



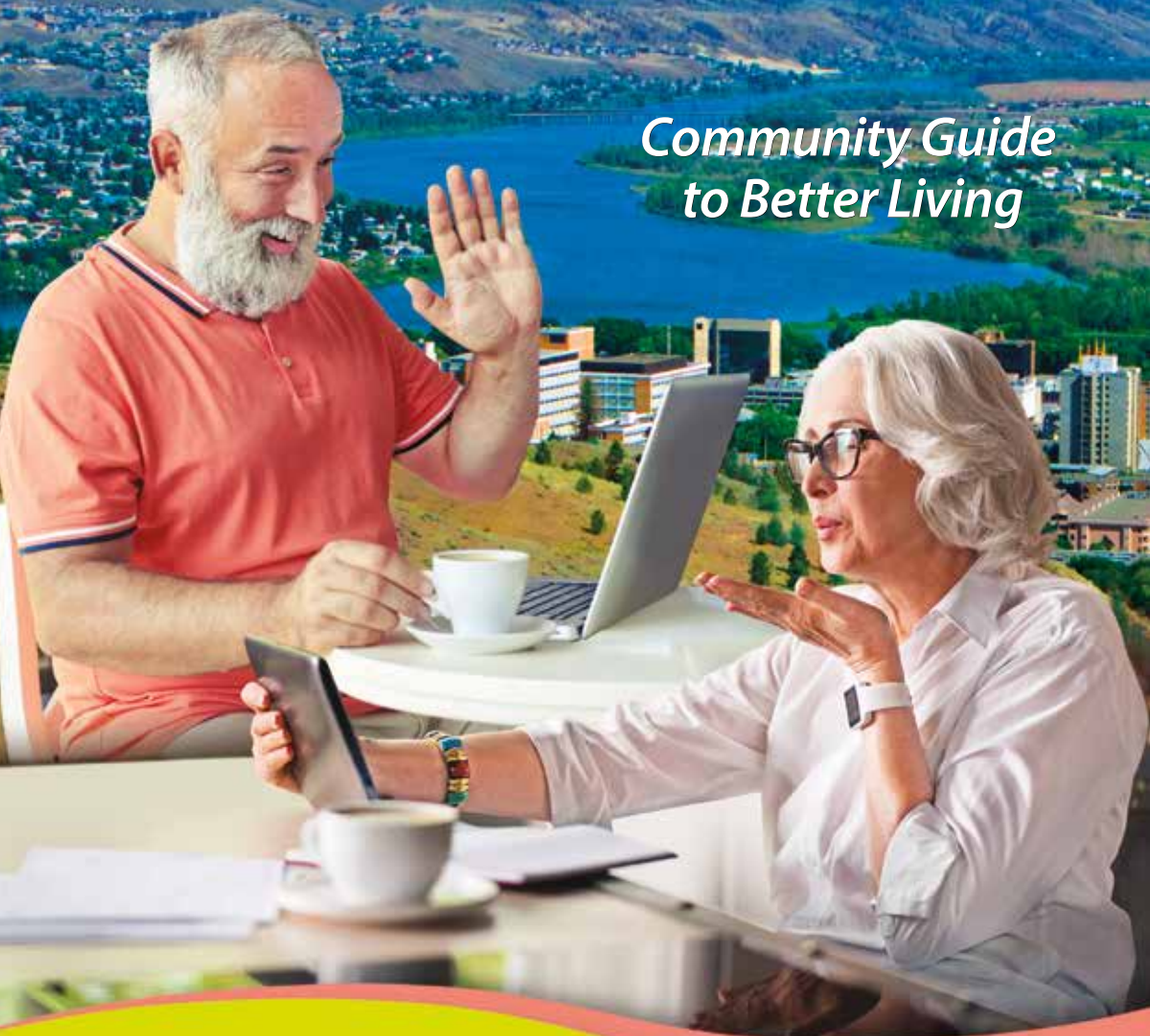
CSI Kamloops

2022

Experience™

50+
Living

*Community Guide
to Better Living*



**Thompson
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Kamloops, Merritt

Ashcroft, Barriere, Cache Creek, Chase, Clearwater,
Falkland, Logan Lake, North Shuswap, Savona, Sun Peaks



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Greetings from CSI Kamloops



I am delighted to introduce the 2021/2022 edition of *Experience 50+ Living*. This 'Community Guide to Better Living' is packed with valuable resources for boomers and seniors. The Thompson Nicola area is rich with resources and opportunities for the 50+ crowd. Our community has been adapting to the ongoing pandemic, but you can rest easy

knowing the latest edition of the *Experience 50+ Living*, has all the up-to-date information you need.

The Centre for Seniors Information (CSI Kamloops) is a registered charity that caters to the specific needs of our aging population. The pandemic has given us an opportunity to go back to our core supportive programs and our grass roots as an organization. Our support services focus on things that will directly impact the quality of life to the seniors and their families in our community. Some core services we offer are: prepared meals, housing, one-on-one assistance, support, income tax service, information, referral, and advocacy services. Our **Take & Bake** meals program produces high quality, delicious, homemade meals. You can come in and purchase meals or call in and have some delivered right to your door.

We have an amazing and dedicated volunteer base that have been instrumental in the success of our society. I would like to thank everyone for their support during these unprecedented times and making it possible for us to continue to support our seniors throughout the pandemic and the restrictions.

Experience 50+ Living is made possible through the dedication and support of our advertisers. We commend them for recognizing the value of this highly professional and accurate publication. We would like to acknowledge that all of this is made possible through with all the hard work and dedication of Robert Herring and the team at RRH and Associates.

Brandi Allen
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CSI Kamloops

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Every effort is made to avoid errors, misspellings and omissions.

If however, an error comes to your attention, please accept our sincere apologies and notify us.

Thank you.

WE ARE GREEN!

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Music Connects Us

One of the basic principles of music composition is that of “tension and release”. Chords, notes, and melodies interact with each other to create a feeling of conflict and tension, then through various means they resolve to a more relaxed state. Just like the soundtrack for a movie can prolong the tension in a suspenseful movie, 2020 was a period of extended tension for us all. However, as we move through 2021, we are seeing the release of this tension to a more relaxed state, one note at a time.

Although we do not know exactly how everything will resolve, we look forward to finishing this composition and starting the next. And like the progression of music over time, we expect to see (and hear) something completely new and creative when it is over.

Music lessons after retirement

The Kamloops Symphony Music School offers music lessons for students of all ages, walks of life, and skill levels. The school has many adult students, with everyone from fresh beginners to people returning to music-making to people who have been playing all their lives and wish to continue learning.

Lessons at the KSO Music School work well for adults because we can accommodate a flexible schedule. Lifelong learning is part of a healthy lifestyle, and we are quite happy to set up a lesson schedule that accommodates the needs of active adults who have travel plans and other commitments.

Health benefits of music

Studies show that listening to music promotes positive overall health, with benefits including a better night's sleep, improved memory recall, increased mobility and coordination, and increased cognitive abilities overall. Listening to music has also been shown to reduce pain and improve recovery time.

Studies on music and its relation to the elderly have demonstrated noteworthy psychological benefits as well, including a happier outlook on life, improved social interaction, improved relaxation and self-esteem, reduced tension and anxiety, and improved communication in dementia and Alzheimer's patients.

There are so many benefits to music, whether it is learning music, making music, or listening to it. Music connects us with the people around us, and it enriches our lives every day.



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Caring for the caregiver

Providing care to others has never been more dangerous, stressful – or needed. However, caregivers often overlook their own well-being, and can suffer emotional, physical and financial costs.

Even before COVID-19, nearly one-third of Canadians provided unpaid care to a family member or friend with a long-term health condition or disability, spending almost 20 hours per week on caregiving responsibilities. And the need for caregiving is only growing greater.

Have the conversation about care

It can be difficult, but it's important to discuss your loved one's wishes in the event that they need care, including:

- Would they prefer assistance from family, a live-in or drop-in nurse, or a private facility?
- How can they receive the care they need safely, with the health risk posed by COVID-19?
- Do they want to stay in their current home, move to a more convenient location, or stay with family?

- Who will make decisions for them, if they become unable to?

Ensure the person you are (or may be) taking care of has an up-to-date Power of Attorney (or Mandate in Anticipation of Incapacity in Quebec), so that your loved one's plans are fulfilled as they intended.

There is financial relief available

Providing care can take a financial toll. But there may be relief available to you, including Employment Insurance caregiving benefits, or caregiver-focused tax credits and deductions. The Canada Emergency Response Benefits and the Emergency Care Benefit may also offer coverage, while most provinces have matching or standalone tax deductions and credits of their own.

To learn more, please contact me today.

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Enjoy the Sport of Curling



At the McArthur Island Curling Club our goal is to promote the sport of Curling and provide a welcoming facility where all people can enjoy the sport. Curling can be played by people of any age and ability and is an excellent way to make new friends and have a good time while keeping active and healthy. While most of our leagues are open to all people of all levels of experience, we have a few leagues specifically for seniors as well.

Our Tuesday Thursday Seniors league is perfect way to be active, social and meet new friends. The McArthur Island Seniors Curling Club Curl every Tuesday and Thursday morn-

ing. New players are always welcome and there's no Curling experience necessary to join. There are currently between 60-70 players in the league. Every session the teams are shuffled so you have an opportunity to meet and play with more people from the league.

Every season the McArthur Island Curling Club offers two sessions of its very popular Learn to Curl Program. This is an 8 week program which covers the rules and basic techniques needed to get out and enjoy the sport of Curling. Learn to Curl classes are held Wednesday evenings from 7:00-8:30 pm. The fall session runs from October 13, 2021 – December 1, 2021 and the Winter session will run from January 12, 2022 – March 2, 2022. The program cost is \$99.00 plus GST and includes all coaching and necessary equipment.

Our rink is also available for private bookings and special events.

To register or for more information about the many programs and events offered at the McArthur Island Curling Club please [email micc1@telus.net](mailto:micc1@telus.net), call 250 554 1911 or visit mcarthurislandcurlingclub.com

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HARD!**

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PROGRAMS!**

Ages: 19-99
**No curling experience
is necessary!**

GET CURLING

Learn to Curl: An 8 week introduction to the sport of Curling.
The cost is only \$99.00 plus GST and includes all rental equipment.
Fall 2021: October 13 – December 1
Winter 2022: January 12 – March 3, 2022

Tuesday/Thursday Seniors League: An excellent way to stay fit and make friends. Have fun Curling every Tuesday and Thursday morning.

Wednesday Super Seniors: Our more competitive seniors league.
Play against the best every Wednesday morning



For information on these and our other leagues and events please call 250.554.1911, email micc1@telus.net or visit mcarthurislandcurlingclub.com

Building Attainable Housing in Salmon Arm BC.

Habitat for Humanity Kamloops recognises the demographic shift and the increasing need for more housing units for low & moderate-income seniors, low-income families & veterans in the communities we serve.

Salmon Arm Residences has been designed to provide independent living with universal mobility and aging-in-place features including the elimination of stairs; open-concept plans with fewer hallways & fewer – larger doors; larger bathrooms with curbless showers; the main floor features a meeting & sitting area: kitchen, washroom, health room for service providers and an administration office.

For more information on the application process please contact Executive Director, Bill Miller at: bill@habitatkamloops.com



Volunteer Program

Every volunteer helps build a better future for families. Volunteers are the main artery for Habitat. We need students, parents, grandparents, retirees & persons of all ages & backgrounds to help with cash/till, merchandising the ReStore, assisting at events, working with customers, helping in the warehouse, etc. Volunteers are welcomed & very appreciated.

Habitat for Humanity Kamloops opens a new ReStore location!

Habitat for Humanity Kamloops officially opened their brand new ReStore location in Salmon Arm on Saturday, May 1st, 2021.



Board Chair, Gail Wichmann & Executive Director, Bill Miller cut the ribbon and declared the store "Open for Business!"

We would like to say a special "Thank You" to residents as well as the business community in Salmon Arm & the surrounding area for a very warm welcome into their community.

Our new Salmon Arm ReStore is located at:
1160 Trans Canada Hwy, SW.

Hours of operation are:
Mon to Sat: 9am to 5pm.

Donation Drop off:
Mon to Sat: 9am to 4pm.

If you are interested in volunteering at the Salmon Arm ReStore please contact GM, John Rose at: john@salmonarmrestore.com

WHEN IN DOUBT, CHECK IT OUT

With over 130,000 people spread over 44,000 km², the Thompson-Nicola Regional District is a **Diverse Community**, and that requires **Diverse Recycling Solutions**.



Curbside Collection? TNRD Eco-Depot or Transfer Station? Local Bottle Depot?
Find out what your options are in your community

Much of the paper and packaging we throw away every day can be recycled, it just needs to be put in the proper place so it doesn't contaminate other recyclables.

Reach out to the TNRD or the Recycle Council of BC for more;
rcbc.ca/recyclepedia or call **1-800-667-4321**



Be sure to follow us for all the latest information

tnrd.ca | **1.877.377.8673** | recycleright@tnrd.ca



Composting 101



What is composting?

Whether you want a garden filled with summer flowers or you want to grow fruits and vegetables, composting is the gift that keeps on giving! Composting is a great way to recycle organic waste such as food scraps & garden waste to create rich fertilizer for the soil and plants. This makes it an efficient and cost effective way to grow a nutritious garden right in your backyard!

Benefits of Composting

When you compost you reduce your household waste by 30% - 50%. This means less trash is going into our landfills and your carbon footprint is reduced. Through composting the soil is enriched organically thus providing it with many nutrients and eliminating the need for chemical fertilizers.

A Few Tips

Choosing the right composter for you.

There are plenty options of composters for you to choose from, depending on

where you live or how much time you have, there is a composter out there for you. You could decide to purchase or DIY a compost bin. Types of composters include, Backyard Composters, Worm Composters and Green Cone Digesters.

How to compost.

Remember, **'brown + green + water = compost'**. The 'browns' are for carbon, which help feed the decomposers to easily break down organic waste. The

'greens' are for nitrogen which help grow and reproduce the decomposers faster. Make sure your proportions are balanced and you aerate often to prevent odor.

What goes in and what doesn't.

This depends on the composter.

In general, composters accept

fruit and vegetable waste, garden waste and shredded newspaper. Be sure to look at the instructions of each composter to see what is accepted and what is not.

For additional information on the different composter functions, the set up, and where to purchase one, be sure to visit our website

www.tnrd.ca/compost/ or contact the

TNRD directly at 1-877-377-8673 or

recycleright@tnrd.ca . The local TNRD

libraries have additional resources on composting.



Hazardous Waste Disposal



It's important to responsibly recycle and dispose of hazardous waste. In some cases, our safety and our lives depend on it!

Garbage and recycling collectors and processors have witnessed an increase in the improper disposal of explosive and hazardous materials, both locally and provincially. Hazardous waste, such as propane canisters and rechargeable batteries from cell phones and hearing aids, can explode or ignite when they are processed at the landfill and during the recycling process, which can turn a regular household item into something dangerous or deadly.

Hazardous items can cause serious harm to workers and garbage and recycling facilities. When such items are incorrectly disposed of, a number of materials can be a health risk, cause personal injury, or be fatal to collectors and processors. Hazardous materials can also damage recycling facilities and landfills.

The risk of fire or explosion is especially high for collection vehicles, landfills, and recycling facilities because they contain significant amounts of paper and other flammable materials. The combination of easily flammable material, the type of machinery used, air, and large amounts of material in piles where sparks can smolder undetected for lengthy periods of time makes the presence of hazardous material especially dangerous.

What is hazardous waste? Items that are corrosive, flammable, poisonous, or explosive are considered hazardous. The most common household hazardous products come in the form of compressed gas canisters, flammable liquids, and lithium-ion batteries.

Marcia Dick, the City's Solid Waste Services Analyst, holding flammable and explosive pressurized gas containers at the Mission Flats Landfill Diversion Area ►



Compressed Gas Canisters

Compressed gas canisters can release gases that will catch on fire, ignite and explode, or act as a projectile.

- Propane canisters
- Butane canisters
- Fire extinguishers
- Helium tanks
- Carbon dioxide canisters

Flammable Liquids

Flammable liquids give off vapours at or below 60°C that may ignite and cause fire or explosion.

- Aerosol cans
- Furniture stripper
- BBQ lighter fluid
- Pesticides
- Lawn mowers and outdoor equipment that uses diesel and/or gasoline
- Paint, paint stripper, paint thinner, turpentine, or varsol
- Camping fuel

Lithium-ion (Rechargeable) Batteries

Lithium-ion (rechargeable) batteries can catch fire or explode when they come in contact with metal.

- Power tools
- Vape pens and e-cigarettes
- Laptops
- Cell phones

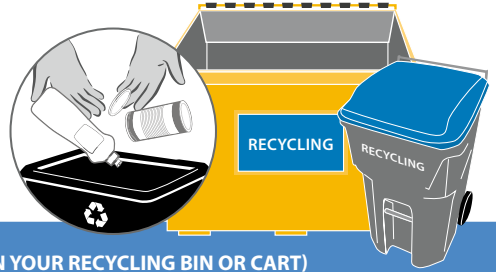
Let's all be part of the solution to help prevent tragedies. Do not put hazardous materials in your recycling bins, garbage cans, drains, or toilets. Some materials may be recycled, but they need to be taken to a specific recycling facility that can handle and manage the material properly.

It is also important to ensure containers that can be recycled—either through residential recycling or through a specific location—are empty.

Download the **Waste Wise App** on your mobile device or visit [Kamloops.ca/WasteWise](https://www.kamloops.ca/WasteWise) to search what goes where.



RECYCLING GUIDE



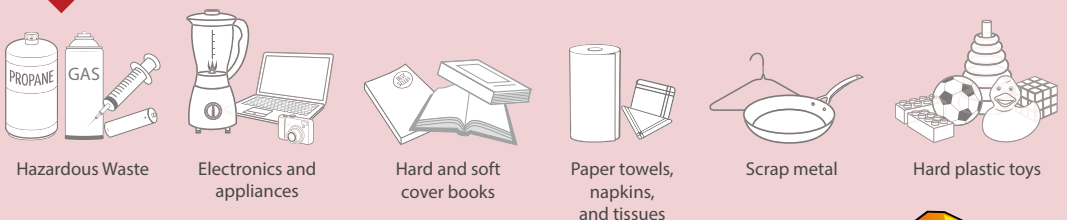
ACCEPTED ITEMS (PLACE THESE ITEMS LOOSE IN YOUR RECYCLING BIN OR CART)



DEPOT DROP-OFF ONLY (DO NOT PLACE IN BIN OR CART)



NOT ACCEPTED (DO NOT PLACE IN BIN OR CART)



(Use the Waste Wise app to find out how to properly dispose of unaccepted items)

Joan Wilson Leaves Legacy Gift of \$100,000 to RIH Foundation

Long-term Kamloops resident, Joan Wilson, has left a remarkable legacy gift to Royal Inland Hospital Foundation. Her donation of \$100,000 is a reflection of her involvement in, and love of, the community.

In 1953, Joan met her husband, Brian. They were both looking for a change in life and after seeing a sign at the library encouraging immigration to Canada, they decided then and there to move to Canada from England in search of a better life. They found it here in Kamloops, where they lived happily for over sixty years.

Joan was a nurse in Kamloops at Royal Inland Hospital, moving to work in public health, rising through the ranks to become Head Nurse of the Health Unit on the North Shore. She estimated that in her career as a midwife in both England and Canada, she delivered over 2,000 babies. She was also an experienced reflexologist, treating patients who were looking for alternative treatments. Part of her work included driving up the North Thompson, often in the winter when the roads were treacherous. Her visits included remote communities where others feared to go, but Joan was determined. She had a mission, not only to treat, but also to educate.

Brian passed away in 2016 and was greatly missed by Joan. But her life and work continued and she was actively involved with the RiverBend community, as the blood pressure go-to-person and



as the columnist for 'About Your Health' in the Mainstream newsletter. Joan was also a regular member of the aquafit classes at the YMCA. Giving back was Joan's way of showing her appreciation to the community. Joan also was involved in the formation of two organizations: the Women's Shelter and Cottonwood Manors seniors

housing, and served as a volunteer and President for the Senior's Outreach and the Kamloops Liaison Council for Seniors. Joan also worked with Safeway on the North Shore to create a seniors day, where seniors would get a cup of tea and cookies, as well as help with their shopping. In recognition of her significant contributions to the community, Joan received a Special Community Contribution Certificate, signed and sealed by Kamloops' Member of Parliament, the Hon. Nelson Riis.

Heidi Coleman, CEO-RIH Foundation, commented on the donation saying, "Joan Wilson's legacy gift is a wonderful donation. Through this gift, even though she is no longer with us, she has ensured that the community she cared so much about will continue to benefit from her generosity."

It was Joan's sense of humour and cheekiness that made her dearly loved by her friends. When she passed away on March 8, 2020 at the Marjorie Willoughby Snowden Hospice House, the Kamloops community lost a compassionate role-model. But her legacy will continue and her generous gifts to the Foundation will benefit many generations to come.



What's your Legacy?

For over 100 years, Royal Inland Hospital has grown with our city, providing specialized and advanced care. When you leave a gift in your will to the RIH Foundation, you help ensure the continued success of the hospital and create a legacy of life-saving care for every child, adult and senior in our community.

For more information on legacy gifts, please contact:

Kristy Buchner - Campaign Coordinator
Royal Inland Hospital Foundation
250-682-4243 or Kristy.Buchner@interiorhealth.ca
www.RIHfoundation.ca



Become a ONE TO ONE volunteer tutor and open the world of reading to a child!

Do you have 2 hours a week during school hours to read one-on-one with young students? The ONE TO ONE Children's Literacy Program needs you. No experience is necessary, but you must have good English language skills. We provide free training and ongoing support.

The ONE TO ONE Children's Literacy Program gives students the opportunity to practice their reading skills with a caring, patient adult. This one-on-one time increases their self confidence, their reading fluency and comprehension, and their chance of meeting with success at school and in life.

Tutors read with 3 students for 30 minutes each at a local elementary school once a week, either morning or afternoon, for 12 weeks. They develop a relationship with their students and see them grow as readers. What a rewarding volunteer experience!



To register for a Training Session (held in September and January) or for more information, contact Cami at one2one.kamloops@gmail.com or 250.573.1785

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At He Brew's, we aim to offer a wide variety of delectable menu items and high quality coffee to the community. Our main focus is friendly customer service and building relationships that can last a lifetime. If you're looking for a place with great food and drinks and a good atmosphere to hang back with some friends, He Brew's has your back. We always serve coffee with a smile. So come visit us today and say hello, we're positive you'll be eager to come back.

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**GET YOUR
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THE WORK**

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War Amps Key Tag Service Celebrates 75 Years

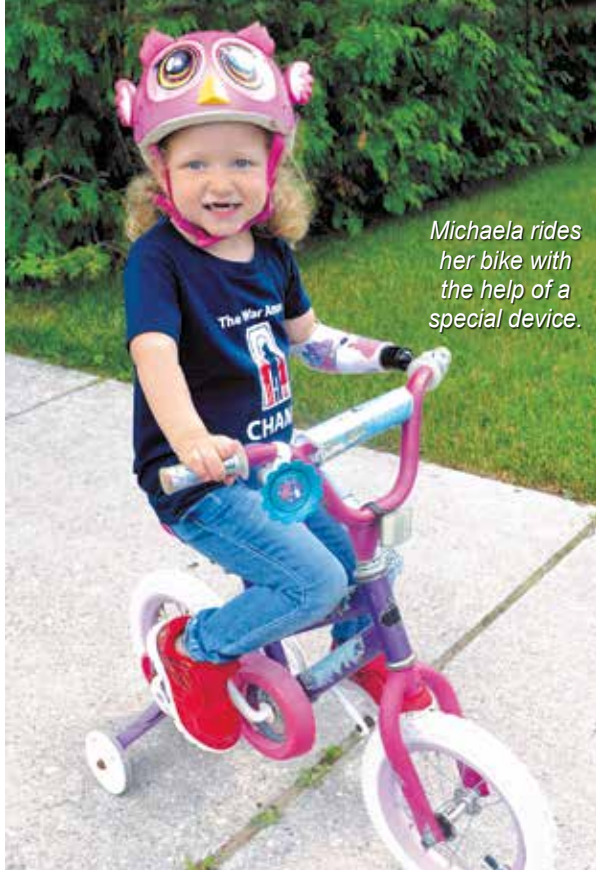
The War Amps 2021 key tags are now being mail to Canadian residents with the theme “You Are a Part of What We Do,” marking the 75th anniversary of the Association’s Key Tag Service and paying tribute to the public for helping make it a success.

In the letter accompanying the key tags, parents Tracie and Jeremy describe how The War Amps has supported their family, from the day their daughter, Michaela Blakslee, 6, was born missing part of her left arm, as well as some fingers and toes.

As a member of The War Amps Child Amputee (CHAMP) Program, Michaela receives financial assistance for artificial limbs and devices and also attends regional seminars where Champs and their parents learn about the latest in artificial limbs, dealing with teasing and staring, and parenting an amputee child.

Michaela’s artificial arms, which she calls her “helper hands”, include one for everyday use and another that she uses for activities like bike riding. “Without the funding from The War Amps, it would be very difficult for us to get her any prosthetics at all,” says Tracie and Jeremy. “Whatever isn’t covered through our workplace insurance and the government, The War Amps steps in so she has these devices to help her through daily life.”

The Key Tag Service was launched in 1946 so that returning war amputee veterans could not only work for competitive wages, but also provide a service to Canadians that would generate funds for the Association’s many programs, including CHAMP. The Key Tag Service continues to employ amputees



Michaela rides her bike with the help of a special device.

and people with disabilities and has returned more than 1.5 million sets of lost keys to their owners.

Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox in Canada, and The War Amps will return them to you by courier, free of charge.

The War Amps receives no government grants and its programs are possible through public support of the Key Tag and Address Label Service.



For more information, or to order key tags, visit waramps.ca or call toll-free 1 800 250-3030.



The Kamloops Crime Prevention Unit is committed to working with the community to help make our City a safer place. We operate the following programs and are looking for more volunteers to join our team:

- Speed Watch/ Cell Watch
- Lock Out Auto Crime
- 529 Garage
- Business Watch
- Restorative Justice

Volunteers must be 19 to 85 years of age, be proficient in English and possess a valid drivers' license. All volunteers must be willing to participate in a security screening process and complete 120 hours per year.

If you are interested in making a difference in our community, are open to learning new skills or want to connect with like-minded individuals, we would love to hear from you! Please submit your volunteer application by visiting the website below.

<https://www.kamloops.ca/safety-bylaws/crime-prevention/volunteer-opportunities>

North Shore Community Policing Office

915 7th Street
Kamloops, BC, V2B 2W7
250-376-5099

Finding the Perfect Mastectomy Bra

The idea of shopping for bras can be an incredibly daunting task for any woman, but especially so if you've had a Mastectomy and are adjusting to changes in self image. The physical healing from a mastectomy can be less complicated than the emotional healing, which can be a long process of learning to love your body again. A common theme is, "I just want to feel whole again." Wearing a bra that's right for you is one of the first steps that can aid with healing and recovery.

It is easy to be overwhelmed looking at the many styles of Mastectomy bras available. According to local retailer Nightingale Medical, you should take time to explore all the different styles of bras available on the market today. Knowing the benefits of particular bras can help make your decision a little easier.



A **camisole bra** comes up higher on the chest wall to help camouflage any scarring that would otherwise be visible. Some styles have the added benefit of lace, which adds a touch of elegance.



Another style of bra that has a camouflaging effect is the **molded cup bra**. Since the cups of this bra are formed and molded, it makes a partial removal far less noticeable.

Some women prefer a **leisure or athletic style bra**. There are many benefits to these types of bras: breathability of material, front closure, and racer back designs.



A traditional bras is not for everyone though, and in those cases there is also the option of wearing a **top with a built in shelf bra** instead.

Having a Mastectomy procedure is no small feat, and a woman should feel encouraged

that there are a myriad of bra choices available. Consulting with a Certified Mastectomy fitter who can help you find the right bra style and fit will be time well spent. Rest assured that you will find the perfect bra that makes you feel beautiful.



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CSI Kamloops



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- Community Volunteer Income Tax Program
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Two Locations Serving Residents of the Thompson Nicola Region

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Northhills Mall

Information & Referral

25 - 700 Tranquille Road

250.554.4145

Helping to Find Answers to Questions and Solutions to Concerns

www.csikamloops.ca

Email: info@csikamloops.ca



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Stroke Recovery Association of BC

SRABC is affiliated with March of Dimes Canada to deliver programs to help stroke survivors, and their caregivers, reach individual goals for recovery – and get back to life after a stroke.

The purposes of the association are:

- To increase awareness within the community of the impact of stroke
- To deliver programs of education and of assistance to stroke survivors in British Columbia
- To raise awareness of the services offered in BC to stroke survivors and their caregivers
- To disseminate information on stroke prevention

Due to COVID, we are currently delivering our program virtually. Our virtual meeting is held Wednesdays from 10 a.m. - 12 p.m. To register, or for more information, please go to our website at www.strokerecoverybc.ca or call us at 1.888.313.3377. See our listing under Support Groups in the Resources section.



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA



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Tim

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Natasha

Dennis

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Medical Equipment Services

Westsyde Care Residences is a privately owned care facility which provides a higher staffing to client ratio, allowing attention to detail for some of the services that otherwise take time to manage. Westsyde Care Residences employs highly trained staff including an on-site Human Services Worker that guides the clients through what can be complicated administrative tasks. Applying for Government services such as Canada pensions, medical exemptions, annual clothing allowances, and funding for equipment are easily handled for clients as their needs change. Ensuring that clients have current Government-issued identification and annual income tax filing are all taken care of.

An occupational therapy assistant works closely with the community occupational and physiotherapists to ensure the client's high quality of life is maintained by accessing all

necessary adaptive equipment. Westsyde Care Residences works closely with a number of healthcare businesses in the community. Rowmac Orthopedic Services provides on-site or in-house services for the clients, and National Seating and Mobility (formerly Surg-Med) provides our clients with door-to-door service for equipment deliveries; both ensuring that quality adaptive equipment is available to those in need. Referrals for equipment is managed efficiently from the facility level reducing the impact on the quality of life for the clients. Any minor repairs to seating and mobility equipment can be managed on-site by the occupational assistant who has additional training in this area, alleviating the concerns of families and clients.



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- Coordination of Community Services
- Medication delivery and dispensing
- Facility Transportation to/from appointments & community events
- On-Site Mobility Equipment maintenance
- On-Site Support & Education for Residents
- Laundry & Housekeeping
- Wi-Fi, Netflix, and basic cable
- Family-like atmosphere
- Dietician-Approved homemade meals



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CARE RESIDENCES**

2980 Westsyde Rd.
Kamloops, BC V2B 7E9
250-579-7675
www.westsydecare.com



Housing

Kamloops

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Active Care Services

Home-style assisted living
www.activecareservices.ca

1607 Greenfield Avenue 250.554.9244

Bedford Manor

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100-529 Seymour Street

250.851.7900 Home & Community Care

Berwick on the Park

Independent and assisted living
www.berwickretirement.com/bop

60 Whiteshield Crescent South

250.377.7275

1.866.377.7275

See our ad on Outside Back Cover

See our article on page 28

Brocklehurst Gemstone Care Centre

Complex Care, Alzheimer's/Dementia Care, Rehabilitation, Palliative & End-of-Life Care, Recreation & Therapy services
www.brockgemstone.ca

1955 Tranquille Road 778.470.2596

Chartwell Kamloops Retirement Residence

Independent and Assisted Living
www.chartwell.com

628 Tranquille Road

778.376.2000

Greenfield Place

Assisted Living, Independent Living options

101-1835 Greenfield Avenue

250.312.0475

Hamlets at Westsyde, The

Assisted living, residential care
www.thehamletsatwestsyde.com

3255 Overlander Drive

250.579.9061

Kamloops Seniors Village

Independent and Assisted living, Complex care

www.retirementconcepts.com

1220 Hugh Allan Drive

250.571.1800

See our ad on page 27

Pine Grove Seniors Community

Premier long-term care facility
www.parkplaceseniorsliving.com

313 McGowan Avenue

250.376.5701 ext. 501

Ridgeview Lodge

Long-term and Residential Care
www.siennaliving.ca

920 Desmond Street

250.376.3131

Westsyde Care Residences

Residential care, complex care
www.westsydecare.com

2980 Westsyde Road

250.579.7675

See our ad and article on page 25



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1220 Hugh Allan Drive, Kamloops, BC, V1S 2B3**

Retirement Community Living at It's Finest...



Imagine panoramic views overlooking the North Thompson River and a retirement community that offers older adults a standard of living in the heart of the Thomson Okanagan. Then imagine this community has a staff that fosters a lifestyle that encourages positivity and laughter ... a place where everybody has a story and everybody dreams about calling "home"!

Bridging the gap between independence and retirement living, this community's atmosphere combined with the spectacular surroundings, excellent food, first-rate services and a staff that is second to none, could be your next destination... a recognizable community for retirement living.

From the comfort of your own home, as a resident of this community you can take in the theatre, stay active in the exercise room, spend time at a happy hour, stroll through outdoor gardens and walking paths, enjoy a soothing running brook, waterfall and fish pond. This community has all the components to make those later years of life the very best they can be.

There's no secret formula for creating such a welcoming place to live, it is generally the residents and staff that make it what it is, they provide the spirit and give the community its life and vibrancy.

Imagine your next home where the founders carefully constructed the community to provide quality amenity spaces, comfort, accessibility, panoramic views of Kamloops and a full social calendar that offers residents fun, fellowship, passion and purpose. The staff at this community are extremely proud of these offerings, however what brings them more joy and excitement is

seeing new residents move in and embrace the lifestyle, meeting new people, making new friends and trying new things they might not have tried before if they were living on their own.

Often many older adults have lived alone for years. They don't realize what they are missing out on until they talk to someone that has experienced retirement community living. Friends and family may encourage their loved ones to do a little research and once they do they realize there are many opportunities to living a lifestyle that many only dream about. In doing their research, these folks conclude a move to a retirement community may offer the carefree, resort-like lifestyle they've been missing out on. They begin to realize they have a lot more living to do in their later years and a retirement community could be the perfect opportunity to do just that!

Others may decide a move is the best option because managing a home and property have become challenging, while others choose a retirement community because they seek friendship, warmth, laughter and new beginnings. For staff at this community it is a beautiful thing to see when new people meet and build friendships.

Today presents more options for retirement living in Kamloops than ever before and most communities in Kamloops consider this competition a blessing as it offers the older adults of our city choices.

Generally people will choose a community because of the feeling they get when they walk through the doors. If they experience a warm and welcoming atmosphere where people are happy and full of life they will know they are home! It is difficult to describe, the intangible, the feeling, the emotional connection the moment you enter a community, however if you are fortunate enough to experience these feelings and this connection you again will know you are home!

Imagine a community where everyone is welcomed and greeted by name. Imagine being surrounded by folks daily that take a genuine interest in you and all that live in the community. This is truly a place that many aspire to call home!



Erin Currie,

Community Relations Manager

Berwick on the Park Retirement Community
60 Whiteshield Crescent S., Kamloops, BC
250-377-7275
www.BerwickRetirement.com

INDEPENDENT LIVING**Berwick on the Park**

Independent and assisted living
www.berwickretirement.com/bop
60 Whiteshield Crescent South
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1.866.377.7275
See our ad on Outside Back Cover
See our article on page 28

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Fax: 250-376-4792

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Kamloops Seniors Village

Independent & Assisted Living

www.retirementconcepts.com**1220 Hugh Allan Drive****250.571.1800***See our ad on page 27***Mayfair Manor**

Oncore Seniors Society.

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www.riverbendandmayfair.ca**755 Mayfair Street****778.471.7600****The Residence at Orchards Walk**

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Ashcroft

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Phone: 250-679-1512

Toll free: 1-866-930-3572



743 Okanagan Ave, Chase | email: live@parksidecommunity.ca | www.parksidecommunity.ca

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250.554.3134

Yellowhead Pioneer Residence Society

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www.yellowheadpioneerresidence.com
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See our ad on page 33

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Enquire: Interior Community Services

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250.554.3134

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Canadian Mental Health Association

250.374.0440 ext. 206

Merritt

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www.columbiaproperty.ca

1703 Menzies Street, Merritt

250.315.5097

Nicola Meadows

Independent & Assisted living

[Facebook.com/NicolaMeadowsMerritt](https://www.facebook.com/NicolaMeadowsMerritt)

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250.378.4254

Phelan Seniors 55+ Complex

2336 Jackson Avenue

250.378.2555

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Retirement living for active independent seniors with spectacular lake views

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681 Harbourfront Dr. NE, Salmon Arm

250.832.0653

1.844.832.0653

See our ad on page 31

Housing Related / Home Services

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www.bcsla.ca

1.888.402.2722

BC Housing

Provincial agency that delivers a range of housing programs including managing and delivering subsidized and supportive housing, financial assistance for home adaptations for people with disabilities, assisting low-income eligible seniors with rent payments in private market. For more info and to see if you may be eligible, visit www.bchousing.org/programfinder

- **BC Rebate for Accessible Home Adaptations**

Get up to \$17,500 in rebates for safety & accessibility adaptations to your home

www.bchousing.org/BC-RAHA

See our ad on page 37

- **SAFER** Shelter Aid For Elderly Renters Program provides cash assistance to lower income seniors who pay rent for their homes. Call for a SAFER brochure or application form - available online www.bchousing.org/safer

1.800.257.7756 *See our ad on page 37*

- **Licensing & Consumer Services**

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www.bchousing.org/licensing-consumer-services

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1.800.668.2642

1.800.309.3388 TTY

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A consumer based non-profit association that promotes the understanding of strata property living and the interests of strata property owners

www.choa.bc.ca

26-1873 Spall Road, Kelowna

250.868.1195 ext. 4

1.877.353.2462

- Living in and operating a strata
<https://www2.gov.bc.ca> > Search for housing+tenancy+strata

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Registered charity, not for profit that builds houses for low-income families, seniors and special needs persons

www.habitatkamloops.com

28-1425 Cariboo Place

250.314.6783

- **Habitat for Humanity Kamloops Restore**

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Unit 28, 1425 Cariboo Place

250.341.6783

See our ad and article on page 11

Home Owner Grant

Reduces the amount of property tax you pay for your principal residence: Under 65, Senior, Veteran, Disabled, and more. See website for details. If you pay property taxes to a First Nation, contact directly.

www.gov.bc.ca/homeownergrant

1.800.663.7867 Mon-Fri 7:30am-5pm

Houzz

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Independent Living BC

Affordable assisted living apartments for seniors & people with disabilities through Independent Living BC program www.bchousing.org/Initiatives/Creating/ILBC
1.800.257.7756

Kamloops Native Housing Society

Subsidized housing, housing support
742 Mount Paul Way 250.374.1728

LiveSmart BC Partner Incentives

Check web site for current rebates/offers

- www.fortisbc.com/offers
- www.bchydro.com/powersmart.html

Residential Tenancy Office

Provides landlords and tenants with information regarding their rights and responsibilities. Aid in resolving disputes related to tenancy
<https://www2.gov.bc.ca> - search above title
1.800.665.8779 Mon-Fri 9am-4pm

Tenant Resource & Advisory Centre

TRAC - Promotes the legal protection of residential tenants by providing information, education, support, and research on tenancy matters-including dispute resolution. Offers webinars and in-person workshops to tenants and advocates across BC www.tenants.bc.ca
604.255.3099 ext. 225 request workshop
1.800.665.1185 InfoLine Mon-Tue-Thur-Fri 1pm-5pm, Wed 5:30pm-8:30 pm

Retirement Living Guide

Free downloadable eBooks. Sign up for e-newsletter for tips and advice. Discover what life in a retirement community is really like, types of communities available, downsizing tips, financial advice, more.
www.comfortlife.ca/ebooks/

Home Improvements

Rona Kamloops

Check website for weekly promotions
www.rona.ca
416 Mount Paul Way
250.372.2236
See our ad on page 19

Philips Lifeline can automatically place
a call for help if a fall is detected.

PHILIPS

Lifeline

Medical Alert Service

www.lifeline.ca

**Call Now & Receive a
FREE MONTH* of service**

**Thompson Lifeline
1-888-339-6588**

Quote code 1191



* Offer applied to HomeSafe service options only and on new activations. Not to be combined with any other offer. Some restrictions apply. Discounts are not applicable for out of area installations.



Need adaptations to increase safety and accessibility?
Get up to **\$17,500** in rebates for adaptations to your home.

Learn more at bchousing.org/BC-RAHA



BC Rebate
for Accessible
Home Adaptations



BC HOUSING



Are you a renter over 60? You could get help paying rent.



If you rent and are over the age of 60, the Shelter Aid for Elderly Renters (SAFER) program could be for you. SAFER helps make rent more affordable for eligible low and moderate income seniors.

www.bchousing.org/safer

1-800-257-7756



BC HOUSING



Health

Medical Organizations & Services

Advance Care Planning: My Voice

Expressing your wishes and instructions for future health care treatment. By planning ahead, you will have a voice in your future decisions. Every capable adult should make an advance care plan. Download the provincial *Advance Care Planning Guide* in English, Punjabi or Simplified Chinese. Watch video www.gov.bc.ca/advancecare

Alcohol & Drug Information & Referral Service

Certified information and referral specialists respond to enquiries on all aspects of alcohol and drug use and misuse. 24/7 Multilingual service
1.800.663.1441

ALS Society of British Columbia

Amyotrophic Lateral Sclerosis
To meet physical & emotional needs of ALS patients and their caregivers
www.alsbc.ca Donate online
1.800.708.3228 Richmond

Alzheimer Society of BC

Provides information, support, education for caregivers, people living with dementia
<https://alzheimer.ca/en>
Alzheimer Resource Centre
405-235 1st Avenue, Kamloops
250.377.8200 **1.800.886.6946**
1.800.936.6033 First Link Dementia
Helpline Mon-Fri 9am-8pm English

Arthritis Society

Committed to excellence and leadership in research, care, education and advocacy for persons with arthritis
www.arthritis.ca

895 W. 10th Ave., 3rd Floor, Vancouver
1.800.321.1433 Info/Donate M-F 9am-5pm

BC Brain Injury Association

Providing leadership for developing, driving, implementing a provincial strategy to improve the lives of people who live with acquired brain injury
www.brainstreams.ca

BC Cancer Agency

Cancer care program for people of BC
www.bccancer.bc.ca

- **399 Royal Avenue, Kelowna**
250.712.3900 **1.888.563.7773**
- **Royal Inland Hospital Cancer Centre**
In partnership with BC Cancer Agency
311 Columbia Street
250.314.2734 Mon-Fri 8:30am-4pm

• Screening Mammography

- About 1 in 8 women will develop breast cancer. Mammograms can find breast cancer early-usually before it has spread
Check web site for Clinic Locator and Mobile Clinic locator for Thompson Nicola
www.bccancer.bc.ca/screening/breast/
- **102-300 Columbia Street**
250.828.4916
 - Qwemtsin Health Society (Mobile visit)
130 Chilcotin Road, Kamloops
 - **1.800.663.9203** Book your screening

BC Epilepsy Society

Provides information and referral, support services to people with epilepsy
www.bcepilepsy.com

604.875.6704 Vancouver

- Center for Epilepsy & Seizure Education
 Providing support, education,
 information for those with epilepsy
www.esebc.ca

112-32868 Ventura Avenue, Abbotsford

1.866.374.5377 Mon-Fri 10am-4pm

BC Lung Association

Comprehensive information on lung diseases. Check web site for area Better Breathers' Clubs. Sign-up for Health Newsletter. Questions about your breathing? Call for advice **1.800.665.5864**
<https://bc.lung.ca>

BC Lupus Society

Dedicated to conquering one of the most unpredictable, devastating diseases; giving caring support to those who suffer from its brutal impact. Anyone can get

lupus and there is no cure

www.bclupus.org

1.866.585.8787 Call for more information

BC Schizophrenia Society

We provide support and education for families who have a loved one with serious mental illness. Also available for community education and presentations. See Support Group info on page 69

www.bcscs.org

250.571.6955 Rosanne, BCSS Educator
 email: kamloopseducator@bcscs.org

BC Seniors' Guide

Compilation of information & resources to help us all plan for and live healthy lifestyles as we age. Info on federal & provincial programs. Sections on benefits, health, housing, transportation, finances, safety & security. You can down-load/print, read it online, or order a hard copy. To order, contact the Office of the Seniors Advocate. www.gov.bc.ca/seniorsguide
1.877.952.3181 M-F 8:30am-4:30pm



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107-450 Lansdowne Street
250-377-0773 • downtownxray@gmail.com

Ask the Denturist

What if I am only missing a few of my teeth?

Depending on the health and stability of your remaining natural teeth, a Removable Partial Denture may be a suitable option for you. Partial dentures are constructed using a combination of a metal framework with acrylic base, or a base made completely of acrylic. Your denturist will evaluate your natural teeth and working closely with your dentist, will create the best possible design that will work for you.

What are the indications for having your denture checked?

In order to keep your dentures functioning effectively they require regular maintenance. Keeping up with regular checkups will help to avoid damaging your gums. Some of the indications that you may need to get your dentures checked include:

- 1) Dentures that are loose or moving while speaking, eating, or laughing.
- 2) Gums that are constantly sore or irritated, as well as sores that come and go.
- 3) Difficulty chewing food effectively.
- 4) Cracked or chapped corners of the lips which results from your denture teeth being worn out causing drooping lip muscles.

If you are currently struggling to comfortably wear your dentures and rarely use them, we strongly recommend to get your dentures checked. Having dentures that you can wear and use with confidence is important to a healthy lifestyle.

Wearing an ill-fitting denture without having them regularly checked, can cause damage to your mouth that may require surgery

Why get a reline/rebase?

Due to the changes, such as shrinkage of your gums which now has your denture feeling loose or capturing food underneath when you eat, your dentures may not fit the way they did when you first got them. Your denturist will remove the existing acrylic and replace it with new acrylic formed

to the new fit. In most cases, this process can be completed in one day.

Can my denture be repaired if it is broken?

Depending on the severity of the damage, in most cases a repair is possible. The most common issues being fractures or cracks as well as teeth breaking off, can be easily repaired and returned to you on the same day.



Robby Jaroudi
Natural Smiles Denture Clinics
1-888-374-9443



Natural Smiles

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www.kamloopsdenturist.ca

10-2025 Granite Avenue

Merritt, BC | 1-888-374-9443

www.merrittdenturist.ca

BrainTrust Canada

Community rehabilitation and support for persons with brain injury, as well as a strong focus on education & prevention
www.braintrustcanada.com

11-368 Industrial Avenue, Kelowna
250.762.3233 1.800.762.3233

Canadian Cancer Society

Information, resources, support for cancer patients & their families
www.cancer.ca

- **1.800.403.8222** Interior Regional Office
- **1.888.939.3333** Information Services
- **1.866.786.3934** TTY

Canadian Cancer Society

Southern Interior Rotary Lodge
 A home away from home facility for cancer patients while accessing treatment at Kelowna Cancer Centre

2251 Abbott Street, Kelowna
250.712.2203 1.866.786.3934 TTY

Canadian Institute for Health Information (CIHI)

Better Data. Better Decisions. Healthier Canadians. Subscribe to newsletter
www.cihi.ca

250.220.4100 Victoria office

Canadian Liver Foundation

Dedicated to liver health and eliminating the over 100 forms of liver disease
www.liver.ca

1.800.856.7266 Vancouver
1.800.563.5483 Here to Help

Canadian Mental Health Association

National charity that helps maintain and improve mental health for all Canadians. Promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness
www.kamloops.cmha.bc.ca

651 Victoria Street
250.374.0440 1.888.674.0440
www.cmha.bc.ca

1.800.555.8222 BC Division
310.6789 Need Help Now? Support Line

CNIB Foundation

Innovative programs and powerful advocacy that empower people impacted by blindness to live their dreams and tear down barriers to inclusion. Vision Loss Rehab Canada, Deafblind Comm. Services
www.cnib.ca

101-1456 St. Paul Street, Kelowna
250.763.1191 1.800.563.2642 Helpline

Cerebral Palsy Association of BC

Mission to making a *Life Without Limits* for people with CP, other disabilities
www.bccerebralpalsy.com

1.800.663.0004 Vancouver M-F 9am-5pm

Crohn's & Colitis Canada

Committed to curing Crohn's disease & ulcerative colitis, improving the lives of those affected by these chronic diseases. MyGut is a free, easy-to-use app that enables you to track, understand, and manage your journey with Crohn's disease
www.crohnsandcolitis.ca

- Kamloops Chapter on Facebook
[@getgutsykamloops](https://www.facebook.com/getgutsykamloops)
1.800.513.8202

Denturist Association of BC

Everything you want to know about dentures, where to find a local denturist
www.denturist.bc.ca

604.886.1705

Diabetes Canada

Promotes the health of Canadians through research, education, services, advocacy
www.diabetes.ca

1.800.226.8464 Information Line
 See our ad on page 49

Dietitian Services

Specializes in nutrition information, counselling and advice based on most current scientific sources by registered dietitians, 9 am-5 pm Mon-Fri - leave message after hours. Translation services
www.healthlinkbc.ca/healthyeating

Dial 8-1-1 Dial 7-1-1 TTY

HealthLink BC

See web site for medically-approved info on more than 5,000 health topics, symptoms, medications, and tips for maintaining a healthy lifestyle. Call to speak to a nurse 24/7. Speak to a dietitian about nutrition, healthy eating and/or a qualified exercise professional Mon-Fri 9am-5pm. Pharmacist available 5pm-9am every night of the week. Translation services in more than 130 languages www.healthlinkbc.ca

Dial 8-1-1**Dial 7-1-1 TTY****Healthy Eating for Seniors Handbook**

Includes recipes, menu plans, information on good nutrition. Find online or order a free copy by calling HealthLink BC English, French, Chinese, Punjabi www2.gov.bc.ca - search for above title

Dial 8-1-1**Dial 7-1-1 TTY****HealthyFamiliesBC**

Health promotion plan to encourage healthier choices. Food & Nutrition, Activity

& Lifestyle, Aging Well. Online blog www.HealthyFamiliesBC.ca

Heart & Stroke Foundation

Promotes health through research, education, services and advocacy www.heartandstroke.ca

200-885 Dunsmuir Street**Vancouver, BC V6C 1N5****778.372.8000****1.888.473.4636***See our FAST ad on page 60***Kidney Foundation of Canada BC**

Volunteer organization committed to reducing the burden of kidney disease.

<https://kidney.bc.ca> **1.800.567.8112**

- Kidney Community Kitchen
Manage your renal diet - info, cookbook (meal plans, recipes, FAQs) www.kidneycommunitykitchen.ca
- Kamloops Support Group - see meeting info on pg 85 - office closed during Covid www.kidney.ca/britishcolumbia/kamloops

250.376.6361 Edna

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250-434-2526
Open 7 Days A Week

South Shore
477 St. Paul Street
250-372-2223
Mon-Fri 9am-5:30pm

Kamloops Mental Health & Substance Use

Specialized assessments, treatment, case management, community support as well as life skills support

100-235 Lansdowne Street

250.377.6500 Mon-Fri 8:30am-5pm

Logan Lake Wellness Health & Youth Society

Connect-Educate-Empower Healthier Lifestyles for a Stronger Community. Programs such as Hospice & Bereavement support and education, Osteofit, Nutrition and Wellness
<https://www.loganlakewhy.ca>

1 Opal Drive

250.523.6229

Medic Alert Foundation

Emergency medical info services. One of three Canadians have a condition paramedics need to know about
www.medicalert.ca **1.800.668.1507**

Medical Services Plan of BC

Together with PharmaCare, provides medical & drug coverage to all eligible British Columbians; online services...
www2.gov.bc.ca > click on 'Health'

1.800.663.7100 Mon-Fri 8 am-4:30 pm

Automated service available 24/7

MS Society of Canada

Information, support counseling, referral and advocacy services to persons with MS and their families. www.mssociety.ca

1.800.268.7582 Peer Support Program

• **250.314.0773** Marcia, Comm. Services Coordinator. Call ahead for appointment

Muscular Dystrophy Canada

Mission to enhance the lives of those affected with neuromuscular disorders by providing ongoing support and resources while relentlessly searching for a cure through well-funded research
www.muscle.ca **1.800.567.2873**

Osteoporosis Canada

At least 1 in 3 woman and 1 in 5 men will suffer from an osteoporotic fracture during their lifetime. Disease is often

undiagnosed

www.osteoporosis.ca

1.800.463.6842 Mon-Fri 9am-5pm ET

Pacific Blue Cross

Health benefits plans for individuals and families, small/large business, travel plans
www.pac.bluecross.ca

1.800.873.2583 Vancouver

Parkinson Society British Columbia

Address the personal and social consequences of Parkinson's Disease. See page 70 for Support Group meeting information www.parkinson.bc.ca

1.800.668.3330 Vancouver

PharmaCare

Helps BC residents with the cost of eligible prescription drugs, and certain medical supplies and pharmacy services
www2.gov.bc.ca > search for 'PharmaCare'
1.800.663.7100 M-F 8am-8pm, Sat 8-4

Prostate Cancer Foundation BC

Help individuals, their families understand and cope with prostate cancer, provide up to date medical information and individual support. Check web site for Kamloops PC Support Group or call

250.376.4011 Larry Reynolds

www.prostatecancerbc.ca

1.877.840.9173

Spinal Cord Injury BC

We help people with spinal cord injuries adjust, adapt, and thrive. We are the best information on living well with a spinal cord injury in BC www.sci-bc.ca

1.800.689.2477 BC InfoLine M-F 9-5

250.306.7061 Josh, Kamloops Peer Program Coordinator

Vascular Improvement Clinic

Healthy Heart Program, Cardiac Rehab Focuses on ways to prevent heart disease. Physician referral necessary. Clinical Services Building

311 Columbia Street, Level 2

250.314.2727 Mon-Fri 8:30am-4:30pm

Dental Services

Natural Smiles Denture Clinics

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www.kamloopsdenturist.ca

250.374.9443

- **10-2025 Granite Avenue, Merritt**

www.merrittdenturist.ca

1.888.374.9443

See our article & ad on pages 40, 41

Medical Alarm Systems

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www.lifeline.ca

1.888.339.6598

See our ad on page 36

Medical & Mobility Equipment

Canadian Red Cross

Health Equipment Loan Programs: short term mobility equipment and bath aids to assist at home recovery from surgery, illness and injury. By donation. Health care professional referral req'd. Check website for area Help Centres

www.redcross.ca/help

Okanagan Service Area office, Kelowna

250.765.3465 Mon-Fri 9am-1pm

Home Care Services

Interior HomeCare Solutions

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www.interiorhomecare.ca

103-1315 Summit Drive, Kamloops

250.851.2911

See our ad on this page



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Pharmacy & Home Health Care

www.kippmallery.ca

- 273 Victoria Street, Kamloops
250.372.2531 1.800.482.0134
- 102-5170 Dallas Drive 778.469.5271
- 207-755 McGill Road 236.425.0025

See our ad on Inside Back Cover

Manshadi Pharmacy

Trusted Advice, Wholesome Care

- 374 Tranquille Road 250.434.2526
- 477 St. Paul Street 250.372.2223

See our ad on page 43

Pharmasave

Visit one of our **Live Well Pharmacists** for all your health and wellness needs. Four participating locations to serve you
www.pharmasave.com

See our ad on page 5

Shoppers Drug Mart

Earn rewards with your PC Optimum card

www.shoppersdrugmart.ca

- 1800 Tranquille Rd., Brock Centre
250.376.5611
- 1210 Summit Drive, Columbia Place
250.374.0477
- 700 Tranquille Rd., Northhills Centre
250.376.9010
- 2121 TC Hwy E., Valleyview Square
250.374.3131

See our ad on Inside Front Cover

Physiotherapy Clinics

North Kamloops Physiotherapy

Radial Shockwave Therapy, Laser Therapy

www.NorthKamloopsPhysiotherapy.com

550 Tranquille Road
250.376.1141

See our ad on page 47

Health Facilities

Interior Health Authority

www.interiorhealth.ca

- **Interior Health Crisis Line**
1.888.353.2273 available 24/7
- **Interior Crisis Chat**
<http://www.interiorcrisisline.com/crisischat>
- **Interior Health Vulnerable & Incapable Adults Reporting Line**
Investigates reports of abuse, neglect, and self-neglect of vulnerable adults
1.844.870.4754 report or call for info

• Patient Care Quality Office

We welcome your comments. If we have not met your expectations, we are committed to working with you to find a reasonable solution. Your feedback is our chance to improve the care or services we provide.

505 Doyle Avenue, Kelowna, 5th Floor

patient.concerns@interiorhealth.ca

1.877.442.2001 Mon-Fri 8:30am-4:30pm

Chase Primary Health Care Centre

Call to verify hours of operation

825 Thompson Avenue, Chase

250.679.1400

Clearwater Community Health Centre

Mon-Thur - 8:30am-4pm, Fri 8:30-12:30

640 Park Drive, Clearwater

250.674.3141

Kamloops Home & Community Care

Offers a variety of at-home and community services for people with acute, chronic, palliative, personal care, or rehabilitative health care needs

37-450 Lansdowne Street Lower Level

250.851.7900 8am-9pm 7 days a week

250.851.7940 Kamloops Community Clinic

Kamloops Primary Care Clinic

Primary Health

36-450 Lansdowne Street

250.851.7954 Mon-Fri 8:30am-4:30pm

Kamloops Public Health Unit

519 Columbia Street

250.851.7300 Mon-Fri 8am-4:30pm

1.866.847.4372

North Kamloops Physiotherapy

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Radial Shockwave Therapy



There are no side effects with this non surgical treatment and it is available at a reasonable cost. Shockwave treatments are non invasive and promote accelerated recovery of injured soft tissue, bone, heel and joint pain.

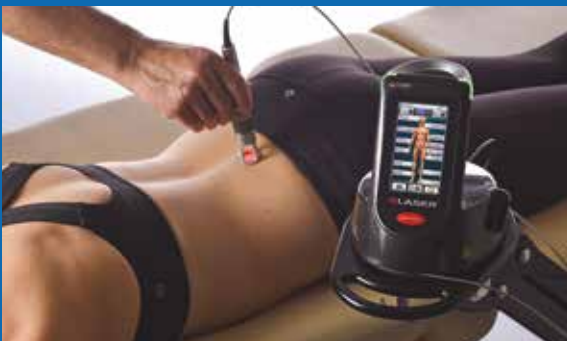
Therapy sessions are short, usually 20 – 30 minutes in length, and provide successful relief of chronic pain and restores mobility painlessly.

Conditions that can be treated by Shockwave Therapy

- Plantar Fasciitis
- Achilles Tendinopathy
- Scar Tissue Treatment
- Tennis Elbow
- Jumpers Knee
- Calcific Rotator Cuff Tendinitis
- Chronic pain

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- Muscle strains
- Plantar Fasciitis
- Osteoarthritis
- Shoulder, back & neck pain
- Chronic pain
- Sport injuries...and much more

550 Tranquille Road

250.376.1141

www.northkamloopsphysiotherapy.com

**Registered
Physiotherapists:**

Robin Gill, *BPT, MPT*

Monica Makar, *BSC PT*

Rita Ricardina, *BSC PT*

Kamloops Urgent Primary Care

Mon-Sun 10am to 10pm (7 days/week)
Service is for patients who require medical attention, but not in an emergency. For less serious injuries

311 Columbia Street (street level - front of Royal Inland Hospital)

250.314.2256 Call to book same day appointment - no walk-ins.

Logan Lake Health Centre

5 Beryl Drive
250.523.9414

North Shuswap Health Centre

2-3874 Squilax Anglemont Road
Scotch Creek

<https://www.nshealthcentre.ca>

250.955.0660 Mon-Fri 8:30am-4:30pm

Check online calendar, call for appointment. Lab services Wed & Fri 8am-noon - by appointment

North Shore Primary & Community Care Centre

Access to General & Nurse Practitioners.

Call 8-1-1 to register on a wait list

103-376 Tranquille Road

250.312.3288 Mon-Sat 8am to 6pm

Overlander Residential Care

Access via IHA case manager

953 Southill Street, Kamloops

Ponderosa Lodge

Short term services to allow residents to return home, or while waiting for a permanent bed in residential care. Long term care. Respite rooms. Contact Home & Community Care to determine eligibility

425 Columbia Street

250.374.5671

Kamloops Seniors Health & Wellness Centre, Lab Services

Patient referral by family doctor, nurse practitioner, or specialist

61-700 Tranquille Road (Northhills Centre)

250.312.3290 Mon-Fri 8:00am-4pm

Q'wemtsin Health Society

Advances holistic health by providing programs, services, education - see web www.qwemtsin.org

130 Chilcotin Road, Kamloops

250.314.6732

Scw'exmx Community Health Services

Serving area bands of Coldwater, Nooaitch and Shackan

<http://schss.com>

103-2090 Coutlee Avenue, Merritt

250.378.9745

Sun Peaks Community Health Centre

Summer - mid-April to mid-November

Monday-Friday 10am-noon, 1:00-4:30pm

Winter - most wkends for virtual visits only

www.sunpeakshealth.com

3115 Creekside Way, Sun Peaks

778.644.0635 Check online calendar, call for appointment

Urban Aboriginal Health Centre

201-376 Tranquille Road

Kamloops (above Manshadi)

250.376.1991 Mon-Fri 9am-4pm

HOSPITALS**Ashcroft Hospital and Community Health Care Centre**

Monday-Friday 8am-6pm. Hospital

Emergency hours 6 pm Fri to 8 am Mon.

Closed stat holidays

700 Ash-Cache Creek Highway

250.453.2211

1.877.499.6599

Dr. Helmcken Memorial Hospital

Visiting hours 2 pm-8 pm daily

24/7 Emergency Services

640 Park Drive, Clearwater

250.674.2244

Nicola Valley Hospital & Health Centre

24/7 Emergency Services, Rehab &

Physiotherapy, Public & Mental Health,

Home & Community Care Nursing & Home

Support, Lab (book online) and X-ray. Out-

patient services Mon-Fri 7:30am-3pm

3451 Voght Street, Merritt

250.378.2242 Hospital

Royal Inland Hospital

Unrestricted visiting hours. After 8 pm, use main entrance, sign in with Security. Parking \$1.50/hour, up to \$6 per visit. Emergency Services 24/7. Parking \$1.50/hour, 3 hour maximum

311 Columbia Street 250.374.5111

Walk In Clinics

Hours correct as of May 2021. For wait time and information for clinics on the Medimap system, go to www.medimap.ca

Virtual Walk In Clinics (by phone during Covid-19)

- **iMedicine Canada Landmark Centre**
Kipp-Mallery Pharmacy
207-755 McGill Road
236.425.0025 ext 4
Monday - Friday 9am-3pm

- **iMedicine Clinic @ Kleo's Pharmacy**
90B-1967 Trans-Canada Hwy.
778.765.1444
Monday - Friday 9am-1pm

- **Kinetic Energy Healthcare & Wellness Centre**
Same-day booking & patient registration by phone start at 7am Mon-Fri. During COVID, virtual medicine via phone www.kamloopskineticenergy.com/walk-in-clinic
207-450 Lansdowne Street
250.828.6637



Diabetes is successful at taking over the country.

Even after 100 years of insulin, diabetes or prediabetes affects 1 in 3 Canadians and 1 in 2 young adults will develop diabetes in their remaining lifetime. That's why we can't wait another 100 years. Diabetes Canada is stepping up to rally Canadians together to end diabetes.

#LetsEndDiabetes
diabetes.ca/enddiabetes

**DIABETES
CANADA**



Professional

Computer Service/Repair

Cristal Clear Solutions

Answers to your computer questions

www.ccs-bc.com

250.578.8992

See our ad on page 51

Consumer

Better Business Bureau

Promotes marketplace fairness, honesty

Mon-Fri 9am-4pm

www.bbb.org

604.682.2711

1.888.803.1222

Canadian Anti-Fraud Centre

Are you a target? Frauds use telephone, mail, internet to reach countless potential victims. See website for details, how to report spam

www.antifraudcentre.ca

1.888.495.8501 Mon-Fri 7am-1:45pm PT

Consumer Protection Authority

Promotes a fair marketplace for BC consumers, businesses; investigates complaints, seeks redress for those treated improperly by business

www.consumerprotectionbc.ca

1.888.564.9963 Mon-Fri 8:30am-4:30pm

National Do Not Call List

Gives consumers a choice to reduce the number of telemarketing calls by registering your residential, wireless, fax or VoIP telephone number

<https://lnnte-dncl.gc.ca>

1.866.580.3625 Mon-Fri 8:30-4:30

1.888.362.5889 TTY

Scams & Fraud

For information on common scams, go to the RCMP web site, click on 'Scams and fraud' (Quick Links) www.rcmp-grc.gc.ca

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Produces independent, uniform and efficient property assessments on an annual basis for all BC property owners

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BC Securities Commission Investor Education

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www.investright.org

1.800.373.6393 Mon-Fri 8am-5pm

RBC Dominion Securities Norman Cooper

Investment & Wealth Advisor

www.normancooper.ca

186 Victoria Street, Suite 402

250.434.4733

See our ad and article on page 9

Insurance

ICBC Seniors Insurance

Discount available for ICBC basic insurance for 65+ registered owners and operators, pleasure only. Also Experienced Driver savings, Disability & Antitheft device discounts. New to BC? Your good driving record could pay off with savings on Autoplan Insurance. See web site or visit an Autoplan broker for details.

www.icbc.com/insurance/costs/pages/discounts-and-savings.aspx

Legal

Access Pro Bono Society of BC

To advance access to justice by developing, facilitating opportunities for the effective provision of high-quality pro bono legal services to people and non-profit organizations of limited means

www.accessprobono.ca

1.877.762.6664

Canadian Bar Association, The

Dedicated to protecting the rule of law, the independence of the judiciary and the Bar, improving law, the justice system, and access to justice. Equality, diversity and inclusiveness, committed to reconciliation with Indigenous People of Canada

www.cbabc.org

1.888.687.3404

Clicklaw

Provides legal information, education and help for British Columbians. Solve legal problems - understand your rights; common legal questions. Learn about laws and the legal system. Find help. The public window to legal reform, innovation
www.clicklaw.bc.ca

Community Legal Assistance Society

For benefit of those who are physically, mentally, socially, economically or otherwise disadvantaged, or whose human rights need protection

www.clasbc.net

1.888.685.6222 Vancouver

Dial-a-Law

A library of scripts prepared by lawyers. It offers general information on a variety of topics on law in BC, but not legal advice. Free service available in English, Chinese and Punjabi via the Internet and by phone
<https://dialalaw.peopleslawschool.ca>

1.800.565.5297 Recorded Information

Franca Muraca Notary Public

Being of service and connecting with people are what I am most passionate about

www.muracanotary.ca

301-619 Victoria Street

778-696-4LAW

See our ad on page 53



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website: www.ccs-bc.com • mail@ccs-bc.com

Lawyer Referral Service

Access Pro Bono enable members of the public to consult with a lawyer for 30 minutes at no charge

www.lrsbc.org

1.800.663.1919 Mon-Fri 8:30am-5pm

Legal Services Society

If you have a legal problem and can't afford a lawyer, we can help. **During COVID-19, taking phone only applications**
www.legalaid.bc.ca

1.866.577.2525 9am-4pm Mon-Tue-Thur-Friday; 9am-2:30pm Wednesday

- Louise Richards, Barrister & Solicitor
702-235 1st Avenue, Kamloops
 Mon to Thur 8:30am-12 noon, 1-4:30pm
250.314.1900
- Louise Richards, Barrister & Solicitor
 Kamloops Courthouse
2nd Floor, 455 Columbia Street
 Mon-Wed-Thur 9am to 11:30am
- **Family Law In BC**
 LawLINE lawyers give brief 'next stop' advice about family law issues such as parenting, child/spousal support, property division, family agreements, adoption and court procedures.
 Mon-Tue-Thur-Fri 9am-3 pm, Wed 9-2:30
<https://familylaw.lss.bc.ca/call/family-lawline>
1.866.577.2525
- **My Law BC** Action plan to your legal issue. Choose a pathway, answer questions, and get your action plan.
<https://mylawbc.com>

People's Law School

Provides public legal education and information. Work out your everyday legal problem on a good number of topics. Q&A on website - Frequently asked questions
www.peopleslawschool.ca

604.331.5400 Vancouver

- Wikibooks Law School booklets available: Being an Executor, Writing your Will, Power of Attorney and others

Public Guardian and Trustee of BC

Unique statutory role to protect the interests of those who lack legal capacity to protect their own interests. Protect the legal, financial, personal and health care interests of adults who require assistance in decision making. Administer the estates of deceased and missing persons

Walk-Ins closed during COVID restrictions
www.trustee.bc.ca

1345 St. Paul Street, Kelowna
 Interior-North Regional Office
250.712.7576

Seniors First BC

Are you dealing with a crisis? Call to talk about an abusive situation you feel is happening. We listen to concerns about financial, legal, physical & emotional abuse. Advocate for legal & social justice for those 55+. SAIL is a safe place for older adults, those who care about them
www.seniorsfirstbc.ca

1.866.437.1940 (SAIL) Seniors Abuse & Information Line - Mon to Sun 8am-8pm
 Language interpretation avail. M-F 9-4
1.855.306.1443 TTY

Thompson Rivers University

Community Legal Clinic (TRU CLC)

Students from the TRU Faculty of Law assist low-income clients in a range of legal areas. Services include representation in residential tenancy proceedings and drafting documents such as powers of attorney and small wills for estates less than \$25,000

www.tru.ca/law/legalclinic

204-246 2nd Avenue 778.471.8490



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Policing

Crime Stoppers Kamloops & District

Cash awards (up to \$2,000) for information leading to an arrest. See website for details

www.kamloopscrimestoppers.ca

1.800.222.8477 Anonymous Tip Line

North Shore Community Police Office

The Crime Prevention Unit is looking for volunteers to participate in the following programs: Speed Watch/Cell Watch, Lock Out Auto Crime, Business Watch, Restorative Justice and Community Crime Prevention initiatives.

For further info or to volunteer, go to <https://www.kamloops.ca/safety-bylaws/crime-prevention>

Located at **915 7th Street**

250.376.5099

See our article and ad on page 21

Merritt Community Policing

Crime Prevention Office works with community partners to identify the roots causes of crime-strives to prevent/reduce crime through education, awareness.

Volunteer opportunity-see web for details

<https://www.merritt.ca/city-services/community-policing>

2026 Granite Avenue 250.378.3955

RCMP Victim Services

Offering 24 hour service to victims and

witnesses of crime & trauma. Provision of crisis intervention, emotional support, information regarding police investigation and court process, court orientation/ accompaniment services, safety planning and referrals to community agencies. To access services, please call

- **Kamloops RCMP Victim Services**
250.828.3223

or attend the RCMP Detachment at
560 Battle Street, Kamloops

- **Chase RCMP Victim Services**
226 Shuswap Ave.
250.679.8638 24/7

Royal Canadian Mounted Police

www.rcmp-grc.gc.ca

Emergency only: dial 9-1-1

Seniors Guidebook to Safety & Security

Goal is to raise awareness of seniors' safety issues to improve quality of life.

Help to recognize a potential crime situation and show how to reduce or remove risk

<https://www.rcmp-grc.gc.ca/en/seniors-guidebook-safety-and-security>

VictimLink BC

Confidential multilingual 24/7 telephone help line for victims of family and sexual violence, all other crimes. See web site for details of services offered

email: VictimLinkBC@bc211.ca

www.victimlinkbc.ca

1.800.563.0808 24/7 Call or text



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- ◆ Representation Agreements



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Leisure Travel

Arts and Culture

Chase & District Museum & Archives

Preserve & Present. Gift shop, Art gallery

<https://www.chasemuseum.com>

1042 Shuswap Avenue, Chase

250.679.8847

Kamloops Art Council

The art and soul of our community

www.kamloopsarts.ca

Office and KAC Main Gallery

Tue-Fri 10-5, Sat 10-4, closed 12-1 daily

7 Seymour Street West

250.372.7323

Kamloops Art Gallery

Engages minds to realize a vibrant community

www.kag.bc.ca

101-465 Victoria Street 250.377.2400

• The Gallery Store

www.facebook.com/TheGalleryStore

Tuesday to Saturday 10am-5pm

250.377.2400

Kamloops Family History Society

Promotes and encourages the study of Family History and Genealogy. See web site for programs and meeting schedule
www.kfhs.org

Kamloops Festival of the Performing Arts

See web site for 2021 Trophy, Plaque & Scholarship recipients, 2022 performance dates
www.kfpa.ca

250.312.0400

Kamloops Live! Box Office

Tickets: Kamloops Symphony, Western Canada Theatre, other events

Mon-Sat Noon-5pm. Closed during

COVID-19 - purchase online

www.kamloopslive.ca

1025 Lorne Street

250.374.5483

1.866.374.5483

Kamloops Museum & Archives (KMA)

Tue-Sat 9:30am-4:30pm, Archives: Tue-Fri 1:15-4pm. COVID restrictions in place

www.kamloops.ca/museum

207 Seymour Street 250.828.3576

250.828.3611 Arts, Culture, Heritage

Kamloops Players Society

Your oldest local community theatre, always welcoming of fans, new members
www.kamloopsplayers.com

Stage House Theatre. Check Calendar tab

422 Tranquille Road

250.572.4265

Kamloops Symphony

Live orchestral music performances, music education, related music services.

See web site for ticket information

www.kamloopssymphony.com

6-510 Lorne Street

250.372.5000 Mon-Fri 9am-5pm

See our ad and article on page 8

Nicola Valley Museum & Archives

Visit the past without a time machine!

www.nicolavalleymuseum.org

1675 Tutill Court, Merritt

250.378.4145 Closed during COVID

Sagebrush Theatre

Home to Western Canada Theatre,
Kamloops Symphony, road house for
many local and national performances
www.sagebrushtheatre.ca
1300 9 Avenue (purchase online)
250.374.5483 Kamloops Live! Box Office

Secwepemc Museum & Heritage Park

Preserving the language, history and
culture of the Secwepemc people
<https://secwepemcmuseum.ca>
200-330 Chief Alex Thomas Way
250.828.9749 Closed TFN re: Covid-19

The Kamloopa Powwow

One of largest celebrations of First
Nation's culture and heritage in Western
Canada. First weekend in August. Free
admission: Elders/Seniors 65+, & disabled
Kamloopa Powwow Society
www.facebook.com/kamloopapowwow
200-330 Chief Alex Thomas Way
250.828.9700

Western Canada Theatre

Sagebrush Theatre, Pavilion Theatre
Kamloops' own, producing high-quality
professional theatre www.wctlive.ca
1025 Lorne Street **250.372.3216**
• Kamloops Live! Box Office
Closed re: COVID-19 - purchase online
www.kamloopslive.ca
250.374.5483 **1.866.374.5483**

Leisure

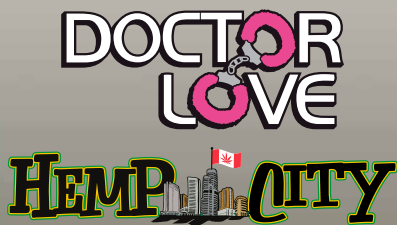
BC Fishing Licences

Basic annual licence for 65+ \$5
Basic annual licence for disabled \$1
<https://www2.gov.bc.ca> - search for
Freshwater Fishing. See licensed vendors

BC Parks

Individual campsite reservations
through Discover Camping Campground
Reservation service from April to Sept/Oct.
50% discount for BC residents 65+ from
day after Labour Day to June 14 of

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7 Days a Week

doctorlove.ca

250-314-1440

521 Victoria Street,
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- Best Prices

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7 Days a Week

shadesofgreencannabis.ca

236-425-1842

519 Victoria Street,
Kamloops, BC

following year for frontcountry campsites
www.discovercamping.ca
<http://bcparks.ca>

1.800.689.9025 Call Centre

- Campsite Fees for Seniors
<http://bcparks.ca/fees/senior.html>

BC Old Time Fiddlers' Association

Encouraging & promoting the art of Old Time Fiddling & Violin playing. See web site for details, branches around BC
www.bcfiddlers.com/kamloops
250.376.2330 Florence

BC Seniors Games Society

55+ BC Games are one way to help those 55+ enrich their lives, get active, keep fit. Although competition is an important aspect, active participation in sport, recreation and culture is the goal. See web site for Zone 5 contacts. Games in Greater Victoria, Sept. 13-17, **2022**
www.55plusbcgames.org
778.426.2940 Sydney, BC

BC Wildlife Park

Wild times await you...wildlife up close!
www.bcwildlife.org

9077 Dallas Drive, Kamloops
250.573.3242 COVID safety protocols

Farmers' Markets (BC Association of)
www.bcfarmersmarket.org

• **Barriere Farmers' Market**

Thursday, May to October 10am-1pm
 Sam's Pizza/Ribs, Yellowhead Hwy. S
 Winter Market, Every 2nd Sat 10-1,
 Nov. to 1st Sat in April at Senior Centre
Facebook Barriere-Farmers-Market
250.672.5159 Jerrard

• **Celista Hall Farmer's Market**

Wed 9am-1pm June 30-Sept 8. Celista Hall grounds. Produce, crafts, baking,
Facebook.com/CelistaHallFarmersMarket
250.955.6483 Diane

• **Chase Farm & Craft Market**

Fridays 10am-2pm April to October
 Shuswap Avenue - next to RCMP
778.689.4876 Joe

• **Clearwater Farmer's Market**

Every Saturday May to Thanksgiving
 Dutch Lake Community Centre field
Facebook.com/clearwaterfarmersmarket
250.674.3530 Dianna

• **Desert Hills Ranch Farm Market**

Large variety of farm grown produce
 March/April to November. 9am-5pm
<http://deserthillsranch.com>

- **250 Elm Street, Ashcroft**
- **2520 Highway 97, Cache Creek**
250.453.9876

• **Kamloops Farmers' Market**

www.kamloopsfarmersmarket.com
250.682.7975 Greg

- Sat. April 17 - Oct 30 8:30am-12:30pm
200 Block of St. Paul Street
- Wed. May 5 - Oct 27 8am-1:30pm
400 Block of Victoria Street

• **Nicola Valley Farmers' Market**

Saturdays May 8-Oct. 9, 9:30am-1pm.
Facebook.com/nicolavalleyfarmersmarket
Voght Street at Merritt Avenue, Merritt
250.571.3470 Diane

• **Scotch Creek Farm & Craft Market**

Sundays-May long wkend to Labour Day
 9:30am-1:30pm. Local produce/crafts.
 The Hub parking lot.
4113 Squilax-Anglemont Road
250.679.2166 Connie

• **Sun Peaks Market Day**

Sundays-June 20-Oct 10, 9:30-1:30pm
 Products: local farmers, ranchers and artisans
www.sunpeaksresort.com
250.578.5386

Hat Creek Ranch

Historic Ranch from the 1870's, Open May to Sept. Explore life during BC's Gold Rush days. Tours, Camping, cabins, restaurant
www.historichatcreek.ca
250.457.9722 **1.800.782.0922**

Kamloops Blazers Hockey Club

Seniors 65+ discount
www.blazerhockey.com
300 Lorne Street
250.828.1144 Ticket info

Kamloops Heritage Railway

Who says time travel doesn't exist?

www.kamrail.com

3-510 Lorne Street

250.374.2141 Ticket Office Covid closed

Kamloops Recreation Services

Register for courses in Active Living, Aquatics, Cooking, Dancing, Fitness in Motion, Gardening & Landscapes, Yoga and much more

kamloops.ca/tcc

• Tournament Capital Centre

910 McGill Road

250.828.3500

See our ad on this page

McArthur Island Curling Club

Seniors, Men's, Ladies Leagues, Learn to Curl program-fall and winter sessions

www.mcarthurislandcurlingclub.com

1665 Island Parkway, Kamloops

250.554.1911

See our ad and article of page 10

Probus Clubs

The purpose of a Probus (Professional Business) Club is to bring together retired and semi retired persons who have backgrounds of responsibility.

Check web site for meeting info for Kamloops, Kamloops Grasslands, Kamloops Desert Hills and Thompson Rivers clubs

www.probus.org

Tourism Kamloops

Planning your visit to Kamloops? For the latest on events, activities and restaurants, please visit our website or follow us on Facebook

www.tourismkamloops.com

1290 West Trans-Canada Hwy, Exit 368

250.374.3377

1.800.662.1994

RV Owners Lifestyle Seminar

An annual event at Okanagan College Kelowna Campus, 1000 KLO Road

Opportunity for new, or seasoned

or wannabe RV owners to gain

valuable knowledge on RV operations, maintenance and safety. Also travel tips,

health on the road, destinations, full-time RV living. **2021 seminar cancelled.** 2022

Lifestyle Seminar dates to be announced

www.rvda.bc.ca/rv-owners-lifestyle-seminars

778.574.4522 Mon-Fri 8:30am-4:30pm

Sun Peaks Resort

Canada's second largest ski area - 4,270 acres across three skiable peaks. Over 37 km. of groomed and track set Nordic trail.

Award-winning skiing, snowboarding, golf, mountain biking, lodging, dining

www.sunpeaksresort.com

1280 Alpine Road, Sun Peaks

250.578.5542 Activities Desk

250.578.5380 Tourism Sun Peaks

250.578.7232 Snow Report

Stay active at any age or stage of life!

Get a Fieldhouse Pass* for the Tournament Capital Centre for only \$21.40/month.

*Includes indoor track, EZ Line equipment, cardio machines and free weights. Subject to availability due to events or other bookings.



Canada's Tournament Capital

For information on senior services, visit Kamloops.ca/Seniors

Travel

Air Canada

Services for customers with disabilities.
Identify special needs when booking
www.aircanada.ca www.flyjazz.ca
1.888.247.2262

BC Ferries

BC seniors 65+ travel free on most
BC Ferries Mon-Thur except holidays.
Passenger fares only - with valid I.D.
www.bcferries.com
1.888.223.3779 Reservations
Mon-Fri 7am-10pm, Sat/Sun 7am-7pm

Friendship Force International

Unique opportunity to connect in ways that
transcend boundaries to promote goodwill,
respect, and understanding
www.thefriendshipforce.org

Kamloops Airport at Fulton Field

(YKA) For flight reservations, call your
air carrier. For flight information, ground
transportation, airport services, check web
site or your PC or mobile device
www.kamloopsairport.com
250.376.3613 Mon-Fri 8am-4pm

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World wide travel - with boundless
chances to be surrounded by natural
wonders and exotic wildlife. Trips that
match your interest - whether you are a
foodie, hiker, birder or archaeology buff.
www.nationalgeographic.com/expeditions
1.888.966.8687

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opportunities. Unsurpassed offerings
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1.800.454.5768 M-F 9am-6:30pm ET

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ideas, transportation and maps,
accommodations, travel deals
www.hellobc.com

Traveller Information System

Road, weather conditions, webcams, plan
your route, mobile traveller info
www.drivebc.ca
1.800.550.4997 BC Highway Conditions

Worldwide Quest

Experiential travel since 1970
Expert-led small group tours in nature,
culture and the arts
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1.800.387.1483 M-F 6am-2:30pm PT

Activity Centres

**Note: Activity Centres closed during
COVID-19 restrictions. Not all
information will be current. Call ahead.**

Ashcroft-Cache Creek Senior Society

Carpet Bowling, Cards, Pool, Bridge, Sat.
Bingo 12:30-4pm, Guys Games
601 Bancroft Street, Ashcroft
250.453.8943

Ashcroft HUB

Focused on providing opportunities in
wellness, recreation and the arts. Variety
of activities & events to connect with the
community. Full-service fitness centre.
Wide variety of fun & intriguing workshops
and activities. Live theatre. Visit for a tour
<https://ashcrofthub.ca>
711 Hill Street, Ashcroft
250.453.9177 Mon-Fri 8am-9pm,
Saturdays 9am-1pm, 4-8pm

Barriere & District Seniors Society

Bingo, Carpet Bowling, Adult Support,
Tai Chi, Fun Cards, Pickle Ball (outside),
Dinner 3rd Thur. \$10 (except July-Aug),
Community Paramedic 2nd Tue 1pm, Block
Watch, Winter Farmers Market
4431 Barriere Town Road, Barriere
250.672.0025 Seniors Hall
250.672.2477 Monica

Chase Creekside Seniors

Canasta, Bingo, Carpet Bowling, Guys
& Gals Exercise, Crib, Snooker, Wood

Carving, Bells & Bows. WiFi
Chase Seniors Centre
542 Shuswap Avenue 250.679.8522

CSI Kamloops

Connecting individuals in Kamloops and district with services and resources to help them address life changes
www.csikamloops.ca

- **CSI Information Centre**

25-700 Tranquille Road
Northhills Shopping Centre
250.554.4145

- **CSI Activity Centre**

We May Be Moving this Summer.

9A-1800 Tranquille Road

778.470.6000 Call ahead

See our ads on pages 7, 23

Evergreen Acres Seniors Centre

Clearwater Carpet Bowlers Mon & Thur
1pm-3pm, \$5 yearly membership, \$1 for bowling, \$2 non-members/drop-ins. All levels of experience welcome

144 Evergreen Place, Clearwater

250.674.3675 Call Mel for more info

Falkland Seniors Branch 95

Activities include billiards, darts, card games. Potluck lunch last Mon. Annual garage sale. Hall rental with kitchen \$30

5706 Highway 97, Falkland

250.540.7656 Angus, President

Kamloops Aboriginal Friendship Society

Useful programs and services for urban Natives. Flexible so as to be responsive to ever-changing needs of the urban Aboriginal community. See website for Calendar, all Programs & Services
<https://www.kafs.ca>

125 Palm Street

250.376.1296

Lakeview Community Centre Society

Welcoming place for the North Shuswap community to relax, meet others, learn new skills and participate in recreational activities. See website for scheduled activities. Emergency Preparation Centre
www.lakeviewcommunitycentresociety.com

7703 Squilax-Anglemont Road

Anglemont

250.682.6235 Jim

778.765.1506 Tony

Little Fort Recreation Society

Carpet Bowling Mon & Fri., Badminton
Yoga, Tai Chi. Check [Facebook.com Little Fort Community Info](https://www.facebook.com/LittleFortCommunityInfo)

Little Fort Community Hall, Highway 24

250.677.4381 Crystal

250.677.4285 Jo-Anne

Logan Lake Seniors 50+

Bingo, Crafts, Canasta, Carpet Bowling, Crib, Tue. games, Sat. Games Night, Yoga
Drop-In Centre, Village Centre Mall

80-150 Opal Drive, Logan Lake

250.523.2759 Drop-In Centre

250.523.9474 Ray

Logan Lake Wellness, Health & Youth Society.

Connect-Educate-Empower
Healthier Lifestyles for a Stronger Community. Classes, programs and drop-in fitness for all ages!

<https://loganlakewhy.ca>

1 Opal Drive, Logan Lake

250.523.6229

Merritt Senior Centre

Crib & Whist, Bingo, Duplicate Bridge, Carpet Bowling, Floor Curling, Rummoli, Court Whist, Shuffleboard-Table & Floor, Seniors Exercises, Monthly Pot Luck Suppers. Merritt Seniors Association

1675 Tutill Court, Merritt

778.269.0345 Bob



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www.mrshadesmedia.com

North Shore Community Centre Society

Purpose is to relieve loneliness, improve mobility & fitness for North Shore seniors. Provides recreation, education, cultural activities, other programs. Check website for activities and calendar of events.

<http://nscs.ca>

**452-730 Cottonwood Ave., Kamloops
250.376.4777**

Royal Canadian Legion Branch #52

Darts, Crib, Meat Draws, Hospital Outreach, various support services. Bursary Program, Veteran assistance, Poppy Campaign, Cadet Liaison. Hall rental available www.kamloopslegion.com
www.Facebook.com/KamloopsLegion

425 Lansdowne Street 250.374.1742

Savona and Area 50+

Weight Loss Club, Exercise, Carpet Bowling, UPS, Crib, Canasta, Darts O.A.P.O. Branch #129

**6605 Savona Access Road
250.318.5261 Dorothy**

Seniors' Community Centre at Desert Gardens

Hosts a variety of programs for seniors and the general public. Wide variety of activities promoting fitness, social interaction and education.

www.desertgardens.ca

**540 Seymour Street, Kamloops
250.372.5110**

Sorrento Drop-In Society

Goal is to support friendship and well being through activity and information. A place to socialize and become part of the community. See website for Upcoming Events & Events Calendar. Sunday Church

1148 Passchendaele Road

250.675.5358

www.sdis.ca

Wells Gray Country Seniors Society

Monthly luncheons, Weekly exercise classes, Cyber Seniors Tech Classes, Book Club, Writer's Circle, Bunco & Darts, Monthly bus trips

Dutch Lake Community Centre

**209 Dutch Lake Road, Clearwater
250.674.8185 Lynne**



Learn the signs of stroke

Face is it drooping?

Arms can you raise both?

Speech is it slurred or jumbled?

Time to call 9-1-1 right away.

Act **F A S T** because the quicker you act, the more of the person you save.

Resources



Charities, Foundations

Before You Give...

Canada Revenue Agency (CRA) has a useful resource called 'Giving to Charity: Information for Donors'. Facts about tax savings, donation receipts, charities regulations, how to be an informed donor.

Mon-Fri 9am-5pm

<https://www.canada.ca/en> - Search for 'Giving to Charity'

1.800.267.2384

1.800.665.0354 TTY

BC Cancer Foundation

Make a gift in memory to honour the life of a loved one, friend, family member

www.bccancerfoundation.com

399 Royal Avenue, Kelowna V1Y 5L3

250.712.3921

1.866.230.9988

BC Interior Community Foundation

Serving Thompson Nicola since 1984

www.bcicf.ca

2-219 Victoria St., Kamloops V2C 2A1

250.434.6995 Tue, Wed, Thur 9am-1pm

BC SPCA

Registered charity dedicated to protecting and enhancing the quality of life for domestic, farm and wild animals

www.foreverguardian.ca - for estate gifts

1.855.622.7722 Call to make a donation

See our ad on page 63

• Kamloops Branch

www.sPCA.bc.ca/branches/kamloops/

2816 Tranquille Road V2B 0H9

250.376.7722

1.855.622.7722 Report Animal Cruelty

Canadian Cancer Society

Make a one-time gift, monthly gift, honour gift, memorial gift

www.cancer.ca - Click on 'Donate'

330 Strathcona Avenue

Kelowna, BC V1Y 5K7

1.800.403.8222

Canadian Red Cross

Donate online, by mail, by phone, monthly giving, gifts of stock, planned giving - legacy, RRSPs

www.redcross.ca

124 Adams Road, Kelowna V1X 7R2

250.491.8443

1.800.661.3308

CSI Kamloops

Registered Charity; helps seniors with advocacy, Thank you for helping us help others: legacy funding, planned giving or individual donations - online, mail, phone, or in person

www.csikamloops.ca

We May Be Moving this Summer.

9A-1800 Tranquille Road

Kamloops V2B 3H4

778.470.6000 Call ahead

See our ads on pages 7, 23

Chase & District Health Services Foundation

Further the improvement of patient services in the Chase catchment area

Facebook: Chase & District Health Services Foundation

PO Box 1099

Chase, BC V0E 1M0

Charities, Foundations *cont'd***Clearwater & District Hospice Society**

Provides trained volunteers to support families and their loved ones with end of life care, at home, or in the Dr. Helmcken Memorial Hospital in Clearwater
257D Glen Rd., Clearwater V0E 1N2
778.208.0137

Habitat for Humanity Kamloops Society

Registered charity, not for profit that builds homes for families in need

www.habitatkamloops.com

Unit 28-1425 Cariboo Place

Kamloops, BC V2C 5Z3 250.314.6783

See our ad and article on page 11

Heart & Stroke Foundation

In Memoriam, In Honour, or general donations.

www.heartandstroke.ca

200-885 Dunsmuir St., Vancouver V6C1N5

778.372.8000 1.888.473.4636

See our FAST ad on page 60

Kamloops Art Gallery

Registered charity, not-for-profit society

www.kag.bc.ca

101-465 Victoria Street V2C 2A9

250.377.2400

Kamloops Hospice Association

Supporting families and loved ones with end of life compassionate care since 1981.

Offering a 12 bed Hospice House and

Cooper Community Resource Centre

www.kamloopshospice.com

72 Whiteshield Crescent S.

Kamloops V2E 2S9 250.372.1336

• **Flutter Buys Thrift Store**

Brock Shopping Centre

14-1800 Tranquille Road

250.376.1335 Mon-Sat 9am-5pm

Kidney Foundation of Canada BC

Donation options: General, Tribute-In Honour, Tribute-In Memory, Planned Giving

www.kidney.ca/bc

1.800.567.8112

Logan Lake Wellness, Health & Youth

Society. A non-profit organization that promotes health of mind and body by encouraging a balanced lifestyle and personal growth while providing services to all ages in our community. Donate online, by mail or by phone

<https://loganlakewhy.ca>

1 Opal Drive, Logan Lake

250.523.6229

Nicola Valley Health Care Endowment Foundation

Enhancing Health Care in the Nicola Valley since 1984

www.nvhcef.com

PO Box 1423, Merritt, BC V1K 1B8

250.315.1832

Royal Inland Hospital Foundation

Your donations do amazing things

www.rihfoundation.ca

311 Columbia St., Kamloops V2C 2T1

250.314.2325

See our ad and article on pages 16, 17

Sunshine Foundation of Canada

Dreams for Kids since 1987

www.sunshine.ca

100-300 Wellington Street

London, ON N6B 2L5

1.800.461.7935

Terry Fox Foundation, The

Working together to outrun cancer

www.terryfox.org

160-8960 University High Street

Burnaby, BC V5A 4Y6

1.888.836.9786

Thompson Nicola Cariboo United Way

Help change lives in your community

www.unitedwaytnc.ca

286 Tranquille Rd., Kamloops V2B 3G3

250.372.9933

1.855.372.9933

Thompson Rivers University Foundation

Provides funds for the financial support of students, research and infrastructure at TRU. A gift is an investment in the future of higher education

<https://tru.ca/foundation.html>

250.828.5264

Variety-the Children's Charity

Learn how to leave a legacy gift to Variety
www.variety.bc.ca

4300 Still Creek Drive

Burnaby, BC V5C 6C6

604.268.4038

310-KIDS (5437)

The War Amps

Since 1918, has met the needs of war amputees. The Association continues to serve them, and all Canadian amputees, including children through the Child Amputee (CHAMP) program

www.waramps.ca

2827 Riverside Dr., Ottawa, ON K1V 0C4

1.800.250.3030

See our ad and article on page 20

Education

CAA Road Safety Program

Seniors Driving: How aging can affect driving, assess & maintain your driving skills, adjusting driving habits, renewing

your driver's license, good vision, driving at night, medications and driving, fitness & driving, signs that driving habits should change - declining skills, alternatives to driving, online videos, tools, and more
<https://www.caa.ca/driving-safely/senior-drivers/>

Kamloops Adult Learners Society

Lifelong learning for adults in the day-time. See web site for course calendar Mon-Fri 9am-4pm. Closed 12-1pm

www.kals.ca

1550 Island Parkway

250.376.1525

Literacy In Kamloops (Link)

Literacy helps us participate fully in family, work and community

<https://sites.google.com/view/literacyinkamloops>

literacyinkamloops

c/o Henry Grube Education Centre

245 Kitchener Crescent, Kamloops

250.319.9653 Outreach Coordinator




Forever Guardian
your legacy of love

Forever Guardians

Ensure animals will be protected during any emergency

Thank you to those Forever Guardians whose love and forethought provided care for future generations of animals with a gift in their will.

BCSPCA
 SPEAKING FOR ANIMALS



Yolanda Benoit
ybenoit@spca.bc.ca
 1-855-622-7722

foreverguardian.ca

Charitable Registration Number: 11881 9036 RR0001

Nicola Valley Institute of Technology

BC's Indigenous Public Post-Secondary Institute

www.nvit.ca

4155 Belshaw Street, Merritt

250.378.3300

1.877.682.3300

ONE TO ONE Children's Literacy Program

Become a volunteer tutor and open the world of reading to a child!

one2one.kamloops@gmail.com

250.573.1785

See our article on page 18

St. John Ambulance

Courses & Training, CPR and First Aid.

See web for Online Training Programs

<https://bc.sjatrainning.ca>

627 Victoria Street

250.372.3853

Simon Fraser University

Liberal Arts and 55+ Program

Opportunity to learn for the joy of learning, enhance your creativity, sharpen your critical thinking skills. See web site for programs and details

www.sfu.ca/liberal-arts

1.844.782.8877

Thompson Rivers University

Open Learning offers distance learning for everyone. You can complete online & distance courses and programs anytime, anywhere to accommodate your active lifestyle and diverse interest.

<https://www.tru.ca/distance>

1.800.663.9711

Library Services

Okanagan Regional Library

Books, movies, music and more

www.orl.bc.ca/hours-locations

250.860.4033 Kelowna Admin Office

Thompson-Nicola Regional Library

Computer classes, adult programs, ebooks and traditional collections. Check

online monthly calendar for programs across the system. Mobile library

www.tnrl.ca

100-465 Victoria Street, Kamloops

250.372.5145

Meal & Food Programs

CSI Kamloops

Take & Bake Meals - Entrees, Soups, Desserts. Single portions starting at \$3.00 Pick up at both locations

www.csikamloops.ca/takeandbake.htm

We May Be Moving this Summer.

• 9A-1800 Tranquille Road

• 25-700 Tranquille Road, Northhills Mall

778.470.6000 Call ahead

See our ad on page 7

Kamloops Food Bank

Sharing food. Feeding hope. Strengthening community. You can donate at bins at local grocery stores - check web site for client services, hours and requirements.

Volunteer opportunity

<http://kamloopsfoodbank.org>

171 Wilson Street

250.376.2252

Mount Paul Community Food Centre

A welcome space where people come together to grow, cook, share, and advocate good food.

236.421.1011

140 Laburnum Street

www.interiorcommunityservices.bc.ca/programs/food-security

• **Terrific Takeaways.** Free onsite take-out meal. Mon & Thurs Noon to 1pm

• **Free home delivery**-fresh & frozen meals - Mon or Fri depending on what area of town you live

www.kamloopscare.ca - register here

• **Grocery Shopping** for Seniors - orders and deliveries. Tue, Wed, Thur.

Phone 2-1-1

• **Food Hamper Deliveries** for Seniors. Once a month. Contact Better at Home 250.828.0600

• **Meals on Wheels.** Paid menu selected meal delivery. Tuesday & Thursday by a

dedicated volunteer. Standard meals and frozen meals available. Monthly invoicing
250.376.3660

Nana's Pantry

Kamloops' Newest Senior Meal Delivery Service. Delicious! Affordable! Nutritious! Save with code EXPERIENCE10 on your first order. www.nanaspantry.ca

250.299.1292 See our ad on page 3

Programs & Groups

Advocacy Access Program

Disability Alliance BC

Mission is to support people, with all disabilities, to live with dignity, independence and as equal and full participants in the community
www.disabilityalliancebc.org/programs/
1.800.663.1278 Mon-Fri 8:30am-4:30pm

Better at Home

United Way helping seniors remain independent

www.betterathome.ca

- Logan Lake Wellness Health & Youth
www.loganlakewhy.ca/better-at-home

1 Opal Drive, Logan Lake

250.320.3676 Amanda

- Interior Community Services
www.interiorcommunityservices.bc.ca

765 Tranquille Road, Kamloops

• **250.828.0600** Kamloops

• **250.457.1019** Ashcroft, Cache Creek

• **250.280.3015** Nicola Valley

CanGo Grannies Kamloops

Support African grandmothers to raise and educate their AIDS orphaned grandchildren through funding for Stephen Lewis Foundation. New members welcome
<http://cangogrannies.weebly.com/>
250.374.0114 Ann

City of Kamloops: Seniors Services

Our site provides links to volunteer/ community-based seniors' programs such as the Snow Angels and Yard Waste Pick-up programs, as well as links to other community seniors' resources
www.kamloops.ca/seniors

910 McGill Road

250.828.3582

See our ad on page 57

Elizabeth Fry Society

Kamloops & District

Active community based non-profit agency offering programs, services in the areas of housing and community justice. Focus on women and youth. Legal Services.

<https://kamloopsefry.com>

702-235 1st Avenue Legal Office

827 Seymour St. closed during Covid

250.374.2119 call for phone or video app't

Emergency Management BC

Advisories of active emergencies, disaster readiness and recovery, fire safety and death investigation

www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery

1.800.663.3456 report disaster/emergency

What? Where? When? Waste Wise.

Take the guesswork out of recycling and never miss a collection day. Download the Waste Wise app on your tablet or smartphone. You can also use the Waste Wise Wizard on the web!



Visit Kamloops.ca/WasteWise

Gamblers Anonymous

A fellowship of men and women who share their experience, strength and hope. Meetings every Thursday 7pm to 8 pm Desert Garden boardroom

554 Seymour Street (far right door)

www.gabc.ca/kamloops

1.855.222.5542 Toll Free Hotline

Gardengate Horticulture Program

Promotes healthy eating & active living for persons with mental health issues.

Workshops. Volunteer opportunities.

Managed by Open Door Group

www.opendoorgroup.org

915 Southill Street 250.554.9453

Kamloops Brain Injury Association

We advocate for and provide specialized programs for survivors of acquired brain injuries. Facilitate education and awareness in the community. Every year 160,000 people experience brain injury

www.kbia.ca

408 Victoria Street 250.372.1799

Kamloops Immigrant Services

Your journey has brought you here and we welcome you. Together We're Better! No Walk-Ins during COVID restrictions

www.immigrantservices.ca

448 Tranquille Road

778.470.6101 Mon-Fri 8:30am-4:30pm

1.866.672.0855

Kamloops Sexual Assault Counselling Centre. Community-based victim

services, Counselling services for all ages

www.ksacc.ca

• **601-235 First Avenue, Kamloops**

250.372.0179 M-F 8:30-4:30, Closed 12 noon to 12:50 pm

• **830 Thompson Avenue, Chase**

250.299.8792 Call for appointment

• **5 Beryl Drive, Logan Lake...and...**

601 Bancroft, Ashcroft

250.682.4380 Call for appointment

Kamloops Society for Community Inclusion

Dedicated to enriching the lives of adults with diverse abilities, and promoting

community inclusion in every form

www.inclusionkamloops.ca

521 Seymour Street

250.374.3245 Mon-Fri 8am-4pm

• **Simply The Best Thrift Store**

Facebook: [simplythebestthriftstore](https://www.facebook.com/simplythebestthriftstore)

662 Seymour Street

250.377.8335 Mon-Sat 9:30am-4pm

Kamloops White Cane Club

If you have visual impairment, and want to get to know others with low or no vision, this is a friendly place to be

www.facebook.com/whitecanecub4U

250.376.4900

United Empire Loyalists

Organization promoting Canadian history. Everyone welcome

<https://uelac-thompsonokanagan.com>

250.469.8348 call for info - Marie

250.838.9652 President Sandra Farynuk

VictimLink BC

Confidential multilingual 24/7 telephone help line for victims of family and sexual violence, all other crimes. See web site for details of services offered

email: VictimLinkBC@bc211.ca

www.victimlinkbc.ca

1.800.563.0808 24/7 Call or text

Volunteer Kamloops

Engaging a Community that Volunteers

Office closed during COVID-19 - see web

www.volunteerkamloops.org

705 Seymour Street

250.372.8313 Tue-Fri 9am-4pm

Resource Centres**ASK Wellness Society**

Resources to assist people on the journey from streets to homes to health, to employment. Public phone, computer, fax, street-shower/laundry, food/clothes

www.askwellness.ca

433 Tranquille Road, Kamloops

250.376.7558 Mon-Fri 8:30am-4:30pm

1-2196 Quilchena Avenue, Merritt

250.315.0098 Mon-Fri 8:30am-4:30pm

CSI Kamloops

CSI Offers Advocacy, Elder Abuse Education & Support, Resource Library, Information and referral, Year-round CRA Income Tax Return, Fraud Awareness, Government Forms & Facts, Lunch program, socialization & activities. Large rental space for community events, special occasions, celebrations of life, Take & Bake Meals www.csikamloops.ca
We May Be Moving this Summer.

• **9A-1800 Tranquille Road**

778.470.6000 *Call ahead*

See our ad on page 23

See our Take & Bake Meals ad on pg. 7

Service Organizations**Army, Navy & Air Force Veterans**

Standing shoulder to shoulder for over 150 years. Drop-in ANAVets 290 by the River.

We welcome everyone

9-177 Tranquille Road, Kamloops

250.554.2455

BC Mental Health & Addiction Services

HeretoHelp is a project of the BC Partners for Mental Health and Addictions Information. Mental health, substance use information you can trust
www.heretohelp.bc.ca

1.800.661.2121 Information Line

310.6789 Toll Free Support Line 24/7

BC OAPO

Old Age Pensioner Organization
 Celebrating 89 years serving seniors' issues
www.bcoapo.org

• Savona Branch #129

250.318.5261 Dorothy Rabe

• Vernon Seniors Branch #168

250.545.0384 Margaret

Big Brothers Big Sisters

Mission to support and enhance the well-being of young people and help them reach their full potential.

[https://centralsoutherninteriorbc.](https://centralsoutherninteriorbc.bigbrothersbigsisters.ca)

[bigbrothersbigsisters.ca](https://centralsoutherninteriorbc.bigbrothersbigsisters.ca) *continued...*

8-1390 Hillside Dr. (by appointment only)

1.800.404.4483

• Renew Crew

Donate clothing, small household items
 Why, What, How to Donate - check web
www.clothingdonations.ca

1.800.404.4483 Call for free home pick-up or general enquiries

CARP

We work to uphold the rights and improve lives of Canadians as we age

www.carp.ca

1.888.363.2279

Canadian Blood Services

Recruits blood donors, organize and operate blood donor clinics to provide blood for hospitals in Canada. Use 'Book Now' on web site to book appointment

www.blood.ca

Oasis Church

1205 Rogers Way

1.888.236.6283

Canadian Mental Health Association

Strives to promote mentally healthy people in a healthy society

www.kamloops.cmha.bc.ca

1.800.555.8222 Vancouver

310.6789 Need Help Now? Call

• **651 Victoria Street, Kamloops**

250.374.0440

1.888.674.0440

CSI Kamloops

Connecting individuals in Kamloops and district with services and resources to help them address life changes
www.csikamloops.ca

• **CSI Information Centre**

25-700 Tranquille Road

Northhills Shopping Centre

250.554.4145

• **CSI Activity Centre**

We May Be Moving this Summer.

9A-1800 Tranquille Road

778.470.6000 Call ahead

See our ads on pages 7, 23

Community Living BC

Working to create communities where people with developmental disabilities have more choices about how they live, work, and contribute

www.communitylivingbc.ca

45-450 Lansdowne Street, Kamloops

250.377.4444 1.877.377.4433

1.877.660.2522 Call for Help

Council of Senior Citizens' Organizations of BC (COSCO)

Purpose is to advance the social and physical welfare of all BC elder citizens
www.coscobic.org

604.684.9720 Sheila Pither, President

• COSCO Health & Wellness Institute

Seniors Helping Seniors. Provides free workshops to seniors groups throughout BC. See website for list of workshops
www.coscobic.org/workshops/ (sic)

Independent Order of Odd Fellows

(I.O.O.F) Fraternal Organization. We believe that Friendship, Love, Truth are basic guidelines. 120+ years in Kamloops

423 Tranquille Road, Kamloops

778.220.1202 Belinda

Interior Community Services

"Enriching Lives" Programs include...

• Administration & Counselling

765 Tranquille Road, Kamloops

250.376.3660

• Family Programming

396 Tranquille Road 250.554.3134

• Mount Paul Community Food Centre

Food security programs open to any community member: Food Skills, Food Access, Education and engagement

140 Laburnam Street 236.421.1011

• ICS Merritt

2975 Clapperton Avenue, Merritt

250.378.9676

www.interiorcommunityservices.bc.ca

Kamloops Aboriginal Friendship Society

To provide and promote culturally based, inclusive programs, supports and activities to enhance holistic well-being and pride in Urban Aboriginal Peoples.

<https://www.kafs.ca>

125 Palm Street

250.376.1296 or 250.376.1617

• Urban Aboriginal Health Centre

201-376 Tranquille Road, Kamloops

250.376.1991 Mon-Fri 9am-4:30pm

Mothers Against Drunk Driving

No alcohol. No drugs. No victims.

www.madd.ca

• West. Region Chapter Services Manager

1.877.676.6233 Tracy Crawford

• MADD Kamloops Community Leader

<https://maddchapters.ca/kamloops>

250.819.7812 Roxanne

Stop Impaired Driving!

The Mustard Seed-New Life Community

Bringing hope to the hungry, hurting and homeless since 1980. Residential programs, dental & health services, hair salon, outreach centre

Thrift Shop - Mon-Fri 9:30am-5pm

<https://giving.theseed.ca/kamloops>

181 West Victoria Street

250.434.9898 Outreach Centre

People in Motion

Creating a better tomorrow for people with diverse abilities. See website for information on various services and programs

www.peopleinmotion.org

182B Tranquille Road

250.376.7878

1.877.414.4241

Royal Canadian Legion

Legion's 145 branches in BC/Yukon Command provides various support services to veterans. To find a Thompson Nicola region branch, go to..

www.legionbcyukon.ca/branch-locator

• Kamloops Branch 52

www.kamloopslegion.com

425 Lansdowne Street 250.374.1742

The Salvation Army Kamloops Church and Community Ministries

- Sunday Services 10:30am. Weekly discipleships & fellowship programming
- Emergency food/financial assistance and client advocacy *continued...*

- Grab and Go bread and sweets
- Community Response Unit (food truck) serving in the community Tues & Wed.

For updates and more information, visit www.kamloopssalvationarmy.ca
[Facebook.com/kamloopssalvationarmy/](https://www.facebook.com/kamloopssalvationarmy/)
 Admin. hours: Monday-Friday 9am-4pm
 Comm. Ministries Mon, Tue, Fri 9am-noon
344 Poplar Street 250.554.1611

Support Groups / Self Help

Al-Anon Family Groups

Help and Hope for families and friends of alcoholics. See web site for area meetings
www.bcyukon-al-anon.org
1.888.425.2666 Meeting information
1.800.727.7710 Kamloops & District

Alcoholics Anonymous

Assistance, information and fellowship for those with alcohol related problems
 See web site for meeting information throughout the Thompson Nicola region
www.bcyukonaa.org

Alzheimer Society of BC

First Link Dementia Support connects people with dementia and their care partners to support services, education and information at any stage of the journey
www.alzheimerbc.org
 Alzheimer Resource Centre
405-235 1st Avenue, Kamloops
250.377.8200 1.800.886.6946
1.800.936.6033 First Link Dementia
 Helpline, Monday to Friday 9am to 8pm

Anxiety Canada

Small registered charity that provides self-help resources on anxiety
www.anxietycanada.com **604.620.0744**

BC Association of Community Response Networks

Diverse group of concerned community members who come together to create a coordinated response to adult abuse, neglect, and self-neglect. See website for contact info
www.bccrns.ca

BC Lung Association Better Breathers Groups

<https://bc.lung.ca>
 Nicola Valley Better Breathers
 3rd Wed of month, 1:30-2:30pm
 Trinity United Church
1899 Quilchena Avenue, Merritt

BC Responsible & Problem Gambling Program

Help reduce and prevent the harmful impacts of excessive or uncontrolled gambling - providing free support and treatment services and promoting responsible gambling practices through education and policy development
1.888.795.6111 24 hour Help Line
www.bcreponsiblegambling.ca

BC Schizophrenia Society

Family Support Group meetings 4th Monday of the month, Kamloops and area
www.bcscs.org
250.571.6955 call Rosanne to register or email: kamloopseducator@bcscs.org
310.6789 Call for help now

Compassionate Friends of Canada

Kamloops support group for parents who have experienced the death of a child, any age, any cause. Call for mtg. information
www.tcfcandana.net
250.374.6030 Carol

Kidney Foundation of Canada, The

Kamloops Support Group
Meetings discontinued during epidemic
<https://kidney.ca/>
250.376.6361 Edna
250.573.2988 Dorothy
250.679.8481 Bruce (Chase)

Mesothelioma.net

Cancer support group dedicated to providing all the latest in research and aid. Has compiled fact-checked and physician approved information regarding this disease, how it affects the body, and how it can be treated
www.mesothelioma.net

Mood Disorder Association of BC

Treatment, support, education and hope of recovery for those with a mood disorder. Check web site for Interior Support Groups www.mdabc.net

604.873.0103 Mon, Tue, Fri 8:30am-5pm
Wed, Thur 8:00am-8pm, Sat 9am-5pm

Narcotics Anonymous

Self-help, support, information for those recovering from a drug problem. See web site for area meeting information www.bcrna.ca

1.855.349.2722 Kamloops Area Help Line

Parkinson Society of British Columbia

Kamloops support group meets 3rd Wed of each month 1 to 2:30pm, except July, Aug., Dec. **COVID - Meetings on Zoom**
Desert Gardens Seniors Centre

540 Seymour Street

www.parkinson.bc.ca/resources-services/support-groups/ **1.800.668.3330**

Prostate Cancer Foundation BC

See website for Kamloops PC Support Group meeting info (maybe video chats)

250.376.4011 Larry Reynolds
www.prostatecancerbcsupportgroups.ca
1.877.840.9173

Quit Now

Free, quit smoking program delivered by the BC Lung Association to help you to quit smoking - your way, in your own time. QuitNow has all the support services you need - from online community to one-on-one counselling, we have you covered. www.quitnow.ca

1.877.455.2233 Get Help Now

Stroke Recovery Association of BC

Committed to assisting stroke survivors and their caregivers to improve their overall quality of life. During COVID, we are delivering our program virtually - every Wednesday from 10am-noon. To register, or for more info, please go to... www.strokerecoverybc.ca

1.888.313.3377

See our article on page 24

Self-Management BC

Tasks that an individual must undertake to live well with one or more chronic conditions. See web site for details and upcoming workshops in your region www.selfmanagementbc.ca

1.866.902.3767 Mon-Fri 8:30am-4:30pm

Y Women's Emergency Shelter

Provides safe supportive refuge for women and children, who have experienced or are at risk of abuse, threats or violence. See web site for information on intervention and support services

www.kamloopsy.org/vawiss.htm

250.374.6162 24/7 support, referrals

250.682.7931 Text

Transportation**BC Bus Pass Program**

Affordable transportation on all BC transit systems (except HandyDART) for low-income seniors and persons with disabilities. See website for eligibility, cost, and contact options

www2.gov.bc.ca Search: Bus Pass Program
1.866.866.0800 Mon-Fri 9am-4pm

Ebus

Daily passenger service between Kamloops, Kelowna, Vancouver, Vernon, Salmon Arm. Seat belts, Free WiFi, Wheel chair accessible. Priority seating for seniors and disabled persons. Book online or call www.myebus.ca

1.877.769.3287

Disability Parking Permits**• People in Motion**

Temporary and permanent permits
www.peopleinmotion.org

182B Tranquille Road
250.376.7878

• SPARC BC

Parking permits for people with disabilities
www.sparc.bc.ca

1.888.718.7794

Freemason Volunteer Drivers provide transportation to Kelowna Cancer Centre Monday to Friday. Pick up from Thompson Hotel, **650 Victoria Street**
<http://freemasonry.bc.ca/textfiles/cancer.html>
1.800.299.0188 24 hour notice required

Gizeh Shriners of BC & Yukon

Shriners Care For Kids

For BC children requiring specialized procedures, accommodation, transportation, associated medical treatment. See web site for details
www.bcshriners.com

1.800.661.KIDS Mon-Fri 9:30am-2pm

Regional Transit System

Transit and handyDART information, Taxi Saver & Supplement Programs
www.bctransit.com

1.855.359.3935 Ashcroft-Clinton M-F 8-4:30

250.674.3935 Clearwater M-F 8:30-4:30

250.376.1216 Kamloops M-F 7:30am-6pm, Saturday 9-noon, 12:30-3:30

250.378.4080 Merritt M-F 9-4

• **handyDART Kamloops**

To book a trip, call Mon-Fri 7:30 am to 6pm, Sat 9am-noon, 12:30-3:30 pm. For assured service, call two days in advance. Bookings can be made up to 14 days in advance

250.376.7525 Office M-F 8am-4:30pm

• **Health Connections**

Accessible transportation options to non-emergency medical appointments to and from Kamloops from Logan Lake, Merritt, Chase

<http://bctransit.com/kamloops/schedules-and-maps/health-connections>

1.888.376.7525 Book a Trip - two business days advance notice

Travel Assistance Program

Assists with travel costs when medical care is not available locally. TAP forms are only available from your family physician at the time the referral is made. See web site for eligibility

www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc

1.800.661.2668 Automated service

VIA Rail Canada

Travellers 60+ save 10%, save another 10% with your CAA card

www.viarail.ca

1.888.842.7245 1.800.268.9503 TTY

Web Resources

bc211

Specializes in providing information and referral regarding community, gov't. & social services in BC. Online chat - 8am-11pm Monday to Sunday

www.bc211.ca

Dial 2-1-1 Talk with a resource navigator. Free, confidential, multilingual 24/7

BC Transplant

We will save lives and offer hope through organ donation. Online registration. Kidney & Liver programs. Register your decision - one organ donor can save up to eight lives
www.transplant.bc.ca

1.800.663.6189 for more information

Great Senior Living

Living Options, Health & Wellness, numerous articles on abundance of topics
<https://www.greatseniorliving.com/health-wellness/senior-exercise>

Seniors BC

A web site for all older adults in the province to find resources for planning and living a healthy and active life as they age. Senior's families and caregivers will find great information here also.

www.seniorsbc.ca

Seniors Canada

Stay Active, Engaged, Informed. Find info for seniors, their families, their caregivers and supporting service organizations on federal, provincial, and some municipal government benefits and services

www.seniors.gc.ca





Government

Municipal, Regional

City of Kamloops

www.kamloops.ca

City Hall - 7 Victoria Street West

May to September 8:30 am-3:30 pm

September to May 9:00 am-4:00 pm

250.828.3311

Recreation Services

Register for courses in Active Living, Aquatics, Cooking, Dancing, Fitness in Motion, Gardening & Landscapes, Yoga and much more. Search/register online...

www.kamloops.ca/recreation

Tournament Capital Centre

910 McGill Road kamloops.ca/tcc

250.828.3500

See our ad on page 57

City of Kamloops: Seniors Services

Our site provides access to a variety of seniors' programming and resources.

Links to Activity Guide, Community

Associations, Yard Waste Pick-up and

Snow Angels programs. Dog Licenses

www.kamloops.ca/our-community/seniors

910 McGill Road **250.828.3758**

City of Kamloops Recycling

See our ads & article on pages 14,15,65

Kamloops.ca/WasteWise

Kamloops Fire Rescue

Proudly serving Kamloops since 1884

www.kamloops.ca/firerescue/

1205 Summit Drive

250.372.5131

Emergency Calls Only 9-1-1

City of Merritt

Flourish Under the Sun

www.merritt.ca

2185 Voght Street, Merritt

250.378.4224 Mon-Fri 8:30am-4:30pm

District of Barriere

www.barriere.ca

4936 Barriere Town Road, Barriere

250.672.9751 Mon-Fri 8:30am-4:30pm

District of Clearwater

Adventure Starts Here

www.districtofclearwater.com

209 Dutch Lake Road, Clearwater

250.674.2257 Mon-Fri 8:30am-4:30pm

250.674.3530 Chamber of Commerce

District of Logan Lake

Discover our Nature

www.loganlake.ca

#1 Opal Drive, Logan Lake

250.523.6225 M-F 8:30am-12:30, 1-4pm

Town of Falkland

Home of the largest Canadian flag, one of Canada's oldest rodeos. Check web for dates

www.falklandstampede.ca

<http://hp.bccna.bc.ca/Community/Falkland/>

Village of Ashcroft

Wellness Awaits You

www.ashcroftbc.ca

601 Bancroft Street

250.453.9161

Village of Cache Creek

www.cachecreekvillage.com

1389 Quartz Road, Cache Creek

250.457.6237

Village of Chase

A Shuswap Experience!
www.chasebc.ca

826 Okanagan Avenue, Chase
250.679.3238 Mon-Fri 9am-4pm

Savona

Originally Savona's Ferry. On traditional territory of the Skeetchestn Indian Band
www.savona.ca
Facebook - Fun Times in Savona

Sun Peaks Mountain Resort Municipality

<http://sunpeaksmunicipality.ca>
106-3270 Village Way, Sun Peaks
250.578.2020

Thompson-Nicola Regional District

11 Municipalities. Over 115 Services
 Including Development & Environmental Services, Emergency Management, Film Commission, Library System, Solid Waste & Recycling, Utilities/Water & Sewer. See web site for details
www.tnrd.ca
300-465 Victoria Street, Kamloops
250.377.8673
1.877.377.8673
See our ad on page 12. See our article 'Composting 101' on page 13

First Nations**Shuswap Nation Tribal Council**

Formed in 1980 as an effort of Secwepemc Chiefs to advance issues of aboriginal rights. Development of self-government and settlement of aboriginal land title question
<http://shuswapnation.org>
680 West Athabasca Street, Kamloops
778.471.8200 Mon-Fri 8:30-noon, 1-4:30

Secwepemc Nation Bands

- **Adams Lake Indian Band**
www.adamslakeband.org
6453 Hillcrest Road, Chase
250.679.8841 M-F 8am-noon, 1-4:30pm

- **Bonaparte Indian Band**
www.bonaparteindianband.com
2689A Sage Hill Road, Cache Creek
250.457.9624 Mon-Fri 8am-4pm
- **Neskonlith Indian Band**
[Facebook.com/NeskonlithIndianBand/](https://www.facebook.com/NeskonlithIndianBand/)
743 Chief Neskonlith Drive, Chase
250.679.3295 Mon-Fri 8:30am-4:30pm
- **Simpw First Nation**
 People of the Rivers
www.simpw.com
7555 Dunn Lake Road, Barriere
250.672.9995 M-F 8-4 **1.800.678.1129**
- **Skeetchestn Indian Band**
www.skeetchestn.ca
330 Main Drive, Savona
250.373.2493 **1.866.373.2493**
- **Tk'emlups (Kamloops) Indian Band**
 Inform. Impact. Inspire.
www.tkemlups.ca
200-330 Chief Alex Thomas Way
250.828.9700
- **Whispering Pines/Clinton Indian Band**
www.wpcib.com
615 Whispering Pines Dr., Kamloops
250.579.5772

Little Shuswap Lake Indian Band, The
www.lslib.com
1886 Little Shuswap Lake Rd., Chase
250.679.3203

Scw'exmx Tribal Council

Communities are located in Nicola Valley
www.scwexmxtribal.com
2090 Coutlee Ave., Merritt
250.378.4235

- **Coldwater Indian Band**
www.coldwaterband.com
2249 Quilchena Avenue, Merritt
250.378.6174
- **Nooaitch Indian Band**
www.facebook.com/nooaitchindianband
2954 Shackelly Road, Merritt
250.378.6141
- **Shackan Indian Band**
www.shackan.ca
2099 Granite Avenue, Merritt
250.378.5410

- **Upper Nicola Band**
www.uppernicola.com
2225 Village Road, Douglas Lake
250.350.3342 Mon-Fri 8am-4:30pm
- **Lower Nicola Indian Band**
www.lnib.net
181 Nawishaskin Lane, Merritt
250.378.5157 **1.888.447.1744**

Nlaka'pamux Nation Tribal Council
www.nntc.ca

1632 St. Georges Road, Lytton
250.455.2711
1.866.455.2711

- **Oregon Jack Creek Band**
250.453.9098 Ashcroft

Provincial

Address Change

If you are moving within BC, you can use this electronic service to update your personal and/or business records with provincial and local gov't organizations
<https://www.addresschange.gov.bc.ca>
1.800.663.7867 Service BC

BC Air Quality

Air quality advisories & current data, Air Quality Health & Ventilation Indexes, more
www2.gov.bc.ca/gov/content/environment/air-land-water/air
1.887.952.7277 RAPP Line - report all polluters and poachers. 24/7 Hotline

Climate Change

Climate change is being felt across BC. Timely action is critical to protect our communities, health and the environment. Learn how CleanBC puts BC on a path to a cleaner, better future
www2.gov.bc.ca/gov/content/environment/climate-change
1.800.663.7867 Service BC

Forest Fire Reporting

Nearly one-third of all BC wildfires are reported by the public resulting in immeasurable savings: property, forests

www.facebook.com/BCForestFireInfo
www.bcwildfire.ca
1.800.663.5555 Report a wildfire
***5555** Toll Free on a cell

Office of the Seniors Advocate

Has scope to examine & advocate for seniors on issues related to health care, personal care, transportation, housing, income supports, and make recommendations. Latest reports on web. Information/referral specialists available to help find seniors' programs and services
www.seniorsadvocatebc.ca/reports/
1.877.952.3181 M-F 8:30am-4:30pm

Members of Legislative Assembly

<https://www.leg.bc.ca>

- **Fraser-Nicola**
Jackie Tegart, MLA
Jackie.Tegart.mla@leg.bc.ca
 • **405 Railway Avenue, Ashcroft**
250.453.9726 M-W-F 11am-4pm
1.877.378.4802
 • **2-2152 Quilchena Avenue, Merritt**
250.378.8831 Tue 11am-4pm
- **Kamloops-North Thompson**
Peter Milobar, MLA
Peter.Milobar.mla@leg.bc.ca
618B Tranquille Road, Kamloops
250.554.5413 **1.888.299.0805**
- **Kamloops-South Thompson**
Todd Stone, MLA
Todd.Stone.mla@leg.bc.ca
446 Victoria Street, Kamloops
250.374.2880 **1.855.474.2880**

Ombudsperson, The Office of

BC's Independent Voice for Fairness
 Receives enquiries and complaints about practice and services of public agencies within its jurisdiction. Report Reprisal, Report Wrongdoing, Make a Complaint
www.bcombudsperson.ca
1.800.567.3247 Mon-Fri 8:30am-4:30pm

Service BC

Basic information on gov't programs, toll free transfers to provincial offices

www.servicebc.gov.bc.ca

1.800.663.7867 Mon-Fri 7:30am-5pm

• **250-455 Columbia Street, Kamloops**

250.828.4540 M-F 9-12:30, 1-4:30pm

• **318 Railway Avenue, Ashcroft**

250.453.2412 M-W-T-F 8-noon, 1;15-4:30

• **2194 Coutlee Avenue, Merritt**

250.378.9343 M-F 9-noon, 1:15-4:30

• **Vital Statistics Agency**

Birth Registration/Certificate, Adoption, Death, Marriage license, Legal changes of Name, wills, registry information.

www2.gov.bc.ca/gov/content/life-events

305-478 Bernard Avenue, Kelowna

250.861.7500 Mon-Fri 8:30am-4:30pm

Federal

BC Climate Action Tax Credit

Tax-free quarterly payment that helps low income individuals and families with the carbon taxes they pay

www.canada.ca/en/revenue-agency/services/child-family-benefits.html

Canada Border Services Agency

General border services information; for in-depth information, speak to an agent M-F 7am-8pm, Sat/Sun 10am-6pm ET www.cbsa.gc.ca > current wait times

1.800.461.9999

1.866.335.3237 TTY

Canadian Heritage

We work with national cultural institutions to promote culture, the arts, heritage, official languages, citizenship & participation, as well as Aboriginal, youth and sport initiatives. Agents available to answer questions M-F 8:30am to 5pm ET www.canada.ca/en/canadian-heritage.html

1.866.811.0055

1.888.997.3123 TTY

Health Canada

Responsible for helping Canadians maintain and improve their health while respecting individual choices, circumstances. It ensures that high-quality

Our Seniors, Our Priority – every day.

As your MLAs, we can provide you with information on provincial government services and to connect you to the resources you need to live a healthy, active, and engaged lifestyle. For more information on health, safety, caregivers and much more please visit www.SeniorsBC.ca.



Todd Stone

MLA Kamloops South-Thompson
446 Victoria St., Kamloops BC

250.374.2880

Toll Free: 1.855.474.2880

@ToddGStone/

Peter Milobar

MLA Kamloops North-Thompson
618B Tranquille Rd., Kamloops, BC

250.554.5413

Toll Free: 1.888.299.0805

@PeterMilobarKNT/

health services are accessible, and works to reduce health risks.

www.canada.ca/en/health-canada.html

1.866.225.0709

1.800.465.7735 TTY Service Canada

Immigration & Citizenship

Apply to visit, study, work or immigrate to Canada, apply for citizenship, a permanent resident card or refugee protection, check application status
www.canada.ca/en/services.html

1.888.242.2100 call centre agents M-F 8-4

Income Security Programs

Canada Pension Plan, Old Age Security, Guaranteed Income Supplement
www2.gov.bc.ca > Click on 'Family & Social Supports', then 'Seniors', then 'Financial & Legal Matters', then 'Income & Securities Programs'

1.800.277.9914 **1.800.255.4786** TTY

Indigenous Services Canada

- Indigenous Services
- Crown Indigenous Relations & Northern Affairs

Arts, Culture, Heritage. Acts, Agreements, Treaties/Land Claims, Benefits & Rights, Education, Employment, Social programs, Infrastructure and Housing, and more...
www.aadnc-aandc.gc.ca

1.800.567.9604 Mon-Fri 7am-3pm

1.866.553.0554 TTY

Parks Canada

National parks protect representative natural areas of Canadian significance for public understanding, appreciation and enjoyment. Travel tips and ideas. Pet friendly places to stay overnight, culinary experience at Parks Canada, much more
www.pc.gc.ca

1.888.773.8888

1.866.787.6221 TTY

1.877.737.3783 Reservation Service

<https://reservation.pc.gc.ca/ParksCanada>

Members of Parliament

- **Dan Albas, MP, Central Okanagan-Similkameen-Nicola**

www.danalbas.com

2562-B Main Street

West Kelowna V4T 2N5

1.800.665.8711

- **Cathy McLeod, MP Kamloops-Thompson-Cariboo**

www.cathymcleod.ca

6-275 Seymour Street

Kamloops V2C 2E7

250.851.4991

1.877.619.3332

Passport Canada

- Service Canada Centre

Passport services: validates proof of Canadian citizenship for passport application

520 Seymour Street, Kamloops

1.800.567.6868 M-F 7:30am-8m ET

1.866.255.7655 TTY

2021-22

OLD AGE SECURITY & CANADA PENSION CHEQUE DATES

- | | | |
|-----------------|-----------------|-----------------|
| ■ Jun. 28, 2021 | ■ Jul. 28, 2021 | ■ Aug. 27, 2021 |
| ■ Sep. 28, 2021 | ■ Oct. 27, 2021 | ■ Nov. 26, 2021 |
| ■ Dec. 22, 2021 | ■ Jan. 27, 2022 | ■ Feb. 24, 2022 |
| ■ Mar. 29, 2022 | ■ Apr. 27, 2022 | ■ May 27, 2022 |

INFORMATION ON PAYMENTS

Old Age Security & Canada Pension Plan payments are automatically deposited in Canada on the above dates.

If you have not requested payment by automatic deposit, your payment will arrive at your home address by mail during the last three business days of each month.

- Capri Centre, Kelowna
110-1835 Gordon Drive
8:30am-4pm Mon-Fri, English, French
<https://www.canada.ca/passport>

Service Canada

Check web site for available information and transactional services. Complete an online request form - receive call back with two business days

1.800.622.6232 1.800.926.9105 TTY

Information on gov't. services, programs
www.servicecanada.gc.ca

- **520 Seymour Street, Kamloops**
Monday-Friday 8:30am-4pm

Travel & Tourism

Information on how to have a safe and enjoyable journey whether you are travelling in Canada or abroad. Web site evolving to offer an ever growing wealth of information on destinations, travel documents, travel health, returning to Canada, much more. See web for links to a wide range of travel topics
<https://travel.gc.ca>

Veterans' Affairs Canada

If you are a current or former member of the CAF or RCMP, or a family member, we have targeted services and benefits to improve your well-being. Check our website for find a list of benefits and services tailored for you
www.veterans.gc.ca

313-471 Queensway Avenue, Kelowna

1.866.522.2122 Mon-Fri 8:30-4:30

- VAC Assistance Service provides free

and confidential psychological support that is available 24/7, 365 days a year. Service is for all Veterans, former RCMP members, their families, and caregivers. Reach a mental health professional 24/7
1.800.268.7708 1.800.567.5803 TTY

- Bureau of Pensions Advocate - free legal aid help for people who are not satisfied with decision for their claims for disability benefits
1.877.228.2250

Weather Information

Environment Canada Weather Service
Weather, Alerts, Marine, Air Quality, Analyses and Modelling, Past Weather, About Weather, Canadian Centre for Climate Services

www.weather.gc.ca

- Consultations services are available
1.844.505.2525 for Marine Weather
1.844.508.2626 for Climate Weather

Weather Information - One-on-One

Telephone consultation service with an Environment Canada professional. Weekdays 5am-9pm, Weekends and Holidays 6am-6pm

1.888.292.2222

Weather Information

https://weather.gc.ca/canada_e.html

Forecasts, alerts, air quality. North & South Thompson, Shuswap, Nicola, Coquihalla high elevation forecast
Recorded message, call...

250.374.3661

WE CAN HELP
with Old Age Security and
Guaranteed Income
Supp. inquiries

2562-B MAIN STREET, WEST KELOWNA, BC V4T 2N5
DAN.ALBAS.C1D@PARL.GC.CA
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PHARMACY



We offer these valuable services to our Seniors!

- Free Prescription Delivery
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- Custom Professional Compounding
- Medication Advice and Reviews
- FREE Custom Medication Packaging- including Spencer
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- Blood Pressure Monitoring
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Three locations to serve you

Downtown

273 Victoria Street
250-372-2531
1-800-482-0134

Dallas Towne Centre

102-5170 Dallas Drive
778-469-5271

Landmark Centre across from TRU

207-755 McGill Road
236-425-0025

www.kippmallery.ca



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At Berwick on the Park, we offer a unique and affordable take on retirement. With a large range of amenities and services, we continue to be the retirement community of choice in Kamloops. **Call Erin Currie, our Senior Living Expert today to learn how you or your loved ones can discover the Berwick Advantage.**

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