RECREATION
PROGRAM GUIDE
NARAMATA

Winter Session December 2019 - March 2020

Online: rec.rdos.bc.ca

Phone: 250.488.0285

Email: rdosrec@rdos.bc.ca

Naramata Parks and Recreation

Contact Us

Recreation Coordinator

Naramata-rec@rdos.bc.ca

Adrienne Fedrigo

250.488.0285

afedrigo@rdos.bc.ca

Ways to Register or Buy Passes:

Online:

https://rec.rdos.bc.ca/communities/area-e-naramata-recreation/

Phone:

250.497.8188

Email:

rdosrec@rdos.bc.ca

SIGN UP NOW TO RECEIVE IMPORTANT NOTIFICATIONS

Be Safe—Be Informed—Be Involved In Your Community

Why should I sign up?

The RDOS wants to ensure it's citizens are safe, informed and involved around their communities. The CivicReady mass notification solution as a communication service available for all residents of the area to sign up and receive emergency & routine notifications straight on your mobile phone by text, computer by email and even your landline with text-to-speech capabilities!

How do I sign up?

It's easy! Simply go to **www.rdos.bc.ca/news-events/Civic-Ready**, click on your electoral area, enter your contact information and select the groups you'd like to receive notifications from. Then we'll send updated alerts through either email, phone call, or text. Modifications to the alerts can be made at any time from your CivicReady account.

RECEIVE INFO ON:

Emergency Notifications:

- *EOC Updates*
- *Sandbag Pick-Up Locations*
- *ESS Locations*
- *Wildfire Updates*
- *Dangerous Animals in the Area Notices*

Routine Notifications:

- *Community Events*
- *Water & Sewer System Alerts*
- *Curbside Pick Up & Landfill Hours*
- *Information Releases*
- *Transit Notices & RFQ's*
- *Regional Rec And More….*

CIVICREADY Powered by Regroup

Like the Regional District of Okanagan-Similkameen page on Facebook

Follow @EmergMgtRDOS on Twitter

Regional District of Okanagan-Similkameen
101 Martin Street, BC V2A 5J9
t. 250.492.0237 f. 250.492.0063
Toll Free: 1.877.610.3737

CHILDRENS PROGRAMS

ACTIVE EXPLORERS

Love Nature

Join Chris on an active outdoor adventure Thursday's after school. Participants will engage in a variety of physical activity and outdoor exploring.

Thursdays

1. Jan 16 - Mar 12

2. Apr 2 - Jun 11

2:45 - 4:45pm

Ages 5-11

$10 Boys & Girls yearly fee

This program is made possible through funding provided by the Government of British Columbia and support from the BC Recreation and Parks Association (BCRPA), & the Okanagan Boys & Girls Club

Okanagan Boys and Girls Club

After School Drop In

Ball games, tag games, sports running, jumping, and more.

Tuesdays

1. Jan 14 - Mar 10

2. Apr 7 - Jun 9

2:45 - 4:45pm

Ages: 5 - 11

$10 yearly membership

Register @ Boys & Girls Club

Fridays

9:00 - 11:00 am

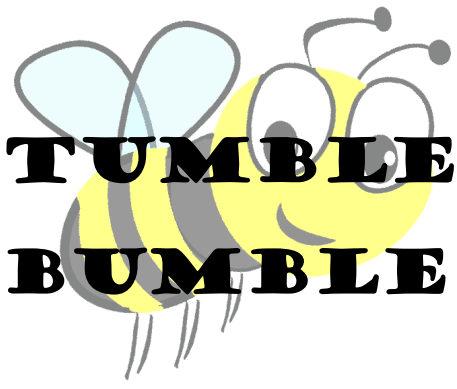
Naramata School - Gym

Age: 0 - 5

Free

Jan 10 - June 12

An opportunity for toddlers and caregivers to meet others in the community. Run around, stack blocks, and have a great time.



SENIOR PROGRAMS

Choose to Move

Choose to Move is a *6-month model* designed to introduce **older adults** to the habit of **physical activity**, help them meet **new friends**, and make a **positive healthy lifestyle change**.

Choose to Move is *free and flexible*, and provides participants with the **motivation** and **support** to become more physically active. Participants work with a trained activity coach who will support them as together they develop a physical activity plan tailored specifically to each participant.

When things get challenging, participants will have the support from their coach and a group of other seniors, who, just like them, are making a choice for health – they are choosing to move!

To learn more about Choose to Move visit https://www.choosetomove.info/

More details to follow.

If interested, please contact Adrienne

ActivAge™

ActivAge™ is a **free** *3-month* **group-led physical activity program for inactive older adults**. It introduces participants to physical activity and reinforces their commitment to incorporate it into their daily lives.

The program is **progressive** with planned physical activities (stretching, activity, and cool-down) based on ActivAge™ training.
This **fun** and **social** program will help get participants moving in a relaxed environment with likeminded people.

The program has two class options to choose from:

Option 1: focuses on improving activities associated with daily living, strengthening muscles used day-to-day (ie: bending, lifting, stretching, etc);

Option 2: focuses on exercises that will enable each participant to become more involved with other physical activity programs or sports.

Each class incorporates physical activities that engage participants, and features in-class discussions and resources to improve overall health and physical well-being.

More details to follow.

If interested, please contact Adrienne

YOGA & FITNESS PROGRAMS

Register-

Rec.rdos.bc.ca

250.497.8188

Hatha Yoga with Deb

Relax your mind and body as you engage in Hatha Yoga with Deb.

Tuesdays

1. Jan 7 - Mar 10 (10 wks - $85)

2. Mar 31 - Jun 23 (13 wks - 110.50)

Naramata School Gym

5:30pm

$10 Drop in, 5 pass 47.50, 10 pass - $90

Tai Chi

Tai Chi, also spelled Taiji, Taijiquan, or T'ai Chi Ch'uan, is an exercise of weight transfer, slow and gentle, taught in a sequence of movements and postures. There are many variations of styles taught in China and around the world.
Although tai chi has its roots in martial arts, our tai chi exercise is focused on the health benefits. Practiced diligently, tai chi can improve circulation and flexibility, leading to improved health and a sense of greater vitality.
Our tai chi exercise follows the tai chi set of Master Moy Lin-Shin. It emphasizes turning and stretching to open the joints and also to massage the internal organs. It is a complete method to keep the body and mind young. The practice helps to prevent premature aging.
TAI CHI: an exercise for physical and mental health!

Tuesday

7:00 - 8:30pm

Jan 7 - June 22

Naramata Elementary School

Fees: $20 per month: Seniors (60 and over) $15 per month

Sorry no per class rate.

Need to wear indoor shoes and loose clothing.

For registration please visit http://www.zwta.org/naramata

YOGA & FITNESS PROGRAMS

Naramata Yoga features Gentle Hatha for all levels. This uplifting practice purifies the mind, body & spirit, using classic yoga postures, breath work, and meditation. Increase mobility, reduce stress, strengthen the physical and emotional body, shift into an elevated sense of self awareness.

Tues & Thurs 9-10:15am at the Naramata Church

Wed 3:30-4:00 SCHOOL FUNDRAISER at Naramata Elementary *all proceeds go to the school

For details contact Jennifer: 500 hour South Okanagan Yoga Academy, and Yin Yoga certified instructor

250-486-7687 kanazawapottery@gmail.com

Funk-Tion

Full Body Strengthening using Body work, Exercise Ball & Resistance Bands

Naramata church hall
10:30 am - 11:30 am
Tuesdays & Thursdays

Register via
nicole@funktionforlife.com
OR phone: 250.462.1105

- Drop-ins are welcome: $12.00/class
- Please bring a ball, mat & water

For more information, contact Nicole Funk: funktionforlife@fastmail.com

Facebook @ Funktion For Life Personal Training – tips and schedule updates

Accelerate Personal Fitness

Join fitness instructor Brent Mosses of Accelerate Personal Fitness Training for a fun and dynamic workout before your workday begins.

Wednesday & Friday
5:45 - 6:45am
Naramata Church Hall
$15 drop in

5 sessions - $60 +gst
10 sessions - $108 +gst
20 sessions - $204 +gst

Register with Brent:
Www.acceleratefitness.ca
250.488.2113

DROP IN SPORTS

ACTIVITY	DAY	TIME
Pickleball	Monday/Wednesday	6:00 - 8:00pm
Badminton	Thursdays	7:00 - 8:30pm
Family Gym	Fridays	6:30 - 8:30pm
	Sundays	9:30 - 10:30am

ALL DROP IN PROGRAMS ARE IN THE GYM AT THE NARAMATA ELEMENTARY SCHOOL

Pickleball - $20 season fee

One the fastest growing sports in North America is a great workout for any age. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis.

Beginners or experiences players welcome. Instruction and paddles are supplied for new players. First drop in is free.

Badminton

Badminton is welcome to all level of players. Bring some friends and challenge one another to a game. Children welcome if accompanied by an adult.

Family Gym

Drop into the gym with family, friends, and other community members. Enjoy your own game or include others. Activities may include basketball, floor hockey, dodgeball, soccer, scooters, etc. Make it a family date night and have some fun in the gym. ** Volunteers are needed to monitor program. Inquire with Adrienne **

5 easy steps to composting

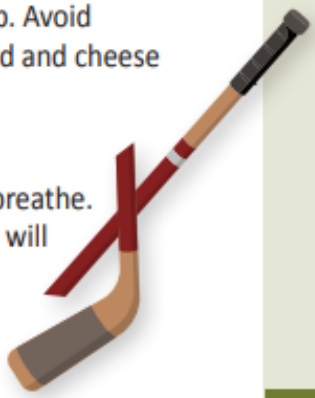
Regional District RDOS Okanagan-Similkameen

Composting can be easy.
Follow these steps to make hassle free, plant loving compost.

1 USE WIRE MESH TO KEEP OUT RODENTS
Local building supply stores sell wire mesh. Use 1/2 inch or smaller (your finger shouldn't get through). Place under compost bins and secure around any holes.

2 ADD LOTS AND LOTS OF LEAVES
Leaves break down naturally into compost. The more leaves you have in your pile, the less odours and better compost. Keep extra leaves for winter and summer (see 3 below).

3 PLACE FRUITS AND VEGETABLES UNDER LEAVES
Place fruits and vegetables under leaves in your compost bin. A layer of leaves keeps odours down and reduces fruit flies. Either lift up leaves or place fresh leaves on top. Avoid composting any cooked foods, meat, fish, bread and cheese as they can be smelly and create problems.



4 POKE YOUR PILE WITH A STICK
The bacteria and bugs in compost need air to breathe. Digging or poking holes into your compost pile will keep it aerated. A broken hockey stick (shaft with blade broken off) works great.

5 WATER YOUR COMPOST PILE
In the dry Okanagan-Similkameen, lack of water is the main reason why compost breaks down slowly. Water regularly to speed up the process.

GRASS CLIPPINGS PROBLEMS

Unlike leaves, grass clippings can bind up. This blocks air and water in the pile. Mulch grass back into lawns as much as possible. Contact the RDOS to learn more about 'Grasscycling'.

WHAT MATERIALS CAN BE COMPOSTED?

GREEN MATERIALS (NITROGEN-RICH)

- Fruits and vegetables
- Coffee grounds/tea bags/egg shells
- Fresh grass clippings (see below)
- Green plant trimmings
- Weeds that have not gone to seed

BROWN MATERIALS (CARBON-RICH)

- Dry brown leaves and plants (see #2 and #3)
- Dry brown grass clippings (see below)
- Vegetable stalks
- Ripped up newspaper or paper bags

WHAT CANNOT BE COMPOSTED?

- Anything that would attract pests like meat, bones, greasy foods and oils
- Grain products
- Cooked food scraps
- Dog or cat feces

Seasons of Composting

Spring

Mix any uncovered fruits and vegetables with leaves. Collect leaves for spring, summer and early fall. Add water to restart compost and poke the pile to add air. Remove any finished compost.

Summer

Bury all uncooked fruits and vegetables under leaves to avoid odour and fruit flies. Add water regularly to keep your pile going in our hot summer!

Fall

Collect leaves! Get enough to last through winter into spring. Remove all finished compost and place in garden areas. The compost will help protect the soil and add nutrients back in. It will also create room in your compost bin as materials break down slowly in winter.

Winter

Ensure 1/2 inch wire mesh covers any openings on bottom or sides. Rodents will be looking for a warm, dry place to nest. Keep adding materials! Things will break down quickly when everything thaws.

EXTRA THINGS TO THINK ABOUT

- Place newspaper or brown paper around your kitchen collection bin to reduce any residue ("the ick factor"). Newspaper ink is okay to compost but office paper ink can cause problems so should be avoided.
- If you have space, keep your fruit and vegetable scraps in the freezer. This will reduce any odours, kill fruit flies and freezing helps break down materials. Chopped up materials will also compost faster.
- Never add soil. Soil stops air getting in, slowing the composting process. Leaves add all the beneficial bacteria and other critters you need for composting.
- The creatures in your compost bin are a lot like you. If they don't have enough water, they will not survive. Add water regularly throughout the year to keep your compost going.
- Bring additional yard waste to local landfills for free composting up to 500 kg per load.

How to use finished compost

- If purchasing compost check the label or ask the retailer for application recommendations.
- Finished compost looks like soil. Screen your compost and put uncomposted materials back in your bin. Any extra 1/2 inch wire mesh makes a great screen.
- Place compost on top of the soil around plants. This is called top dressing. Compost will naturally move into the soil. The best time to add compost is in the fall to prepare your garden and lawn for spring.
- Add up to 30% compost into potting soil or top dress house plants.

FOR MORE INFORMATION CONTACT

Regional District of Okanagan-Similkameen

p: 250.490.4129 **tf**: 1.877.610.3737 **e**: info@rdos.bc.ca www.rdos.bc.ca

OTHER PROGRAMS

OAP Friendship Club

The Naramata OAP Friendship Club has a variety of programs, for residents over 60 years, that take place throughout the year. It is a great opportunity to meet other seniors in the community and engage in fun activities such as potluck dinners, movie nights, yoga, special guests and more.

Coffee Time - weekdays 9:00am
Bridge Lessons -
Cribbage - Thursdays 7pm

Swing by the OAP to learn more about what activities are planned.

Location: Ritchie Ave. & Third St. (beside library)

NARAMATA
child development
CENTRE

NARAMATA
Kids club

We provide a high quality, age appropriate, play-based educational experiences for the children attending our daycare and Kids Club.

We promote positive interactions that strengthen a child's self-worth in a safe, nurturing environment. We aim to inspire a sense of belonging for themselves, their families and their community!

Phone: 250.770.7755

PARKS

Manitou Park

Located along the shore of Okanagan Lake. Manitou Park is a great space to come on a nice day. Play at the park, run in the grass or organize a game of volleyball. There is lots to do at Manitou.

AMENITIES

- Grassy area
- Shade trees
- Playground equipment
- Volleyball court
- Washrooms
- Baseball Diamond
- Parking
- Sandy beach

Wharf Park

Located along the shore of Okanagan Lake, Wharf Park used to be a main port for the BC Fruit Packing House. Take a stroll along the pathway to the end of the dock, which offers picturesque views of the lake.

AMENITIES

- Grassy area
- Shade trees
- Walking path
- Seasonal Farmers Market (June - Sept)
- Parking
- Pit toilet

Did you know that you can book Manitou and Wharf Park for Community Events, Family Gatherings, Weddings & Sporting Events?

If you would like to book one of these parks, contact

Adrienne Fedrigo - afedrigo@rdos.bc.ca

booking online - https://app.bookking.ca/rdospub/index.asp

generationhealth

it feels good to have fun.

A FREE *10*-week program to inspire healthier BC families.

Learn how families with children ages 8-12 can make small changes to feel better inside and out, and have fun doing it!

Starts Feb 4th, 2020
Tuesdays, 5:30pm-7:30pm
Carmi Elementary School
Ph: 1-888-650-3141
generationhealth.ca

British Columbia · Childhood Obesity Foundation · University of Victoria