

KALS FALL 2026 PROGRAMS

How to Register

1. Online: Visit <https://kals.ca> and click "Online Registration".
2. In Person: Visit the office on McArthur Island (1550 Island Parkway Dr.) during business hours. (Mon. – Fri., 9:00 am–Noon, and 1:00 - 4:00 pm) Payment via Credit Card, Cash, or Cheque.
3. By Phone: Call 1-250-376-1525.

KALS membership is required prior to course registration. Refund Policy: Single-session courses are non-refundable. Multi-session courses are refundable minus a \$10 cancellation fee.

ART AND CONVERSATION Free sessions at the Kamloops Art Gallery

Dancing Through to the Other Side	Tues. Sept. 8	9:30 am – 11:30 am
In the Rearview Mirror	Tues. Sept. 29	10:00 am – 11:30 am
All That You Change Changes You	Tues. Dec. 1	10:00 am - noon

SINGLE SESSIONS AT THE KAMLOOPS SPORTS COUNCIL - \$10 each

Models of Community Wealth Building	Thurs. Oct. 1	10:00 am – noon
Protecting our Rivers: Why and How to Xeriscape	Tues. Oct. 6	10:00 am– noon
The Odyssey: title without a movie	Wed. Oct. 7	1:30 pm – 3:30 pm
Understanding the Persuasiveness of Misinformation	Wed. Oct. 14	1:30 – 3:30 pm
BC's Declaration on the Rights of Indigenous Peoples Act (DRIPA)	Tues. Oct. 20	10:00- noon
Community Climate Action Plan	Mon. Oct. 26	1:30 pm – 3:30 pm
Burkas2Bullets	Tues. Oct. 27	1:30 pm – 3:30 pm
Attention, Working Memory, and the Aging Brain	Mon. Nov. 2	1:30 pm – 3:30 pm
The Men's Shed	Wed. Nov. 4	1:30 pm – 3:30 pm
Roots of Resilience/Exploring the Lands that Shape our Heritage	Thurs. Nov. 5	10:00 – noon
A Whirlwind Tour of Mennonite History	Mon. Nov. 9	1:30 pm – 3:30 pm
Sources of Reliable Online Health Information: Update	Thurs. Nov. 12	10:00 am – noon
Explore Greenland	Thurs. Nov. 19	10:00 am – noon
Perspectives on Palestinian history	Mon. Nov. 23	1:30 pm – 3:30 pm
From Fermentation to Finding a Rise: A 10-Year Journey	Wed. Nov. 25	1:30 pm – 3:30 pm
Exploring the Northwest Passage	Thurs. Nov. 26	10:00 am – noon
Individual Exercise Prescriptions to Maximize Benefits	Thurs. Dec. 3	10:00 am – noon

Law and Policy of Our New Space Age	Wed. Dec. 9	1:30 pm – 3:30 pm
Physical Performance in Extreme Environments	Thurs. Dec. 10	10:00 am – noon

ZOOM SESSIONS (watch at home or at the Kamloops Sports Council) - \$10 each

Understanding Today's Middle East	Tues. Oct. 13	9:00 am – 11:00 am
The History of the RCMP	Fri. Nov. 27	10:00 am – noon
Peopling the Americas	Fri. Dec. 11	10:00 am – noon
Ukraine at War: An Update	Tues. Dec. 15	10:00 am– 11:30 am
US/Iran Conflict	Thurs. Dec. 17	10:00 am – noon

SINGLE SESSIONS AT THE PARKVIEW ACTIVITY CENTRE - \$10 each

DIY (Do it yourself investing)– Is It For You?	Wed. Sept. 16	10:00 am – noon
Bruegel's Hunters in the Snow (1565)	Fri. Sept. 18	10:00 am – noon
Declutter and Downsize	Thurs. Sept. 24	10:00 am – noon
Dame Paula Rego	Fri. Sept. 25	10:00 am – noon
Jackson Pollock	Fri. Oct. 2	10:00 am – noon
Reading Fiction: Why Do We Do It? What Does It Do To Us?	Wed. Oct. 14	10:00 am– noon

LIVESTREAMS SESSIONS AT PARKVIEW COMMUNITY CENTER - \$10 each

The Future Starts With Us: Gordon Brown in Conversation	Thurs. Sept. 10	11:00 am– 12:30 pm
How To Resist End Times Fascism	Mon. Sept. 28	11:30 am –1:00 pm
Ukrainian Lessons: Art in a Time of War	Wed. Sept. 30	11:30 am–1:00 pm

COME TO THE CONCERT SERIES AT KELSON HALL - \$10 each

Inspired by Here	Wed. Sept. 23	10:00 am – noon
Gut Feeling	Thurs. Oct. 22	10:00 am – noon
Horizons – 50 Years Together	Thurs. Dec. 3	10:00 am – noon
Christmas with KSO	Thurs. Dec. 10	10:00 am – noon

MULTI SESSIONS

News and Views Cost: \$60	Sept. at Parkview Activity Centre then at Kamloops Sports Council	Fridays except Oct 9 (12 Sessions. Sept. 11- Dec 4)	1:30 pm – 3:30 pm
Disney on Broadway Cost: \$15	Parkview Activity Centre	Thurs. Oct. 22 & 29	1:30 pm – 3:30 pm

The Ancient Elements (Fire, Earth, Air and Water): A Modern View Cost: \$15	Kamloops Sports Council	Tuesdays Nov. 3 & 10	10:00 am – noon
Music, Poetry and Reality Cost: \$25	Kamloops Sports Council	Fridays Nov. 6, 13 & 20	10:00 am – noon
One Health and Climate Crisis – are Microbes our Friends or Foes? Cost: \$30	Kamloops Sports Council	Tues. Nov. 17, Nov. 24, Dec. 1 & Dec. 8	9:00 am – 10:30 am

OTHER LOCATIONS IN TOWN

Kamloops Heritage Railway Tour Cost \$10	Mon. Sept. 21	10:00 am – noon
Secwepemc Museum and Heritage Park Tour Cost \$15	Tues. Sept. 22	10:00 am – 11:00 am
Improv for Fun and Community at The Stock Pot Café Cost \$10	Sun. Sept. 27	noon – 1:30 pm
Kamloops Cattle Auction Cost \$10	Tues. Sept. 29	8:30 am – 10:00 am
Tour of Catloops Cat Café Cost \$10	Tues. Oct. 6	1:30 pm – 3:00 pm
3D Printing at the BIG Little Science Centre Cost \$15	Thurs. Oct. 8	1:30 pm – 3:30 pm
Mount Paul Community Food Centre Tour Cost \$10	Wed. Oct. 21	10:00 am – 11:00 am
Rhythm and Moves at the Kamloops Performance Co. Cost \$10	Wed. Nov. 18	10:00 am – 11:30 am

FIELD TRIPS

Watershed Habitat Inventory Field Trip. Location TBD Cost \$15	Tues. Sept. 15	1:30 pm – 3:30 pm
Chartrand Creek Restoration, Logan Lake Cost \$10	Sun. Sept. 20	10:00 am – 2:00 pm
McAbee Fossil Beds (Lecture at Parkview Activity) Cost \$10	Tues. Sept. 22	1:30 pm – 3:30 pm
McAbee Fossil Beds (Lecture is a prerequisite, carpool available) Cost \$5	Thurs. Sept. 24	9:30 am – 3:30 pm
Planet Bee Honey Farm & Meadery, Vernon Cost \$15	Mon. Oct. 5	10:00 am – 3:00 pm

Visit the Birken Forest Buddhist Monastery Cost \$10	Thurs. Oct. 15	10:00 am – noon
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