with gains in strength, balance and proper movements and alignment. Come for the fun, music, energy and laughter all while working on the body! Participants are welcome to bring weights of their choice, and personal mat.

\$45/session (Choose from two sessions: April 15 - May 13 or May 27 - June 24)

Registration required. Click the link to register.

Tuesday, May 14, 2024

Story time

Date and Time: Tuesday, May 14 10:30 am - 11:15 am

Address: Mission Creek Regional Park (EECO)

Join our park interpreters for story time in the park with your 3 - 5 year olds. Each week, we will have a new nature theme with stories, crafts, songs and fun activities.

Drop-in program. Registration not required.

Tracks (Walking club)

Date and Time: Tuesday, May 14 1:00 pm - 2:00 pm

Address: Gellatly Nut Farm Regional Park

Your Tracks walking leader will offer support and motivation to keep you moving in nature. This beginner walking program starts with short walks and slowly increases each week.

Registration required. Click the link to register.

Wednesday, May 15, 2024

Tracks (Walking club)

Date and Time: Wednesday, May 15 9:00 am - 10:00 am

Address: Mission Creek Regional Park

Your Tracks walking leader will offer support and motivation to keep you moving in nature. This beginner walking program starts with short walks and slowly increases each week.

Registration required. Click the link to register.

Dance fitness

Date and Time: Wednesday, May 15 6:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

Revitalize your spring with dance and music in this high energy, joyful fitness class. You'll feel like a beaming ray of sunshine! Join Jessica Baynton of SHiNE fitness for one or both sessions.

\$45 per session/by registration.

Click the link to register.

Thursday, May 16, 2024

Roll and stroll

Date and Time: Thursday, May 16 9:30 am - 11:00 am

Address: Mission Creek Regional Park

Caregivers and their little ones are invited to join our weekly walking group. Each week, we walk an easy trail through the park. Let's spend time together outdoors and recharge our batteries with a supportive community. Afterwards we gather inside the EECO for social time.

Discover your parks

Date and Time: Thursday, May 16 10:00 am - 1:00 pm

Address: Goats Peak Regional Park

With spring comes exciting new ways to discover nature! Join a park interpreter on a guided hike, exploring regional parks and unveiling their secrets. Enjoy the trails!

Registration required. Click on the link below to register.

Nature journaling

Date and Time: Thursday, May 16 2:00 pm - 3:00 pm

Address: Kalamo Regional Park

Slow down and take time for yourself. Park interpreters will guide you on calming, creative tasks to help you connect with nature and be more mindful.

Registration required. Click the link below to register.

Friday, May 17, 2024

Music mornings in the park

Date and Time: Friday, May 17 10:30 am - 12:00 pm

Address: Kaloya Regional Park

Come out to relax and enjoy a morning of music in the park! Bring your lawn chair and listen to toe tapping folk music performed by local talent, the Nice and Easy Duo.

Drop-in. Registration not required.

Watercolour creations - spring flowers

Date and Time: Friday, May 17 1:00 pm - 2:30 pm

Address: Kaloya Regional Park

Spring will soon be in bloom - let's celebrate it!

Registration required. Click the link below to register.

Saturday, May 18, 2024

Go Fish!

Date and Time: Saturday, May 18 10:00 am - 3:00 pm

Address: Mission Creek Regional Park (Hall Road entrance) and Shannon Lake Regional Park

Introduce youngsters to fishing! Hall Road Pond and Shannon Lake will be stocked with trout. Children can try fishing on weekends from May 11 until June 16. Staff will be on hand to teach fishing skills. No fishing licence is required for BC youth aged 15 years and under.

Sunday, May 19, 2024

Go Fish!

Date and Time: Sunday, May 19 10:00 am - 3:00 pm

Address: Mission Creek Regional Park (Hall Road entrance) and Shannon Lake Regional Park

Introduce youngsters to fishing! Hall Road Pond and Shannon Lake will be stocked with trout. Children can try fishing on weekends from May 11 until June 16. Staff will be on hand to teach fishing skills. No fishing licence is required for BC youth aged 15 years and under.

All about bears

Date and Time: Sunday, May 19 1:30 pm - 3:30 pm

Address: Mission Creek Regional Park (EECO)

BC is often referred to as bear country due to its large population of bears. We are lucky to share the land with these beautiful creatures. Come learn fascinating facts about bears, so we are better able to coexist with them. An art activity is included in the workshop. An interpreter-led opportunity for adults (16+).

Registration required. Click the link below to register.

Into the Dark Hike (Meadowlark Nature Festival)

Date and Time: Sunday, May 19 8:00 pm - 11:00 pm

Address: Johns Family Nature Conservancy Regional Park

The Meadowlark Nature Festival returns to the Valley May 16 - 20, 2024. Join us for "Into the Dark" and RDC O parks-led program.

Visit the festival link below for details and registration.

Monday, May 20, 2024

Holiday office closure

Date and Time: Monday, May 20 8:00 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.

Tracks (Walking club)

Date and Time: Monday, May 20 9:00 am - 10:00 am

Address: Mission Creek Regional Park

Your Tracks walking leader will offer support and motivation to keep you moving in nature. This beginner walking program starts with short walks and slowly increases each week.

Registration required. Click the link to register.

Tuesday, May 21, 2024

Story time

Date and Time: Tuesday, May 21 10:30 am - 11:15 am

Address: Mission Creek Regional Park (EECO)

Join our park interpreters for story time in the park with your 3 - 5 year olds. Each week, we will have a new nature theme with stories, crafts, songs and fun activities.

Drop-in program. Registration not required.

Tracks (Walking club)

Date and Time: Tuesday, May 21 1:00 pm - 2:00 pm

Address: Gellatly Nut Farm Regional Park

Your Tracks walking leader will offer support and motivation to keep you moving in nature. This beginner walking program starts with short walks and slowly increases each week.

Registration required. Click the link to register.

Wednesday, May 22, 2024

Tracks (Walking club)

Date and Time: Wednesday, May 22 9:00 am - 10:00 am

Address: Mission Creek Regional Park

Your Tracks walking leader will offer support and motivation to keep you moving in nature. This beginner walking program starts with short walks and slowly increases each week.

Registration required. Click the link to register.

Thursday, May 23, 2024

Regional Board

Date and Time: Thursday, May 23 8:30 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, May 23 9:30 am - 11:00 am

Address: Mission Creek Regional Park

Caregivers and their little ones are invited to join our weekly walking group. Each week, we walk an easy trail through the park. Let's spend time together outdoors and recharge our batteries with a supportive community. Afterwards we gather inside the EECO for social time.

Saturday, May 25, 2024

Discover your parks

Date and Time: Saturday, May 25 10:00 am - 12:00 pm

Address: Johns Family Nature Conservancy Regional Park

With spring comes exciting new ways to discover nature! Join a park interpreter on a guided hike, exploring regional parks and unveiling their secrets. Enjoy the trails!

Registration required. Click on the link below to register.

Go Fish!

Date and Time: Saturday, May 25 10:00 am - 3:00 pm

Address: Mission Creek Regional Park (Hall Road entrance) and Shannon Lake Regional Park

Introduce youngsters to fishing! Hall Road Pond and Shannon Lake will be stocked with trout. Children can try fishing on weekends from May 11 until June 16. Staff will be on hand to teach fishing skills. No fishing licence is required for BC youth aged 15 years and under.

Lake Country Recycling Depot Pop-Up

Date and Time: Saturday, May 25 10:00 am - 2:00 pm

Corner of Main Street & Hill Road, Lake Country

For one day only, free of charge you can drop off your:

- Glass bottles and jars
- Styrofoam packaging (white or coloured)
- Plastic bags and overwrap
- Other flexible plastic packaging
- Electronics

*Household residential recycling only.

Sunday, May 26, 2024

Go Fish!

Date and Time: Sunday, May 26 10:00 am - 3:00 pm

Address: Mission Creek Regional Park (Hall Road entrance) and Shannon Lake Regional Park

Introduce youngsters to fishing! Hall Road Pond and Shannon Lake will be stocked with trout. Children can try fishing on weekends from May 11 until June 16. Staff will be on hand to teach fishing skills. No fishing licence is required for BC youth aged 15 years and under.

Monday, May 27, 2024

Tracks (Walking club)

Date and Time: Monday, May 27 9:00 am - 10:00 am

Address: Mission Creek Regional Park

Your Tracks walking leader will offer support and motivation to keep you moving in nature. This beginner walking program starts with short walks and slowly increases each week.

Registration required. Click the link to register.

Strength and mobility moves

Date and Time: Monday, May 27 10:00 am - 11:00 am

Address: Ellison Heritage Community Centre

Open up tight joints and strengthen muscles in this class designed to get you feeling good in your body! Expect a low impact, body weight workout with gains in strength, balance and proper movements and alignment. Come for the fun, music, energy and laughter all while working on the body! Participants are welcome to bring weights of their choice, and personal mat.

\$45/session (Choose from two sessions: April 15 - May 13 or May 27 - June 24)

Registration required. Click the link to register.

Bridging generations walk

Date and Time: Monday, May 27 10:15 am - 11:15 am

Address: Mission Creek Regional Park

Calling all seniors! Join us for a new and exciting walking program with fresh air, gentle physical exercise and community connections. This volunteer-led walk brings students and seniors together for a walk along Mission Creek Greenway on a flat 2km trail.

Registration required. Click the link below to register.

Tuesday, May 28, 2024

Story time

Date and Time: Tuesday, May 28 10:30 am - 11:15 am

Address: Mission Creek Regional Park (EECO)

Join our park interpreters for story time in the park with your 3 - 5 year olds. Each week, we will have a new nature theme with stories, crafts, songs and fun activities.

Drop-in program. Registration not required.

Tracks (Walking club)

Date and Time: Tuesday, May 28 1:00 pm - 2:00 pm

Address: Gellatly Nut Farm Regional Park

Your Tracks walking leader will offer support and motivation to keep you moving in nature. This beginner walking program starts with short walks and slowly increases each week.

Registration required. Click the link to register.

Wednesday, May 29, 2024

Tracks (Walking club)

Date and Time: Wednesday, May 29 9:00 am - 10:00 am

Address: Mission Creek Regional Park

Your Tracks walking leader will offer support and motivation to keep you moving in nature. This beginner walking program starts with short walks and slowly increases each week.

Registration required. Click the link to register.

Dance fitness (Session two)

Date and Time: Wednesday, May 29 6:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

Revitalize your spring with dance and music in this high energy, joyful fitness class. You'll feel like a beaming ray of sunshine! Join Jessica Baynton of SHiNE fitness for one or both sessions.

\$45 per session/by registration.

Click the link to register.

Thursday, May 30, 2024

Roll and stroll

Date and Time: Thursday, May 30 9:30 am - 11:00 am

Address: Mission Creek Regional Park

Caregivers and their little ones are invited to join our weekly walking group. Each week, we walk an easy trail through the park. Let's spend time together outdoors and recharge our batteries with a supportive community. Afterwards we gather inside the EECO for social time.

Discover your parks

Date and Time: Thursday, May 30 10:00 am - 1:00 pm

Address: Goats Peak Regional Park

With spring comes exciting new ways to discover nature! Join a park interpreter on a guided hike, exploring regional parks and unveiling their secrets. Enjoy the trails!

Registration required. Click on the link below to register.

Bridging generations walk

Date and Time: Thursday, May 30 10:15 am - 11:15 am

Address: Mission Creek Regional Park

Calling all seniors! Join us for a new and exciting walking program with fresh air, gentle physical exercise and community connections. This volunteer-led walk brings students and seniors together for a walk along Mission Creek Greenway on a flat 2km trail.

Registration required. Click the link below to register.

Nature journaling

Date and Time: Thursday, May 30 2:00 pm - 3:00 pm

Address: Kalamo Regional Park

Slow down and take time for yourself. Park interpreters will guide you on calming, creative tasks to help you connect with nature and be more mindful.

Registration required. Click the link below to register.

<https://calendar.rdco.com>