



Society for Learning in Retirement Program

FALL 2026

Energy

Writing

Culture

Finance

Science

Health

Travel

Technology

History

Art

Curiosity never retires!

1434 Graham Street, Kelowna, BC V1Y 3A8
250-448-1203 - registrar@slrkelowna.ca – www.slrkelowna.ca



President's Message

Welcome to another exciting semester at SLR Kelowna!

Whether you are a long-time member or joining us for the very first time, I am absolutely thrilled to welcome you to our vibrant community of lifelong learners.

For the third year in a row SLR Kelowna was awarded Gold for the Best of Kelowna in Senior Care and Services! This honour belongs to all of us—our dedicated volunteers, our passionate course facilitators, and our wonderful members who bring life to our classrooms every single day. It proves what we have always known: that staying intellectually active and socially connected is the ultimate recipe for thriving.

With over 1,000 members, SLR is more than just a place to take classes. It is a social hub where old friends reunite, new friendships are forged, and shared passions bring people together. The conversations over coffee between classes are just as valuable as the lectures themselves. I want to extend a heartfelt thank you to our incredible volunteers and instructors. As a member-led organization, we quite literally could not do this without you. Your gift of time and knowledge is what makes our society a gold-standard community.

If you haven't yet explored this term's program guide, I encourage you to flip through, find something that challenges or excites you, and sign up. Let's keep learning, growing, and laughing together.

Warmest regards,
David Marshall
President

Don't miss out on important updates!

Be sure to check your Spam or Junk folder regularly in case they were misdirected.



Board of Directors 2026/2027

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Ever imagine what life will look like when your grandkids head into their senior years? You can bet it will be vastly different than the world we know today.

As SLR members who benefit from the Centre's vast array of educational programs, we have the opportunity to ensure that future generations — our families, fellow seniors, and the broader Okanagan community — continue to enjoy access to lifelong learning and meaningful social connections throughout their later years.

Your charitable bequest to SLR will ensure the vitality of SLR for future generations.

For more information regarding Legacy Gift Giving, contact the office at:

registrar@slrkelowna.ca



Location:

Martin Centre
1434 Graham St. Kelowna

Classes are generally 1 - 2
hours in length

Alternate venues are
indicated in the class
description

**REGISTRATION FOR THE FALL SEMESTER BEGINS
SATURDAY, AUGUST 22nd at NOON****HOW TO REGISTER:**

- Online – Click [Register for Courses](http://slrkelowna.ca) on the SLR Website slrkelowna.ca
- In person at the Martin Centre
- Mail-ins will be processed at the end of the day.
- There are no phone-in registrations on August 22nd

PAYMENT OPTIONS: Credit card, cheque, cash (no debit)

REGISTRATION TIPS:

Wait List – If a class is full, simply add your name to the wait list and you will be contacted if space becomes available, another class is added, or we relocate to a larger venue.

Choose your class options carefully, either IN-CLASS or ZOOM (where offered).

Be sure to continue to the [confirmation page](#) - You will also receive a confirmation email

If you need assistance prior to registration day, please call the office at 250-448-1203 or email the office at registrar@slrkelowna.ca

For the comfort
of our members,
we are a
fragrance-free
zone.



The Martin
Centre is a nut-
free location in
consideration of
people's
allergies.



Please note
only certified
service animals
are permitted in
the building.



NO
smoking/vaping
anywhere on the
property, inside or
outside.

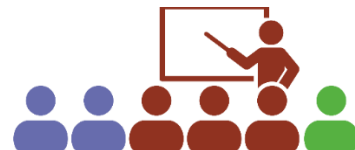
Fall Course Summary

DAY	COURSE NAME	PAGE	TIME	START	SESSIONS	LOCATION
Monday	Community Advocacy Workshop	7	10am	Sep 14	1	Room B
Monday	iPad Apps	7	10am	Sep 14	1	Room A
Monday	Walking into Mindfulness	7	1pm	Sep 14	1	Paul's Tomb
Monday	Current Events	8	1pm	Sep 14	8	Room B
Monday	Financialization or Strangulation	8	10am	Sep 21	1	Room B/Zoom
Monday	Monday Book Club	8	10am	Sep 21	4	Martin Centre
Monday	We Can't Afford the Luxury of a Negative Thought	8	1pm	Sep 21	6	Room A
Monday	iPad Photos	9	10am	Sep 28	2	Room A
Monday	Global Justice – What Do We Owe Each Other?	9	10am	Sep 28	4	Room B
Monday	Stories, Myths and Archetypes: reclaiming the wisdom of the Crone	9	10am	Oct 19	3	Room A
Monday	India's Way Forward	9	10am	Nov 2	1	Room B/Zoom
Monday	Wrongful Convictions: A Global Phenomenon	9	10am	Nov 9	1	Room B/Zoom
Monday	It's Your Funeral!	10	10am	Nov 16	1	Room B
Monday	The Biblical Gospels as Social and Political Commentary	10	10am	Nov 23	2	Room B
Monday	Lebanon As It Was	10	1pm	Nov 23	1	Room B/Zoom
Monday	Supersonic Stories: My Life in the Cockpit	10	1pm	Nov 30	1	Room B
Tuesday	Autumn Inspiration	11	1pm	Sep 8	1	Room B/Zoom
Tuesday	A Day in the Life of ...	11	10am	Sep 15	5	Room B
Tuesday	Memoir Group	11	1pm	Sep 15	10	Room A
Tuesday	Come and Explore the Horn of Africa	11	1pm	Sep 15	3	Room B/Zoom
Tuesday	Islands of Macao, Hainan, Taiwan	12	1pm	Oct 6	3	Room B/Zoom
Tuesday	There's Always Time for Science	12	10am	Oct 13	6	Room A
Tuesday	The Laird of Fintry	12	10am	Oct 20	1	Room B
Tuesday	Daily Weather Reports Then & Now	13	10am	Oct 27	1	Room B/Zoom
Tuesday	Food Security in a Warming World	13	1pm	Oct 27	1	Room B/Zoom
Tuesday	56 Ethnic Groups of China	13	10am	Nov 3	1	Room B/Zoom
Tuesday	The Mothers of the English Novel: Jane Austen's Predecessors	13	1pm	Nov 3	4	Room B
Tuesday	Diversifying Like a Pension Plan / Tax Efficient Retirement Income	14	10am	Nov 10	1	Room B
Tuesday	The Bayeux Tapestry Returns	14	10am	Nov 24	1	Room B/Zoom
Tuesday	Overland: Through the Heart of Africa	14	10am	Dec 1	2	Room B
Wednesday	Basic Photography	15	10am	Sep 9	6	Room A
Wednesday	Spyglasses to Roman: The Evolution to Advanced Astronomy	15	10am	Sep 9	1	Room B

DAY	COURSE NAME	PAGE	TIME	START	SESSIONS	LOCATION
Wednesday	Love Her Madly	15	1pm	Sep 9	1	Room B
Wednesday	Poetry Appreciation	16	1pm	Sep 9	10	Room A
Wednesday	Wednesday Book Club	16	10am	Sep 16	4	Northwood
Wednesday	Tax Efficient Retirement Income	16	10am	Sep 16	1	Room B
Wednesday	The Future of Energy: Hope, Hype and Reality	16	1pm	Sep 16	2	Room B/Zoom
Wednesday	Introduction to Anthropology	17	10am	Sep 23	6	Room B/Zoom
Wednesday	Guided Tour at Brookside Manor	17	10am	Oct 7	1	Bennett House
Wednesday	Design and Culture in History V	17	1pm	Oct 7	4	Room B
Wednesday	Radon Gas Awareness	18	10am	Nov 4	1	Room B
Wednesday	What's that Hawk?	18	1pm	Nov 4	1	Auditorium
Wednesday	China's Greatest Explorers	18	10am	Nov 18	3	Room B/Zoom
Wednesday	The Politics of Oil	18	1pm	Nov 18	1	Auditorium
Wednesday	Getting Your Ducks in a Row	18	1pm	Nov 25	2	Room B
Thursday	Kokanee Salmon Walk	19	10am	Sep 3	1	Mission Creek
Thursday	Estate Planning - Putting your Affairs in Order	19	10am	Sep 10	1	Auditorium
Thursday	Heraldry	19	10am	Sep 10	1	Room A
Thursday	The History of Mysticism	19	1pm	Sep 10	6	Room A
Thursday	Living with Early Onset Alzheimer's	19	1pm	Sep 10	1	Room B
Thursday	Tour Gordie Ivans UV Facility – BMID	20	10am	Sep 17	1	BMID
Thursday	A Tale of Two Cities (and a Wedding!)	20	1pm	Sep 17	1	Room B
Thursday	Pottery	20	10am	Sep 24	1	Room A
Thursday	Understanding Grief and Loss	20	1pm	Sep 24	1	Room B
Thursday	Portrait Drawing	20	10am	Oct 1	4	Room A
Thursday	Watercolour Essentials: Learn, Create, and Inspire	21	10am	Oct 1	4	Room B
Thursday	Experience the Legacy	21	1pm	Oct 1	1	KF Centre
Thursday	Women and Work	21	1pm	Oct 8	3	Room B/Zoom
Thursday	Tawantinsuyu	21	10am	Oct 29	2	Room A
Thursday	Travelling the World in an Armchair	21	10am	Oct 29	4	Room B
Thursday	iPhone Basics	22	1pm	Nov 5	2	Room A
Thursday	Mega Projects & Stunning Ventures of Today's China	22	1pm	Nov 5	1	Room B
Thursday	Learn to Read Tarot cards	22	10am	Nov 12	5	Room A
Thursday	Touring the Gold Rush/Cariboo Trail	23	1pm	Nov 12	1	Room B
Thursday	Human Intelligence Versus Artificial Intelligence	23	1pm	Nov 19	1	Room B/Zoom
Thursday	Trivia with Regional Park Interpreters	23	10am	Nov 26	1	Auditorium
Thursday	From the Butter Tart to Poutine	23	10am	Dec 10	1	Room B/Zoom

DAY	COURSE NAME	PAGE	TIME	START	SESSIONS	LOCATION
Friday	Thich Nhat Hanh	24	10am	Sep 11	2	Room B
Friday	iPad for Everyday Exploration/Enjoyment	24	1pm	Sep 11	4	Room A
Friday	Hand Reflexology	24	1pm	Sep 11	1	Martin Centre
Friday	Learn to Play Mahjong	24	1pm	Sep 11	6	Summerwood
Friday	Understanding Today's Middle East	24	10am	Sep 25	1	Room B/Zoom
Friday	The History of the US's Relationship with Cuba	25	1pm	Sep 25	1	Auditorium
Friday	Central Okanagan Land Trust	25	10am	Oct 2	1	Room B
Friday	Digital Health and Research Literacy in the Age of (Mis)information	25	1pm	Oct 2	1	Auditorium
Friday	Take a Walk with Spirituality	25	10am	Oct 9	1	Room B
Friday	Travel Journal Workshop	26	1pm	Oct 9	1	Room B
Friday	Moving Through Grief: Gentle Practices for Healing	26	10am	Oct 16	3	Room A
Friday	Understanding the Role of an Executor in British Columbia	26	10am	Oct 16	1	Room B
Friday	Hormones, Herbs, and Menopause	26	1pm	Oct 16	1	Room B
Friday	Gorman Lumber: The Value Adder and Margin Creator	27	10am	Oct 23	1	Auditorium
Friday	Knead to Know: Sourdough Basics	27	1pm	Oct 23	1	Auditorium
Friday	Comfort by Design: Discovering Your Mind's Ability to Influence Comfort	27	10am	Oct 30	1	Room B
Friday	iPhone Basics	28	10am	Nov 6	2	Room A
Friday	Right Sizing	28	10am	Nov 6	1	Room B
Friday	Drilling down into Canadian Oil & Gas Industry	28	1pm	Nov 6	1	Room B
Friday	Healthy Aging & Diabetes: A Conversation for our Community	29	1pm	Nov13	1	Auditorium
Friday	Sex and the Seasoned Woman	29	10am	Nov 20	1	Room B
Friday	Movement for Life	29	1pm	Nov 20	1	Martin Centre
Friday	Interior Health Adult Day Services & Volunteer Services	29	10am	Nov 27	1	Room B
Saturday	Geologic Time Unfolded: Exploring Kelowna's Outcrops	30	9am	Sep 26	1	Meet at SLR

With gratitude to our presenters



We extend our heartfelt thanks to all our presenters—both returning and new—for sharing their time, passion, and expertise with our learning community. Many of our presenters return term after term, and their continued support and enthusiasm make our programs so engaging and meaningful.

Learn more about the Fall 2026 presenters on the Amilia registration site.

MONDAY

In Class	Community Advocacy Workshop	
	The Community Advocacy Workshop, facilitated by Kelowna's Gospel Mission, aims to address the impacts and effects of homelessness as they affect the average citizen, employee, and business owner. The workshop begins by framing the conversation around the inherent value of every human being, the necessary role of supports, and how to access them. From there, we address practical matters such as dealing with drug paraphernalia and biohazardous waste, how to approach someone who is on your property/sleeping in front of your entry, and what you can do for someone who is nonresponsive due to substance use (naloxone training). Workbooks are provided with links to access free training online, and naloxone kits and sharps containers will be provided to all who attend. <u><i>Kelowna's Gospel Mission Addressing Homelessness in B.C.</i></u>	Presenter: Levi Simpson Date: Sep 14 Day/Time: Mon / 10 am Sessions/Fee: 1 / No Charge Location: Room B
In Class	iPad Apps	
	Apple boasts nearly two million apps available in its app store. Explore the many categories of apps and learn how to sift through them to find ones you would like to try. Discover how to download your selections and how to choose between the free and paid options. With countless possibilities at your fingertips, you'll find apps that not only enhance your life but also provide endless entertainment.	Leader: Sharon Pollock Date: Sep 14 Day/Time: Mon / 10 am Sessions/Fee: 1 / \$10 Location: Room A
Field Trip	Walking Into Mindfulness	
	There is something powerful about combining movement, mindfulness and nature. Physical activity helps release stress and stagnant energy from the body; meditation helps quiet the noise of the mind; nature has a way of grounding us. When these three elements come together, they often create a deeper experience than any one of them can provide on their own. Join us for a refreshing blend of movement and mindfulness in a small-group setting. We begin with an energizing power walk, followed by simple exercises. The session concludes with a guided meditation designed to help you relax, connect more deeply with your body, and quiet the busy mind. Through guided visualization you will also strengthen your imagination and discover new ways to tune into your inner experience. <i>Nurgul is a Holistic Mind Integration Therapist, Deep Inner Healing Guide</i>	Leader: Nurgul Sperle Date: Sep 14 Day/Time: Mon / 1 pm Sessions/Fee: 1 / \$10 Location: Paul's Tomb

“Retirement’s freedom is best spent exploring what makes your spirit light.” – Nina Castillo

In Class	Current Events	
	This is a peer learning class. Each member will have the opportunity to present a topic of current interest and provide background information and relevant facts for general discussion. Occasionally we invite guest speakers. Typically, we cover two or three topics per session.	Moderator: Pat Zander Dates: Sep 14 - Nov 9 Day/Time: Mon / 1 pm Sessions/Fee: 8 / \$31 Location: Room B
In Class/Zoom	Financialization or Strangulation	
	Our speaker, who recently retired from teaching economics at a British university, will explain that the last fifty years have seen a trend for big businesses to 'financialize' – that is, to move away from making and selling real goods and services, to buying and selling debt. Governments have contributed to this by deregulating markets, privatizing public services and reducing taxes. The result has been recurring crises, soaring house prices, increasing social inequality and stagnated economic growth. Western economies are being 'strangled' as financiers get ever richer.	Presenter: Tony Cleaver Date: Sep 21 Day/Time: Mon / 10 am Session/Fee: 1 / \$10 Location: Room B/Zoom <i>Tony is joining us from England via Zoom</i>
In Class	Monday Book Club	
	If you have always wanted to try out a book club, come and join us! We have a mix of people new to book clubs and others who are long time participants. You will find thoughtful and lively discussion on a wide variety of books. We often hear "I would never have picked up that book, but I really found it interesting". The books for the fall session are: (Read the book prior to the session). - Sept 21: The Tea Girl of Hummingbird Lane by Lisa See - Oct 19: Endling by Maria Riva - Nov 16: Truth Be Told: My Journey through Life and the Law by Beverley McLachlin - Dec 14: Walking With Beth: Conversations with My Hundred-Year-Old Friend by Merilyn Simonds	Leader: Shirley Piedt Co-Leader: Cindy Daoust Dates: Sep 21 – Dec14 Day/Time: Mon / 10 am Sessions/Fee: 4 / \$19 Location: Martin Centre
In Class	We Can't Afford the Luxury of a Negative Thought	
	We've made it this far in life — let's do what we can to help make the rest of our lives healthier, lighter, richer, and more meaningful. In this six-session course, we'll explore how our thinking shapes our stress, health, relationships, outlook, and capacity to enjoy life. Together we'll discuss negativity, identity, aging, reinvention, neuroplasticity, stress, longevity, and practical action plans for living well. Each session will include short, guided meditations, discussion, writing activities, TED Talks and YouTube clips, and engaging PowerPoint presentations. <i>Please bring a notebook (to use as your workbook and journal), a pen, and most importantly, an open, curious, and inquisitive mind.</i>	Leader: John Staite Dates: Sep 21 - Nov 2 Day/Time: Mon / 1 pm Sessions/Fee: 6 / \$25 Location: Room A

In Class	iPad Photos	
Day one: We will explore the different ways iPads can take photos and videos and discover the many editing tools that will enhance your photos. Day two: We will discuss how iPads automatically sort your photos into many categories without you even doing anything. We will learn how to find your photos using these built in categories. iPads also allow you to create your own albums. We will learn how to do this and organize your photos exactly the way you want.		Leader: Sharon Pollock Dates: Sep 28 – Oct 5 Day/Time: Mon / 10 am Sessions/Fee: 2 / \$13 Location: Room A
In Class	Global Justice - What Do We Owe Each Other?	
We will begin with an overview of political-philosophical theories of the obligations we have as individuals and as nation-states to consider the well-being of others. What harms are we responsible for? What does morality require we do to improve the lives of others? When is it appropriate to intervene to prevent what we think is harmful in other states? These are some of the questions we will explore using case studies focussing on current affairs.		Leader: John Burton Dates: Sep 28 – Oct 26 Day/Time: Mon / 10 am Sessions/Fee: 4 / \$19 Location: Room B
In Class	Stories, Myths and Archetypes: Reclaiming the Wisdom of the Crone	
This course will seek to recover some of the lost stories of older women, as well as the myths centred around wise elders and goddesses. We will consider the place of story in shaping our lives and our aging. <i>This course is open to all who identify as female.</i>		Leader: Heather Burton Dates: Oct 19 – Nov 2 Day/Time: Mon / 10 am Sessions/Fee: 3 / \$16 Location: Room A
In Class/Zoom	India's Way Forward	
India-born Borooah will explain that his home country is best understood as 'many Indias': a vast, diverse democracy shaped by regional, linguistic, caste, and economic divisions. Politics is driven by caste and the hunger for power, enabling the dominance by Modi's Bharatiya Janata Party (BJP), which was founded in 1980. India's rapid GDP growth masks low per-capita income, weak manufacturing, job scarcity, social inequality and impending urbanization. As for India's foreign policy, it has shifted from strict non-alignment to pragmatic multi-alignment amid regional security pressures.		Presenter: Ronji Borooah Date: Nov 2 Day/Time: Mon / 10 am Session/Fee: 1 / \$10 Location: Room B/Zoom <i>Ronji is joining us from Ontario via Zoom</i>
In Class/Zoom	Wrongful Convictions: A Global Phenomenon	
Based on his open access book Justice for Some, Kent Roach will outline how wrongful convictions occur in all jurisdictions and examine efforts to prevent and remedy them. Topics will include Canada's new Miscarriage of Justice Review Commission, and recent legislation enacted in the UK to exonerate post-masters who were wrongfully convicted with many of them pleading guilty as a result of a faulty computer system being used for accounting purposes.		Presenter: Kent Roach Date: Nov 9 Day/Time: Mon / 10 am Session/Fee: 1 / \$10 Location: Room B/Zoom <i>Kent is joining us from Ontario via Zoom</i>

In Class	It's Your Funeral!	
	Your funeral, memorial, celebration of life, whatever it is called, is your final hurrah! A chance for your life to be remembered, your qualities celebrated and your family to feel they did all they could. BUT, this planning is often left to others who don't have your life story, who only knew you from their perspective as a child or grandchild. Write your own celebration of life and your children will be so relieved not to have that responsibility. So here is your chance. Through this light-hearted presentation Christine Wood, an Okanagan Celebrant, can offer some ideas and provide a template you can use, and we will also look at how AI might help.	Presenter: Christine Wood Date: Nov 16 Day/Time: Mon / 10 am Sessions/Fee: 1 / \$10 Location: Room B
In Class	The Biblical Gospels as Social and Political Commentary	
	This course will look at the history as well as the social and political realities of Palestine in the first century CE. as glimpsed through the stories in the gospels. This is NOT a religious or faith-based course. Theological conversation can be saved for another time.	Presenter: Heather Burton Dates: Nov 23 - 30 Day/Time: Mon / 10 am Sessions/Fee: 2 / \$13 Location: Room B
In Class/Zoom	Lebanon As It Was	
	Lebanon is a country of diverse peoples, cultures, and landscapes. It is amazing in its architecture, customs, and cuisine. Join this photo journey of Lebanon as it was in the 2000's before the port blast and the current Israeli incursion. Enjoy the country for its stunning nature, amazing history, and vibrant peoples.	Presenter: Linda Keurvorst Date: Nov 23 Day/Time: Mon / 1 pm Sessions/Fee: 1 / \$10 Location: Room B/Zoom
In Class	Supersonic Stories: My Life in the Cockpit	
	We are thrilled to welcome back retired RCAF captain Bob Garry, who will be taking us into the cockpit for an unforgettable presentation. Bob will kick things off by tracing the storied heritage of the Royal Canadian Air Force. This isn't just a history lesson—it's a personal account of his own time in uniform. Get a firsthand look at the missions, the high-stakes environment, and the lived experiences of a life spent in service to the skies. Bob will then transition into the sleek, commercial world of Canadian Pacific Airlines. Bob will navigate us through the evolution of this iconic carrier, sharing stories from his tenure and detailing the legendary aircraft types he commanded throughout his career.	Presenter: Bob Garry Date: Nov 30 Day/Time: Mon / 1 pm Sessions/Fee: 1 / \$10 Location: Room B



No passport, no luggage, no long flights!

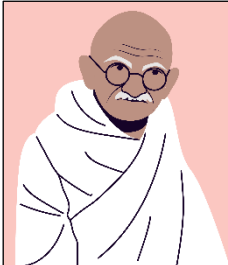
Join us as we explore the world's most wonderful corners right here at SLR. We have classes on many world destinations that allow you to wander distant shores, explore rich cultures, and discover hidden gems without ever having to leave town.

TUESDAY

In Class/Zoom	Autumn Inspiration	
Autumn provides inspiration to artists through its own unique seasonal characteristics. To capture the mood of autumn, artists use soft, muted colours, subtle shifts in light and shadow, and richly textured surfaces to evoke the sense of nostalgia and introspection that characterizes the season. Viewers are transported to a world suffused with the quiet beauty of autumn, inviting them to pause and reflect on the passage of time and the changing of the seasons. In this session we will look at a number of paintings throughout the ages that are testament to the inspiration of the autumn season.		Presenter: Linda Keurvorst Date: Sept 8 Day/Time: Tues / 1 pm Sessions/Fee: 1 / \$10 Location: Room B / Zoom
In Class	A Day in the Life of ...	
This course is an engaging five-part speaker series designed for lifelong learners who love a great story. Each week, we invite a different guest speaker to pull back the curtain on an extraordinary career. From the adrenaline of professional sports to the vital world of search and rescue, our guests will share the inside scoop, humorous anecdotes, and defining moments that shaped their lives. Come enjoy some fantastic storytelling and satisfy your curiosity about different walks of life.		Leader: Rosemary Botner Presenters: Various Dates: Sept 15 – Oct 13 Day/Time: Tues / 10 am Sessions/Fee: 5 / \$22 Location: Room B
In Class	Memoir Group	
A memoir is more than an itinerary of a trip through your life. It may highlight dates, places, people and events, but it also digs deeper into your lived experience. If you're currently working on your memoir or want to get started, join us to move forward with writing your life stories that will keep your intended audience, family and others, eager to continue reading. We will discuss different types of memoirs and do some exercises to develop our skills. Over the ten sessions we will each be able to submit four short pieces of our writing to share and receive feedback. <i>Each session may run 2.5 hours</i>		Facilitator: Patricia Campbell Facilitator: Janet Bowes Dates: Sept 15 – Nov 17 Day/Time: Tue / 1 pm Sessions/Fee: 10 / \$37 Location: Room A
In Class/Zoom	Come and Explore the Horn of Africa	
Historically, the Horn of Africa acted as a civilization bridge linking the Mediterranean, the Middle East, and the Indian Ocean. It is widely considered the Cradle of Humanity where some of the earliest remains of <i>Homo sapiens</i> and our ancestors were discovered. Geographically, the Horn sits atop three massive tectonic plates, the African, Somali, and Arabian plates, which are pulling away from each other. This action is responsible for the Great Rift Valley and the Danakil Depression, one of the hottest and lowest places on Earth. Economically, the region functions as a high-stakes gateway with its primary economic asset being its physical location overlooking the Bab al-Mandab Strait. With the 2026 disruption of the Strait of Hormuz, the Red Sea became an essential corridor for millions of barrels of oil traveling from the Persian Gulf to Western markets. Culturally, the Horn is an exporter of ancient traditions as well as literary, religious, architectural and culinary heritage.		Presenter: Linda Keurvorst Dates: Sept 15 – Sept 29 Day/Time: Tues / 1 pm Sessions/Fee: 3 / \$16 Location: Room B / Zoom

In Class/Zoom	Islands of Macao, Hainan, Taiwan	
These Three islands in and around China are all beautiful and so different. First, we will visit Macao. This former Portuguese colony, rich in history, is a contrast of the old and the new. A great tourist destination with the world's biggest casino, alongside quaint Portuguese restaurants. We will then hop over to the Island of Hainan. 'The Hawaii of China'. Hainan has rapidly evolved from a tranquil agricultural frontier into a bustling, globally influential Free Trade Port and world class beach destination. For our third stop, we will sail carefully to the Island of Taiwan. The geopolitics of Taiwan are complex. The history of Taiwan is complex. It might be easier to talk of the great night markets! On all three islands we will explore the history, geography, culture, and economies of today. We will navigate the Strait of Taiwan, to the chip capital TSMC headquarters and discuss the future of this fascinating island.		Presenter: Daryl Cooper Dates: Oct 6 - 20 Day/Time: Tue / 1 pm Sessions/Fee: 3 / \$16 Location: Room B / Zoom
In Class	There's Always Time for Science	
Join us for a friendly and engaging discussion of science topics. This is a welcoming, curiosity-driven group – no scientific background required, although welcomed. Participants are invited to bring a topic that interests them and share it with others using simple research, short videos, or any materials they find helpful. Each session will feature presentations followed by open discussion, questions, and shared insights. The focus is on learning and exploring new ideas. Whether it's space, health, technology or the natural world, every perspective is welcome.		Facilitator: Linda Shaw Facilitator: Rosie Lawrence Dates: Oct 13 – Nov 17 Day/Time: Tue / 10 am Sessions/Fee: 6 / \$25 Location: Room A
In Class	The Laird of Fintry	
The grassy slopes and undulating hills of the fertile Okanagan valley spoke to Captain James Dun-Waters of his beloved Scottish village of Fintry. And so began the creation of Fintry Estate on Okanagan Lake more than a century ago. Join Dun-Waters in a video as he takes you on an intimate tour of the land he transformed and the now historic sites he built: the manor for his love, Alice, the immense apple orchard that served the Okanagan Valley, the sawmill where workers hammered together the apple crates, the Packing House where apples were loaded onto the SS Sicamous sternwheeler to churn the lake's waters to Penticton shores, the irrigation system considered an engineering marvel and the innovative, sanitary, eight-sided barn for his prize Ayrshire cows from Scotland. Then step inside the Fintry manor where Curator Dan Bruce will usher you into the frail Alice's personal sitting room and her companion Katie's bedroom showcasing the antiques and relics of a bygone era. Dan will finish the virtual tour in the experienced wild-game hunter's Trophy Room where Dun-Waters created a stone grotto for his most prized possession, a Kodiak bear he felled on the coast of Alaska in 1914.		Presenter: Dan Bruce Co- Presenter: Joey Thompson Date: Oct 20 Day/Time: Tue / 10 am Sessions/Fee: 1 / \$10 Location: Room B

In Class/Zoom	Daily Weather Reports Then & Now	Presenter: Rick Jones Date: Oct 27 Day/Time: Tue / 10 am Session/Fee: 1 / \$10 Location: Room B / Zoom <i>Rick is joining us from Ontario via Zoom</i>
This presentation explores the history of weather observations and forecasting, from ancient folklore and Aristotle’s Meteorologica of 340 BCE to today’s high-tech era of satellites, supercomputers and AI-driven models. Bringing in both Canadian and international examples, Rick, a retired meteorologist, highlights pivotal advancements such as telegraph networks, meteorological stations and revolutionary digital modeling.		
In Class/Zoom	Food Security in a Warming World	Presenter: Ron Krystynak Date: Oct 27 Day/Time: Tue / 1 pm Session/Fee: 1 / \$10 Location: Room B / Zoom
Ensuring that everyone on our planet has enough food to eat is a major global challenge. According to the World Health Organization hunger is a problem for about 8% of the world's population, especially in subregions of Africa and Western Asia. However, despite the continued growth of the world's population, increases in food production have continued to grow to meet most of the demand. Global warming presents another challenge to increasing food production. This presentation will identify some of the technological advances being made that may enable us to maintain food production despite the increasing global population and a warming world.		
In Class/Zoom	56 Ethnic Groups of China	Presenter: Daryl Cooper Date: Nov 3 Day/Time: Tue / 10 am Sessions/Fee: 1 / \$10 Location: Room B / Zoom
From snow-capped mountains to tropical jungles, from steppe lands to lush valleys, diverse cultures have flourished in China for millennia. There are 56 different ethnic groups, and each brings a unique thread of language, dress, and belief to China’s cultural fabric—each with its own story. Come with us as we explore some of those stories, past and present. Share in the challenges, achievements, and lives of these 100-million-strong ethnic minority peoples.		
In Class	The Mothers of the English Novel: Jane Austen's Predecessors	Presenter: Jim Howard Dates: Nov 3 – Nov 24 Day/Time: Tue / 1 pm Sessions/Fee: 4 / \$19 Location: Room B
2025 has been celebrated as the 250th anniversary of Jane Austen's birth. Most of us consider her to be the first significant female novelist in English literature, but she was actually preceded by a series of remarkable women writers, who were publishing as far back as the 1680s. This course will look at the fascinating lives and achievements of several of these novelists who directly or indirectly influenced Jane Austen. Some reading will be encouraged, but the majority of the course content will be in the form of video material.		



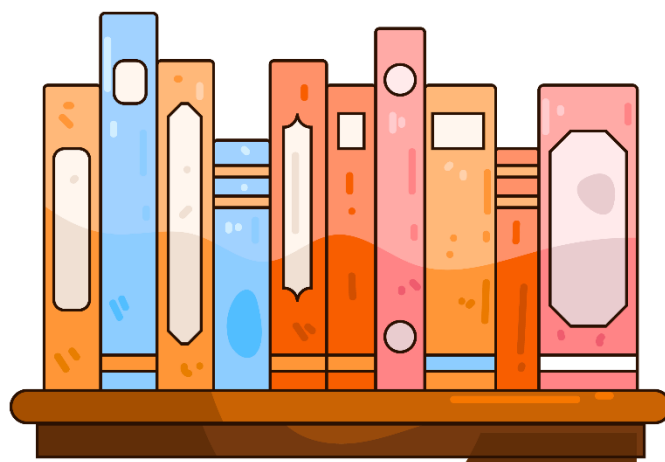
“Live as if you were to die tomorrow. Learn as if you were to live forever.” - Mahatma Gandhi

In Class	Diversifying Like a Pension Plan / Tax Efficient Retirement Income	Presenter: Karen Erickson Presenter: Kayla Caruana Date: Nov 10 Day/Time: Tue / 10 am Sessions/Fee: 1 / \$10 Location: Room B
Find out how to structure your investments to mimic the diversification and stability of a pension plan, ensuring consistent and reliable income in retirement. Learn also about tax efficiencies to consider when planning your retirement income. Karen Erickson & Kayla Caruana <i>Certified Financial Planners®</i>		
In Class/Zoom	The Bayeux Tapestry Returns	Presenter: Dr. Alana Gowdy Date: Nov 24 Day/Time: Tue / 10 am Sessions/Fee: 1 / \$10 Location: Room B/Zoom <i>Dr. Gowdy is joining us from Alberta via Zoom</i>
In 1066 the Battle of Hastings changed England forever. To record the Norman victory, an outstanding piece of embroidery was created in England and moved to France. Measuring over 200 feet long but just over 20 inches high, the Bayeux Tapestry is one of the marvels of medieval history. In 2026, for the first time this fragile and precious treasure has returned to England from France. The lecture will describe details of the creation and history of the Bayeux Tapestry as it narrowly avoided threat after threat. From Napoleon to the Nazis the very existence of this world treasure was at risk. Its survival is an incredible story of luck and wise decisions.		
In Class	Overland: Through the Heart of Africa	Presenter: Sue Watson Dates: Dec 1 – 8 Day/Time: Tues / 10 am Sessions/Fee: 2 / \$13 Location: Room B
In 1970, Sue arrived in South Africa to get a job, intending to “somehow” travel north overland through the entire continent to Europe. Working in Durban under Apartheid rule, she found a dearth of information on such an undertaking. After a year of meeting bush-hardened Afrikaners to gather knowledge, rebuilding a beat-up old VW, wrangling necessary vehicle permits from Germany, experiencing a late-night visit from secret police, and listening to warnings from every government authority not to undertake the trip, she felt more than prepared for what was to come. It was definitely not a jaunt in the park! Having been prepared for the worst, it was everything everyone had warned her about. Its people, wildlife and wilderness made for an exciting and dangerous adventure.		

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WEDNESDAY

In Class	Basic Photography	
	Improve your photographic skills. Topics include basic composition, elements and principles of design, the use of natural light on your subject, action/motion and nature photography. We will also look at various considerations of photographing people and how to light them naturally. This course is appropriate whether you use a Single Lens Reflex (SLR) camera or a cell phone camera.	Leader: Greg Dean Dates: Sep 9 – Oct 14 Day/Time: Wed / 10 am Sessions/Fee: 6 / \$25 Location: Room A
In Class	Spyglasses to Roman: The Evolution to Advanced Astronomy	
	This presentation will take you on a journey from the telescope's humble beginnings to space-bound technology that will alter how humanity approaches the future, technology, and philosophy. The invention of the telescope changed the direction of the human race by launching the Scientific Revolution and permanently dismissing the idea that humans are the centre of the universe. The evolution that followed was a quest to see farther and clearer where scientists had to completely reinvent how they captured light and cosmic radiation. Telescope technology changed rapidly from small handheld lenses to massive mirrors and space-bound observatories like the Nancy Grace Roman telescope to be launched in late 2026.	Presenter: Ed Kilgour Date: Sep 9 Day/Time: Wed / 10 am Sessions/Fee: 1 / \$10 Location: Room B
In Class	Love Her Madly	
	It was the year of mini-skirts, back-combed beehives, go-go boots, slicked back Fonz hair and skinny ties.... It was 1965, the year Kelowna author Bill Cosgrave befriended an introspective, handsome young poet in L.A. who went on to front one of the world's most influential bands. Cosgrave remembers The Doors lead singer, Jim Morrison, as a shy, deeply pensive young man who spent most days writing poetry and lyrics. A different persona from his later reputation as a dark, troubled rockstar dubbed "The Lizard King" in part because of his fascination with reptiles he believed embodied the unconscious and unknown. Cosgrave also held a fascination; a secret, unrequited passion for Morrison's shapely fiancé Mary Werbelow, the inspiration for many of the Doors songs. After Morrison's drug-and-alcohol fueled death in 1971 at age 27, Cosgrave embarked on a decades-long search for Mary - a journey that revealed surprising truths which he has described in his 2020 memoir and will talk about in class: <i>Love Her Madly: Jim Morrison, Mary, and Me</i>	Presenter: Bill Cosgrave Co-Presenter: Joey Thompson Date: Sep 9 Day/Time: Wed / 1 pm Sessions/Fee: 1 / \$10 Location: Room B



*From a tiny lens to the edge of the universe
 – our greatest adventures begin by looking up
 - Chat GPT*

In Class	Poetry Appreciation	
	Don't be <i>averse</i> to a <i>verse</i>. In class we <i>traverse</i> the prosaic zone and <i>converse</i> with poetry, which is meant to be heard. Poetry lovers bring poems of their favourite poets (including themselves if they wish) to read and share. The poems can be happy or sad, silly or serious, in any style or on any theme in the <i>universe</i>. We always have <i>conversations</i> about the ideas, experiences, images and emotions the poems evoke. Be <i>versatile</i> and come <i>converse</i> in <i>verse</i> on matters <i>diverse</i>.	Leader: Merv Scott Dates: Sep 9 - Nov 18 Day/Time: Wed / 1 pm Sessions/Fee: 10 / \$37 Location: Room A
In Class	Wednesday Book Club	
	Join us once each month for a lively and thoughtful discussion on the following books: - Sept 16 - One Day, Everyone Will Always Have Been Against This by <i>Omar El Akkad</i> - Oct 14- Pick a Colour by <i>Souvankham Thammavongsa</i> - Nov 18 - Normal People by <i>Sally Rooney</i> - Dec 16 - Remarkably Bright Creatures by <i>Shelby Van Pelt</i>	Leader: Shirley Piedt Dates: Sep 16 – Dec 16 Day/Time: Wed / 10 am Sessions/Fee: 4 / \$19 Location: Northwood Retirement Resort 1277 Gordon Drive
In Class	Tax Efficient Retirement Income	
	Creating retirement income is about more than making withdrawals. In this session, we'll explore how RRIFs, TFSA's, pensions, corporate assets, and non-registered investments work together, and how timing and structure can impact long-term tax efficiency. Through real-life examples, we'll discuss withdrawal strategies, income splitting opportunities, tax bracket management, and ways to create a more intentional retirement income plan. Karen Erickson & Kayla Caruana <i>Certified Financial Planners®</i>	Presenter: Karen Erickson Presenter: Kayla Caruana Date: Sep 16 Day/Time: Wed / 10 am Sessions/Fee: 1 / \$10 Location: Room B
In Class/Zoom	The Future of Energy: Hope, Hype and Reality	
	Climate change is driving the need for an energy transition toward lower-emission energy sources and technologies. This presentation explores the seriousness of climate change, Canada's emissions and reduction targets, and where our energy comes from. We will examine electrification, renewable and conventional energy options, heat pumps, electric vehicles, and other practical solutions for reducing emissions. The session will discuss the strengths and challenges of various approaches and consider realistic pathways to achieving Canada's 2050 net-zero goals while maintaining a reliable and affordable energy supply.	Presenter: Malcolm Metcalfe Dates: Sep 16 - 23 Day/Time: Wed / 1 pm Sessions/Fee: 2 / \$13 Location: Room B / Zoom

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Three times a year, we total and submit the receipts, then Nature's Fare gives us a tax-free donation cheque for 3% of our total receipts!

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In Class/Zoom	Introduction to Anthropology	
This course is an introduction to the four main fields of anthropology: biological, archaeology, linguistics and cultural. Anthropologists began by asking the question why are humans so diverse? We will look at the diversity of human societies and look at why some people became lactose intolerant and how some peoples adapted to cold climates or adjusted to living at high altitudes. This course will feature videos and films, as well as handouts to enhance your understanding and include plenty of time for discussions.		Presenter: Teresa Smith Dates: Sep 23 – Oct 28 Day/Time: Wed / 10 am Sessions/Fee: 6 / \$25 Location: Room B / Zoom
Field Trip	Guided Tour at Brookside Manor	
This landmark house has been the residence of two distinguished Kelowna families. Constructed by Francis DeHart, a pivotal figure in land development and the fruit industry during Kelowna's formative years, this 4,900-square-foot home was started in 1912. The expansive 2.5-story Tudor Revival structure stood on a seven-acre estate, featuring characteristic elements like steeply pitched hipped roofs, projecting bays, half-timbering on the upper stories, lofty chimneys, multi-paned windows, stone foundations, and stucco cladding. The interior preserves many original features in remarkable condition, including the detailed cherry woodwork, sections of the original wallpaper, chandeliers, and the majestic staircase. DeHart, also an adept horticulturist, created hybrid peonies, with several varieties still flourishing in the property's gardens. Completed in 1914, the estate was named Brookside Manor. Following DeHart's passing in 1935, W.A.C. and May Bennett acquired the property. The Bennett's, new to town, had bought David Leckie's hardware store on Bernard Avenue. W.A.C. Bennett ascended to the role of B.C.'s premier in 1952, holding the position for over two decades. This is an exciting opportunity to discover more about the House's history and soak in the atmosphere in this 1914 mansion. <i>For more information on the Central Okanagan Heritage Society, its heritage sites, and its events, please visit: https://okheritagesociety.com</i>		Leader: Tour Guide Date: Oct 7 Day/Time: Wed / 10 am Sessions/Fee: 1 / \$15 Location: Bennett House F.R.E. DeHart House Brookside Manor <i>Tour includes tea and a treat in the historic dining room and living room</i>
In Class	Design and Culture in History V	
In this course we will explore the following: <i>The Lives of Two Danish Sisters</i> - The story of two unknown Danish Princesses and how one became a trend setting Queen and the other an Imperial Czarina. <i>The Gold and Silver Tombs of Pharaohs</i> - The untouched treasures of two Ancient Egyptian Pharaohs. One in a Gold Sarcophagus, the other in a Silver Sarcophagus. <i>The Mysterious SHU Culture of Bronze Age China</i> - The design and image of the elaborate Bronze figures from an Ancient Culture that created monumental Bronze Masterpieces. <i>The Historic Design Culture of Petra and Malta</i> - A visual tale of the historic architecture from two enigmatic Temple Cultures and a look at who built these modern-day archeological feats.		Presenter: Byron Johnstad Dates: Oct 7 – Oct 28 Day/Time: Wed / 1 pm Sessions/Fee: 4 / \$19 Location: Room B

In Class	Radon Gas Awareness	
Come and meet with the President of the Canadian Association of Radon Scientists and Technologists and owner of Point-The-Way Radon Services! This two-hour course will cover information regarding radon testing in your home; as well as discussions about fixing radon in your home if high levels are found. November is National Radon Awareness Month, so come and learn in this wonderful classroom setting!		Presenter: Graeme Cooper Date: Nov 4 Day/Time: Wed / 10 am Sessions/Fee: 1 / \$10 Location: Room B
In Class	What's that Hawk?	
A photographic introduction to some of the hawks, large and small, we can expect to see in our valley. All the featured hawks are here during the cooler months, and most are present in summer too. This session will help distinguish which hawk you are seeing, whether it's flying or perched. We'll take a look at typical behaviours, types of prey and the most likely locations to see them. Come and fly with the hawks!		Presenter: Pam Laing Date: Nov 4 Day/Time: Wed / 1 pm Sessions/Fee: 1 / \$10 Location: Auditorium
In Class/Zoom	China's Greatest Explorers	
We will journey with early Chinese explorers across history. <i>Zheng He</i> , the Ming Dynasty admiral, led seven major naval expeditions across the Indian Ocean, extending China's reach through Southeast Asia, India, the Middle East, and Africa with his vast 'treasure fleet'. <i>Xuanzang</i> , a bold Tang Dynasty Buddhist monk, defied imperial orders to travel for 17 years across India, the Himalayas, and Central Asia, returning as a scholar, translator, and key figure in Chinese Buddhism. We also follow Silk Road pioneers <i>Zhang Qian</i> , who endured captivity before helping open western trade routes, and Gan Ying, a military envoy who reached as far as the Persian Gulf in the 1st century AD. Together, these explorers reveal the early reach and ambition of Chinese exploration across land and sea.		Presenter: Daryl Cooper Dates: Nov 18 – Dec 2 Day/Time: Wed / 10 am Sessions/Fee: 3 / \$16 Location: Room B/Zoom
In Class	The Politics of Oil	
Oil not only fuels the global industrial economy, it also ignites geopolitical conflicts. Professor Warner will explore how this strategic resource mixes economics with political volatility. She'll also examine the difficulties and potential strategies for reducing our future reliance on oil and help you gain a deeper appreciation for the complexities of oil politics.		Presenter: Dr. Rosalind Warner Date: Nov 18 Day/Time: Wed / 1 pm Sessions/Fee: 1 / \$10 Location: Auditorium
In Class	Getting Your Ducks in a Row	
<i>101 Plan Ahead with Confidence:</i> A practical and interactive workshop on estate planning, probate, and funeral pre-arrangements. You'll learn how to ease the burden on loved ones while receiving a complimentary estate planning guide. <i>102: Taking the Next Steps</i> An interactive and approachable workshop that dispels common funeral myths, explores the many options available to you, and helps you create – or update – pre-arrangements that are unique to you and your loved ones. Gain peace of mind, clarity, and confidence as you plan ahead. <i>Presented by <u>Springfield Funeral Home</u></i>		Presenter: Charlotte Lutzer Date: Nov 25 – Dec 2 Day/Time: Wed / 1 pm Sessions/Fee: 2 / \$13 Location: Room B

THURSDAY

Field Trip	Kokanee Salmon Walk	
Explore the remarkable journey of kokanee salmon. Each year, thousands travel from Okanagan Lake to their spawning grounds upstream. Learn about their life stages and what makes these fish so extraordinary. Duration: Approximately 90 minutes Distance / Terrain: Approx. 2.5 km on an easy trail along Mission Creek and the spawning channel. What to bring: Sturdy shoes, weather appropriate clothing, a hat, and a water bottle. Optional items include binoculars and walking poles. <i>This hike is offered through <u>Regional District of Central Okanagan</u></i>		Leader: RDCO Interpreters Date: Sep 3 Day/Time: Thu / 10 am Sessions/Fee: 1 / \$10 Location: Mission Creek Regional Park
In Class	Estate Planning – Putting your Affairs in Order	
Kelowna lawyer and legal columnist Paul Hergott is back with another info-packed session on Estate Planning - how to put your affairs in order, so that what you want to have happen to your estate can happen as smoothly and inexpensively as possible. He'll explain some of the typical, complex, and more unusual situations he's seen in his practice and explain the legal advice he gives his clients.		Presenter: Paul Hergott Date: Sep 10 Day/Time: Thu / 10 am Sessions/Fee: 1 / \$10 Location: Auditorium
In Class	Heraldry	
Some imaginary, some real, animals form a large part of the coats-of-arms created as badges of status in many parts of the world. We will be introduced to several of these creatures, so that if we meet a <i>Wyvern</i> dressed in <i>Vair</i> on the street at <i>Knight</i>, we should not be <i>All-Armed</i>.		Presenter: Dan Bruce Date: Sep 10 Day/Time: Thu / 10 am Sessions/Fee: 1 / \$10 Location: Room A
In Class	The History of Mysticism	
A journey into the hidden stream of spiritual wisdom. Why was mysticism suppressed for centuries? How did its teachings survive, and what caused its remarkable resurgence in our time? Who were the visionaries and seekers who kept these traditions alive? And what profound insights may have been lost—or transformed—in translation? Join us as we explore the fascinating history of mysticism across cultures and centuries, uncovering the timeless wisdom that continues to inspire spiritual seekers today.		Presenter: Mary Lou Johnson Dates: Sep 10 – Oct 15 Day/Time: Thu / 1 pm Sessions/Fee: 6 / \$25 Location: Room A
In Class	Living with Early Onset Alzheimer's	
We will cover awareness, diagnosis and options for staying well for as long as possible and what things may make a difference in the trajectory of the disease? We will also talk about dealing with stigma, hiding symptoms, dealing with loss, and what can help our brains work better.		Presenter: Janine Karlsen Date: Sep 10 Day/Time: Thu / 1pm Sessions/Fee: 1 / \$10 Location: Room B

Field Trip	Tour Gordie Ivans UV Facility – BMID	
This tour is of the Black Mountain Irrigation District, BMID, water disinfection plant that was constructed in 2017. In accordance with health regulations, the facility provides an extra barrier of health protection, specifically targeting the inactivation of harmful microorganisms including bacteria, viruses and protozoa (Cryptosporidium). The tour will include a power point orientation by senior BMID staff that explains the principles of UV disinfection and how the facility is integrated into the larger BMID water supply system. The plant capacity is staged and will be able to serve a much larger region. A tour through the two-story facility, which includes stairs, will follow.		Presenter: BMID Staff Date: Sep 17 Day/Time: Thu / 10 am Sessions/Fee: 1 / \$10 Location: Gordie Ivans UV Facility 2350 Joe Rich Road
In Class	A Tale of Two Cities (and a Wedding!)	
Join us for a presentation as Rosemary shares highlights from a European trip. The journey begins with a few days in Paris, exploring its art, culture, and food, followed by a visit to London for a family wedding at the Order of the British Empire Chapel in St. Paul's Cathedral. Through stories, photos, and reflections, you'll see key moments from Paris and London in this travelogue.		Presenter: Rosemary Botner Date: Sept 17 Day/Time: Thu / 1 pm Sessions/Fee: 1 / \$10 Location: Room B
In Class	Pottery	
Probably started by intelligent observation of a domestic disaster, burning clay is one of the most important of human activities. We will see just how important this craft has become, and how it has influenced and controlled our dealings with food.		Presenter: Dan Bruce Date: Sep 24 Day/Time: Thu / 10 am Sessions/Fee: 1 / \$10 Location: Room A
In Class	Understanding Grief and Loss	
Coping with the loss of a loved one is one of life's most difficult challenges. The pain we feel can be overwhelming. Join us as we discuss what it is like living with grief. In this session, we will explore what grief is and what it looks like, the misconceptions and myths of grief, practical ways and coping tools to move forward with your grief and where to find support. <i>This session is provided courtesy of (COHA) Central Okanagan Hospice Association</i>		Presenter: Andi Harvey Date: Sep 24 Day/Time: Thu / 1 pm Sessions/Fee: 1 / No Charge Location: Room B
In Class	Portrait Drawing	
A four-session course that covers basic anatomy of the head and facial features to produce lifelike portraits in pencil, charcoal, or soft pastels. <i>Students should bring a sketchbook and 4B or 6B pencil with soft eraser.</i>		Leader: Jane Metzger Dates: Oct 1 – Oct 22 Day/Time: Thu / 10 am Sessions/Fee: 4 / \$19 Location: Room A

“Learning is a treasure that will follow its owner everywhere.”
– Chinese Proverb

In Class	Watercolour Essentials: Learn, Create, and Inspire	
Join Lynda for this 4-Week Watercolour Techniques Course • Introduction to Watercolours • Brush Techniques • Layering and Glazing • Composition and Final Project <u>Watercolour gallery Ban Daroi Studio Kelowna</u>		Leader: Lynda Norman Dates: Oct 1 - Oct 22 Day/Time: Thu / 10 am Sessions/Fee: 4 / \$19 Location: Room B
Field Trip	Experience the Legacy - KF Centre for Excellence	
Come journey into the world of aviation! Wander through four distinct zones that allow you to experience the history of aviation in the Okanagan Valley and beyond. Your journey will focus on real aircraft exhibits, hands-on experiences, and topics like flight dynamics, engine types, airport systems, and aerial firefighting. This guided tour is guaranteed to delight both the curious and seasoned airplane enthusiasts.		Leader: Chris Cowan Co-Leader: Ed Kilgour Date: Oct 1 Day/Time: Thu / 1 pm Sessions/Fee: 1 / \$10 Location: Centre for Excellence 5800 Lapointe Drive, Kelowna Airport
In Class/Zoom	Women and Work	
Over the centuries there have been women who have broken stereotypical gender roles by working in occupations once viewed as suitable only for men. In this course we will look primarily at Canadian women in the fields of medicine, photojournalism, and science both past and present.		Presenter: Linda Keurvorst Dates: Oct 8 – Oct 22 Day/Time: Thu / 1 pm Sessions/Fee: 3 / \$16 Location: Room B / Zoom
In Class	Tawantinsuyu	
Everyone has heard of the Incas, and many know a lot about them. Tawantinsuyu, the Inca Empire was founded on other cultures that the Incas conquered and ruled before being themselves victims of circumstance. This two-part session will consider the environment and early history of the Andean peoples that preceded the Inca state.		Presenter: Dan Bruce Dates: Oct 29 – Nov 5 Day/Time: Thu / 10 am Sessions/Fee: 2 / \$13 Location: Room A
In Class	Travelling the World in an Armchair	
Are you a tourist or a traveller? When does a journey become an adventure? Come and circle the globe in comfort, as Sharron shares her travel memories of trekking in Nepal, kayaking in Antarctica, and marveling at the colour and warmth of South India and while discovering remarkably warm hearts in the cold militarized north. Kenya is a dilemma, while Myanmar is a tragic but beautiful surprise, as are a few other unexpected hidden gems in various corners of the world. Let's chat about some of those wonders and the challenges of international travel amid lots of photos and personal stories.		Presenter: Sharron Simpson Dates: Oct 29 – Nov 19 Day/Time: Thu / 10 am Sessions/Fee: 4 / \$19 Location: Room B



In Class	iPhone Basics	
This course provides iPhone basics, focusing on essential functions and features. Topics include understanding cell phone data, navigating basic functions and settings, utilizing the Control Centre, making voice calls, managing contacts, using messaging apps, and handling app management. Students will also learn to use the Apple Mail app for email, operate the camera, organize and manage pictures, share pictures and files, and maintain security on the iPhone. Additionally, we will cover backups, updates, and tips for using an iPhone while travelling. <i>This course is also available on Fridays (November 6 & 13)</i>		Presenter: Gary Alzomal Dates: Nov 5 – Nov 12 Day/Time: Thu / 1 pm Sessions/Fee: 2 / \$13 Location: Room A
In Class	Mega Projects & Stunning Ventures of Today's China	
High-speed rail and bridges physically integrate different regions of the country. Mega projects serve as platforms for technological innovation. Infrastructure investment has been one of the cornerstones of China's national economic development strategy. The rise of China's capacity has been breath-taking. These projects have expanded and now build networks and diplomatic ties across Asia, Africa, and Europe, positioning China as a global economic player. Come ride with us on the world's fastest bullet train - the CR450 as we explore world record underwater tunnels, the world's largest 'eye in the sky', the world's largest solar farm in the Taklamakan Desert, and many more endeavours including the Tiangong space station.		Presenter: Daryl Cooper Date: Nov 5 Day/Time: Thu / 1 pm Sessions/Fee: 1 / \$10 Location: Room B
In Class	Learn to Read Tarot cards	
Do you have a deck of tarot cards in the back of a drawer somewhere and have never got around to learning how to use them? I hear this often! Join me to learn how to do readings for yourself and for friends. I will share the history of the cards and how they have changed over the years. You will discover what your personality and soul cards are and how to work with them. We will do 3, 5 and 10 card readings. My personal view is that all readings are positive, and even scary cards have a positive meaning. I use the cards for personal growth and to develop intuition. The class will be small, and you will learn through participation. If you have a deck, bring it to the class. if you don't, please wait until after the first class to get one. There will be decks available for you to use. <i>This class is for new learners ONLY. Please do not sign up if you have taken it previously.</i>		Leader: Lindsay Atkinson-Smith Dates: Nov 12 – Dec 10 Day/Time: Thu / 10 am Sessions/Fee: 5 / \$22 Location: Room A

SLR is grateful to Okanagan College and UBC Okanagan for their continued collaboration and involvement in our programs.

Their participation enriches us all.



OKANAGAN



In Class	Touring the Gold Rush/Cariboo Trail	
Gold! That one little word, with its promise of fabulous wealth, brought people from all parts of the world to British Columbia in the late 1850s. Touring the Gold Rush/Cariboo Trail takes travellers on a journey along historic pathways used by Indigenous peoples, fur traders, and those aspiring to find their riches. Snaking through lava-formed canyons, rolling grasslands, semi-arid desert, and granite-walled river gorges, this is a bucket-list-worthy trip. Go on... be a time traveller and join Michael as he recounts his journey along the gravel backroads of this route, staying in several vintage lodges, starting in Lillooet, moving North along the Fraser River, through the Gang Ranch, on to Historic Barkerville, passing through many of the small towns left over from the Gold Rush era.		Presenter: Michael Warkotsh Date: Nov 12 Day/Time: Thu / 1pm Sessions/Fee: 1 / \$10 Location: Room B
In Class/Zoom	Human Intelligence Versus Artificial Intelligence	
The human brain weighs about 3 pounds (1.3 kg) while the largest AI data center covers about 230 acres and requires a lot of energy. Our human brain not only helps us to solve problems but also maintains the functioning of our body. Given the small size of our brain, it is not surprising that we don't necessarily arrive at the optimal answer to a problem, but we find one that is good enough. This class will explore the similarities and differences between human intelligence, which evolved, and AI, which was engineered. In the coming decade the world will be shaped by the partnership between the two.		Presenter: Ron Krystynak Date: Nov 19 Day/Time: Thu / 1 pm Session/Fee: 1 / \$10 Location: Room B / Zoom
In Class	Trivia with Regional Park Interpreters	
Join in on the fun for Canadian Themed Trivia. Hosted by Regional Park Interpreters. A short presentation to learn about the different regional parks in the Central Okanagan will begin our morning. This will be followed by three rounds of trivia. Three rounds of fun. Hint: Many of the questions are connected to the natural and cultural heritage of Canada. Teams will be made up of 6 people. Come on your own or with friends. We will help create teams on site if needed. A great way to meet others and have some fun. Small prizes will be awarded to the winning teams.		Presenter: RDCO Date: Nov 26 Day/Time: Thu / 10 am Sessions/Fee: 1 / \$10 Location: Auditorium
In Class/Zoom	From the Butter Tart to Poutine: Exploring the Question of Canada's Cuisine	
From the French baguette to Neapolitan pizza, a country's food is indelibly linked to its identity and sense of self. In this lecture, we'll explore the complicated question of what is "Canadian food" and where it came from. Discover how Canadians have used creativity and imagination to adapt and invent delicious foods over the past several centuries. We'll explore the historical roots of some iconic Canadian dishes as well as how they have changed over time to reflect Canada's unique blend of cultures and communities. We'll explore how tourtière, Nanaimo bars, butter tarts, and more became indelibly linked with Canadian identity, and where the future of Canadian food is headed.		Presenter: Laura Carlson Date: Dec 10 Day/Time: Thu / 10 am Session/Fee: 1 / \$10 Location: Room B / Zoom

Friday

In Class	Thich Nhat Hanh	Presenter: Keith Germaine Dates: Sep 11 - 18 Day/Time: Fri / 10 am Sessions/Fee: 2 / \$13 Location: Room B
Who is this man, rejected by traditional Buddhists, an admirer of Jesus, an activist, a contemplative, who will not be contained in any box you may wish to construct and yet millions follow his teaching?		
In Class	iPad Skills for Everyday Exploration and Enjoyment	Leader: Sharon Pollock Dates: Sep 11 – Oct 2 Day/Time: Fri / 1 pm Sessions/Fee: 4 / \$19 Location: Room A
This class is designed for those who are already comfortable sending emails and browsing the internet. It will help participants understand how iPads function and explore many helpful features, and creative tools that can turn these devices into a source of learning, entertainment, and everyday convenience. <i>Learning about Photos and the App Store will not be part of this class. These dedicated classes have been scheduled independently.</i>		
In Class	Hand Reflexology	Presenter: Margo Nielsen Date: Sep 11 Day/Time: Fri / 1 pm Sessions/Fee: 1 / \$10 Location: Martin Centre
Did you know that in your hands, feet and ears there are pressure points that correspond to all organs, glands and body parts? Reflexology is the study of these points. As gentle pressure is applied, the nerve endings are stimulated, sending a message to the corresponding part, which helps to activate the body's natural healing power. Come and learn what these points can do for you. This is a hands-on session, where you will learn some points for headaches, shoulder, neck, back, digestion, and more.		
In Class	Learn to Play Mahjong	Leader: Rosie Lawrence Co-Leader: Linda Farrell Dates: Sep 11 – Oct 16 Day/Time: Fri / 1 pm Sessions/Fee: 6 / \$25 Location: Summerwood Retirement Resort 1360 K.L.O. Road
Mahjong is a Chinese game played all around the world. It's played with small, illustrated tiles, usually with 4 people. There are many versions, <i>We will be playing the Chinese version.</i> Learning the basics is easy, but learning to play the more difficult hands makes the game much more interesting and fun. You just need a little skill and a lot of luck. Please commit to attend the 6 weeks of the class, unless something unexpected occurs. We play with 4 per table and learning with an odd number at the table makes it more difficult.		
In Class/Zoom	Understanding Today's Middle East	Presenter: Jo Whitehead Dates: Sep 25 Day/Time: Fri / 10 am Sessions/Fee: 1 / \$10 Location: Room B/Zoom <i>Jo is joining us from England via Zoom</i>
This talk seeks to explain the current situation in the Middle East based on its history and to provide a foundation for thinking about how it may develop in future. The speaker proposes a framework for understanding this region by reviewing geography, colonial legacies, oil wealth, individual leaders and other factors. He concludes by using Iran as an illustrative case study of how all these factors can play out at a local level, inviting discussion of how the same factors have played out differently in other countries.		

In Class	The History of the US's Relationship with Cuba	
Historian Professor Howard Hisdal will take us through 200 years of the United States' attempts to dominate, conquer or annex Cuba - from Thomas Jefferson to President Trump. Professor Hisdal will bring us the highlights: the 1898 Spanish American War; the 1959 Castro Revolution; the Bay of Pigs; the Cuban Missile Crisis; Cuba as a Soviet proxy; Obama's moves to reconcile, and Trump's current statement that, after Iran, "Cuba's next."		Presenter: Prof. Howard Hisdal Date: Sep 25 Day/Time: Fri / 1 pm Sessions/Fee: 1 / \$10 Location: Auditorium
In Class	Central Okanagan Land Trust	
Wayne Wilson - Executive director will walk you through how the Central Okanagan Land Trust (COLT) has collaborated with individual landowners, local government, community groups and others to help maintain and restore wildlife habitat from Peachland to Lake Country. For more than 30 years, COLT has continued to explore partnerships with Munson Pond, Rose Valley Pond, Mission Creek Greenway and other sites to preserve rapidly disappearing habitat. <u>Central Okanagan Land Trust</u>		Presenter: Wayne Wilson Date: Oct 2 Day/Time: Fri / 10 am Sessions/Fee: 1 / \$10 Location: Room B
In Class	Navigating the Digital Health Landscape: Enhancing Research Literacy in the Age of (Mis)information	
In today's online world, health information has never been easier to find. But how do we know if the information we get from the Internet, social media and other news sources is accurate and reliable? Join Dr. Heather Cooke, Manager of Research & Knowledge Mobilization at the Alzheimer Society of BC and Yukon, and Dr. Linda Hawker, SLR board member, for an engaging discussion on how to increase your research literacy. Learn how to think critically about research, interpret health-related research in the news and how to evaluate the credibility of a story or source.		Presenter: Dr. Heather Cooke Co-Presenter: Dr. Linda Hawker Date: Oct 2 Day/Time: Fri / 1 pm Sessions/Fee: 1 / \$10 Location: Auditorium
In Class	Take a Walk with Spirituality	
"Step into my wilderness where adventure and romance will awaken your spirituality." Join Kelowna author, spiritual coach and intrepid world traveller Jane Catherine Rozek as she shares with you how her search for spiritual empowerment, love and loyalty culminated in three award-winning books, <i>The Spirit Quest Series</i>. Her memoirs speak of how young Rozek's strength as a woman was repeatedly tested during the 10 years she and her husband lived off-the-grid in Canada's rugged northern wilderness. Amazon touts <i>Innocence Revealed</i> as a "raw, real experience of becoming a woman." <i>Purity Found</i> reveals how Rozek "was challenged to her utmost limits in her search for a source of power to survive." <i>Wilderness Courage</i> unveils how "her search for spiritual empowerment clashed with her husband's old-fashioned religion." With the assistance of a few vivid photos, Rozek will also introduce you to her travels in Italy, Israel, Jordan, Turkey, China, Morocco, Oman, Egypt, and Greece, all of which have currently influenced her spirituality.		Presenter: Jane Rozek Date: Oct 9 Day/Time: Fri / 10 am Sessions/Fee: 1 / \$10 Location: Room B

In Class	Travel Journal Workshop	
Have you ever wanted to keep some sort of journal of your amazing travel season? When you plan your upcoming journeys, why not take that extra and simple step of keeping a journal of your experiences? You will come to the end of your season (one way or another), so why not have a truly unique record of your adventure? Join Curator and Historian, Wayne Wilson, for an exciting workshop on keeping a Travel Journal. In this workshop, Wayne will touch on a range of topics you'll want to keep in mind when planning your journal: • What to write in your journal • What to put in your travel journal kit • When to make your journal entries • What to do with your journals once you're home safe and sound <u>Wayne Wilson Art</u>		Presenter: Wayne Wilson Date: Oct 9 Day/Time: Fri / 1 pm Sessions/Fee: 1 / \$10 Location: Room B
In Class	Moving Through Grief: Gentle Practices for Healing	
Grief touches every part of us, including our bodies. This gentle three-session class is for anyone living with loss. Whether from the death of a loved one or animal companion, a change in health, a life role, a relationship, or a hoped-for future the experience of grief sometimes requires movement. Together, we will explore how grief can show up as exhaustion, brain fog, physical pain, or feeling disconnected from ourselves. Through conversation, reflection, and simple self-paced upper-body movements, participants will be invited to listen to their bodies, honour their experiences, and experience the relief of moving grief through our bodies. <i>Eleanor McAlpine, RCC, CCC, Certified Grief Movement Coach, a clinical counsellor who specializes in supporting adults 55+ through grief, trauma, and significant life changes.</i>		Leader: Eleanor McAlpine Dates: Oct 16 - 30 Day/Time: Fri / 10 am Sessions/Fee: 3 / \$19 Location: Room A
In Class	Understanding the Role of an Executor in B. C.	
Join us for an informative presentation on the important role of an executor in British Columbia. Whether you have been named as an executor or simply want to better understand the responsibilities involved, this session will provide valuable insights into the legal, financial, and practical duties of administering an estate. Learn about probate, asset management, debt settlement, distribution of inheritances, and common challenges executors may face. Gain the knowledge and confidence needed to navigate this significant responsibility and ensure a smooth estate administration process.		Presenter: Samantha Ferguson <i>Lawson Lundell LLP</i> Date: Oct 16 Day/Time: Fri / 10 am Sessions/Fee: 1 / \$10 Location: Room B
In Class	Hormones, Herbs and Menopause	
Menopause represents a graduation from (sometimes) tedious periods and annoying PMS mood swings. But the post-menopausal years can be associated with their own set of symptoms. The internet is full of advice and quick fixes. What's real and what is just a money-grab?		Presenter: Dr. Margaret Burnett Date: Oct 16 Day/Time: Fri / 1 pm Sessions/Fee: 1 / \$10 Location: Room B

In Class	Gorman Lumber-The Value Adder and Margin Creator	
- The Gorman Group's 75-year history in lumber manufacturing - Today's operating facilities and marketing program - Changes in the US and international markets for BC forest products - Why value added - Where we plan to go with our product line - Government initiatives and programs in value added in the lumber sector - Changes in direction within the lumber industry in British Columbia - An industry in transformation <i>Nick Arkle is Chair of the Gorman Group Board of Directors.</i>		Presenter: Nick Arkle Date: Oct 23 Day/Time: Fri / 10 am Sessions/Fee: 1 / \$10 Location: Auditorium
In Class	Knead to Know: Sourdough Basics	
Surprise your friends and family with Artisan Sourdough bread straight from your oven! Carol Harvey will guide you through the steps to ensure success, using tools and supplies you already own. Bring a small container to take starter home with you, so you can start baking. Did you know - the fermentation process in sourdough breaks down gluten, which many people have trouble digesting? It also produces organic acids, such as lactic acid and acetic acids, which help slow the absorption of starch in the digestive tract. When food is digested slowly, glucose is released more gradually into the bloodstream, preventing a significant spike in blood sugar levels after eating. Compared to other breads, sourdough is low on the glycemic index.		Presenter: Carol Harvey Date: Oct 23 Day/Time: Fri / 1pm Sessions/Fee: 1 / \$13 Location: Auditorium
In Class	Comfort by Design: Discovering Your Mind's Ability to Influence Comfort	
In this engaging and experiential workshop, participants will discover how hypnosis and other mind-body techniques can help reduce stress, increase relaxation, and develop a greater sense of comfort and control. You will learn how attention, thoughts, emotions, expectations, and past experiences can influence comfort levels and how specific techniques can be used to work with these processes. Living with discomfort can be exhausting. Whether your discomfort is occasional, ongoing, physical, emotional, or stress-related, many people are surprised to learn that the brain plays a significant role in how sensations are experienced. While hypnosis is not a cure for medical conditions, a focused state of attention can be a powerful tool for influencing how discomfort is perceived and experienced. Through guided exercises and demonstrations, attendees will experience practical tools that may help them become less focused on discomfort, increase feelings of ease, and access their own natural abilities to create greater comfort and well-being. <i>Kristine Stewart is a Certified Clinical Hypnotherapist and Counselling Practitioner</i>		Presenter: Kristine Stewart Date: Oct 30 Day/Time: Fri / 10 am Sessions/Fee: 1 / \$10 Location: Room B

In Class	iPhone Basics	
	This course provides iPhone basics, focusing on essential functions and features. Topics include understanding cell phone data, navigating basic functions and settings, utilizing the Control Centre, making voice calls, managing contacts, using messaging apps, and handling app management. Students will also learn to use the Apple Mail app for email, operate the camera, organize and manage pictures, share pictures and files, and maintain security on the iPhone. Additionally, we will cover backups, updates, and tips for using an iPhone while travelling. <i>This course is also available on Thursdays (November 5 & 12)</i>	Presenter: Gary Alzomal Dates: Nov 6 – Nov 13 Day/Time: Fri / 10 am Sessions/Fee: 2 / \$13 Location: Room A
In Class	Right Sizing	
	Have you thought about downsizing but feel it's a daunting task - and don't know where to start? Join us for an engaging, informative session that takes the stress out of 'downsizing' and turns it into rightsizing - creating a home and lifestyle that truly fit where you are today. You'll leave with practical checklists, expert tips, and clear next steps to help you plan with confidence - whether you're ready to make a move soon or just starting to explore the idea. We'll cover how to: • Decide when the time is right • Understand your housing options • Prepare emotionally and practically for a smoother transition Discover how rightsizing can add freedom, connection, and peace of mind to your next chapter! <i>Shannon & Tamara Stone are Kelowna natives with deep roots in the local real-estate community.</i>	Presenter: Shannon Stone Presenter: Tamara Stone Date: Nov 6 Day/Time: Fri / 10 am Sessions/Fee: 1 / \$10 Location: Room B
In Class	Drilling down into Canadian Oil & Gas Industry	
	This presentation provides an overview of Canada's oil and natural gas industry, tracing its development from the earliest discoveries to its current role as a major global energy producer. It examines the country's key sedimentary basins, regional production trends, and Canada's position in world oil and gas markets. The presentation also explores the balance between domestic supply and demand, the strategic importance of pipelines, and the growing role of LNG exports. In addition, it reviews oil sands operations, offshore developments on the East Coast, frontier exploration opportunities, and the economic factors that influence petroleum product and gasoline prices. It touches on the strategic importance of the Strait of Hormuz. Together, these topics provide a comprehensive understanding of Canada's energy resources, production potential, and future opportunities in the global energy landscape.	Presenter: William Thompson Date: Nov 6 Day/Time: Fri / 1pm Sessions/Fee: 1 / \$10 Location: Room B

“As long as you’re learning, you’re not old.” – Rosalyn Sussman Yalow

In Class	Healthy Aging & Diabetes: A Conversation for our Community	
Diabetes affects nearly one in four older adults and can be challenging to manage as we age. This session will explore why diabetes becomes more important as we age, and what older adults can do to stay healthy and active. We will discuss everyday lifestyle habits that can reduce the risk of diabetes and improve blood sugar control, strategies to prevent common diabetes-related complications, and medications used to manage diabetes. Presented by a pharmacist and nurse, this session will provide evidence-based information, practical tips, and opportunities for discussion to help older adults better understand and manage diabetes with confidence.		Presenter: Jennifer Bolt Presenter: Colleen Dumanoir Date: Nov 13 Day/Time: Fri / 1 pm Sessions/Fee: 1 / \$10 Location: Auditorium
In Class	Sex and the Seasoned Woman	
Is there sex after 60? What does menopause add to the mix? What about the desire for desire? I am a retired gynecologist and have been learning from my patients and their partners for over 40 years. Everyone who wants to join can weigh in or just listen in! This session is intended to be inclusive. Singles, couples, and people of all genders and orientations are welcome.		Presenter: Dr. Margaret Burnett Date: Nov 20 Day/Time: Fri / 10am Sessions/Fee: 1 / \$10 Location: Room B
In Class	Movement for Life	
This workshop will teach you how to stay active and mobile as you age through the approach of Controlled Articular Rotations. C.A.R.s are the acts of taking a joint sequentially through its full pain-free range of motion. All joints in the body need to move to stay healthy and mobile. CARs are a fun and safe way to maintain your mobility, no matter your age or condition. In this workshop you will learn to train your joints so that they can get their nutrients and stay healthy, active and mobile. We will be trying these out in class. <i>Marina is the owner of <u>Okanagan Athletic Therapy</u> in Kelowna</i>		Presenter: Marina White Date: Nov 20 Day/Time: Fri / 1 pm Sessions/Fee: 1 / \$10 Location: Martin Centre
In Class	Interior Health Adult Day Services/Volunteer Services	
Discover how Adult Day Services and Volunteer Services play a vital role in supporting older adults, and their caregivers. This session explores the many benefits of the Interior Health Adult Day Services, including meaningful social engagement, structured therapeutic and recreational programming, reduced social isolation, enhanced well-being, and valuable respite for caregivers that supports their ability to continue providing care at home. Participants will also learn about the impact of Volunteer Services in enriching the lives of clients through companionship, meaningful activities, and community connection. The session will highlight the mutually rewarding experience of volunteering, including opportunities to build relationships, develop new skills, contribute to the community, and make a meaningful difference in the lives of older adults. This presentation will provide an overview of available services, referral pathways, and the positive outcomes these programs create for clients, caregivers, volunteers, and the broader community.		Presenter: Heather Degraaf Presenter: Elayna Dijkman Date: Nov 27 Day/Time: Fri / 10 am Sessions/Fee: 1 / no charge Location: Room B

Saturday

Field Trip

Geologic Time Unfolded: Exploring Kelowna's Outcrops

The geology of the Kelowna region is interesting, and complex, with strata ranging in age from Precambrian Monashee metamorphic rocks (>2.2 B yrs) to Pleistocene Lambly Creek basalts (~760,000 yrs BP). Overlying these rocks are late Pleistocene glacial sediments (10,000 Yrs BP & older). This field trip will visit some 8 to 10 sites in Kelowna & West Kelowna. You will see: Faults, Folds, Volcanic rocks, Sedimentary rocks, Igneous dykes, get a visual look at the 'disputed' geology of Layer Cake Mountain, plus less controversial Glacial Lacustrine Sediments. A Field Guidebook will be provided that will summarize each Geology stop. There will be some walking involved, but nothing too strenuous. A bus will take us to each site, and the field trip will start at 9:00 am sharp at the SLR parking lot and end by about 4:30 pm at SLR. You only need to bring a bagged lunch and an interest in understanding geological phenomena.

Presenter: Reg Olson
Date: Sep 26
Day/Time: Sat / 9am
Sessions/Fee: 1 / \$50
Location: Kelowna & West Kelowna

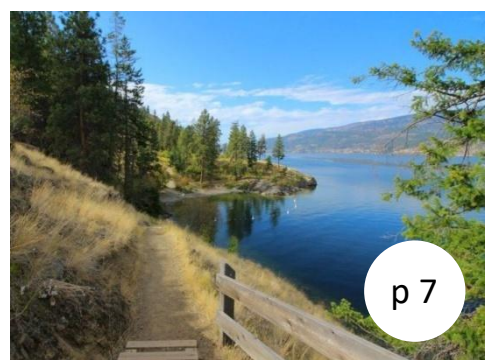
Field Trips



**Guided Tour at
Brookside Manor**



**RDCO
Kokanee Salmon Walk**



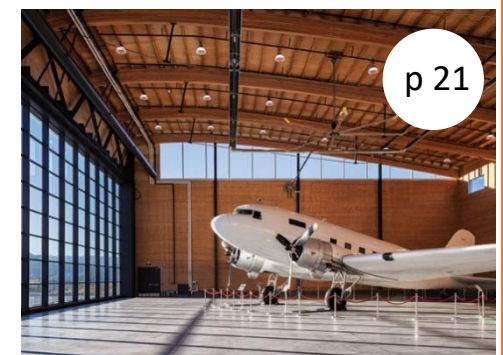
**Walking Into Mindfulness
Paul's Tomb**



**Geologic Time Unfolded:
Exploring Kelowna's Outcrops**



**Gordie Ivans UV Facility - Black
Mountain Irrigation District**



**Experience the Legacy
KF Centre for Excellence**

Confirmation number

Registration forms are available at office if required

Name:		Email:	
Address:			
City:		Postal Code:	
Phone:		Cell:	
Emergency Contact:		Phone:	Cell:
Classroom or Zoom?	Day	Course Title	Fee
Membership Fee (add \$25 if applicable)			
Donation (optional)			
<i>to be filled in by staff – Total Payment</i>			

1434 Graham Street, Kelowna, BC V1Y 3A8 Email: registrar@slrkelowna.ca

The non-refundable annual membership fee of \$25 covers a twelve-month period.

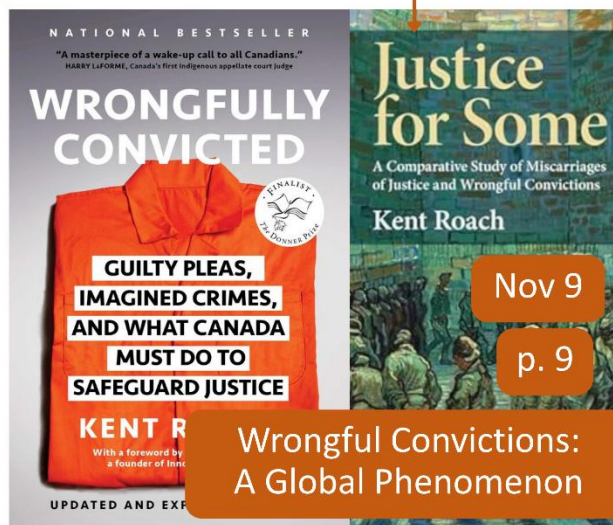
Course refunds, in the form of a credit, are available by request, with 48 hours notice prior to the start of the course.

METHOD OF PAYMENT (Circle one please): CASH / CHEQUE (*payable to SLR*) / CREDIT CARD

Signature of Applicant: _____ **Date:** _____

By signing this form, you agree to the use of your personal information as noted below: You consent to share your Amilia profile with the Society for Learning in Retirement. (SLR).PRIVACY POLICY: The Society for Learning in Retirement (SLR) collects your personal data and email addresses for the sole purpose of program registration and to notify you of SLR events and news/updates. SLR does not sell, disseminate or otherwise provide your name and information to any other person or organization. You also accept SLR terms and conditions with regards to payments and refunds. Electronic SLR communications (e.g. programs, notices) can be stopped by unsubscribing,

Zoom Hybrids



Join us from wherever you are! We welcome guest speakers from across Canada and even across the pond in England, who will present live via Zoom on a wide range of fascinating topics. Attend in person or join online—it's your choice.

See you there!