



September 2018

Regional Rec Talk

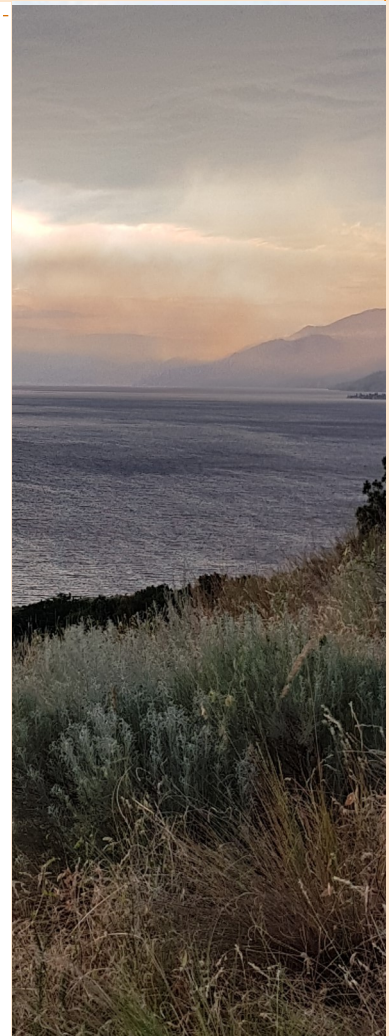
“I cannot endure to waste anything so precious as autumnal sunshine by staying in the house” ~ Nathaniel Hawthorne

As the leaves tumble and crisp winds blow, RDOS PLAY is rounding up the Regional Recreation Approach and developing exciting plans for the future. Fall into some great programming and read ahead to see what exciting opportunities are coming your way this autumn!

To stay up-to-date on future events visit our website

rec.rdos.bc.ca

If your community would like to showcase their unique way of staying active and having fun please email ajeetbrar09@gmail.com to be highlighted in our next newsletter.



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PLAY IN THE PARK— OLDER ADULT

RDOS PLAY in partnership with Okanagan Falls Parks and Recreation has been hosting a series of play in the park and try-it sport sessions during the spring and summer months. We would like to say thank you to all that participated and helped make these programs a success and extend an invitation to all to attend our next Older Adult event! On Thursday September 6th, grab a friend and bring them down to Kenyon House in Okanagan Falls between 1:00-3:30 for an afternoon of “Coffee, Croquet, Checkers, and Lawn Games.” Learn a new sport, play a fun game, and mingle among your peers! With your support, this event is sure to be a hit!

For more information about our the Okanagan Falls Older Adult Play in the Park series or for more dates please contact Program Coordinator Aja Jackson at ajaplayinthepark@gmail.com

Check the events calendar at rec.rdos.bc.ca for a complete list of all of our upcoming events and to see where PAT will be next!

SUPPORTED BY THE BC PHYSICAL ACTIVITY STRATEGY

Support and resources to enhance collaboration are provided through a partnership between BC Alliance for Healthy Living, BC Healthy Communities Society and the Province of British Columbia.



PHYSICAL LITERACY FOR COMMUNITIES (PL4C)



With the feelings of change lingering in the air, RDOS Play is excited to announce that it has been successful in obtaining support from The Sport for Life Society

and the British Columbia Alliance for Healthy Living to implement programs and initiatives that will work to make our Region a physically literate community. Physical Literacy, the ability to move with competence and confidence in an array of physical activities is key to and individuals lifelong enjoyment and participation in physical activity. By using tools, hosting workshops, and utilizing the array of resources provided by the Society RDOS PLAY will be developing an approach to introduce fun and exciting initiatives and programs in our region that will increase the level of physical literacy among all people. Be sure to keep an eye out for these programs in the near future and check this newsletter for updates.

PHYSICAL ACTIVITY TRAILER

Over the course of the previous twelve months RDOS PLAY Recreation has been focusing some of its efforts towards the creation of a one-of-a-kind Physical Activity Trailer which is accessible at no cost to organizations within our region. The summer months proved to be the most pertinent in collecting first hand information about the true impact of PAT and its role in the regions communities. Between the months of May and August , PAT made over fifty visits, with stops in three indigenous reserves across the region with over 200 people interacting with it. On average, each of the communities in the region received 4 visits from PAT over this time period and people of all ages were able to get outside and PLAY. The trailer also received rave reviews from many members of the public who have praised it for its ability to cater to all demographics. The ease with which the trailer makes recreation accessible for people in remote and rural communities was also identified as a point of praise. Although there were some initial hurdles to overcome , the team at RDOS PLAY Recreation can confidently say that the first year operating PAT in the region has been a success. One of the initial goals behind the creation of this trailer was to increase the level of physical activity among members of our region and with only a handful of bookings remaining, one can firmly say that we are well on our way to achieving this goal. Below are images from our PAT-tastic summer; each from a different community within our region!



TRY IT DAY - FENCING CHILDREN 8-13y yrs

Looking for an exciting way to spend your Saturday morning? Unleash your medieval fantasy and join us for an introductory fencing session hosted by the Okanagan Freestyle Fencing Club on September 22. This session will be hosted at Kaleden Elementary School from 11:00am-12:30pm and is open to any child between the ages of 8 and 13 yrs. To register for this **FREE** coaching session please e-mail ajeetbrar09@gmail.com



MEET THE FORCE— Community Champions Edition

RDOS PLAY has been highlighting members of the Regional Recreation Task Force in this section of the newsletter over the course of the past year; however this season we would like to acknowledge some people who have been key members in helping us deliver our programs across the region. We are lucky enough to have multiple hardworking and dedicated community champions who share a common vision and strive to make their community a better place. Your passion and dedication ensures that our programming is stellar and we thank you all ! Pictured below is Sharon Proctor, a community champion from Okanagan Falls who is an Urban Poling Instructor. This is one of the roles our community champions have been fulfilling!



TRAINING AND LEADERSHIP OPPURTUNITIES

RDOS Play is pleased to present the following training opportunities for instructors and individuals who are passionate about ensuring the sustainability of recreation programs within our region. Please contact Ajeet Brar at ajeetbrar09@gmail.com or 778.931.0845 if you are interested in registering for these **FREE** training opportunities.

Appetite to Play Training: September 8, 2018 9:30am-12:30pm. Are you an early childhood educator or assistant? What about a passionate young parent or individual working with children aged 0-5? Then the Appetite to Play workshop is a great opportunity for you to enhance your knowledge, skills, and confidence in creating childcare settings which support healthy eating, physical activity, and physical literacy to cumulatively promote healthy child development.

Older Adult and Active Aging Fitness Module:

DATE CHANGED October 20th-21st 9:00am-3:30pm. This two day workshop is targeted at fitness instructors who wish to design effective, safe, and fun programs for the 55+ age group. You will walk away with the tools necessary to teach top notch classes that all will enjoy, from the avid fitness enthusiast to the frail but nonetheless frisky individuals. Hosted at Lakers Clubhouse in beautiful Vernon, British Columbia.

