

## Saturday, November 2, 2024

---

### Discover your parks

Date and Time: Saturday, November 2 10:00 am - 12:00 pm

Address: sntsk'il'ntən - Black Mountain 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.

### Inspired by nature: watercolour edition

Date and Time: Saturday, November 2 10:00 am - 12:00 pm

Address: Mission Creek Regional Park

Saturday, November 2: **Waxwings and Chickadees:** Explore the art of painting these charming birds while discovering fascinating facts about their unique characteristics. Join us for a creative session where you'll learn about waxwings and chickadees and try your hand at capturing their beauty on canvas.

Saturday, November 16: **Magpies and Ravens:** Discover the art of painting magpies and ravens while learning intriguing facts about what makes these birds unique. Join us for a creative session where you'll have the opportunity to bring these fascinating birds to life on canvas.

Saturday, November 30: **Winter Landscapes:** Immerse yourself in the beauty of our seasonal landscapes, from frozen creeks to snow-dusted forests. Discover how the serene winter scenery can inspire your creativity. Join us for a session where you'll explore these captivating vistas and express their beauty through your art.

Registration required.

## Sunday, November 3, 2024

---

### Geology of the Okanagan

Date and Time: Sunday, November 3 1:30 pm - 3:30 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, November 4, 2024

---

### Tracks

Date and Time: Monday, November 4 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, November 5, 2024

---

### Story time

Date and Time: Tuesday, November 5 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, November 5 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, November 5 6:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

Join us for a gentle yoga class suitable for all abilities. Experience soothing Yoga Nidra with Paula Morrison, f

eaturing easy stretching and mindful movement to help you unwind at the end of your day.

\$45 for the series.

Registration required.

## **Wednesday, November 6, 2024**

---

### **Tracks**

Date and Time: Wednesday, November 6 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, November 6 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.

### **Night Sky Club for Young Explorers**

Date and Time: Wednesday, November 6 3:30 pm - 5:00 pm

Address: Mission Creek Regional Park

Did you know we have a nocturnal preserve in the Central Okanagan? Join our exciting 4-week program designed for youth ages 9 to 12 and become a night expert! You'll explore the secrets of nighttime wildlife, from animals to birds that thrive in the dark. Each week introduces new adventures, including learning to read star charts, playing fun outdoor games, and creating arts and crafts inspired by the night sky. With a different focus each week, this program promises a fresh and engaging experience every time.

Registration required.

### **Dance fitness (SHiNE)**

Date and Time: Wednesday, November 6 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, November 7, 2024**

---

### **Roll and stroll**

Date and Time: Thursday, November 7 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.

## **Friday, November 8, 2024**

---

### **Discover your parks**

Date and Time: Friday, November 8 10:00 am - 12:00 pm

Address: Glen 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.

## **Saturday, November 9, 2024**

---

### **Saucy creations: Mastering sauces and dressings**

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

Address: Ellison Heritage Community Centre

Learn how to make easy, delicious, and healthy sauces and dressings from scratch to enjoy at home or share with others! With help from registered holistic nutritionist, Kristen Olsen, make homemade BBQ sauces, vinaigrettes, creamy avocado dressings and tomato basil sauces. Each participant will take home a BBQ sauce and salad dressing.

\$35 per person.

Registration required.

## The tea apothecary

Date and Time: Saturday, November 9 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.

## Monday, November 11, 2024

---

### Holiday office closure

Date and Time: Monday, November 11 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](https://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, November 12, 2024

---

### Story time

Date and Time: Tuesday, November 12 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.

## Gentle yoga

Date and Time: Tuesday, November 12 6:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

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

\$45 for the series.

Registration required.

## Wednesday, November 13, 2024

---

### Night Sky Club for Young Explorers

Date and Time: Wednesday, November 13 3:30 pm - 5:00 pm

Address: Mission Creek Regional Park

Did you know we have a nocturnal preserve in the Central Okanagan? Join our exciting 4-week program designed for youth ages 9 to 12 and become a night expert! You'll explore the secrets of nighttime wildlife, from animals to birds that thrive in the dark. Each week introduces new adventures, including learning to read star charts, playing fun outdoor games, and creating arts and crafts inspired by the night sky. With a different focus each week, this program promises a fresh and engaging experience every time.

Registration required.

### Dance fitness (SHiNE)

Date and Time: Wednesday, November 13 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, November 14, 2024

---

## Roll and stroll

Date and Time: Thursday, November 14 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.

## Westside Wastewater Service Committee

Date and Time: Thursday, November 14 10:00 am

Address: Woodhaven boardroom - 1450 KLO Road

The Westside Wastewater Service Committee meets a minimum of twice a year on Thursdays. 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.

## Saturday, November 16, 2024

---

### Discover your parks

Date and Time: Saturday, November 16 10:00 am - 12:00 pm

Address: Goats Peak 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.

### Inspired by nature: watercolour edition

Date and Time: Saturday, November 16 10:00 am - 12:00 pm

Address: Mission Creek Regional Park

Saturday, November 2: **Waxwings and Chickadees**: Explore the art of painting these charming birds while discovering fascinating facts about their unique characteristics. Join us for a creative session where you'll learn about waxwings and chickadees and try your hand at capturing their beauty on canvas.

Saturday, November 16: **Magpies and Ravens**: Discover the art of painting magpies and ravens while learning intriguing facts about what makes these birds unique. Join us for a creative session where you'll have the opportunity to bring these fascinating birds to life on canvas.

Saturday, November 30: **Winter Landscapes:** Immerse yourself in the beauty of our seasonal landscapes, from frozen creeks to snow-dusted forests. Discover how the serene winter scenery can inspire your creativity. Join us for a session where you'll explore these captivating vistas and express their beauty through your art.

Registration required.

## **Tuesday, November 19, 2024**

---

### **Story time**

Date and Time: Tuesday, November 19 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.

### **Gentle yoga**

Date and Time: Tuesday, November 19 6:00 pm - 7:00 pm

Address: Ellison Heritage Community Centre

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

\$45 for the series.

Registration required.

## **Wednesday, November 20, 2024**

---

### **Night Sky Club for Young Explorers**

Date and Time: Wednesday, November 20 3:30 pm - 5:00 pm

Address: Mission Creek Regional Park

Did you know we have a nocturnal preserve in the Central Okanagan? Join our exciting 4-week program designed for youth ages 9 to 12 and become a night expert! You'll explore the secrets of nighttime wildlife, from animals to birds that thrive in the dark. Each week introduces new adventures, including learning to read star charts, playing fun outdoor games, and creating arts and crafts inspired by the night sky. With a different focus each week, this program promises a fresh and engaging experience every time.

Registration required.



## **Dance fitness (SHiNE)**

Date and Time: Wednesday, November 20 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, November 21, 2024**

---

### **Roll and stroll**

Date and Time: Thursday, November 21 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.

## **Saturday, November 23, 2024**

---

### **The tea apothecary**

Date and Time: Saturday, November 23 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, November 24, 2024**

---

### **Geology of the Okanagan**

Date and Time: Sunday, November 24 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.

## **Tuesday, November 26, 2024**

---

### **Story time**

Date and Time: Tuesday, November 26 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.

## **Wednesday, November 27, 2024**

---

### **Winter wreath workshop**

Date and Time: Wednesday, November 27 10:00 am - 11:30 am

Address: Kaloya Regional Park

Join us for a short nature walk with a park interpreter, who will share insights on local plants and trees. Afterwards, we'll come together to craft beautiful evergreen wreaths, perfect for adding a festive touch to your home.

A \$20 fee covers all greenery and supplies. Please bring your hand pruners and gardening gloves.

Registration required.

### **Night Sky Club for Young Explorers**

Date and Time: Wednesday, November 27 3:30 pm - 5:00 pm

Address: Mission Creek Regional Park

Did you know we have a nocturnal preserve in the Central Okanagan? Join our exciting 4-week program designed for youth ages 9 to 12 and become a night expert! You'll explore the secrets of nighttime wildlife, from animals to birds that thrive in the dark. Each week introduces new adventures, including learning to read star charts, playing fun outdoor games, and creating arts and crafts inspired by the night sky. With a different focus each week, this program promises a fresh and engaging experience every time.

Registration required.

## Thursday, November 28, 2024

---

### Regional Board

Date and Time: Thursday, November 28 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, November 28 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.

### Winter wreath workshop

Date and Time: Thursday, November 28 10:00 am - 11:30 am

Address: Mission Creek Regional Park

Join us for a short nature walk with a park interpreter, who will share insights on local plants and trees. Afterwards, we'll come together to craft beautiful evergreen wreaths, perfect for adding a festive touch to your home.

A \$20 fee covers all greenery and supplies. Please bring your hand pruners and gardening gloves.

Registration required.

### Central Okanagan Regional Hospital District Board

Date and Time: Thursday, November 28 11:00 am

Address: Woodhaven boardroom - 1450 KLO Road

The **Central Okanagan Regional Hospital District Board** meets on select Thursdays. 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.

## Saturday, November 30, 2024

---

### Geology of the Okanagan

Date and Time: Saturday, November 30 10:00 am - 12:00 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.

### Inspired by nature: watercolour edition

Date and Time: Saturday, November 30 10:00 am - 12:00 pm

Address: Mission Creek Regional Park

Saturday, November 2: **Waxwings and Chickadees:** Explore the art of painting these charming birds while discovering fascinating facts about their unique characteristics. Join us for a creative session where you'll learn about waxwings and chickadees and try your hand at capturing their beauty on canvas.

Saturday, November 16: **Magpies and Ravens:** Discover the art of painting magpies and ravens while learning intriguing facts about what makes these birds unique. Join us for a creative session where you'll have the opportunity to bring these fascinating birds to life on canvas.

Saturday, November 30: **Winter Landscapes:** Immerse yourself in the beauty of our seasonal landscapes, from frozen creeks to snow-dusted forests. Discover how the serene winter scenery can inspire your creativity. Join us for a session where you'll explore these captivating vistas and express their beauty through your art.

Registration required.

<https://calendar.rdco.com>