

Older Adults & Seniors Programs at Swan Lake



We offer private programs for older adults and seniors' social groups, clubs, and for retirement or care facility outings. Each offering gives participants a chance to connect with nature and learn about the local ecosystems at Swan Lake Nature Sanctuary.



Programs are led by a trained Nature Educator and can be adapted to your group's needs including modified walking distances, additional indoor time, or more leisurely pacing.

Our programs all start and end in the Nature House, which is an accessible home-base for visitors. Pair your program with a visit of our exhibits and gift shop for a full experience

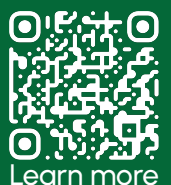
Cost: \$130, best suited for groups of ~20 people

Learn more: swanlake.bc.ca/community-programs/

Questions? Email programs@swanlake.bc.ca



**Swan Lake
Nature
Sanctuary**



Older Adult and Senior Program Offerings

Swan Lake and the Garry Oak Ecosystem We Care For

Learn about the history of Swan Lake with an indoor presentation that covers over 100 years of Swan Lake history, including First Nations' traditional use of the land that is now part of the Sanctuary, and how this landscape has changed through agriculture and development to where we are today.

Discussion about our organization's efforts to monitor and restore the land and waters in this oak-camas ecosystem will take place outdoors as we walk down to the lake and learn about the challenges and successes our volunteer-led stewardship has faced in this work.



Birds of a Feather

Take flight with us as we explore various types of birds and how their habitat, characteristics and behaviours differ from one another. We will focus on species commonly found at Swan Lake, then venture outdoors to listen and look for birds, or signs of their presence.

This program includes viewing some of our cherished taxidermy specimens, as well as up-close or hands-on opportunities with samples including feathers, wings, skulls, nests, and more!



Beyond Bones - The Biology of Local Species

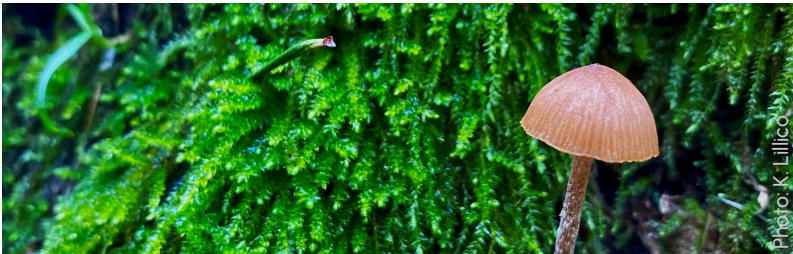
This very hands-on program offers participants to learn about local species through up-close and hands-on exploration of specimens. From beavers and cougars, to deer and bears - explore through your sense of touch.

**This is an entirely indoor program*



Autumnal Walk - Decomposers

Learn about decomposition and the many organisms that are involved in this important process. Explore how decomposers are crucial to the flow of energy and nutrients in the broader ecosystem.



Springtime Walk - Native Plant Garden Tour

Learn about some of the native plants and flowers in the garden surrounding the Nature House. Discover some of the traditional Indigenous uses for these plants, and learn about the work our volunteers are doing to help expand native plant gardens outside of the Sanctuary.

