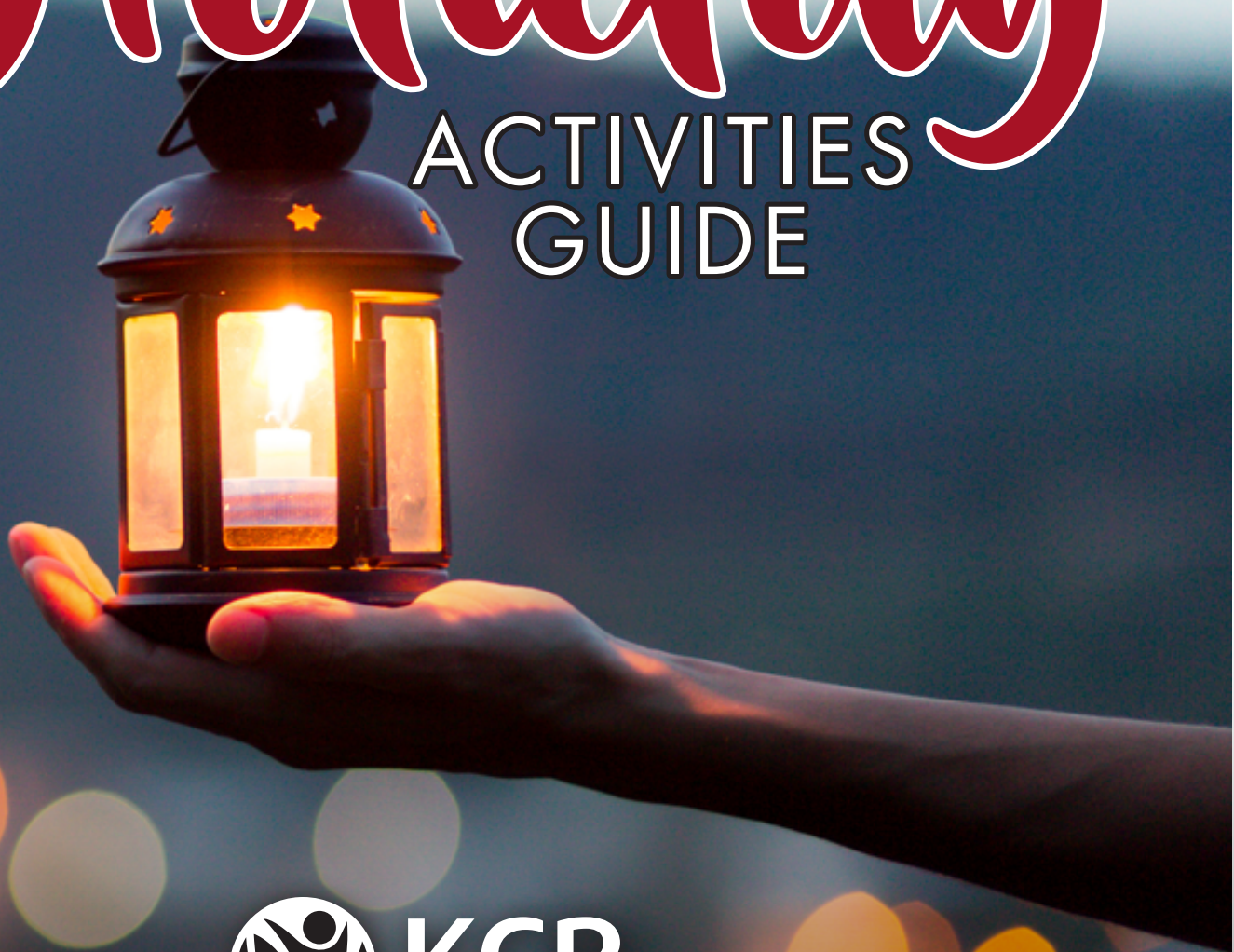


HOLIDAY ACTIVITIES GUIDE: ACTIVITIES AND STORIES  
ABOUT OUR COMMUNITY THIS FESTIVE SEASON

COMMUNITY ACTIVITIES | CREATING NEW TRADITIONS | WAYS TO GIVE

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# Welcome to the Holiday Activities Guide

**EACH YEAR**, KCR Community Resources partners up with Kelowna Capital News to produce the Holiday Activities Guide, which provides insight to local and highly anticipated Holiday events and activities. This guide will help you find events and activities to take part in with friends, family, and loved ones this holiday season, all while supporting your community's non-profit organizations! Not only does the guide

highlight events and activities taking place throughout November and December, we also have the delight of sharing stories about people and organizations within the community. Keep reading to uncover stories such as making the holidays dietary friendly, learning ways to brighten the Holiday season for your community, discovering Ukrainian Christmas traditions, and more!

## **JINGLE BELL BUILD** **NOVEMBER 1**

We are excited to be back for another year of our festive fundraising through the Jingle Bell Build. This time we have more ways for you to get creative and be involved in this fun competition; build your own creation or attend our in person build night, then vote for your favourite creations online. All funds raised go to build the next 4 homes in Lake Country. Options from \$25 upwards. Habitat for Humanity Katie English, [comms@hfhokanagan.ca](mailto:comms@hfhokanagan.ca), 778-755-4346, [www.trellis.org/jinglebellbuild](http://www.trellis.org/jinglebellbuild)

## **OPEN HOUSE AND FUNDRAISER FOR SENIORS OUTREACH "MORE THAN MEALS"** **NOVEMBER 5**

Summerwood is hosting their very first Pancake Breakfast and Open House. All are welcome to attend the breakfast by monetary or non-perishable food donation. The fundraiser will go towards 'More Than Meals' Seniors Outreach & Resource Centre which provides food for Kelowna seniors in need. And, if you are interested in living at the wonderful resort, our incentive is to sign up Nov 4th or 5th and move in by Jan 5th and get \$2,000 off the first month's rent! Regency Retirement Resorts, Donna Zentner, [donnaz@regencyresorts.ca](mailto:donnaz@regencyresorts.ca), 778-478-1736, <https://www.regencyresorts.ca/summerwood-retirement-resort/>

## **CRAFT CULTURE MARKET AT RCA** **NOVEMBER 12 & 13**

Get a jump on your holiday shopping at the Holiday Magic Market at the RCA! A one-stop shop for local handmade items! On November 12-13, over 60 vendors will take over the Rotary Centre for the Arts for a fun weekend of shopping. Admission by donation. Saturday Nov 12 - 10am to 5pm, Sunday Nov 13 - 10am to 4pm. Admission by donation, Rotary Centre for the Arts, 421 Cawston Ave, Karalyn Lockhart, [info@craftculture.ca](mailto:info@craftculture.ca), 250-826-2245, [www.craftculture.ca](http://www.craftculture.ca)

## **HOME FOR THE HOLIDAYS** **NOVEMBER 19**

Homes for the Holidays is a self-guided tour of six private homes, and one incredible show home, all decked out for the season. The homes are decorated by the homeowners, a designer or a combination of both working together creatively. Each home is unique in its architectural design and in the holiday decor and theme in support of the Cental Okanagan Hospice Association. Admission \$65, Alison Love, [alison@spatulamedia.com](mailto:alison@spatulamedia.com), <https://hospicecoha.org/special-events/homes-for-the-holidays-2022/>

## **FAMILY FUN DAY** **NOVEMBER 19**

The CNIB Children and Youth Program team is hosting Family Fun Days across BC this Fall. These exciting new events will provide opportunities for families to connect with services and learning opportunities from CNIB, as well as additional organizations that provide services to Blind and partially sighted youth in BC. We will also be having Fall themed fun and games, lunch, prizes, and activities to connect with other families in your region! Location & Date: Kelowna BC, November 19th, 11:00-3:00pm, Rotary Centre for the Arts. Register one week before event by calling Shruti Shravah at 604-644-6536.

## **PONDEROSA FIBRE ARTS GUILD ANNUAL SALE** **NOVEMBER 19**

Join us again for our spectacular sale...featuring work from our diverse group of artisans (spinning, weaving, felting, crochet, knitting, and more...) along with Cool Arts Society and Guest Artists (candles, soap and glasswork). First Baptist Church 1309 Bernard Avenue, Deb McConkey, [debamcconkey@gmail.com](mailto:debamcconkey@gmail.com), 778-477-6031, [www.ponderosaguild.org](http://www.ponderosaguild.org)





### **FESTIVAL OF TREES LIGHT UP CELEBRATION** **NOVEMBER 25**

Celebrate with the community at our 6th Annual Festival of Trees at Mission Hill Family Estate benefiting BC Children's Hospital Foundation. Revel in the holiday spirit at our opening event, with live music, mulled wine and hot chocolate, and holiday treats prepared by our culinary team. \$20 per guest. \$10 of proceeds go to BC Children's Hospital Foundation. Mission Hill Family Estate Winery, 1730 Mission Hill Rd, West Kelowna, Sarah Jane Mete, [smete@missionhillwinery.com](mailto:smete@missionhillwinery.com), 250-258-3458, <https://www.missionhillwinery.com/event/festival-of-trees-light-up-celebration/>

### **"TOUCH OF CHRISTMAS" CRAFT FAIR** **NOVEMBER 26**

The 13th Annual "Touch of Christmas" Crafter and Vendors Fair! Your unique one-stop Christmas experience; featuring over 70 Crafters & Vendors. Step into a winter wonderland featuring seasonal decorations, 50/50 Draw, Musicians. Some of the most artistic and beautiful creations in the Okanagan Valley. A perfect place to find that one of a kind gift Idea.

Share this event with your friends: <https://www.facebook.com/HandsInService> or [www.handsinservice.ca](http://www.handsinservice.ca)

The "Touch of Christmas" Crafter and Vendors Fair is a major fundraiser supporting Hands in Service's mobility and health challenged clients. Admission \$5, New Life Center, 2041 Harvey Ave, Kelowna, Joyce Hahn, [info@handsinservice.ca](mailto:info@handsinservice.ca), 250-861-5465, [www.handsinservice.ca](http://www.handsinservice.ca)

### **PEACHLAND WELLNESS CENTRE CRAFT FAIR** **NOVEMBER 26**

The Peachland Wellness Centre is hosting its annual Christmas Craft Fair again this year.

We welcome you to this fabulous day, as we showcase a sold out venue of vendors and artisans all eager to make this your best Christmas shopping day ever!

Entry is by Donation. Join us at the Peachland Community Centre, 4450 6th St. Peachland. Contact number 250-767-0141 or website [www.peachlandwellnesscentre.ca](http://www.peachlandwellnesscentre.ca)

### **CHRISTMAS MARKET DAY** **NOVEMBER 26**

Peachland welcomes you to the annual Christmas Market Day hosted by the Peachland Wellness Centre, Peachland Arts Council, and Visitor Centre, The 50+ Activity Centre, The Peachland Ambassadors Society, Peachland Little School House and Peachland United Church. Enjoy the short walk down Candy Cane Lane from one centre to the other, shopping available at all locations. By Donation at some locations, 5672 Beach Avenue to 4th Street Peachland, Sherry Kendrick, 250-767-0141 or website [www.peachlandwellnesscentre.ca](http://www.peachlandwellnesscentre.ca)

### **FESTIVAL OF TREES WINERY EXPERIENCE** **NOVEMBER 26**

Join our Wine Ambassadors for a tour of the cellar, followed by a seated tasting of our Terroir and Legacy Collection wines paired with our estate grown fare, while viewing the beautifully decorated Festival of Trees throughout our Barrel Cellar and Visitor's Hall. Admission: \$60 per guest | \$15 member pricing \$15 from every tasting benefits the BC Children's Hospital Foundation. Experience ends Jan 5.

Mission Hill Family Estate Winery, 1730 Mission Hill Rd, West Kelowna, Sarah Jane Mete, [smete@missionhillwinery.com](mailto:smete@missionhillwinery.com), 250-258-3458, <https://www.missionhillwinery.com/event/festival-of-trees/>

### **14<sup>th</sup> ANNUAL CHRISTMAS EXTRAVAGANZA** **NOVEMBER 26**

It's that time of year again, we have 60 amazing local exhibitors with fantastic gifts/items for your giving & keeping for yourself. Door prizes, Bake Sale, Refreshments available & more. Always a great variety. Come check it out!

Located at the Rutland Centennial Hall, 215 Shepherd Rd, Michelle Knuttila, [busywomensexpressshop@gmail.com](mailto:busywomensexpressshop@gmail.com), 250-868-1575, <https://facebook.com/events/s/14th-annual-christmas-extravag/1403577260146084/>

FREE Admission, but happily accepting donations for the Kelowna Food Bank

### **BACK TO CHRISTMAS** **NOVEMBER 26**

Kelowna Community Chorus presents "Back to Christmas" directed by Susan Skinner. Tickets available at [eventbrite.com](http://eventbrite.com), \$25, Christ Lutheran Church, 2091 Gordon Dr., Muriel, [kelchorus@gmail.com](mailto:kelchorus@gmail.com), [www.kelownacommunitychorus.com](http://www.kelownacommunitychorus.com)

### **CHRISTMAS IN THE COUNTRY AT EAST KELOWNA MARKET** **NOVEMBER 27**

Just a short drive to the East Kelowna countryside, our country Christmas markets will be glowing with an eclectic array of 65+ creative and talented artisans, crafters and food vendors. Each market you'll enjoy local musician performances, smore making station, natural greenery wreath making, and other crafts for families to create. Take in all the aromas and visual delights at these cozy feeling markets. Santa always comes by to share the cheer of the season and provides photo opportunities with a beautiful outdoor backdrop!

Admission by a suggested \$2 donation. East Kelowna Hall, 2704 East Kelowna Road, Kathy Sawchuk, [Kathy.eastkelownamarket@gmail.com](mailto:Kathy.eastkelownamarket@gmail.com), [www.eastkelownamarket.net](http://www.eastkelownamarket.net)





### **TWINKLE TOUR** **DECEMBER 1 - 31**

Get into the holiday spirit by going on a web-guided tour of homes, businesses and streets and delight in their fantastic displays. We ask homeowners and businesses to submit their locations by Dec. 13 and we'll provide a holiday map of all the great viewing locations. Our website opens Dec. 1 for entries. Prizes available for the best displays. Judging will be held Friday, Dec. 16. Free entry. Christy - West Kelowna Recreation, [Christy.staunton@westkelownacity.ca](mailto:Christy.staunton@westkelownacity.ca), 778-797-8812, [www.ourwk.ca/twinkletour](http://www.ourwk.ca/twinkletour).

### **LIGHT UP** **DECEMBER 2**

The City of West Kelowna invites you to get into the holiday spirit with us as you view the spectacular holiday light displays on Brown Road and enjoy a variety of seasonally themed activities and food stations in a flow-through event that allows you and your family to enjoy festivities at your own pace. A fireworks show, which is weather dependent, will also take place at 8:30 p.m. and people will be able to see the show from various downtown locations. Free entry. Westbank Centre, Brown Road between Gossett Road and Main Street. Christy Staunton, [recreation@westkelownacity.ca](mailto:recreation@westkelownacity.ca), 778-797-8812, [www.westkelownacity.ca/lightup](http://www.westkelownacity.ca/lightup)

### **CRAFT CULTURE HOLIDAY MARKET AT PROSPERA PLACE** **DECEMBER 2 - 4**

Kelowna's largest and most anticipated holiday market of the year will once again return to Prospera Place. Shoppers will be able to browse 180 vendor stalls featuring local crafters and artisans. We have added an extra day to reduce crowds, with late night shopping available Friday night. Join us for a safe and enjoyable shopping experience. Tickets available at [www.craftculture.ca](http://www.craftculture.ca)

Market Hours:

Friday Dec 2nd 1:00pm - 7:00pm

Saturday Dec 3rd 10:00am - 5:00pm

Sunday Dec 4th 10:00am - 5:00pm

Admission \$7, Prospera Place, 1223 Water St, Karalyn Lockhart, [info@craftculture.ca](mailto:info@craftculture.ca), 250-826-2245, [www.craftculture.ca](http://www.craftculture.ca)

### **DKA WINTER STREET MARKET & LIGHT UP** **DECEMBER 3**

Celebrate the magic of the Holiday Season at the Downtown Kelowna Winter Street Market & Light Up! This free, festive outdoor celebration features over 50 artisan and market vendors, family-friendly activities, and live entertainment at Stuart Park. Enjoy hot chocolate by donation (proceeds to the Food Bank), or sip on an "adult beverage" while strolling the market. The annual tree Light Up is at 4:45pm; don't forget to book your appointment for photos with Santa! Free entry. 1430 Water Street, Kris Johnson, [kris@downtownkelowna.com](mailto:kris@downtownkelowna.com), 250.862.3515, <https://downtownkelowna.com/winter-market/>

### **GRIZZLI WINERY CHRISTMAS MARKET** **DECEMBER 3, 4, 10, 11, 17 & 18**

Join us for the Grizzli Winery Christmas Market, the most anticipated community events of the year! Celebrate the holiday season and shop locally curated artisan vendors, festive photo booth, mulled wine, and wine tastings.

Family & Pet Friendly!

Featuring a wide selection of curated vendors and artists in BC that guarantee an amazing holiday shopping experience. Visit the Grizzli Christmas Market inside the tasting room! 2550 Boucherie Road, West Kelowna, Breanna, [breanna@grizzliwinery.com](mailto:breanna@grizzliwinery.com), 250-769-6789, <https://www.grizzliwinery.com/markets>

### **UNDER 200** **DECEMBER 3 - 21**

Tuesday - Sunday, 9 am - 4 pm

Lake Country Art Gallery's highly anticipated annual fundraising exhibition and sale of Gallery members' artwork returns for its 13th year. Featuring incredible artistic diversity with hundreds of artworks ranging in price under \$200, there is something for everyone and every budget. This popular event is a great opportunity to find the perfect gift for someone special or add to your own collection. Visit website for current Gallery events information. Admission is FREE, Lake Country Art Gallery, 10356A Bottom Wood Lake Road, Lake Country, [lakecountryartgallery@gmail.com](mailto:lakecountryartgallery@gmail.com), 250-766-1299, [www.lakecountryartgallery.ca](http://www.lakecountryartgallery.ca)

### **LAST CHANCE 30<sup>TH</sup> ANNUAL CHRISTMAS CRAFT SALE** **DECEMBER 4**

Sun. Dec. 4th from 10 - 3 p.m. at Winfield Memorial Hall 10130 Bottom Wood Lake Rd. in Lake Country. Over 40 unique crafters. Please bring a donation for the Food Bank. Kathy, [rkvolk@shaw.ca](mailto:rkvolk@shaw.ca), 250-863-0649

### **POLAR PANCAKE PAJAMA PARTY** **DECEMBER 4**

Jump on the polar express to the Polar Pancake Pajama Party where children under 12 and their caregivers can enjoy a pancake breakfast, a photo booth and ornament making stations. Cost is \$12 for adults and \$7 for kids under 12, pre-registration is required. Lion's Community Hall, 2466 Main St, West Kelowna, Christy Staunton, [recreation@westkelownacity.ca](mailto:recreation@westkelownacity.ca), 778-797-8812, [www.westkelownacity.ca/recguide](http://www.westkelownacity.ca/recguide)





## **RCA & NEW VINTAGE THEATRE PRESENT: NORTH POLE STORIES**

**DECEMBER 8 - 17**

After Santa and Mrs. Claus deliver all of the presents, they gather with the elves by the fire to celebrate the season and retell their favourite North Pole fairy tales. With the help of a little winter magic, the classic stories come to life, sure to delight and captivate young and old alike. Enjoy New Vintage Theatre's annual season celebration, with music and interactive post-show activities with Santa and characters from the play. December 8 - 17, \$26.25 - \$36.25, Rotary Centre for the Arts, 421 Cawston Avenue, <https://rotarycentreforthearts.com/events/event/133602/>

## **PUPPET SHOW: GRUMPY BADGER'S CHRISTMAS**

**DECEMBER 8, 9 & 10**

Join us for a fun, festive holiday puppet show based on the book 'Grumpy Badger's Christmas' by Paul Bright. Pick up your free tickets at the Children's Information Desk at the Downtown Kelowna Library starting November 24. Recommended for children ages 3 to 6 years and their parents/caregivers. Shows take place on December 8, 9 and 10. Okanagan Regional Library - Downtown Kelowna Branch, 1380 Ellis Street, Sandra Bernier, [sbernier@orl.bc.ca](mailto:sbernier@orl.bc.ca), 250-762-2800 ext. 2828

## **LIVING NATIVITY**

**DECEMBER 9 - 11**

Join us for Living Nativity, a Kelowna Christmas tradition! This is a FREE family-friendly event where you can enjoy the live theatre production of "An Evening with C.S. Lewis", walk-through some beautiful wintery scenes in "The Great Hall", enjoy some Christmas treats and explore an outdoor Christmas market. We have many showtimes on Friday, Saturday and Sunday, December 9 - 11 at Willow Park Church (439 Hwy 33, Kelowna). Register online for your free tickets at [livingnativity.ca](http://livingnativity.ca).

## **FULL STEAM AHEAD, SANTA!**

**DECEMBER 10**

Celebrate the season with STEAM (Science-Technology-Engineering-Arts-Math)! Complete fun, hands-on crafts and challenges, like making reindeer fly and launching Santa towards a target. Recommended for kids ages 6 to 12 years. Drop-in, Okanagan Regional Library - Downtown Kelowna Branch, 1380 Ellis Street, Sandra Bernier, [sbernier@orl.bc.ca](mailto:sbernier@orl.bc.ca), 250-762-2800 ext. 2828

## **BOWLING FOR BABIES**

**DECEMBER 10**

Host your holiday staff or family & friends holiday party with us and help raise funds for children's mental health! Book your team of 6 bowlers for \$100/team and enjoy an hour of bowling, games, pizza, pop and prizes all while raising funds for Playful Healing - free play therapy services for children aged 2-12yrs! Capri Bowling Lanes, 1835 Gordon Drive, Melissa Hunt, [resource@childhoodconnections.ca](mailto:resource@childhoodconnections.ca), 250-762-3536, <https://trellis.org/bowling-for-babies>

## **LAKE COUNTRY CHRISTMAS COMMUNITY PARTY**

**DECEMBER 10**

Join us for an afternoon Community Christmas Party that will help us all get in the festive mood. For the adults, we will be enjoying bingo, trivia, games, hot beverages, and festive music. The kids will be entertained by "Kiki the Eco Elf," as well as crafts, games, and hot chocolate. The more the merrier! So bring yourself in your Christmas sweater, whether you are single or with your family, we have a hot chocolate and a festive game for you. \$10 per person, or \$20 per family, Winfield Memorial Hall, 10130 Bottom Wood Lake Road, Melissa, [office@lakecountryhealth.ca](mailto:office@lakecountryhealth.ca), 778-215-5247, <https://www.eventbrite.ca/e/lake-country-community-christmas-party-tickets-445509058587>

## **HAMMERS AND STRINGS**

**DECEMBER 12**

Hammers and Strings is a new series offered by the Rotary Arts Centre in collaboration with the Kelowna Community Music School. Classical performers of all ages, skill levels and instruments are invited to attend this 'open mic' style concert experience in the RCA atrium. Attendance is free – bring a friend!

Lucy Benwell, [execdir.kcms@shaw.ca](mailto:execdir.kcms@shaw.ca), 250-890-1737

## **HOLIDAY ORNAMENT EXTRANAGANZA FOR TEENS**

**DECEMBER 13**

Create a variety of unique holiday ornaments! Give them away as gifts or keep them for yourself. We'll supply the materials; you supply the creativity! FREE for ages 13 to 19. Registration required. Okanagan Regional Library - Downtown Kelowna Branch, 1380 Ellis Street, Sandra Bernier, [sbernier@orl.bc.ca](mailto:sbernier@orl.bc.ca), 250-762-2800 ext. 2828, <https://orl.evanced.info/signup/EventDetails?EventId=65879&lib=1006&df=list&nomobile=1&backTo=Calendar&startDate=2022/12/14>

## **CHRISTMAS JOY**

**DECEMBER 17**

Kelowna Community Gospel Choir presents 'CHRISTMAS JOY' a concert with refreshments to follow. Entrance by Donation. Saturday December 17 at 7:00 pm at The Cathedral Church of St. Michael - 608 Sutherland in Kelowna - Doors open at 6:30 pm. Entrance by donation, The Cathedral Church of St. Michael, 608 Sutherland, Kelowna, Dale, [kelownacommunitygospelchoir@live.com](mailto:kelownacommunitygospelchoir@live.com), 250-763-0453, [www.facebook.com/kelowna.community.gospel.choir](https://www.facebook.com/kelowna.community.gospel.choir)





### **LAKE COUNTRY ART GALLERY & ART HOUSE NIGHT MARKET** **DECEMBER 17**

Lake Country Art Gallery & Art House present our annual Night Market poised alongside our ever popular Under 200 Fundraiser. Guest will have the opportunity to shop from a curated selection of wares from local artisans; as well as a wide selection of artworks from regional artists priced under \$200. Admission by donation, Lake Country Art Gallery & Art House, 10356a and 10344 Bottom Wood Lake Rd., Rena Warren, [arthouse@lakecountryartgallery.ca](mailto:arthouse@lakecountryartgallery.ca), 250 575-8760, <https://www.lakecountryartgallery.ca/>

### **NIGHT MARKET** **DECEMBER 17**

Don't miss this chance to shop for unique gifts presented by a gathering of talented artisans showcasing their art and craft. Find handcrafted soap, jewelry, glass, ceramics, fine art, candles and more. This artisan market is presented with Lake Country Art Gallery's BIGGEST show of the year, UNDER 200, featuring hundreds of member artworks at a range of prices under \$200 to suit every budget. The selection is incredible! Visit website for current Gallery events information. Lake Country Art Gallery & Art House, 10356a and 10344 Bottom Wood Lake Rd., Rena Warren, [lakecountryartgallery@gmail.com](mailto:lakecountryartgallery@gmail.com), 250-766-1299, [www.lakecountryartgallery.ca](http://www.lakecountryartgallery.ca)

### **CHRISTMAS JOY** **DECEMBER 18**

Kelowna Community Gospel Choir will present 'CHRISTMAS JOY' a concert!  
Sunday December 18 at 6:30 pm at Mission Springs Church of God.  
3705 Mission Springs Drive - We welcome the community! By donation, Dale, [kelownacommunitygospelchoir@live.com](mailto:kelownacommunitygospelchoir@live.com), 250-763-0453, [www.facebook.com/kelowna.community.gospel.choir](https://www.facebook.com/kelowna.community.gospel.choir)

### **BLUE CHRISTMAS SERVICE** **DECEMBER 21**

Christmas, so often a time of joy, can be hard if you are dealing with grief. You are invited to a quiet, reflective service when we can, with others, acknowledge the "blue" feelings we have at Christmas time, the reasons for them, and offer them to God. FREE Admission, Emmanuel Church Chapel, 2600 Hebert Road, West Kelowna, Tom Harbour, [tom@emmanuelchurch.life](mailto:tom@emmanuelchurch.life), 250-768-7638, <https://www.emmanuelchurch.life/>

### **CHRISTMAS AT TRINITY** **DECEMBER 23**

Christmas at Trinity is an annual tradition for many in our community and an experience for the entire family. With comedic elements, an artistic expression of the Christmas story and live music, we guarantee it will be a highlight of your holiday season. Trinity Church Kelowna, 1905 Springfield Road, Kelowna, [arts@trinitykelowna.ca](mailto:arts@trinitykelowna.ca), 250-860-3273, <https://www.trinitychurchkelowna.ca/>

### **CHRISTMAS EVE AT WILLOW PARK CHURCH (KELOWNA)** **DECEMBER 24**

Join us for a Christmas Eve service at Willow Park Church. We are having two services at 2 pm and 4 pm at our Hwy 33 location (439 Hwy 33, Kelowna). Everyone is welcome to attend this family-friendly celebration. Visit [willowparkchurch.com/christmas](http://willowparkchurch.com/christmas) for more information. [events@willowparkchurch.com](mailto:events@willowparkchurch.com), 250-765-6622

### **CHRISTMAS EVE AT WILLOW PARK CHURCH (LAKE COUNTRY)** **DECEMBER 24**

Join us for a Christmas Eve service at Willow Park Church Creekside. This service is happening at 3 pm at our Lake Country location (the Winfield SDA building - 11370 Bottom Wood Lake Rd). Everyone is welcome to attend this family-friendly celebration. Visit [willowparkchurch.com/christmas](http://willowparkchurch.com/christmas) for more information. [events@willowparkchurch.com](mailto:events@willowparkchurch.com), 250-765-6622

### **SWINGING WITH THE STARS** **FEBRUARY 25**

Swinging with the Stars is based on the popular television show "Dancing with the Stars," which pairs professional dance instructors from Kelowna with local celebrities. Together with their professional instructors, local celebrities volunteer their valuable time over a six month period to get ready for their dance routine on the night of the gala. Three trophies are awarded that night: Most Pledges Raised, Audience Choice and judges' Choice. This amazing night is filled with various dance styles and entertainment and is one of the biggest nights of the year in the Okanagan! \$275, Delta Hotels by Marriott Grand Okanagan Resort, 1310 Water St, Kelowna, Cassandra Wysochanskyj, [cassandra@impactevents.ca](mailto:cassandra@impactevents.ca), <https://hospicecoha.org/special-events/swinging-with-the-stars-2023/>





## Making the Holidays Dietary Friendly

By Dana Lobson

There is no question that the Holidays can represent a wonderful opportunity for joy and quality time spent with friends, family, loved ones, and of course, yummy foods! However, as a Type 1 Diabetic, I have found the Holidays to be a difficult time in enjoying yummy foods with my loved ones from time to time.

Whether one is living with Type 1 Diabetes like myself, or another condition which entails dietary and health restrictions, navigating the Holidays can pose challenges and feelings of frustration. Nonetheless, I have learned that there are ways in which I can participate in and enjoy all the delicious foods the Holidays have to offer!

I was diagnosed with Type 1 Diabetes eleven and a half years ago, at the age of twelve. This diagnosis presented new and overwhelming challenges, many of which impacted my carbohydrate intake. I felt restricted and limited for a while, and struggled to navigate these changes.

When the Holidays rolled around, these restrictions and challenges felt even greater. As a twelve-year-old kid, I remember all I truly wanted was to be able to enjoy my mom's homemade Christmas sugar cookies that she had been making ever since I can remember! At times, it was challenging to watch my friends and other kids enjoy the yummy Holiday foods without a second thought, and I felt silly for being upset about a "cookie." I realized it wasn't just about a "cookie," but rather how much I cherished the special recipe within my family, the joy I felt helping my mom make the cookies, and sharing them with friends and family.

Thus, with the help of my mom, we realized that no matter what dietary or health restrictions were in place, I deserved to enjoy the Holidays to the fullest, including the making and consumption of yummy treats!

I have my mom, Shona, to thank for being so accommodating of me, as she took the time to calculate the total grams of carbohydrates in her sugar cookies so that I would be able to enjoy them AND ensure my Diabetes remained in check. Eleven and a half years later, I am happy to say that my mom and I come together and make these cookies every year.

Something that once felt like a challenge has now become a special Holiday tradition with my mom. Today, I am happy to share this Diabetic Friendly recipe with my community and hope that you have fun giving these a try! (I promise, they are delicious and so fun to make!). Whether it be Type 1 Diabetes, or another condition imposing dietary and health restrictions, I hope this story inspires you to discover new ways to enjoy the Holidays and perhaps form new traditions with your own loved ones!



## Shona & Dana's Sugar Cookie Recipe:

Combine  $\frac{3}{4}$  cup of butter, 1 cup of sugar, 2 eggs, and 1 teaspoon of vanilla. Mix well using an electric mixer/blender.

Add 2  $\frac{1}{2}$  cups of flour, 1 teaspoon of baking soda, and 1 teaspoon of salt.

Chill dough for at least 1 hour.

Once dough has been chilled, sprinkle flour on a clean countertop surface. Using a rolling pin, roll out the dough  $\frac{1}{8}$  inches thick. Use favourite cookie cutter to achieve desired cookie shape.

Using a baking sheet lined with parchment paper, bake at 400°F for 10 minutes.

Allow cookies to fully cool. Ice cookies using 1 tablespoon of Duncan Hines Butter Cream per cookie. (Optional: add food colouring of choice to icing and top each cookie with sprinkles of choice).



### Nutritional Information:

Total grams of carbohydrates for cookie dough = 430g. Divide by number of cookies to determine the grams of carbs per cookie. (E.g.,  $430g \div 30$  cookies = 14g of carbs/cookie).

Total grams of carbohydrates for 1 tablespoon of Duncan Hines Butter Cream icing = 12g. If using icing, add 12g of carbs to each cookie. (E.g., 14g of carbs/cookie + 12g icing = 26g of carbs/cookie.)





# It's the Most Wonderful Time at the RCA

## Rotary Centre for the Arts

As the holiday season brightens up the streets with twinkle lights, and stores fill with shoppers looking for the perfect gift, we are preparing to bring craft fairs, dance shows, and theatre performances to Kelowna. If you are looking to engage in some festive cheer with the whole family, look no further than the Rotary Centre for the Arts.

Get into the holiday spirit by supporting local artists and vendors at the annual Craft Culture craft fair on November 12th and 13th. You can also visit the Artisan Craft Market on November 26th and 27th where you will find a great gift for that special someone. Take a stroll through the RCA with friends as you shop for crafted gifts with a hot beverage in hand, and enjoy the holiday cheer.

We also have many theatre productions that you can attend with the whole family, starting with Theatre Kelowna Society's production of Snow White from November 24th – 27th, and November 30th – December 2nd. Have fun cheering for the heroes, booing for the villains, calling out to the characters on stage, and joining in some singing.

From December 8th – 17th, RCA & New Vintage Theatre Present: North Pole Stories, a magical family adventure for all ages. With the help of a little winter magic, classic holiday stories come to life, sure to delight and captivate young and old alike. Enjoy music and interactive post-show activities with Santa and characters from the play. You can also get a photo with Santa! Companies can get a group rate on 20+ tickets.

On December 19th and 20th, Kelowna's own Dance Inertia will provide a vibrant and engaging holiday performance at the Mary Irwin Theatre. To close out the season, everyone's favourite holiday ballet, The Nutcracker, is on December 22nd and 23rd. Come and join Mission Dance Company as they present this performance featuring their accomplished and passionate dancers, magical, larger-than-life, growing Christmas tree plus narration that will enhance the understanding of this classic story.

Can't decide? Give the gift of choice this season with an RCA gift card, great as a stocking stuffer. Whatever you decide to do with your family and friends this holiday season, do it with love. Even better, do it with the RCA.

Interested in volunteering at the RCA? Without volunteers, we wouldn't be able to do the work we do. Whether you're providing excellent service to our patrons at an event or helping with our kids' art camps, volunteers at RCA can be proud to know you are an important part of our organization. We can't wait to see you. Happy Holidays!



## Share your Light

Please donate to support services that meet community, family and individual needs.

Simply scan the QR code or go to **kcr.ca** and make a donation today.



with those experiencing darker days



Donations of \$20 or more are tax receiptable Charitable Number 118890665 RR 0001

**Thank you! Your light will shine throughout the year.**

250-763-8008 x256 KCR Community Resources 620 Leon Ave, Kelowna, BC V1Y 9T2





# Bring Joy to All with Bikes for All

Elevation Outdoors

A bicycle is often at the top of every kid's Holiday wish-list at some point in time, but for many kids, it isn't always possible to make this wish come true. However, Elevation Outdoors is collaborating with Smith Creek Cycle in West Kelowna once again this Holiday season to bring joy by giving away bicycles to youth in need! This is the second year in which the Bikes for All program is in gear. Last year, Bikes for All made a huge impact on the community, as they gave away just over 50 bicycles to make the Holidays a bit brighter for young families and newcomers with children ranging from two years old and up.



The Bikes for All collaboration is a community driven program intended to get more kids on bikes across the Okanagan, as a bicycle brings about freedom, excitement, and an opportunity to be actively outdoors for many! The success of this initiative truly couldn't be achieved without the combined team efforts from each participating collaborator. With every bicycle donation, Smith Creek Cycle's team will dedicate their time to ensure every bike is in good shape to go out to families. Likewise, Bikeways is providing their support again this year to help enhance the process of appropriately matching a bike to a recipient based on sizing and availability. Lastly, Brain Trust Canada is once again supporting the initiative by providing some free bicycle helmets.

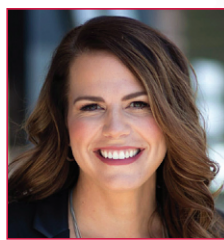
Do you have a spare bike collecting dust in your garage or perhaps a bicycle your child has outgrown? Consider donating it to Bikes for All to bring joy to all! You can help Bikes for All reach their goal of supporting 75+ families this year by donating a bike at Smith Creek Cycle, located at 2440 Main St. in West Kelowna, up until November 30th! Additionally, if you would like to make someone's Holiday wish come true this season, you can nominate someone who would benefit from a bicycle online via [elevationoutdoors.ca/social-impact/bikesforall](http://elevationoutdoors.ca/social-impact/bikesforall) until November 30th. Lastly, if you are a bike mechanic and are interested in supporting this initiative, Bikes for All is always looking for volunteers to help tune bikes! Let's Bring Joy to All with Bikes for All!



**NORM LETNICK**  
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*May your holidays be filled with warmth and cheerful celebration!*



*A message from your BC Liberal MLAs*



# 'Tis the Season of Giving

Sponsor a Family - KCR Community Resources

Do you desire to give back to your community this Holiday Season? 'Tis the Season of Giving with KCR's Sponsor a Family program where you can embrace the gift of giving back! You can support families in rising above their circumstances to make this holiday season a little warmer and brighter for them and their children. Running since 2006, KCR's Sponsor a Family Program has brought light and joy to many families and remains a meaningful opportunity to partake in each Holiday Season. The Sponsor a Family Program comprises two unique features:

Firstly, the Sponsor a Family program provides families the opportunity to envision the Christmas of their dreams and make a wish list for the holidays. These wish lists are then shared with our generous sponsors to provide a snapshot of their match family, where family members provide a short description of their family circumstances along with favourite toys, activities, and colours.

Secondly, our unique matching process takes place. The KCR Sponsor a Family coordinators work closely alongside KCR programs for family referrals. With the existence of diverse family sizings and demographics, sponsors are provided the option to request their ideal match family. This unique feature allows for the Sponsor a Family experience to be as special for our sponsors as it is for our families.

This year we have an unprecedented amount of families in need of sponsorship. Although the matchmaking for this year has already come to a close, financial support for the program makes a huge difference in making sure all of the wish lists have been filled. **If you would like to support a family in need this holiday season, please donate to the Sponsor a Family program at [kcr.ca/family-services/sponsor-a-family/](http://kcr.ca/family-services/sponsor-a-family/).**

To make sure you hear about next year's Sponsor a Family Registration, sign up for our EBlst at <http://eepurl.com/hHNrAD> or contact our Sponsor a Family Facilitators by email, [sponsorfamily@kcr.ca](mailto:sponsorfamily@kcr.ca) or by phone, 250-763-8008 ext. 136.



## Support Local Shelters This Holiday Season



This Holiday season, consider sharing your holiday spirit by supporting local shelters through time spent volunteering or making donations. As the weather grows colder, your giving spirit will help warm the lives of the community's most vulnerable.

### Donation Ideas & Inspiration:

- Personal hygiene items (soap, shampoo, toothbrush, toothpaste, shaving cream, deodorant, feminine hygiene products, etc.)
- Outerwear Clothing (new or used; shoes, boots, toques, scarves, gloves, long johns, pajamas, underwear, socks, etc.)
- Blankets (single or double bed size, machine washable, new or used)
- Sleeping bags (new or used)
- Bus tickets, Gift-Cards (Canadian Tire, Rona, Superstore, Independent, Wal-Mart, etc.)
- Stocking Stuffer Gifts (chocolate, candy, make-up, hand/face/body creams, lip balm, Tim Hortons/Starbucks Gift-Cards, socks, gloves, reusable water bottles, notebooks, etc.)

**Please visit the shelter's website or contact them directly to find out how you can best share your holiday spirit with the community this season. Listed below are some of the Central Okanagan's shelters.**

**AG House (2609 Richter St):**  
Contact: [info@nowcanada.ca](mailto:info@nowcanada.ca)  
or 250-763-2262  
[www.nowcanada.ca/vendors](http://www.nowcanada.ca/vendors)

### Cornerstone Shelter (425 Leon Ave):

Contact: [cornerstone@jhsok.ca](mailto:cornerstone@jhsok.ca)  
or 250-317-6678  
[www.johnhowardbc.ca/okanagan-kootenay/services/cornerstone/](http://www.johnhowardbc.ca/okanagan-kootenay/services/cornerstone/)

### Ellis Street Supportive Housing (1055 Ellis St):

Contact: [kelowna@cmha.bc.ca](mailto:kelowna@cmha.bc.ca)  
or 250-861-3644  
[www.cmhakeelowna.com](http://www.cmhakeelowna.com)

### Kelowna Gospel Mission Shelter (251 Leon Ave):

Contact: [sonja@kelownagospelmission.ca](mailto:sonja@kelownagospelmission.ca)  
or 250-763-3737  
[www.kelownagospelmission.ca/volunteer](http://www.kelownagospelmission.ca/volunteer)

### Kelowna Women's Shelter:

Contact: [info@kelownawomensshelter.ca](mailto:info@kelownawomensshelter.ca)  
or 778-478-7774  
[www.kelownawomensshelter.ca](http://www.kelownawomensshelter.ca)

### Richter Street Overnight Program – Kelowna Youth Shelter (1633 Richter St):

Contact: [shelter@obgc.ca](mailto:shelter@obgc.ca)  
or 250-868-8541 ext. 202  
[www.facebook.com/BGCOYouth/](http://www.facebook.com/BGCOYouth/)

### West Kelowna Shelter Society (3672 Brown Rd.):

Contact: [wksheltersociety@gmail.com](mailto:wksheltersociety@gmail.com)

### Welcome Inn (1265 Ellis St):

Contact: [info@welcomeinn.org](mailto:info@welcomeinn.org)  
or 778-940-6884 • [www.welcomeinn.org](http://www.welcomeinn.org)





# Reconnecting This Holiday Season



By Melissa Scaman

The holidays and life in general over the last two years have been different and challenging for most of us. The adjustments we all made to how we go out, spend time with others, or complete our daily routines has made me more aware of our circumstances and made me grateful for things we used to take for granted. Going for coffee, attending markets and community events, and getting together has taken on a new level of importance and specialness. Meeting up with an old friend or gathering with others for a meal now seems more valuable and enjoyable.

Recognizing how isolated many of us became during the last few years has led me to make more effort to connect with people whenever possible. Getting together with others, reaching out, or sending a card to someone is on my to do list more often. This coming holiday season, I aim to make the extra effort to connect with people. This will

include making and mailing out cards, connecting on the phone, and gathering for potlucks.

In response to the increased isolation we witnessed, the organization I work with, Lake Country Health, decided to start up a new tradition of hosting a community social at Christmas, to bring people together for hot drinks, and some fun and games at a local community hall. It is open to everyone in the Kelowna and Lake Country area, and we love to see how much the event brightens people's day.

Community gatherings used to be commonplace and remain a great way to lift our spirits. They help us get to know new neighbours, catch up with people you may only see in passing at the grocery store, or reconnect with old friends. Dedicating a few hours to visiting with others can recharge our battery. It's great to see how getting together for a simple hot chocolate and a game of Christmas Bingo can lift our spirits. What could making a bit of extra effort to connect look like for you this season?



## Grab Your Sled and Hit the Slope!

Are you and your family looking to hit the slopes for a day full of sledding fun this Holiday Season? Here are some of the best sledding slopes in town to check out:

### Kelowna:

- Curlew Park – 5210 Lark Street
- Ellison Elementary School – 3735 Parkdale Road
- Jack Robertson Memorial Park – 1655 Willow Crescent

### West Kelowna:

- Hudson Road Elementary School – 1221 Hudson Road
- Telemark Nordic Club – 4425 Glenrosa Road

### Tubing, Skating, & More:

- Big White Ski Resort – 5315 Big White Road, Kelowna
- Apex Mountain Resort – 324 Strayhorse Road, Keremeos
- Silverstar Mountain Resort – 123 Shortt Street, Vernon







# Learning Ukrainian Christmas Traditions

By Oksana Ustymenko

The Ukrainian Christmas celebration begins on Christmas Eve, which is on January 6th in the Ukraine. Family members cook Christmas dinner consisting of 12 fasting dishes that symbolize 12 apostles. The main dish at the festive table is kutia – a mix of boiled grains, honey, nuts, poppy seeds, dried fruits, and other toppings. Kutia is the most important dish at the Christmas dinner. Eating this dish on Christmas Eve programmed the following year for a good harvest, livestock and procreation.

Christmas Eve (Holy Eve) is marked by traditional family gatherings in the evening in Ukraine – the so-called Sviata Vecheria ('Holy Dinner'). The festivities start with the appearance of the first star in the sky, though



all preparations traditionally start from the very dawn. The rituals of Christmas Eve are dedicated to God, to the welfare of the family, and to the remembrance of the ancestors. With the appearance of the first star, which is believed to be the Star of Bethlehem, the family gathers to begin supper. The father offers each member of the family kutia. He then leads the family in prayer. After the prayer, the father extends his best wishes to everyone with the greeting.

## CAROLING: Koliadky and Shchedrivky

There are two main groups of Christmas songs in Ukraine: the **koliadky**, whose name is probably derived from the Latin "calendae" meaning the first day of the month. The second group of Christmas songs is called **shchedrivky**. Caroling was not a simple singing of Christmas songs; it was more of a folk opera. The carolers first had to ask for permission to sing. If the answer was yes, they entered the house and sang carols for each member of the family, even for the smallest child. Koliadky and shchedrivky are the oldest groups of Ukrainian folk songs. They are sung by Ukrainians at Christmas time throughout the world.

**VERTEP** – Roots from Ukrainian Christmas Puppet Theater.

Caroling required extensive preparation. Each group had a leader. One member dressed as a goat. Another as a bag carrier, the collector of all the gifts people would give them. Yet another carried a six-pointed star attached to a long stick with a light in its center, which symbolized the Star of Bethlehem. In some places, the people even had musical instruments, such as the violin, tsymbaly (dulcimer), or the trembita (a wooden pipe about 8-10 feet long, used in the Carpathian mountains by the Hutsuls).



**This season, give a child  
the gift of imagination.**

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Charity Registration # 11924 0224 RR0001





# Rethink the Gift of Giving

By Dana Lobson

There's no question that the gift of giving holds a place close to our hearts during the Holidays, however, it can be incredibly stressful, expensive, and overwhelming. Thus, if you are looking for new, fun, and meaningful ways in which you change up your gift-giving practices this Holiday season, here is some inspiration to get you started!

Over the last three years, my family has followed a simple guideline when it comes to gift-giving. We each think of something we want, something we need, something to wear, and something to read. This has helped us stay on track with our Holiday budget as well as stay organized as we complete our Holiday shopping. As well, we have found joy in giving more meaningful gifts, as we avoid overconsumption and buying gifts for the sake of 'buying.'

This Holiday season, you can partake in DIY (Do It Yourself) gift exchange! Whether this be making homemade gifts using items from around your house or creating Holiday cards online (Canva.com is a great tool to get started!), this can help you prevent overspending and overconsumption this Holiday Season. Homemade



gifts and cards made with love and care can be just as meaningful, if not more, than store bought items.

Try gift-giving in the form of a food swap and potluck dinner! Sometimes coming together with your friends, family, and loved ones during the Holiday Season is all you need. Organize a potluck where each person is responsible for bringing one dish to share among loved ones all while enjoying each other's company and conversations.

Whether you wish to reconnect with family, friends, or both this season, embrace the gift of giving by planning a Holiday experience or outing together! Perhaps you cannot think of a gift to put at the top of your wish-list, however, an afternoon sledding with loved ones (check out Grab Your Sled and Hit the Slope on page 11!), sipping hot chocolate, hosting a Holiday movie marathon, or attending a Holiday event (there's lots to pick from in this guide!) is the perfect gift of all.

Maybe you or your family members don't need or want anything this Holiday Season, however, you want to embrace the gift of giving back. Consider making a monetary donation or donating wish-list items to non-profit organizations in need this Holiday season (KCR's Share Your Light program or local shelter listings is a great place to start on page 10). Your efforts to give back will surely brighten the Holidays for the community's most vulnerable.





# Holiday Word Search

M	I	T	T	E	N	S	V	S	L	E	D	D	I	N	G	N	K
I	Z	O	W	K	R	D	Y	W	R	E	A	T	H	S	H	E	I
R	J	Q	B	P	U	D	E	C	E	M	B	E	R	N	M	W	C
M	M	U	G	V	H	A	O	K	J	O	L	L	Y	O	I	Y	E
E	H	E	H	N	U	V	X	Q	Z	I	G	M	Q	W	S	E	S
M	I	D	G	I	N	G	E	R	B	R	E	A	D	F	T	A	K
W	I	N	T	E	R	S	O	L	S	T	I	C	E	L	L	R	A
N	C	Q	S	P	F	E	G	G	N	O	G	F	C	A	E	S	T
E	T	A	L	I	C	I	C	L	E	S	T	T	G	K	T	E	I
H	C	B	E	I	V	B	L	I	Z	Z	A	R	D	E	O	V	N
P	J	T	O	B	O	G	G	A	N	F	C	B	X	G	E	E	G
H	O	L	L	Y	I	W	T	P	S	N	O	W	G	J	Z	W	X

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘.

BLIZZARD  
DECEMBER  
EGGNOG  
GINGERBREAD  
HOLLY  
ICE SKATING  
ICICLE

JOLLY  
MISTLETOE  
MITTENS  
NEW YEAR'S EVE  
SLEDDING  
SNOW  
SNOWFLAKE

TOBOGGAN  
TOQUE  
WINTER  
WINTER SOLSTICE  
WREATH





# Christmas

at Willow Park Church

Living Nativity

An Evening with C.S. Lewis

December 9 | 10 | 11

Christmas Eve

Kelowna: 2 pm | 4 pm

439 Hwy 33

Lake Country | 3 pm

11370 Bottom Wood Lake Rd

Learn more:

[willowparkchurch.com/christmas](http://willowparkchurch.com/christmas)



willowparkchurch



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give the*

# GIFT OF HEAT

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*Scan to Nominate*



Nominations close November 30<sup>TH</sup>  
\*Nominee must be the homeowner



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