



# news & events

## It's Back-to-School Time!

The Skəmxist preschool will be starting back up soon, and there is still room available! The curriculum incorporates Aboriginal culture—including nsyilxcən language, songs, art, and traditional foods. Children are encouraged, through the play-based curriculum, to explore and take turns, develop problem-solving skills, and greater independence. Children are prepped throughout the year for eventual entry into kindergarten. The preschool runs from September through June.



### ***Class Schedule:***

Tuesday—Thursday: 3 year-olds  
9:30 am—12:30 pm  
*5 spaces available*

Monday/Wednesday/Friday: 4 year-olds  
9:30 am—1:00 pm  
*9 spaces available*

Please contact Alice at (250) 763-4756 or (250) 859-0963 to register or for more information.

The Skəmxist preschool is located in Quigley Elementary School at 705A Kitch Road in Kelowna.

Transportation for students to and from school is available.

# Programs are starting back up!

## **CAP-C**

Starts back up on September 14<sup>th</sup>. Contact Davina for more information.

## **AIDP Baby Group**

Meets on Fridays. Contact Jennifer for more information.

## **Girl Power**

Runs from September 28<sup>th</sup>—November 2<sup>nd</sup>. *Girl Power* is a fun, educational, skill-building group designed to introduce girls to concepts and skills that promote a positive self-image. The group will meet every Monday from 3:30 pm—5:00 pm. Space is limited to eight girls. Contact Sheridan or Jennifer to register, or for more information.

## **2BBoys**

Runs from September 28<sup>th</sup>—November 2<sup>nd</sup>. *2BBoys* is a program designed to assist boys in connecting to their true selves in an empowering, respectful, healthy, and dynamic way. The group will meet every Monday from 3:30 pm—5:00 pm. Space is limited to eight boys. Contact Arnold to register, or for more information.

## **Journey to Dance**

Meets on Mondays from 4:00 pm—6:00 pm. Contact Reception for more information.

## **Elders' Luncheons**

First one is on September 17<sup>th</sup>, and they are held on the third Thursday of each month. Contact Gloria for more information.

## **Family Night**

Join us for our first Family Night after the summer holidays! Join us in the Okanagan Room on Wednesday September 16<sup>th</sup> at 5:00 pm for *Tradition & Cultural Night*. There will be dinner and door prizes! Family Night is held on the third Wednesday of each month. Contact Reception for more information.

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## I am a Kind Man

*I am a Kind Man* is a new program at the Friendship Centre. It is geared towards teaching Aboriginal men to live their lives without violence against women. This is a community program that will incorporate the seven Grandfather Teachings, and how they relate to living as Aboriginal men; these teachings teach men how to live in a kind man's way; not to live in a violent way.

This program will be facilitated by Molly Brewer and Randy Jim. Please contact Reception for more information and to register.

# Affordable housing is coming to downtown Kelowna

Boots are on the ground, shovels are *in* the ground, and the foundation is being laid for the latest addition to the affordable housing inventory in Kelowna. The Ki-Low-Na Friendship Society, in partnership with BC Housing and the City of Kelowna, is building an 80+ unit affordable rental housing complex on the Central Green site.

We broke ground on July 2, 2015 in a ceremony involving dignitaries from the Province of British Columbia, the City of Kelowna, and Westbank First Nation. Now, the foundation is almost complete, and a new addition to the Kelowna cityscape is rising!



*Groundbreaking Ceremony (L-R): Colin Basran (Mayor of Kelowna), Edna Terbasket (Ki-Low-Na Friendship Society—Executive Director), Steve Thomsom (MLA-Kelowna-Mission), Karen Vircavs (Ki-Low-Na Friendship Society—President), Gail Given (Kelowna City Councillor), Tracy Gray (Kelowna City Councillor), and Norm Letnick (MLA-Kelowna-Lake Country).*



*Construction at the Central Green site.*

This project will provide much-needed affordable rental housing for working individuals, couples, and families. There will be one, two, and three bedroom units available. Construction is scheduled to be completed by September, 2016. The anticipated opening date is October 1, 2016.

*At this time, we do not have an application process in place, and we are not keeping a wait-list. However, we are keeping a list of people who are interested in applying once we begin to take applications. To be placed on this list to be notified, please e-mail [reception@kfs.bc.ca](mailto:reception@kfs.bc.ca) or call (250) 763-4905.*





**Ki-Low-Na Friendship Society**  
 442 Leon Avenue Kelowna BC V1Y 6J3  
 Phone: 250-763-4905  
 Fax: 250-861-5514

# September 2015

\*Calendar subject to change due to program additions or cancellations\*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 AA 930-1030 CAPC 10-Noon	2 AA 930-1030 CAPC 10-Noon Wellbriety 5-7pm	3 AA 930-1030 Mens Circle 1-3	4 AA 930-1030 Baby Group 10-12 *Need to Register* Culture 1-3pm	5 Outreach Breakfast 830am
6	7 <b>KFS CLOSED</b> <b>STAT HOLIDAY</b>	8 AA 930-1030 <b>NO CAPC</b> Journey to Dance 4-6pm	9 AA 930-1030 CAPC 10-Noon <b>FAMILY NIGHT 5-8pm</b> Wellbriety 5-7pm	10 AA 930-1030 <b>NO CAPC</b> Mens Circle 1-3	11 AA 930-1030 Baby Group 10-12 *Need to Register* Culture 1-3pm	12 Outreach Breakfast 830am
13	14 AA 930-1030 CAPC 10-Noon	15 AA 930-1030 CAPC 10-Noon Journey to Dance 4-6pm	16 AA 930-1030 CAPC 10-Noon Wellbriety 5-7pm	17 AA 930-1030 <b>Elders Luncheon</b> <b>12pm</b> Mens Circle 1-3	18 AA 930-1030 Baby Group 10-12 *Need to Register* Culture 1-3pm	19 Outreach Breakfast 830am
20	21 AA 930-1030 CAPC 10-Noon	22 AA 930-1030 CAPC 10-Noon Journey to Dance 4-6pm	23 AA 930-1030 <b>PRO D DAY</b> <b>CLOSED</b> Wellbriety 5-7pm	24 AA 930-1030 Mens Circle 1-3	25 AA 930-1030 Baby Group 10-12 *Need to Register* Culture 1-3pm	26 Outreach Breakfast 830am
27	28 AA 930-1030 CAPC 10-Noon	29 AA 930-1030 CAPC 10-Noon Journey to Dance 4-6pm	30 AA 930-1030 CAPC 10-Noon Wellbriety 5-7pm	*See CAPC Calendar for more program details*		