

Tuesday, October 1, 2024

Story time

Date and Time: Tuesday, October 1 10:30 am - 11:15 am

Address: Mission Creek Regional Park (RHEECO)

Nature tales: 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.

Tracks

Date and Time: Tuesday, October 1 1:00 pm - 2:00 pm

Address: Gellatly Nut Farm Regional Park

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

Registration required.

Gentle yoga

Date and Time: Tuesday, October 1 6:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

Join us for a gentle yoga class suitable for all abilities. Experience a soothing Yoga Nidra session with Paula Morrison, featuring easy stretching and mindful movement to help you unwind at the end of your day.

\$45 per session.

Registration required.

Wednesday, October 2, 2024

Tracks

Date and Time: Wednesday, October 2 9:00 am - 10:00 am

Address: Mission Creek Regional Park

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

No program October 14.

Registration required.

Discover your parks

Date and Time: Wednesday, October 2 10:00 am - 12:00 pm

Address: Scenic Canyon Regional Park

Embrace autumn with new ways to explore nature! Join a park interpreter for a guided hike, uncovering the hidden secrets of regional parks. Enjoy the trails!

Registration required.

Dance fitness (SHiNE)

Date and Time: Wednesday, October 2 6:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

Revitalize your autumn with dance and music in this high-energy, joyful fitness class that will leave you glowing with positivity! Join Jessica Baynton of SHiNE Fitness for one or both sessions at \$45 per session. Drop-ins are welcome for \$10 per class (cash only).

Registration required.

Thursday, October 3, 2024

Roll and stroll

Date and Time: Thursday, October 3 9:30 am - 11:00 am

Address: Mission Creek Regional Park

Caregivers and their little ones are invited to join our weekly walking group. Let's spend time together outdoors this fall recharging within a supportive community. After the walk, we gather downstairs at the EECO for social time.

By registration.

Discover your parks

Date and Time: Thursday, October 3 10:00 am - 12:00 pm

Address: Hardy Falls Regional Park

Embrace autumn with new ways to explore nature! Join a park interpreter for a guided hike, uncovering the hidden secrets of regional parks. Enjoy the trails!

Registration required.

Saturday, October 5, 2024

Nut harvest celebration

Date and Time: Saturday, October 5 10:30 am - 2:30 pm

Address: Gellatly Nut Farm Regional Park, 2375 Whitworth Rd, West Kelowna, BC V4T 2K3

Bring on the nuts! Celebrate the autumn harvest at B.C.'s oldest working nut farm. Enjoy live entertainment, demonstrations and activities for the whole family. Stroll the century-old nut orchard and gather walnuts, chestnuts, hazelnuts, and more.

Let's examine salmon

Date and Time: Saturday, October 5 11:00 am - 3:00 pm

Address: Hardy Falls Regional Park

Join us to explore the remarkable lifecycle of kokanee salmon. Every year, thousands journey from Okanagan Lake to their spawning grounds upstream. Take a closer look at these extraordinary fish and uncover the unique aspects that make them so special.

This drop-in program is open to all ages.

Let's examine salmon

Date and Time: Saturday, October 5 11:00 am - 3:00 pm

Address: Mission Creek Regional Park

Join us to explore the remarkable lifecycle of kokanee salmon. Every year, thousands journey from Okanagan Lake to their spawning grounds upstream. Take a closer look at these extraordinary fish and uncover the unique aspects that make them so special.

This drop-in program is open to all ages.

Sunday, October 6, 2024

Let's examine salmon

Date and Time: Sunday, October 6 11:00 am - 3:00 pm

Address: Mission Creek Regional Park

Join us to explore the remarkable lifecycle of kokanee salmon. Every year, thousands journey from Okanagan Lake to their spawning grounds upstream. Take a closer look at these extraordinary fish and uncover the unique aspects that make them so special.

This drop-in program is open to all ages.

Let's examine salmon

Date and Time: Sunday, October 6 11:00 am - 3:00 pm

Address: Hardy Falls Regional Park

Join us to explore the remarkable lifecycle of kokanee salmon. Every year, thousands journey from Okanagan Lake to their spawning grounds upstream. Take a closer look at these extraordinary fish and uncover the unique aspects that make them so special.

This drop-in program is open to all ages.

Monday, October 7, 2024

Tracks

Date and Time: Monday, October 7 9:00 am - 10:00 am

Address: Mission Creek Regional Park

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

No program October 14.

Registration required.

The masked bandits

Date and Time: Monday, October 7 7:30 pm - 9:00 pm

Address: Woodhaven Nature Conservancy Regional Park

It's spooky season! Join us for a family-friendly nature walk and learn about animals that are masters of disguise!

Registration required.

Tuesday, October 8, 2024

Story time

Date and Time: Tuesday, October 8 10:30 am - 11:15 am

Address: Mission Creek Regional Park (RHEECO)

Nature tales: 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.

Tracks

Date and Time: Tuesday, October 8 1:00 pm - 2:00 pm

Address: Gellatly Nut Farm Regional Park

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

Registration required.

Gentle yoga

Date and Time: Tuesday, October 8 6:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

Join us for a gentle yoga class suitable for all abilities. Experience a soothing Yoga Nidra session with Paula Morrison, featuring easy stretching and mindful movement to help you unwind at the end of your day.

\$45 per session.

Registration required.

Wednesday, October 9, 2024

Tracks

Date and Time: Wednesday, October 9 9:00 am - 10:00 am

Address: Mission Creek Regional Park

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

No program October 14.

Registration required.

Discover your parks

Date and Time: Wednesday, October 9 10:00 am - 12:00 pm

Address: Scenic Canyon Regional Park

Embrace autumn with new ways to explore nature! Join a park interpreter for a guided hike, uncovering the hidden secrets of regional parks. Enjoy the trails!

Registration required.

Stretch and connect

Date and Time: Wednesday, October 9 10:00 am - 12:00 pm

Address: Ellison Heritage Community Centre

This rejuvenating Chair Yoga session is designed to enhance flexibility, relaxation and overall well-being, making it ideal for all fitness and mobility levels. Supported by a chair, participants will engage in gentle stretches and mindful breathing. Following the yoga practice, enjoy a delightful coffee social and connect with fellow participants.

Registration required.

Dance fitness (SHiNE)

Date and Time: Wednesday, October 9 6:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

Revitalize your autumn with dance and music in this high-energy, joyful fitness class that will leave you glowing with positivity! Join Jessica Baynton of SHiNE Fitness for one or both sessions at \$45 per session. Drop-ins are welcome for \$10 per class (cash only).

Registration required.

Thursday, October 10, 2024

Committee of the Whole

Date and Time: Thursday, October 10 8:30 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 post

ed 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, October 10 9:30 am - 11:00 am

Address: Mission Creek Regional Park

Caregivers and their little ones are invited to join our weekly walking group. Let's spend time together outdoors this fall recharging within a supportive community. After the walk, we gather downstairs at the EECO for social time.

By registration.

Discover your parks

Date and Time: Thursday, October 10 10:00 am - 12:00 pm

Address: Hardy Falls Regional Park

Embrace autumn with new ways to explore nature! Join a park interpreter for a guided hike, uncovering the hidden secrets of regional parks. Enjoy the trails!

Registration required.

Gellatly Nut Farm guided walks

Date and Time: Thursday, October 10 10:00 am - 11:00 am

Address: Gellatly Nut Farm Regional Park

Discover the history and heritage of B.C.'s oldest working nut farm, including insights into the Gellatly family. Enjoy a behind-the-scenes look at the nut harvest process.

Registration required for a session as follows:

Oct. 10: 10:00 AM to 11:00 AM, 11:30 AM to 12:30 PM

Gellatly Nut Farm guided walks

Date and Time: Thursday, October 10 11:30 am - 12:30 pm

Address: Gellatly Nut Farm Regional Park

Discover the history and heritage of B.C.'s oldest working nut farm, including insights into the Gellatly family. Enjoy a behind-the-scenes look at the nut harvest process.

Registration required for a session as follows:

Oct. 10: 10:00 AM to 11:00 AM, 11:30 AM to 12:30 PM

Saturday, October 12, 2024

Peachland Recycling Depot Pop-Up

Date and Time: Saturday, October 12 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.

Let's examine salmon

Date and Time: Saturday, October 12 11:00 am - 3:00 pm

Address: Hardy Falls Regional Park

Join us to explore the remarkable lifecycle of kokanee salmon. Every year, thousands journey from Okanagan Lake to their spawning grounds upstream. Take a closer look at these extraordinary fish and uncover the unique aspects that make them so special.

This drop-in program is open to all ages.

Let's examine salmon

Date and Time: Saturday, October 12 11:00 am - 3:00 pm

Address: Mission Creek Regional Park

Join us to explore the remarkable lifecycle of kokanee salmon. Every year, thousands journey from Okanagan Lake to their spawning grounds upstream. Take a closer look at these extraordinary fish and uncover the unique aspects that make them so special.

This drop-in program is open to all ages.

The tea apothecary

Date and Time: Saturday, October 12 3:30 pm - 5:00 pm

Address: Mission Creek Regional Park (EECO)

Discover the joy of growing your own herbal tea garden and explore the Okanagan plants that can enhance your tea blends! Join our interpreters to learn about local plants, sample a variety of herbal tea blends, and create your own blend to take home.

\$5 per person. Registration required.

Sunday, October 13, 2024

Let's examine salmon

Date and Time: Sunday, October 13 11:00 am - 3:00 pm

Address: Mission Creek Regional Park

Join us to explore the remarkable lifecycle of kokanee salmon. Every year, thousands journey from Okanagan Lake to their spawning grounds upstream. Take a closer look at these extraordinary fish and uncover the unique aspects that make them so special.

This drop-in program is open to all ages.

Let's examine salmon

Date and Time: Sunday, October 13 11:00 am - 3:00 pm

Address: Hardy Falls Regional Park

Join us to explore the remarkable lifecycle of kokanee salmon. Every year, thousands journey from Okanagan Lake to their spawning grounds upstream. Take a closer look at these extraordinary fish and uncover the unique aspects that make them so special.

This drop-in program is open to all ages.

Monday, October 14, 2024

Holiday office closure

Date and Time: Monday, October 14 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.

Tuesday, October 15, 2024

Story time

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

Address: Mission Creek Regional Park (RHEECO)

Nature tales: 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.

Tracks

Date and Time: Tuesday, October 15 1:00 pm - 2:00 pm

Address: Gellatly Nut Farm Regional Park

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

Registration required.

Wednesday, October 16, 2024

Tracks

Date and Time: Wednesday, October 16 9:00 am - 10:00 am

Address: Mission Creek Regional Park

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

No program October 14.

Registration required.

Thursday, October 17, 2024

Roll and stroll

Date and Time: Thursday, October 17 9:30 am - 11:00 am

Address: Mission Creek Regional Park

Caregivers and their little ones are invited to join our weekly walking group. Let's spend time together outdoors this fall recharging within a supportive community. After the walk, we gather downstairs at the EECO for social time.

By registration.

Wonders of the night sky

Date and Time: Thursday, October 17 6:00 pm - 8:00 pm

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

Experience the beauty of the night sky on a guided interpretive hike. Marvel at the wonders of the night sky.

Registration required.

Saturday, October 19, 2024

Friends of Woodhaven fuel mitigation project

Date and Time: Saturday, October 19 9:30 am - 12:30 pm

Address: Woodhaven Nature Conservancy Regional Park

Join the Friends of Woodhaven for a fire fuel mitigation project. Branches and woody debris will be removed and chipped.

By registration.

Gellatly heritage tour

Date and Time: Saturday, October 19 10:00 am - 1:30 pm

Address: Gellatly Heritage Regional Park

Step back in time on a tour of Gellatly Heritage Regional Park and cemetery. Discover the stories behind the names, dates, and buildings in the park, bringing to life the history of the people who once lived here.

Registration required to attend one of two sessions: 10:00 AM to 11:30 AM or 12:00 PM to 1:30 PM

Geology of the Okanagan

Date and Time: Saturday, October 19 12:00 pm - 2:00 pm

Address: Scenic Canyon Regional Park

Explore the fascinating world of geology at Scenic Canyon Regional Park. Discover unique geological formations and learn about the extraordinary events that shaped the Okanagan Valley as it exists today.

Registration required.

Sunday, October 20, 2024

Shore spawning kokanee

Date and Time: Sunday, October 20 9:30 am - 11:00 am

Address: Bertram Creek Regional Park

Did you know large numbers of kokanee salmon spawn every fall along the shores of Okanagan Lake? Join a park interpreter to learn about the kokanee that prefer the lake over rivers and creeks.

Registration required.

Monday, October 21, 2024

Tracks

Date and Time: Monday, October 21 9:00 am - 10:00 am

Address: Mission Creek Regional Park

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

No program October 14.

Registration required.

Electoral Area Service Committee

Date and Time: Monday, October 21 1:30 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

I 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.

Tuesday, October 22, 2024

Story time

Date and Time: Tuesday, October 22 10:30 am - 11:15 am

Address: Mission Creek Regional Park (RHEECO)

Nature tales: 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.

Tracks

Date and Time: Tuesday, October 22 1:00 pm - 2:00 pm

Address: Gellatly Nut Farm Regional Park

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

Registration required.

Gentle yoga

Date and Time: Tuesday, October 22 6:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

Join us for a gentle yoga class suitable for all abilities. Experience a soothing Yoga Nidra session with Paula Morrison, featuring easy stretching and mindful movement to help you unwind at the end of your day.

\$45 per session.

Registration required.

Wednesday, October 23, 2024

Tracks

Date and Time: Wednesday, October 23 9:00 am - 10:00 am

Address: Mission Creek Regional Park

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

No program October 14.

Registration required.

Stretch and connect

Date and Time: Wednesday, October 23 10:00 am - 12:00 pm

Address: Ellison Heritage Community Centre

This rejuvenating Chair Yoga session is designed to enhance flexibility, relaxation and overall well-being, making it ideal for all fitness and mobility levels. Supported by a chair, participants will engage in gentle stretches and mindful breathing. Following the yoga practice, enjoy a delightful coffee social and connect with fellow participants.

Registration required.

Dance fitness (SHiNE)

Date and Time: Wednesday, October 23 6:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

Revitalize your autumn with dance and music in this high-energy, joyful fitness class that will leave you glowing with positivity! Join Jessica Baynton of SHiNE Fitness for one or both sessions at \$45 per session. Drop-ins are welcome for \$10 per class (cash only).

Registration required.

Thursday, October 24, 2024

Regional Board

Date and Time: Thursday, October 24 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, October 24 9:30 am - 11:00 am

Address: Mission Creek Regional Park

Caregivers and their little ones are invited to join our weekly walking group. Let's spend time together outdoors this fall recharging within a supportive community. After the walk, we gather downstairs at the EECO for social time.

By registration.

Central Okanagan Regional Hospital District Board

Date and Time: Thursday, October 24 1:00 pm

Address: Woodhaven boardroom - 1450 KLO Road

The Central Okanagan Regional Hospital District Board 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.

Carve and craft pumpkin workshop

Date and Time: Thursday, October 24 3:30 pm - 5:30 pm

Address: Mission Creek Regional Park

Help us gear up for our Spooktacular event by joining us for a fun pumpkin carving session! We'll provide the pumpkins and carving tools—just bring your creativity. Feel free to leave the mess and your carved pumpkin with us; we'll take care of the cleanup. Your spooky creations will help illuminate our pumpkin trail and add to the Halloween excitement. Let's get creative and enjoy some festive fun together! Boo!

Registration required.

Saturday, October 26, 2024

Lake Country Recycling Depot Pop-Up

Date and Time: Saturday, October 26 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.

Lunch on the go: Crafting meals to go

Date and Time: Saturday, October 26 1:00 pm - 4:00 pm

Address: Ellison Heritage Community Centre

Review the components of a healthy, balanced lunch the whole family can enjoy with registered holistic nutritionist Kirsten Olsen! Learn easy and efficient meal prep strategies to make your week easier. Each participant will leave with a delicious mason jar salad and a recipe for homemade energy bars.

\$35 per person.

Registration required.

Spooktacular

Date and Time: Saturday, October 26 5:00 pm - 8:00 pm

Address: Mission Creek Regional Park, 2363 Springfield Road, Kelowna, BC

Join us for a ghoulishly good time! Dress up in your Halloween costume and take a festive walk through the trails to admire all the creatively carved pumpkins lighting the way.

Spooktacular pumpkin drop-off: We invite you to drop off your carved pumpkin at the Leckie Road entrance between 11:00 a.m. and 3:00 p.m. to be showcased on park trails during the Spooktacular event. We'll be awarding prizes for the funniest, cutest, scariest and most original design will be awarded.

We look forward to celebrating Halloween with you!

See more park programs in the Parks Guide: rdco.com/parksguide

Sunday, October 27, 2024

Geology of the Okanagan

Date and Time: Sunday, October 27 12:00 pm - 2:00 pm

Address: Scenic Canyon Regional Park

Explore the fascinating world of geology at Scenic Canyon Regional Park. Discover unique geological formations and learn about the extraordinary events that shaped the Okanagan Valley as it exists today.

Registration required.

Monday, October 28, 2024

Tracks

Date and Time: Monday, October 28 9:00 am - 10:00 am

Address: Mission Creek Regional Park

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

No program October 14.

Registration required.

Tuesday, October 29, 2024

Story time

Date and Time: Tuesday, October 29 10:30 am - 11:15 am

Address: Mission Creek Regional Park (RHEECO)

Nature tales: 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.

Tracks

Date and Time: Tuesday, October 29 1:00 pm - 2:00 pm

Address: Gellatly Nut Farm Regional Park

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

Registration required.

The masked bandits

Date and Time: Tuesday, October 29 3:30 pm - 5:00 pm

Address: Scenic Canyon Regional Park

It's spooky season! Join us for a family-friendly nature walk and learn about animals that are masters of disguise!

Registration required.

Gentle yoga

Date and Time: Tuesday, October 29 6:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

Join us for a gentle yoga class suitable for all abilities. Experience a soothing Yoga Nidra session with Paula Morrison, featuring easy stretching and mindful movement to help you unwind at the end of your day.

\$45 per session.

Registration required.

Wednesday, October 30, 2024

Tracks

Date and Time: Wednesday, October 30 9:00 am - 10:00 am

Address: Mission Creek Regional Park

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

No program October 14.

Registration required.

The masked bandits

Date and Time: Wednesday, October 30 3:30 pm - 5:00 pm

Address: Woodhaven Nature Conservancy Regional Park

It's spooky season! Join us for a family-friendly nature walk and learn about animals that are masters of disguise!

Registration required.

Dance fitness (SHiNE)

Date and Time: Wednesday, October 30 6:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

Revitalize your autumn with dance and music in this high-energy, joyful fitness class that will leave you glowing with positivity! Join Jessica Baynton of SHiNE Fitness for one or both sessions at \$45 per session. Drop-ins

are welcome for \$10 per class (cash only).

Registration required.

Thursday, October 31, 2024

Roll and stroll

Date and Time: Thursday, October 31 9:30 am - 11:00 am

Address: Mission Creek Regional Park

Caregivers and their little ones are invited to join our weekly walking group. Let's spend time together outdoors this fall recharging within a supportive community. After the walk, we gather downstairs at the EECO for social time.

By registration.

<https://calendar.rdco.com>