



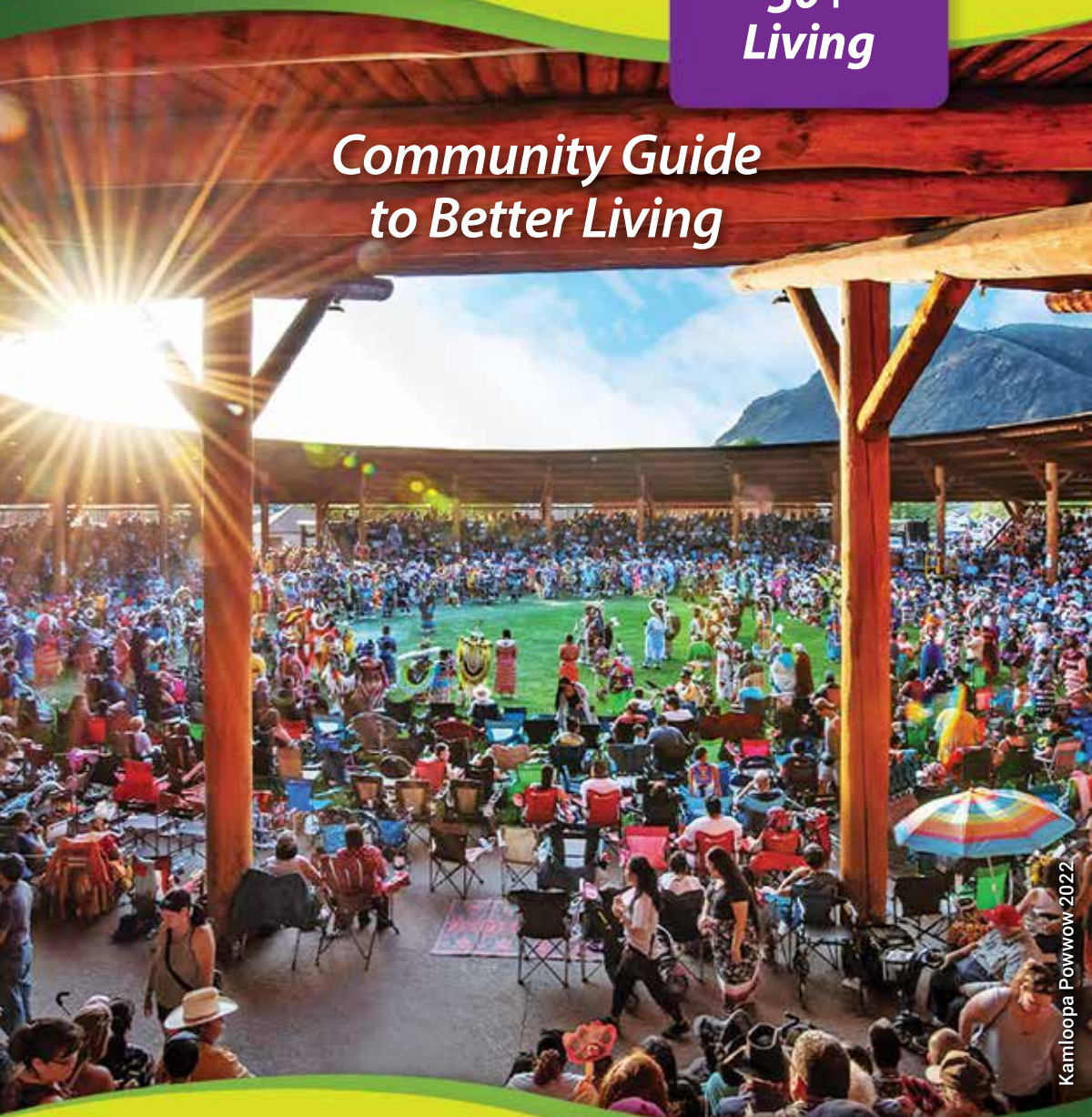
CSI Kamloops

2024

# Experience™

50+  
Living

*Community Guide  
to Better Living*



Kamloopa Powwow 2022

**Thompson  
Nicola**

**Kamloops, Merritt**

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

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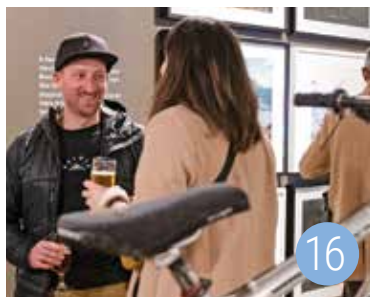
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# A sincere welcome from CSI Kamloops



Left to right; **Brandi Allen**, Executive Director, **Camille Godin**, Executive Assistant, **Poppy**, Executive PAW-ficer, **Laura MacRae**, Office Administrator

We are delighted to introduce to you the 2024 edition of *Experience 50+ Living*. The resources and helpful information in our Community Guide to Better Living are tailored to our ageing population. For those of us who are over 50, the Thompson Nicola area offers a wealth of services and activities. You can be sure you'll get all the most recent information with this edition.

CSI Kamloops aims to ensure that our ageing population has the opportunity to stay active and engaged to the community with services that guarantee quality of life, dignity, and choice. For more than two decades, we have offered assistance and recommendations to senior support services and resources in the Thompson Nicola area.

CSI decided to close the Activity Centre in Brock to expand services over at our Northhills Mall location. Take and Bake meals, information on affordable housing, one on one assistance, support, income tax service, and advocacy are a few of our primary services. The generous and committed volunteer base that support CSI have been essential to our society. Please get in touch with us to learn more about volunteer opportunities.

*Experience 50+ Living* is made possible thanks to our advertisers' commitment and generosity. We appreciate them for acknowledging the worth of this extremely informative and up-to-date Community Guide. We would like to express our gratitude to the Kamloopa Powwow Society for allowing us to share their image on our front cover, as well as a warm thank you to Robert Herring and the RRH team for their tireless efforts and commitment to making all of this happen.



**Thompson Nicola**

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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.*

Front page photo: Kamloopa  
Powwow 2022

[https://www.facebook.com/  
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**WE ARE GREEN!**

Experience 50+ Living is printed  
on recycled paper.





- CSI Kamloops -

# TAKE & BAKE MEALS

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# Curbside Organic Waste Collection

Curbside residential organic waste collection is coming in summer 2023 for all single- and multi-family households in the City of Kamloops that receive curbside cart collection. All households that have a set of garbage and recycling carts that are collected by City trucks are included and will receive a curbside organics cart (green lid) and a kitchen bin.

Community-wide implementation is the third phase of this project. City staff conducted research and public consultation in 2020–2021, followed by a year-long pilot program in five select neighbourhoods from fall 2021 to fall 2022, and in fall 2022, Council authorized a community-wide rollout for 2023.

## Why Curbside Organics?

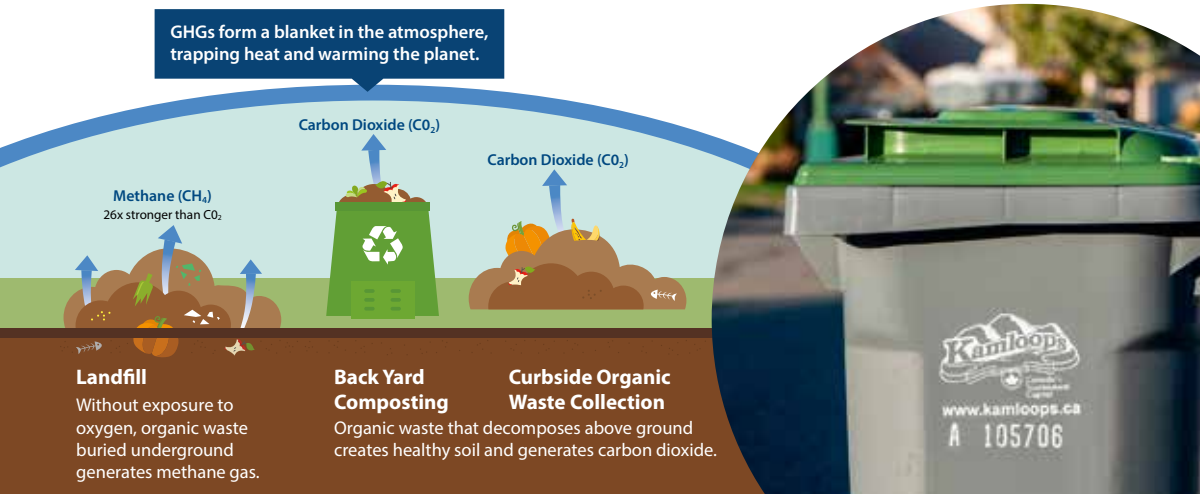
### Reduce Greenhouse Gas Emissions

Organic waste buried in a landfill generates methane, a greenhouse gas (GHG) 26 times more potent than carbon dioxide at trapping heat in the atmosphere. By contrast, composting organic waste with controlled exposure to air, moisture, and heat produces carbon dioxide, a much less harmful GHG.

An organics program is estimated to reduce the community's GHG emissions by approximately 9,500 tonnes per year—the equivalent to removing about 2,000 passenger vehicles per year from local roads.

### Help Residents Divert Waste From The Landfill

What's in the average garbage cart? From time to time, we study what's in garbage carts. Data from these garbage audits show that 42% of residential garbage that ends up at our landfill can be composted. The curbside residential organic waste collection program will help residents divert their organic waste—primarily food waste and food-soiled paper waste—from the landfill.



To learn more about the project background, visit [LetsTalk.Kamloops.ca/Organics](https://LetsTalk.Kamloops.ca/Organics).



# What Can Go In Your Organics Cart?

## ✓ All Food (Raw & Cooked):

- plate scrapings
- fruit and vegetables, including pits—remove stickers and put them in your garbage
- meat, poultry, and bones
- fish, seafood, shellfish, and shells
- bread, grains, pasta, rice, and cereal
- pastries, cookies, cakes, and muffins
- eggs and eggshells
- cheese, sour cream, and dairy products
- cooking oil, fats, and grease—soak liquids in paper towel or allow to solidify before adding to the cart
- condiments, sauces, gravy, and jams

## ✓ Food-Soiled Paper:

- used paper plates
- greasy/dirty pizza boxes (clean boxes can go into recycling)
- food-soiled paper packaging (e.g. paper take-out containers without wax or plastic lining)
- newspaper holding food scraps
- coffee grounds, filters, and tea bags
- food-soiled paper towels and napkins
- used tissue (e.g. Kleenex)
- used paper towel

## ✓ Yard Waste:

- leaves, cones, needles, and berries
- plants, tree fruits, and flowers
- small branches, twigs, and prunings no larger than 30 cm in length (1 foot) and 2 cm in diameter (~1 inch)
- grass clippings and weeds (**note:** no noxious weeds, such as knapweed, or invasive plants—take these to the landfill for free; for a list of noxious weeds and invasive plants, visit [Kamloops.ca/InvasiveSpecies](http://Kamloops.ca/InvasiveSpecies))
- potting soil and untreated mulch
- hay, straw, and coconut planter liners

## ✓ Pet-Related Waste:

- animal bedding from pet cages (hamsters, guinea pigs, birds, etc.)
- pet fur, hair, and feathers
- pet food and treats

## ✓ Other Items:

- wood shavings—must be placed and secured in a paper bag
- wood popsicle sticks, chopsticks, skewers, and toothpicks



**NO plastic bags  
or bin liners**



**NO compostable or  
biodegradable plastics**

Learn more and find tips  
for liners on our website.

For more information, resources, and solid waste collection schedules, visit [Kamloops.ca/Organics](http://Kamloops.ca/Organics).



Canada's Tournament Capital



## Why is recycling so hard? Wouldn't people recycle more if it was easy?

Recycling is complicated. In a perfect world, products and packaging would be designed with the end of life in mind and recycling would be easy. But there are many different products made of many different materials, and having one place be able to accept all the different products is difficult. Some of the bottle depots take a lot of different items, and these would be the closest to a "one-stop shop" for recycling.

In BC, recycling is regulated through the Recycling Regulation using an approach called Extended Producer Responsibility (EPR), where producers are responsible for making sure their products are recycled. This is good because producers and consumers are responsible for the cost of recycling rather than taxpayers and local governments.

There are over 25 EPR programs in BC, which is why some depots take batteries; others take paint; and others will take tires, used oil, or beverage containers. These depots are privately operated, and the City doesn't have control over what they accept because it is up to the business to decide what programs they want to operate.

The City is a partner with Recycle BC. Recycle BC is responsible for collecting, sorting, and selling recycled commodities to end markets, which is why reducing contamination is such a priority—they have to be able to sell the stuff once they collect it. Learn more at [RecycleBC.ca](https://www.recyclebc.ca).

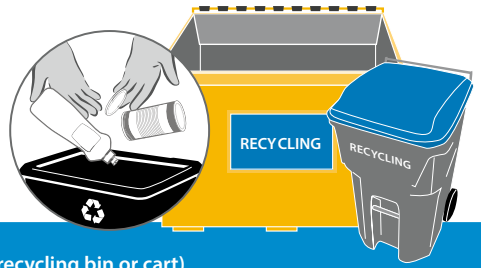
### **The most commonly mis-sorted items in the City's recycling program are:**

- Books - these are only accepted at City recycle depots as they aren't part of the Recycle BC program.
- Bagged or Nested Material - placing recyclables inside a bag or box means none of the items are recycled. Put items loose in recycling.
- Textiles - includes clothing, bags, linens, shoes, and blankets. Donate these items to a thrift store or textile donation bin.
- Plastic Products - includes toys, water bottles, and plastic household goods. If they are in good condition, donate them. Otherwise, toss them in the garbage.
- Scrap Metal - includes cookie sheets, pots, pans, and metal household items. If they are in good condition, donate them. Otherwise take them to a scrap metal yard.





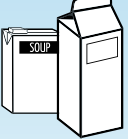




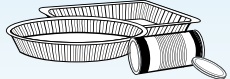

We recommend using the free Waste Wise Kamloops app to conveniently look up where to recycle hundreds of items. The app also has a sorting game to help test your skills with some of the common items we see in the waste stream.

# Recycling Guide




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









## ACCEPTED ITEMS (Place these items loose in your recycling bin or cart)

					
Paper egg cartons	Cardboard and boxboard boxes	Aerosol cans (empty)	Plastic cutlery, straws, and hangers	Cartons for soup, milk, etc.	Plastic or paper trays, clam shells, take-out cups bowls, and lids
					
Shredded paper (contain in see-through plastic bag before adding to your recycling)	Plastic bottles, jars, jugs, caps, tops, lids, and pumps	Paper, paper bags, envelopes, magazines, and catalogues	Foil wrap, take-out containers, and metal cans	Plastic garden pots and seeding trays	

## DEPOT DROP-OFF ONLY (Do not place in bin or cart)

		
Glass bottles and jars (clear and coloured)	Styrofoam containers, trays, and packaging	Flexible plastics (plastic bags, overwrap, crinkly wrappers, stand-up and zipper lock pouches, and woven and net plastic bags)

## NOT ACCEPTED (Do not place in bin or cart)

					
Hard plastic toys and plastic households items	Electronics and appliances	Hard and soft cover books	Clothing and textiles	Scrap metal	Hazardous Waste

# Why Should You Compost?



In short, composting makes a huge difference. It is one of the best ways that you can help out both your community and the planet. We understand it can get confusing, so here are a few tips and tricks:

There are many personal and even larger-scale benefits of composting. For example, backyard composting allows you to create nutrient rich soil ideal for your home garden.



Composting also reduces how much waste is put into landfills. Did you know that in 2021, just over 30% of the waste in Thompson-Nicola Regional District landfills was compostable organics? That is waste that you can help reduce by engaging in backyard or community composting.

When these organic wastes are piled up into landfills, they release methane, a potent greenhouse gas that contributes to climate change. In fact, the government of Canada estimates landfills are responsible for 23% of the nation's methane emissions. By composting, you are helping to reduce these harmful and unnecessary emissions.

- 1) Mulch dried leaves before composting to reduce volume.
- 2) Let lawn clippings dry out in the sun before adding them to composter to reduce bad smells and matting problems.
- 3) If you live in an area with bears, it is best to compost only grass, leaves, and garden trimmings, while composting kitchen scraps inside.

For more tips and tricks to help you on your composting journey, visit [tnrd.ca/compost](https://tnrd.ca/compost). Here, you can find useful information on three fun and distinct ways to dispose of your organic waste: worm composting, backyard composters, and green cones. Also on the website you can find how and where to purchase these composters at subsidized rates. Prefer to call? Talk to us at **1-877-377-8673**.



# WHEN IN DOUBT, CHECK IT OUT

With over 130,000 people spread over 44,000 km<sup>2</sup>, 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](http://rcbc.ca/recyclepedia) or call **1-800-667-4321**



*Be sure to follow us for all the latest information*

[tnrd.ca](http://tnrd.ca) | **1.877.377.8673** | [recycleright@tnrd.ca](mailto:recycleright@tnrd.ca)



# Leave Your Legacy

*The Royal Inland Hospital Foundation is here to help you discover the legacy you want to leave behind!*

Located in the heart of Kamloops, we are very fortunate to have Royal Inland Hospital (RIH) as the centre of healthcare excellence in our community for those who require care and compassion when medical assistance is needed. RIH serves a population of more than 225,000 British Columbians from the Thompson Cariboo Shuswap region.

RIH has witnessed many changes over the recent years, but there is always a need to update furnishings and equipment as they wear out. In addition to the completion of the Phil & Jennie Gagliardi Tower, relocations and renovations are also being done to the existing buildings. The RIH Foundation provides the hospital with life-saving medical equipment and ensures the medical teams have the tools and additional training they need to provide patients with exceptional care.

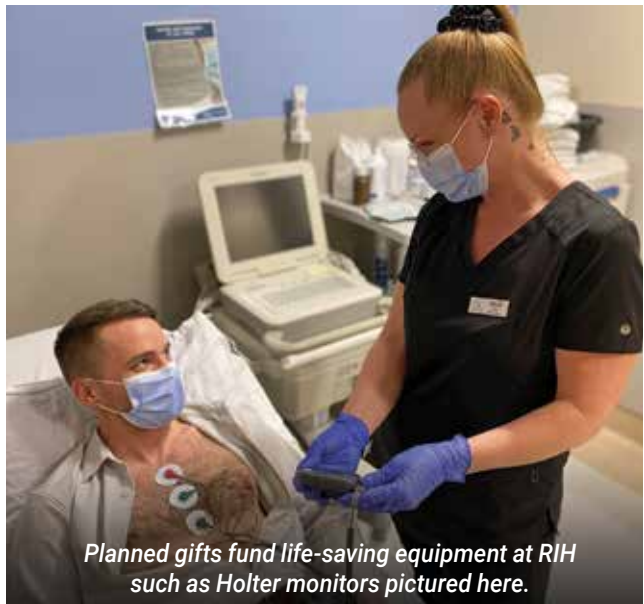
At the RIH Foundation, people across the region tell us first-hand, stories and testimonials of their medical emergencies and how they sought out help here under dire circumstances. They are grateful for the care provided by the staff and often times, this medical intervention saved their lives. We also hear from patients in the hospital about the warmth and professionalism of the physicians, nurses and entire healthcare team.

Planned gifts to the RIH Foundation can make healthcare enhancements a reality. These remarkable gifts are a way of creating a legacy to ensure the best healthcare will be available to your children, grandchildren and other loved-ones for generations to come. Along with leaving a gift in your will, you can set up a charitable trust or name the RIH Foundation as a beneficiary on a registered investment account, or life insurance policy.

When people are preparing their will or meeting with financial or legal advisors they begin to think about creating their own legacy. They take steps to ensure their legacy will make a significant difference to organizations that have played a role in their lives. A planned gift may be an affordable way to support your community more than you ever imagined.

We recently received a legacy gift from a donor who lived in Kamloops her whole life. Although always aware of the hospital, it was only in recent years that the donor and her family truly came to appreciate the extent of the services offered at RIH. She had many trips to the Emergency Department and several extended stays. Her gift was a touching gesture of gratitude for the compassionate care she received over the years.

Whether it is caring about the future of healthcare, or wanting to give back, there are many reasons to make a legacy gift to the RIH Foundation. Legacy giving is a wonderful way to support the things you care about for years to come.



*Planned gifts fund life-saving equipment at RIH such as Holter monitors pictured here.*



## ***What story will your gift tell?***

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 - Director of Donor Relations  
Royal Inland Hospital Foundation  
250-682-4232 or [Kristy.Buchner@interiorhealth.ca](mailto:Kristy.Buchner@interiorhealth.ca)  
[www.RIHfoundation.ca](http://www.RIHfoundation.ca)





# WELCOME TO THE KAMLOOPS MUSEUM AND ARCHIVES

The Kamloops Museum and Archives' permanent display continually evolves to more inclusively showcase Kamloops' culture through the voices of its many communities. Current issues, events, and ideas are explored in our temporary display gallery, bringing rigorous and relevant exhibitions to Kamloops.

The KMA's Archives preserves and provides access to the records of the activities of Kamloopsians from 1863 to the recent past. It includes a substantial collection of photographs, books, papers, maps

and architectural drawings contributed by our community.

Presenting vibrant and engaging school programs linked to the British Columbia Curriculum is a priority, while also reflecting our mandate, mission, and vision and utilizing the collection. Our community programs engage with today's social and political landscape while focusing on local Kamloops and BC histories and cultures.

We thank you for sharing in our vision and are proud to serve the Kamloops community.

DISCOVER MORE AT [KAMLOOPSMUSEUM.CA](http://KAMLOOPSMUSEUM.CA)



# HISTORY BY EVERYONE HISTORY FOR EVERYONE

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(Housing)

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Helping to Find Answers to Questions and Solutions to Concerns  
[www.csikamloops.ca](http://www.csikamloops.ca)

Email: [info@csikamloops.ca](mailto:info@csikamloops.ca)

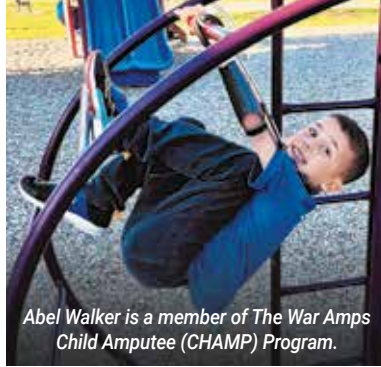


Like us on Facebook!

# Young Boy is a War Amps “Champ”

Eight-year-old Abel Walker was born missing the lower part of his left arm. Abel, a member of The War Amps Child Amputee (CHAMP) Program, 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.

His parents Cortney and Ryan describe how The War Amps has supported their family. “We enrolled Abel in the CHAMP Program and attended our first seminar when he was only a few weeks old. The support and strength of the CHAMP community was undeniable and truly heartwarming. We knew after that first seminar



Abel Walker is a member of The War Amps Child Amputee (CHAMP) Program.

that everything was going to be OK,” say Cortney and Ryan. “As he has grown up, being a part of CHAMP has helped him feel secure in himself and his abilities. His prosthetic arm and device that The War Amps funded allows him to do everyday tasks as well as play sports. For us, knowing that CHAMP will pay for the artificial limbs that he needs means fewer worries and that Abel can enjoy the same activities as other children.”

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

Visit [waramps.ca](http://waramps.ca) for more information.



*Leave a lasting gift*

with a charitable estate donation in your will. Your support provides amputees, including children, with the essential artificial limbs they need to thrive.



The War Amps

[estatedonation@waramps.ca](mailto:estatedonation@waramps.ca)  
[waramps.ca](http://waramps.ca) • 1 800 465-2677

Charitable Registration No.: 13196 9628 RR0001





## Legion Membership Benefits Veterans

The mission of the Royal Canadian Legion is to serve Veterans, including serving military and RCMP members and their families, to promote Remembrance, and to serve our communities and our country. Legion members care deeply about supporting the men and women who serve this country and want to make a difference in the lives of Veterans, contribute to our communities, and remember those who made the ultimate sacrifice for our Country.

The first year of your Legion membership is free if you are currently serving or retired as an RCMP member or in the Canadian Armed Forces. Additionally, if you are the family member of someone currently serving or retired, you are eligible for a free first year membership of the Royal Canadian Legion.

When you join the Legion, you support the many services we offer to Veterans, serving military, RCMP, and their families. For example, most Branches award post-secondary bursaries to eligible students who are related to or descendents of veterans. Bursary applications can be downloaded from [www.kamloopslegion.com](http://www.kamloopslegion.com)

In addition to the primary mission of the Legion to assist veterans, the Legion is a social hub for seniors and veterans to gather for cards, darts, pool, games, and fellowship. Every week, the Legion runs a meat draw with proceeds supporting community events and non-profit groups for seniors and youth. Monthly dinners and dances are scheduled frequently throughout the month and are open to the community to attend. Open Mic nights run most Thursdays.

Donations to the annual Poppy Campaign assist in many ways, perhaps to supply a scooter, or a bus ticket and meal, or equipment for Veteran's Care homes, the training of a companion dog, or support for the Veterans Transition Fund which helps veterans adjust to civilian life.

The Legion is available for rent for private functions such as weddings, anniversaries, and other special events. Recent changes to the BC Liquor Laws and an amendment to our license allows underage people to attend events with their parents or guardians.

The National Division of the Royal Canadian Legion will be celebrating its 100th Anniversary in 2026, and the Kamloops Legion will celebrate 100 years in 2027. After serving veterans for many years in Kamloops, the Royal Canadian Legion continues to contribute in positive ways in the community.

For further information, contact [secretary@kamloopslegion.com](mailto:secretary@kamloopslegion.com).

For membership information go to <https://www.legionbcyukon.ca/become-member/join-today>

# Legion



BRITISH COLUMBIA/YUKON  
COMMAND

### Lounge Hours:

Open Thursday - Sunday 1 pm - 7 pm  
Meat Draws Sat & Sun at 2:30 pm  
Weekly Events

Email: [secretary@kamloopslegion.com](mailto:secretary@kamloopslegion.com)  
[www.facebook.com/KamloopsLegion/](http://www.facebook.com/KamloopsLegion/)  
[www.kamloopslegion.com](http://www.kamloopslegion.com)



ROYAL CANADIAN LEGION  
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LEGION



# 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](mailto:one2one.kamloops@gmail.com) or 250.573.1785



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Sahali – 198-945 W Columbia Street • 250-372-0626  
North Shore – 19-750 Fortune Drive • 250-376-3707  
Valley View – 2-111 Oriole Road • 250-372-3517

### Merritt

122-1700 Garcia Street  
250-378-5147

# Vertigo and Dizziness

It's a common problem as we age. In fact, it has been reported that 80% of people over 65 have experienced dizziness, vertigo, and imbalance. Almost 1 in 4 emergency room visits includes a complaint of dizziness.

Did you know that Physiotherapy can help treat vertigo, dizziness and imbalance? This area of focus is called Vestibular Therapy. The vestibular system, located in the inner ear, helps to provide input regarding your sense of movement and balance.

Dysfunctions, trauma or viruses that affect the inner ear/vestibular system are all potential causes of vertigo and dizziness. But Benign Paroxysmal Positional Vertigo (BPPV) is the most common vestibular disorder. It accounts for an estimated 50% of dizziness in older people.

People with BPPV report having episodes of dizziness brought on with certain positions. Most commonly, it is lying flat, rolling over in bed, getting up in the morning, looking up to the ceiling, and bending forward.

BPPV occurs when a calcium carbonate crystal becomes displaced within the inner ear. This displaced crystal then overstimulates the hair cells that are responsible for relaying the message of movement, resulting in a spinning (vertigo) sensation.

Treatment for BPPV is very effective. Physiotherapists, trained in Vestibular Rehabilitation Therapy, can relocate the crystal, through a series of specific head and body positions, which moves the crystal away from the sensitive hair cells.

Although BPPV accounts for a large percentage of vertigo, it is not the only cause. Talk to your doctor or physiotherapist if you have these symptoms or think you may have BPPV.

## **Robina Palmer**

*Registered Physiotherapist*  
*Sun City Physiotherapy, Kelowna*  
[www.suncityphysiotherapy.com](http://www.suncityphysiotherapy.com)



Al

Lawrence

Tim

Oliver

Natasha

Dennis

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Every Life is Worth Remembering  
The Schrader Family



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# [www.rona.ca](http://www.rona.ca)

# Your legacy needs sharing: volunteer with us and make new friends

We want to tell you a story of resilience and community effort. In March 1980, the Kamloops Chinese Cultural Associations responded to the need for settlement assistance for many Southeast Asian refugees arriving in Kamloops.

The Vietnamese and Immigrants' Community Center was opened with a staff of two. Many will remember this time as the arrival of the Boat People incident. In 1982, the Kamloops Chinese Cultural Associations fulfilled their two-year assistance mandate. However, the need for services for immigrants from various backgrounds was evident. Thus, on January 20, 1982, the Kamloops-Cariboo Regional Immigrants Society was incorporated as a non-profit society to sponsor an immigrant service agency. This agency was named "The Immigrants' Community Centre". A few years later, in 1985, the agency was more appropriately re-named as Kamloops Immigrant Services (KIS).

43 years later, our mission and support to the community continues. KIS hosts regular programs, events, and activities, from language exchange to cultural festivals, where newcomers can meet and connect with others who share their experiences. It also delivers programs and services designed to advance immigrants, migrants, refugees, visible minorities, first-generation Canadians, and their families to become whole and equal members of Canadian society.

Our programs help raise awareness of the importance of immigration, multiculturalism,

and diversity in Canadian society. It promotes respect and understanding in the elimination of barriers and challenges faced by Indigenous, Black, and People of Colour (IBPOC), newcomers, first-generation Canadians, and members of in/visible minority communities.

None of this would have been possible without the talent and time of all our volunteers, which is why we want to invite you to continue writing new success stories with us. Our volunteers are at the heart of our agency; many of them come from all corners of the globe and bring valuable skills and experiences that make our community more diverse and welcoming. Volunteering with us can include activities that range from language interpretation, mentoring, and assisting programs and services to create a welcoming community.

Volunteering with Kamloops Immigrant Services can be an enriching experience for many seniors. It's a chance to give back, share your skills and expertise, and learn about different cultures and ways of life from all around the world.

Whether you have a few hours a week to spare or are looking for a more regular commitment, we welcome all kinds of experiences and look forward to working with you to make a positive change in the lives of newcomers in our community. Because together we're better.

Contact us today to see how you can become a volunteer!



778-470-6101

[kis@immigrantservices.ca](mailto:kis@immigrantservices.ca)





# The Endless Rewards of Volunteering

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day.

At Kamloops Heritage Railway Park and Museum, volunteers are the lifeblood of the organization.

Our tour leaders - or docents - are the face, voice and character of what can be experi-

enced here. Our docents have the magical power of turning a child's learning experience from blah to awesome.

Our back shop team bring skills, creativity, and teamwork to the shop floor. While behind the scenes in comparison to the docents, they are charged with bringing life back to steam locomotives, speeders and 100 year old baggage cars.

And our research team uses their incredible knowledge of and passion for history in concert with well honed detective skills to ensure we can gather any and all information related to our rail cars, artifacts, and archival materials in our collection.

If you're looking to fill some time, meet new people, or gain experience, check out the world of volunteering - the rewards are endless.

**Ken Milloy**, *General Manager,*  
*Kamloops Heritage Railway Park*  
250.374.2141  
[www.kamrail.com](http://www.kamrail.com)





# Kamloops CanGo Grannies

Who are the Kamloops CanGo Grannies? For 19 years now, we have been part of the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign. This campaign is the first of its kind anywhere, and is quite extraordinary. Grandmothers in Canada fundraise for grandmothers in Africa who are raising their grandchildren after their own children died of AIDS in the pandemic that continues to sweep through sub-Saharan Africa.

Amid poverty and customs that discriminated against older women, these African grandmothers struggled to provide the most basic of necessities - food, shelter, healthcare and education for the children in their care. Their situation was heart rending and grandmothers all across Canada couldn't sit by and see their African counterparts struggling so valiantly without stepping in to help. Neither could we in Kamloops.

Even through the Covid epidemic, the CanGo Grannies have found ways to continue fundraising. We had to postpone some of our indoor events, but we adapted others to the realities of the Covid era. We moved our annual plant sale from Gaglardi Square, to our members' driveways and sold more plants than ever. We held meetings by Zoom, socially distanced, and still made our Christmas planter decorations - more than ever before. We couldn't abandon our counterparts in Africa!



Kamloops CanGo Grannies have raised over \$313,000 so far. Combined with funds raised by other Grandmother groups, grandmothers have raised millions and improvements are happening in the lives of African children and grandmothers.

However, the job is not yet finished. There is much more to do to ensure that all the children have food, shelter, education and healthcare and that grandmothers are supported and that they obtain equal rights as citizens. AIDS still runs rampant in Africa and young girls and women are at highest risk of infection. We, through the SLF, are working hard to change that.

This May, we held our 11th annual Plant Sale in five locations over two weekends. In early June, we held another pub dinner and in October, we'll hold our second Fabric and Yarn sale.

Our work has enabled us to meet new people and establish wonderful friendships. We've shown the world what grandmothers can do and we've had a lot of fun doing it.

If you'd like to join, please call our Membership Chair, Nancy at 250-579-9295. If you would like more information, please see both the Kamloops CanGo Grannies Facebook page and the Stephen Lewis Foundation website (<https://stephenlewisfoundation.org>). There is no membership fee and we welcome all new members with open arms!



At YMCA BC – Kamloops, we know that health plays a crucial part of the development of spirit, mind and body. That’s why we are dedicated to providing a variety of programs and services geared towards the active ager at both the Downtown Y and the John Tod Centre Y. Focus on your health, personal growth and building connections at the Kamloops Y.

**JOIN TODAY!**

**YMCA BC – Kamloops Region**

Downtown Y  
400 Battle St.  
[kamloopsy.ca](http://kamloopsy.ca)

**The first STEP is the best STEP.**

**Check out our variety of offerings, including:**

- Aquatics fitness classes, Seniors Swim Club
  - Yoga, Forever Fit, PBS, Dance Fit, Nia
  - Minds in Motion
  - Power Over Parkinson’s
  - Choose to Move
- And more!

Financial Assistance available through the Kamloops Y Opportunity Fund.

For more information contact Member Services 250-372-7725.



The first STEP is the best STEP.

**JOIN TODAY!**

**YMCA BC - Kamloops Region**

Downtown Y  
400 Battle St.

[kamloopsy.ca](http://kamloopsy.ca)



# Welcome to the **KAC!**

The Kamloops Arts Council was first founded as the Community Arts Council of Kamloops in 1968 and incorporated in 1970 by community-minded volunteers to promote all art disciplines. The Arts Council was established to provide support and opportunities for individual artists to develop and showcase their talents. We are a community-based and grassroots organization, driven to build a stronger cultural environment in which the arts, in all its forms, can develop, thrive, and flourish.

We have always been, and will continue to be, open, inclusive and welcoming of all artistic styles. We respect, encourage and support artists in all art forms and of all levels of experience. It is not our intent to dictate any particular set of artistic standards or values – those are for the artist to decide. As part of our mandate, the KAC takes the arts out to the community – producing high-quality, year-round low- and no-cost arts programs, performances, workshops and events for all. We believe the arts are for everyone, and that they have the power to heal, transform, connect, and develop skills in children, youth, adults and seniors, including those in crisis. Art changes lives.

**Exhibitions** We run exhibitions all year at our space in the Old Courthouse, 7 Seymour St. West. With more than 20 exhibitions a year, we host solo and group exhibitions as well as some large-scale shows focusing on local indigenous artists, pride month, Thompson Rivers University students, a winter holiday art show, and Art Exposed, our largest exhibition of the year featuring over a hundred artists and up to 250 works of art. Come and see the works of local artists and artisans for free!

**Art in the Park** This is the 50th anniversary of this much-loved event, happening July 1st at Riverside Park. We take over the Eastside and set up booths for local artists and community organizations to sell their works or provide an art activity for the day.

**Children's Arts Festival** We host a festival for children during the third weekend in September. This is an opportunity for children to make art, see great performances, and have fun! Come and enjoy the crafts, learn about some of the organizations that offer children's programs, or enjoy the singers, magicians, clowns, and storytellers!

**TJA Nielsen**, *Executive Director*



# 5th Annual 97 South Song Sessions

Planning some down time in the beautiful Okanagan Valley this summer? If so, you won't want to miss the 5th Annual 97 South Song Sessions live music event in Penticton on July 20 – 22nd.

Founded by Naramata residents Robert and Robin Ott in 2019, 97 South Song Sessions is a 3-Day live music event featuring award-winning songwriters performing acoustically and sharing the stories behind their songs. The 5th Annual "Spotlight on Nashville" stage will showcase Award Winning Performing Artists Paul Brandt and Jamie O'Neal, along with #1 HIT songwriters Lee Thomas Miller (Whiskey and You, Chris Stapleton), Wendell Mobley (There Goes My Life, Kenny Chesney) and Tim Nichols (Live Like You Were Dying, Tim McGraw).

"As we saw the economy in the Okanagan Valley emerging as a bona-fide international cultural tourist destination, it became apparent that there wasn't a lot of evening entertainment options for



Featuring  
Paul  
Brandt

that market." explains Robert Ott, a 30+ year music industry executive. "Through a career in music, Robin and I were fortunate enough to have experienced Guitar Pulls and Songwriter Circles in Nashville, Key West, Florida and the Napa Valley to name a few.

It seemed that song-writing, as a storytelling art, had a lot in common with the artisans of the Okanagan Valley whose own stories are as fascinating as those told by our songwriters. We knew that Penticton was the perfect location to produce this. It's difficult to explain to somebody who has not seen it, how powerful, intimate and magical this form of music entertainment is. It's a captivating, emotional and cultural experience that offers a unique insight into the artistry of song-writing. The 97 South audience leaves knowing that they have been witness to something very special."

The 2023 event takes place July 20-22 in Penticton, British Columbia.

*Tickets available at [www.97southsongsessions](http://www.97southsongsessions)*

## 55+ Thursdays

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# Stroke Recovery Association of BC

After Stroke BC offers support at any stage of the recovery journey, from hospital to home and back into your community. We have many different programs to help you in achieving your goals and we are here to help you find the ones that are right for you. Our programs are designed to help you with:

**Skill Development:** re-learn and practice skills that will help you in your day-to-day life

**Peer Support:** connect with other individuals how have been impacted by stroke for emotional support, firsthand advice, and the ability to talk through your own experience

**Speech and Communication:** practice improving speech and communications skills in a safe and welcoming environment led by skilled volunteers

**Education:** learn practical and important information about stroke

**Exercise and Movement:** improve your physical function, strength, balance, and energy levels

See our listing under Support Groups in the Resources section

To speak with an After Stroke Coordinator or to register for our programs, please email [afterstrokebc@marchofdimes.ca](mailto:afterstrokebc@marchofdimes.ca) or call us at 1-888-313-3377 ext. 6201



STROKE RECOVERY ASSOCIATION  
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## Kamloops Indian Residential School Tour

Walk through the Kamloops Indian Residential School with our tour guide transferring the school's history from 1890 – 1977.

## Zoom Presentation

With our closure, you can now bring the Secwépemc experience home! Sit with our tour guide to learn more about the Secwepemc way of life.

**Dayanara (Day) Jules**  
*Executive Assistant*

**Secwépemc Museum & Heritage Park**  
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Kamloops, BC, V2H 1H1  
Ph: (250) 828-9749 | Web: [www.secwepemcmuseum.ca](http://www.secwepemcmuseum.ca)





# Time to put you first

Are you overwhelmed by running your home or feeling isolated or lonely? Consider The Shores retirement home. Our personalized retirement services and warm, vibrant community help you to stay active, inspired and comfortable on your terms. Close to downtown Kamloops and only minutes from McArthur Island Park, it is the perfect place for nature lovers. Enjoy healthy, delicious meals from our chefs, keep the pep in your step at our gym or immerse yourself in a new hobby or passion. Take your grandkids to the park, or explore the river trails with new friends. Staying in? Enjoy a movie, play billiards, or a tune on the piano. The choice is yours.

Call **1-866-959-4848** for more information

## The Shores Retirement Residence

870 Westminster Avenue, Kamloops, BC

[aspiralife.ca](http://aspiralife.ca)



# Housing

## Kamloops

### ASSISTED LIVING / EXTENDED CARE

#### **Bedford Manor**

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**250.851.7948** Home & Community Care

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<https://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 34*

#### **Brocklehurst Gemstone Care Centre**

Long-term Care, Alzheimer's/Dementia Care, Palliative & End-of-Life Care, Recreation & Therapy services  
<https://trellisseniors.ca/gemstrone-kamloops>  
**1955 Tranquille Road** **778.470.2596**

#### **Chartwell Kamloops Retirement Residence**

Independent and Assisted Living  
<https://chartwell.com>  
**628 Tranquille Road** **778.376.2000**

#### **Genesis Place**

Supportive housing, 28 units dedicated to health, wellness, and support  
**654 Fortune Drive**  
**250.214.4817**

#### **Hamlets at Westsyde, The**

Assisted living, long-term care.  
Kamloops, Vernon, Penticton  
<https://thehamletsatwestsyde.ca>  
**3255 Overlander Drive, Kamloops**  
**250.579.9061**  
*See our ad on page 33*

#### **Kamloops Seniors Village**

Offers seniors a complete Campus of Care, including Independent Living, Assisted Living and Complex Care.  
<https://www.retirementconcepts.com>  
**1220 Hugh Allan Drive**  
**250.571.1800**  
*See our ad on page 37*

#### **Pine Grove Seniors Community**

Premier long-term care facility focuses on supporting seniors who can no longer live safely, or independently, at home  
<https://www.parkplaceseniorsliving.com>  
**313 McGowan Avenue**  
**250.376.5701** ext. 501

#### **Ridgeview Lodge**

Long-term care  
<https://www.siennaliving.ca>  
**920 Desmond Street**  
**250.376.3131**

#### **Westsyde Care Residences**

Residential care, complex care  
**2980 Westsyde Road**  
**250.579.7675**



# Let us welcome you home™



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*at Westsyde*  
An OPTIMA LIVING Community

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Kamloops, BC

📞 **250-579-9061**

🌐 [thehamletsatwestsyde.ca](http://thehamletsatwestsyde.ca)



 The  
**Hamlets**  
*at Pentiction*  
An OPTIMA LIVING Community

📍 103 Duncan Ave West  
Pentiction, BC

📞 **250-490-8503**

🌐 [thehamletsatpentiction.ca](http://thehamletsatpentiction.ca)



 The  
**Hamlets**  
*at Vernon*  
An OPTIMA LIVING Community

📍 3050 29th Avenue  
Vernon, BC

📞 **236-426-1488**

🌐 [thehamletsatvernon.ca](http://thehamletsatvernon.ca)

Join our close-knit communities at The Hamlets, where neighbours become friends. All of our communities are ready to welcome you.

- Independent Living
- Assisted Living
- Long Term Care

Call any of our communities to book a tour today.

# WHAT'S THE NEXT MOVE?



What is the availability of this service? What additional services may be needed and what will they cost? What would these services cost in an alternate setting like a retirement or assisted living community? Do you have a plan for addressing unexpected health changes? Which option will provide the most comprehensive health services in the safest environment? The answers to these questions are crucial to matching the best option to meet your needs.

What are my options? The answer is typically a blend of personal preference, desired location, desired lifestyle, financial resources and health care needs. Ideally the decision to move is a matter of choice, but it can frequently be driven by necessity. It is always best to plan ahead because you do not want to find yourself in a crisis situation where you are forced to make a quick decision and one that may not be the best for you long term.

Many people may choose to move because their current home and yard have become more of a burden than a joy. Wanting to be closer to family often results in a move. Sometimes our physical space becomes too large and therefore downsizing seems like the next logical reason to move. Sometimes a health change can prompt a decision to move. People who are clear about their changing abilities often find making the decision to move much easier.

Be mindful and cautious as you work your way through the process. What is the cost of in-home support today?

There are many benefits when considering a move to a retirement community, nutritious well balanced meals, housekeeping, transportation, emergency response, and active living programs. Most importantly, the opportunity to stay socially connected is a benefit that is often overlooked. Building new relationships and social connections with likeminded people can help you live a longer, happier and healthier life. Staying socially active can help you maintain good physical and emotional health and cognitive function as well as help protect against illness by boosting your immune system.

While planning for your post retirement years why not choose a place where you can create and enjoy new friendships. Your overall quality of life and health will improve. Guaranteed!



**Erin Currie,**  
*Community Relations Manager*  
Berwick on the Park Retirement Community  
60 Whiteshield Crescent S., Kamloops, BC  
250-377-7275  
[www.BerwickRetirement.com](http://www.BerwickRetirement.com)

**INDEPENDENT LIVING****Berwick on the Park**

Independent and assisted living  
<https://www.berwickretirement.com/bop>  
**60 Whiteshield Crescent South**  
**250.377.7275**  
**1.866.377.7275**

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 See our article on page 34

**Carmel Place**

55+ independent living residence  
**376 Tranquille Road**  
**250.851.9310**

**Chartwell Kamloops Retirement Residence**

Independent supportive living  
<https://chartwell.com>  
**628 Tranquille Road**  
**778.376.2000**

**Chartwell Ridgepointe Retirement Residence**

Independent and Supportive lifestyle  
<https://chartwell.com>  
**1789 Primrose Court**  
**778.376.2002**

**Copperview Suites**

55+ Independent Living  
<https://www.copperviewsuites.com>  
**941 7 Street, Kamloops**  
**250.574.0562** Patty

**Cottonwood Manor**

Independent living suites for rent or purchase, some with SAFER subsidy.  
 55+ Adult Complex

<https://www.cottonwoodmanor.ca>

• **NorKam Seniors Housing Cooperative Association**  
**307-730 Cottonwood Ave., Kamloops**  
**250.376.4777**

See our ad on this page



***Independent Living with a Sense of Community***

**NorKam Seniors Housing Cooperative Association**

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[www.cottonwoodmanor.ca](http://www.cottonwoodmanor.ca)

Phone: **250-376-4777**

Fax: **250-376-4792**

[info@cottonwoodmanor.ca](mailto:info@cottonwoodmanor.ca)

**INDEPENDENT LIVING** *continued...***Golden Vista Suites**

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Independent &amp; Assisted Living

<https://www.retirementconcepts.com>**1220 Hugh Allan Drive****250.571.1800***See our ad on page 37***Mayfair Manor**

Oncore Seniors Society.

Assists seniors to live independently in a safe affordable environment

<https://www.riverbendandmayfair.ca>**755 Mayfair Street 778.471.7600****The Residence at Orchards Walk**

Retirement Living Re-imagined

<https://theresidencekamloops.com>**3300 Valleyview Drive 778.362.9525****RiverBend Manor**

Oncore Seniors Society.

Assists seniors to live independently in a safe affordable environment

<https://www.riverbendandmayfair.ca>**760 Mayfair Street 250.376.6536****Rosethorn House**

Supportive housing. Six units dedicated to those with disabilities. Health &amp; wellness support

**259 West Victoria Street 236.425.2003****Shores Retirement Residence, The**

Independent living, short term respite care

<https://www.aspiralife.ca/our-locations/>**870 Westminster Avenue 250.376.0315***See our ad on page 31***Silvercrest Suites**

55+ Independent Living, Affordable rental

**154 Vernon Avenue****250.376.6536** Oncore Seniors Services**The Willows**

Seniors Co-op next to Northhills Centre

Office hours Tuesdays 5pm-8pm

**105-120 Vernon Avenue 250.376.5800****APARTMENT RENTALS****Aberdeen Apartments**

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55+ Independent Living

<https://csikamloops.ca/sunrise-centre.htm>**167 6 Avenue 236.476.4250****778.470.6000** Centre for Seniors Information**Carma Court**

Senior friendly apartment

**1565 & 1585 Tranquille Rd 250.376.1485****Catalina Court**

Hot water included, cat friendly

<https://www.kelsongroup.com>**642 Fortune Drive 250.554.4590****Central Apartments**

Hot water included, cat friendly, elevator

<https://www.kelsongroup.com>**209 Nelson Avenue 250.554.4590****Columbia Manor**

1 &amp; 2 bedroom units, hardwood floors, covered parking

<https://www.kelsongroup.com>**1336 Columbia Street 250.851.2826**

### Edgewater Terrace

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250.314.4490

### Interior Community Services

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<https://www.interiorcommunityservices.bc.ca>  
765 Tranquille Road  
250.554.3134

- Acadia Place
- Brock Duplexes, geared to income
- Desmond Place, North Shore
- Glenfair Seniors Housing, 55+
- Spencer Court, Sahali area
- Stokstad Place, North Shore

### Jason Adam Manor

Seniors, no smoking, heat, hot water included, elevator, cat friendly  
<https://www.kelsongroup.com>  
845 Tranquille Road  
250.554.4590

### Kelly Adam Manor

Heat, hot water, elevator, cat friendly  
<https://www.kelsongroup.com>  
1370 Tranquille Road  
778.765.5343

### Lejeune Manor

Affordable 55+ apartments, no smoking  
<https://www.lhsbc.ca>  
289 Maple Street  
250.376.3653  
*See our ad on page 39*

### The Lightwell

Residential apartments, mix of strata ownership and rentals  
<https://thelightwell.ca>  
444 St. Paul Street **250.372.5550**

### Lilac Manor

Personalized room & board, specializing in elderly & mental health  
<https://Facebook.com/LilacManorKamloops>  
617 Lilac Avenue  
250.554.5459



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@retconcepts

**250.571.1800**

[ksv.info@retirementconcepts.com](mailto:ksv.info@retirementconcepts.com)  
[www.retirementconcepts.com](http://www.retirementconcepts.com)

**Marquess of Lorne, The**

Exceptional condos downtown Kamloops  
[www.themarquessofofne.ca](http://www.themarquessofofne.ca)

**586 Lorne Street**  
**250.318.2938** Tracy

**Nelson Manor**

Hot water included, cat friendly  
<https://www.kelsongroup.com>

**688 Fortune Drive** **250.554.4590**

**Northland North Kamloops Apartments**

Adult oriented apartments  
<https://www.northlandmanagement.ca/property-locations/kamloops/>

**604.730.6630**

**Northland South Kamloops Apartments**

Apartment complexes  
<https://www.northlandmanagement.ca/residential-properties/south-kamloops/>

**604.730.6630**

**PA & JM Gagliardi Senior Citizens Society**

Affordable independent living for 60+  
**174 St. Paul Street** **250.374.1616**

**Peterson Landing**

In-suite laundry, granite counters, A/C,  
 stainless steel appliances  
<https://www.kelsongroup.com/properties/peterson-landing>

**1430 Summit Drive** **778.765.8501**

**Ponderosa Place Apartments**

You can sub-lease your suite, 55+  
**421 Columbia Street** **250.372.7483**

**Rembrandt Apartments**

Two bedroom townhouses, 1 & 2 bedroom  
 apartments  
<https://www.kelsongroup.com>

**293 Arrowstone Drive**  
**250.819.3691**

**Ronald Adam Manor Apartments**

<https://www.kelsongroup.com>  
**1015 Tranquille Road**  
**778.765.5343**

**Thompson Villa**

Adult oriented, no smoking, no pets  
<https://jabs.ca/residential/kamloops/thompson-villa/>

**520 Battle Street**  
**250.319.2542** Linda

**Valleyview Manor**

Senior, elevator, covered parking  
<https://www.kelsongroup.com>  
**174 Oriole Road** **250.851.2826**

**Viscount Villa**

Senior, elevator, heat and hot water  
<https://www.kelsongroup.com>

**277 Arrowstone Drive**  
**250.819.3691**

**Ashcroft****Thompson View Manor & Lodge**

Independent and assisted living  
**710 Elm Street, Ashcroft**  
**250.453.9223** Manor - Independent  
 Living, low income seniors  
**250.453.0085** Lodge - Assisted Living

**Barriere****Terry's Place**

Six bed residence for adults with  
 developmental disabilities. Funded by  
 Community Living BC **250.672.9470**  
 Enquire: Interior Community Services  
**765 Tranquille Road, Kamloops**  
**250.554.3134**

**Yellowhead Pioneer Residence Society**

Assisted Living  
**4557 Barriere Town Road, Barriere**  
**250.672.9707** Home/Community Care

**Chase****Parkside Community**

Independent & Assisted Senior's Living  
 Best value all inclusive suites & services

<https://ParksideCommunity.ca>  
**743 Okanagan Avenue, Chase**  
**250.320.0400 1.866.930.3572**

**Shuswap Illahee Lodge**  
 Seniors 55+; individuals with a disability  
**333 Wilson Street, Chase**  
 Enquire: Interior Community Services  
**765 Tranquille Rd, Kamloops**  
**250.554.3134**

**Sun Valley Estates, Chase**  
 Affordable housing for the over 50  
<https://chasesunvalleyestates.webs.com>  
**317 Shepherd Road**  
**250.679.8059**

## Clearwater

**Evergreen Acres Senior Housing Society**  
 55+ Independent Living  
<https://facebook.com/profile.php?100066715376531&ask=about>  
**144 Evergreen Place, Clearwater**  
**250.674.0099**

## Logan Lake

**Meadow Creek Vista**  
 Rental housing for those 55+, people with disabilities. For more information, go to...  
<https://kamloops.cmha.bc.ca/affordable-housing/>  
**250.374.0440 ext. 206**

## Merritt

**ASK Wellness Society**  
 Assists with housing issues: rental crisis funds, damage deposit assistance, short term rent subsidies <https://askwellness.ca>  
**1-2196 Quilchena Avenue**  
**Merritt**  
**250.315.0098**

**Nicola Apartments**  
<https://columbiaproperty.ca>  
**1703 Menzies Street**  
**250.315.5097**

**Nicola Meadows**  
 Independent & Assisted living  
<https://Facebook.com/NicolaMeadowsMerritt>  
**2670 Garcia Street**  
**250.378.4254**

**Phelan House**  
 Nicola Valley Senior Citizens Housing Society  
**2336 Jackson Avenue**  
**250.378.2555**

**The Florentine**  
 Independent and assisted living  
<https://www.theflorentine.ca>  
**4100 Belshaw Street**  
**Merritt**  
**250.378.5300**



## There's no place like home

Managed by Lejeune Housing Society  
 Contact Us Today

**Lejeune Manor**  
 289 Maple Street,  
 Kamloops, BC V2B 4A9  
 250.376.3653 • [www.lhsbc.ca](http://www.lhsbc.ca)

## Salmon Arm

### Lakeside Manor Retirement Residence

All inclusive retirement living for active independent seniors with spectacular lakeviews

<https://lakesidemanor.ca>

**681 Harbourfront Dr. NE, Salmon Arm  
250.832.0653**

**1.844.832.0653**

*See our ad and special offer on page 41*

## Housing Related / Home Services

### 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 <https://programfinder.bchousing.org/>

- **BC Rebate for Accessible Home Adaptations**

Get up to \$17,500 in rebates for safety & accessibility adaptations to your home  
<https://www.bchousing.org/housing-assistance/BC-RAHA>  
**1.800.257.7756** Mon-Fri 8:30am-4:30pm

- **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  
<https://www.bchousing.org/housing-assistance/rental-assistance-program/SAFER>  
**1.800.257.7756**

- **Licensing & Consumer Services**

Home Owner Protection Act, Public Registry of Licensed Builders, New Home and Education Registry  
<https://www.bchousing.org/licensing-consumer-services>  
**1.800.407.7757** Mon-Fri 8:30am-4:30pm

### BC Seniors Living Association

A New Approach to Senior Living. Reshaping the way senior living communities are managed and operated  
<https://www.bcsla.ca> **1.888.402.2722**

### Canadian Mental Health Association

Facilitates access to housing, shelter and resource people to maintain and improve mental health, integrate into the community, and build resiliency

<https://www.kamloops.cmha.bc.ca>

**651 Victoria Street, Kamloops  
250.374.0440 1.888.674.0440**

### Canada Mortgage & Housing Corp.

National housing agency providing mortgage loan insurance, mortgage-backed securities, housing policy & programs, housing research. First Nations programs & assistance  
<https://www.cmhc-schl.gc.ca>  
**2000-1111 W. Georgia St., Vancouver  
1.800.668.2642 1.800.309.3388 TTY**

### Condominium Home Owners Association of BC, The

Promotes understanding of strata living and interests of strata property owners  
<https://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/gov/content/home>  
Scroll down to Housing & Tenancy

### 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](http://www.gov.bc.ca/homeownergrant)  
**1.800.663.7867** Mon-Fri 7:30am-5pm

### Houzz

The new way to design your home. Decorating and remodeling ideas and inspiration. Kitchen, bathroom, bedroom, outdoor design. Find local pros.  
<https://www.houzz.com>



# LAKESIDE MANOR

## SPECTACULAR LAKE VIEWS

RETIREMENT LIVING REALLY CAN FEEL THIS GOOD

### It Really is All About you at Lakeside Manor!

Lakeside Manor offers 110 beautiful private suites, many of which have spectacular views of Shuswap Lake. We also offer a service package that takes into consideration your every need, rounded out by a host of unique lifestyle options. All of this is available to you in a picture-perfect waterfront setting in the very heart of Salmon Arm. Enjoy the independent retirement lifestyle you've always imagined without sacrifice at Lakeside Manor!

Book a tour and when you join the Lakeside community in June, July, August, or September, 2023, you'll receive 12 months for the price of 11.

### Lakeside Manor Retirement Residence

Harbourfront Drive NE, Salmon Arm • [www.lakesidemanor.ca](http://www.lakesidemanor.ca)



Join us at the lake

LAKESIDE MANOR

Housing Related/Home Services *cont'd***Independent Living BC**

Affordable assisted living apartments for seniors & people with disabilities through Independent Living BC program  
[www.bchousing.org/housing-assistance/housing-with-support/independent-living-bc-program](http://www.bchousing.org/housing-assistance/housing-with-support/independent-living-bc-program)  
**1.800.257.7756**

**Kamloops Native Housing Society**

Subsidized housing, housing support  
<https://bcfnjc/directory-services/listing/kamloops-native-housing-society/>  
**742 Mount Paul Way 250.374.1728**

**LiveSmart BC Partner Incentives**

Check website for current rebates/offers  
 • <https://www.fortisbc.com/offers>  
 • <https://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  
<https://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  
<https://www.comfortlife.ca/ebooks/>

## Home Improvements

**Rona Kamloops**

Check website for weekly promotions  
<https://www.rona.ca/>  
**416 Mount Paul Way**  
**250.372.2236**  
 See our ad on page 23

**Experience 50+ Living**

Visit our website to view Housing options in our other three editions  
<https://www.experiencegroup.ca>

- **Central Okanagan**
- **North Okanagan Shuswap**
- **South Okanagan Similkameen**



*Before you criticize someone,  
 you should walk a mile in their shoes.  
 That way when you criticize them,  
 you are a mile away from them  
 and you have their shoes.*



**Jack Handey**



# CRIME STOPPERS

## KAMLOOPS & DISTRICT

Kamloops & District Crime Stoppers is a non-profit organization that has proudly served this area since 1984! Our number one goal is to receive information from the public anonymously to assist with law enforcement. Our motto is “call law enforcement directly if you see crime happening in real time. If you need to remain anonymous then you should relay your information to us”. Keeping our tipsters identity protected is the most important aspect of our work. While we cannot name specific occurrences that are solved because of our tipsters, we can boast about our statistics. Since inception, we have received over 23,000 calls. This has resulted in more than 1,500 arrests and in excess of \$9.7

million recovered in stolen property and \$69.9 million in illegal drugs removed from our streets. Crime Stoppers Works!

The program empowers regular people like you to fight back against crime in the communities we live, work and play. Tips that lead to the arrest of suspects, as well as the recovery of stolen property and drugs are eligible for cash rewards of up to \$2,000, which are paid to tipsters on an anonymous basis.

**We don't want your name, just your information that can help solve crime!**

Submitting Useful information to Us or Law enforcement directly will keep our communities safe!!

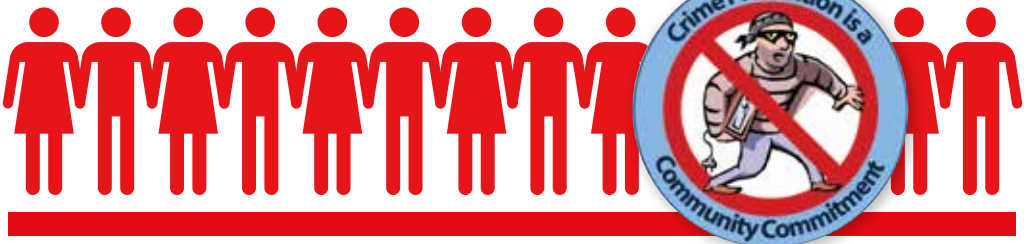
### 2023 Car Raffle **Win this Camaro RS Convertible!!**

Thank you for supporting your local Crime Stoppers

[kamloopscrimestoppers.rafflenexus.com](http://kamloopscrimestoppers.rafflenexus.com)

Draw date: Aug 13, 2023

Scan the QR code here to access the website and buy your tickets today!!!



If you have any information about a crime that has been committed, call the Crime Stoppers Tip Line: 1-800-222-TIPS(8477) or submit a tip online at [www.kamloopscrimestoppers.ca](http://www.kamloopscrimestoppers.ca)



# 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](http://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  
<https://www.alsbc.ca> Donate online  
**1.800.708.3228** Richmond

### Alzheimer Society of BC

Provides information, support, education for caregivers, people living with dementia. Find support. Interior Region.  
<https://alzheimer.ca/bc/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  
<https://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  
<https://www.brainstreams.ca>

### BC Cancer Agency

Cancer care program for people of BC  
[www.bccancer.bc.ca](http://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**  
**1.888.877.4442**

### • Screening Mammography

About 1 in 8 women will develop breast cancer. Mammograms can find breast cancer early-usually before it has spread  
Check website for Clinic Locator and Mobile Clinic locator for Thompson Nicola  
[www.bccancer.bc.ca/screening/breast/](http://www.bccancer.bc.ca/screening/breast/)  
• **102-300 Columbia Street**  
**Kamloops**  
**250.828.4916**

**BC Epilepsy Society**

Provides information and referral, support services to people with epilepsy

<https://bcepilepsy.com>

**604.875.6704** Vancouver

- Center for Epilepsy & Seizure Education Providing support, education, information for those with epilepsy

<https://esebc.org>

**112-32868 Ventura Ave., Abbotsford**

**604.853.7399** Mon-Thur 10am-4pm

<https://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 77

<https://www.bcscs.org>

**250.571.6955** Shauna, BCSS Educator  
email: [thompsonnicola@bcscs.org](mailto:thompsonnicola@bcscs.org)

**BC Lung Association**

Comprehensive information on lung diseases. Check website for area Better Breathers' Clubs-see Support Group listing Sign-up for Health Newsletter. Questions about your breathing? Call for advice

**1.800.665.5864** <https://www.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 *continued...*

**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 with sections on benefits, health, housing, transportation, finances, safety & security. You can download/print, read online, order a hard copy.

To order a free copy, contact the Office of the Seniors Advocate. Available in Chinese, English, Farsi, French, Korean, Hindi, Punjabi, Tagalog, and Vietnamese  
<https://www.gov.bc.ca/> Seniors' Guide

**1.877.952.3181** M-F 8:30am-4:30pm

**Find peace of mind.**

We bring professional health care to your home, making it easier for everyone — from personal care to homemaking to taking you to appointments.

**Contact us for your no obligation, FREE in-home consultation.**

**250.851.2911** 

[interiorhomecare.ca](https://interiorhomecare.ca)

SERVICING KAMLOOPS, MERRITT, CHASE, SICAMOUS, SALMON ARM AND SURROUNDING COMMUNITIES.

# Important information for Denture Users...

## Clean Your Dentures Regularly.

Did you know that dentures can accumulate plaque and tartar just like your natural teeth? They can also stain. Therefore, it is important to brush your prosthesis using a toothbrush or denture brush, warm water, and antibacterial soap. Your dentures should also be soaked in a denture cleanser daily to eliminate debris, food particles, and bacteria. Be sure to rinse them well before reinserting them.

## Does your denture fit not feel like it used to?

Over time, your gums inevitably change.

Relines and rebases of your existing dentures are two essential services that we offer to ensure you can still enjoy the comfort and reliability of a properly fitting dental appliance.

The process typically takes a day which means there should be no disruption to your regular life or schedule.

## What is a Rebase and why should you get them.

Rebasing is the process of replacing the entire acrylic denture base providing a stable denture without replacing the denture teeth. A rebase for a denture maybe required if your denture is old or is cracked. Loose, ill-fitting dentures can cause many problems - making it hard to wear and use your denture effectively. This includes sore gums, difficult eating and talking, and even broken teeth or cracked dentures. Like any part of your body, your gums are changing. It is important to keep up with these changes so your denture continues to work comfortably and effectively. In a majority of cases, relines/rebases should be done every 2-3 years. They can often be completed the same day.



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

## Make sure to REST YOUR GUMS!

Are you resting your gums at night? Since your gums support your dentures, it's important to rest them between 6 and 8 hours a day. Your gums were never meant to support an oral appliance 24/7, SO giving them a break will help keep them pink, healthy

and happy. The only exception to resting your gums would be in the first 24 hours of wearing IMMEDIATE dentures. In the case of immediate dentures, you will need to wear your dentures for the very first night of getting them. This is because your dentures are acting as a bandage over the extraction site in your mouth. However, once the 24 hours have passed, you will need to take out your dentures at night so you are resting your gums.



**Robby Jaroudi**

Natural Smiles Denture Clinics

1-888-374-9443

[www.kamloopsdenturist.ca](http://www.kamloopsdenturist.ca)



# Natural Smiles

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Denture Crafts

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603 St. Paul Street  
Kamloops, BC | **250-374-9443**  
[www.kamloopsdenturist.ca](http://www.kamloopsdenturist.ca)

#100a-2840 Voght Street  
Merritt, BC | **1-888-374-9443**  
[www.merrittdenturist.ca](http://www.merrittdenturist.ca)

**BrainTrust Canada**

Community rehabilitation and support for persons with brain injury, as well as a strong focus on education & prevention  
<https://braintrustcanada.com>

**100-215 Lawrence Avenue, Kelowna**  
**250.762.3233 1.888.762.3233**

**Canadian Cancer Society**

Information, resources, support for cancer patients & their families  
<https://www.cancer.ca/en>

• **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

**399 Royal Avenue, Kelowna**  
**250.712.3900 1.888.563.7773**

**Canadian Celiac Association**

For more info about celiac disease, gluten sensitivity, dermatitis herpetiformis, and living gluten free, contact us  
<https://bcceliac.ca>

**1.877.736.2240** Toll Free in BC

**Canadian Institute for Health Information (CIHI)**

Better Data. Better Decisions. Healthier Canadians. Subscribe to newsletter  
<https://www.cihi.ca/en>

**250.220.4100** Victoria office

**Canadian Liver Foundation**

Dedicated to liver health and eliminating the over 100 forms of liver disease  
<https://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  
<https://kamloops.cmha.bc.ca>

**651 Victoria Street**

**250.374.0440 1.888.674.0440**  
<https://cmha.bc.ca>

**1.800.555.8222** BC Division  
**310.6789** Need Help Now? Support Line

**CNIB Foundation**

Changing what is to be blind or partially sighted through innovative programs and powerful advocacy that help those impacted by blindness to live the lives they choose by networking with service providers, donors, volunteers, families and friends  
<https://www.cnib.ca>

**160-460 Doyle Avenue, Kelowna**  
**250.763.1191 ext. 6180**  
**1.800.563.2642** Helpline

**Cerebral Palsy Association of BC**

Mission to making a *Life Without Limits* for people with CP, other disabilities  
<https://www.bccerebralpalsy.com>  
**1.800.663.0004** Vancouver

**Community Mental Health & Substance Use Services**

Ongoing difficulties with mental health concerns including anxiety, depression, paranoia, psychosis - or if you are unsure you need support. Ongoing difficulties with substance use.

**310-6478** Call if you need support

**Crohn's & Colitis Canada**

Committed to curing Crohn's disease & ulcerative colitis, improving the lives of those affected by these chronic diseases.  
<https://www.crohnsandcolitis.ca>

• **MyGut** is a free, easy-to-use app that enables you to track, understand and manage your journey with Crohn's disease or ulcerative colitis  
<https://crohnsandcolitis.ca/Support-for-You/MyGut>  
 • 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 dentist  
<https://denturist.bc.ca>  
**604.886.1705**



**Diabetes Canada**

Promotes the health of Canadians thru research, education, services, advocacy. Diabetes Canada is stepping up to rally Canadians together to end diabetes  
<https://www.diabetes.ca>

**1.800.226.8464 Information Line**

*See our ad on page 57*

**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  
<https://www.healthlinkbc.ca/healthy-eating-physical-activity>

**Dial 8-1-1**

**Dial 7-1-1 TTY**

**HealthLink BC**

See website 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  
<https://www.healthlinkbc.ca>

**Dial 8-1-1**

**Dial 7-1-1 TTY**

**Healthy Eating for Seniors Handbook**

Includes recipes, information on good nutrition menu plans. Find online in English, French, Chinese, Punjabi. Available as an audiobook online  
<https://www2.gov.bc.ca> - search 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. Has merged with HealthLinkBC.ca

<https://www.healthlinkbc.ca/healthyfamilies-bc-joins-healthlinkbcc>

## Thank you Kamloops for your support for the past 23 years

We will continue to serve and make a difference in our community

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**2 Locations**

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PHARMACY**

**North Shore**  
374 Tranquille Road  
**250-434-2526**  
*Open 7 Days A Week*

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

**Heart & Stroke Foundation**

Promotes health through research, education, services and advocacy  
<https://www.heartandstroke.ca>

**200-885 Dunsmuir Street  
 Vancouver, BC V6C 1N5**

**1.888.473.4636** Mon-Fri 8:30am-5pm

**Kidney Foundation of Canada BC**

Volunteer organization committed to reducing the burden of kidney disease.

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

- Kidney Community Kitchen  
 Manage your renal diet - info, cookbook (meal plans, recipes, FAQs)  
<https://www.kidneycommunitykitchen.ca>

**Kamloops Mental Health & Substance Use**

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

**200-235 Lansdowne Street  
 250.377.6500** M-T-W-F 8:30-5, Thur 8:30-8

**Logan Lake Wellness, Health & Youth Society**

Adult programs include Fitness classes, CPR, First Aid, Better at Home, Yoga, Osteofit, Nutrition and Wellness  
<https://www.loganlakewhy.ca>

**1 Opal Drive 250.523.6229  
 250.320.3676** Amanda, Better at Home

**Medic Alert Foundation**

Emergency medical info services. One of three Canadians have a condition paramedics need to know about  
<https://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](http://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 groups, referral and advocacy services to persons with MS and their families.  
<https://mssociety.ca>  
**1.844.859.6789** Peer Support Groups or email to: [msnavigators@msscanada.ca](mailto:msnavigators@msscanada.ca)

**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  
<https://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  
<https://osteoporosis.ca>  
**1.800.463.6842**

**Pacific Blue Cross**

Health benefits plans for individuals and families, small/large business, travel plans  
<https://www.pac.bluecross.ca>  
**1.800.873.2583**

**Parkinson Society British Columbia**

Address the personal and social consequences of Parkinson's Disease. See Support Group section for meeting info  
<https://www.parkinson.bc.ca>  
**1.800.668.3330**

**PharmaCare**

Helps BC residents with the cost of eligible prescription drugs, and certain medical supplies and pharmacy services  
<https://alpha.gov.bc.ca/gov/content/health>  
**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. Kamloops PC Support Group  
**250.376.4011** Larry Reynolds  
<https://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  
<https://sci-bc.ca>  
**1.800.689.2477** BC InfoLine M-F 9-5  
 Bert Abbott, Okanagan Volunteer Peer Coordinator [babbott@sci.bc.ca](mailto:babbott@sci.bc.ca)

**Kamloops**  
PHARMACY

**PHARMASAVE®**  
**ABERDEEN**



**Pharmasave Aberdeen** is a full service pharmacy locally owned and operated by Julie Ford. We are a Compounding Pharmacy. With trained staff and state of the art equipment, we can customize prescriptions for you and your pets, working with you to compound special strengths, flavours, or delivery routes for your medications.

Specializing in **Travel Medicine**, Julie will help you develop a plan for both routine and travel immunizations.

- Prescriptions
- Compounding for People & Pets
- Vaccines
- Blister Packing
- Private Consultations

**FREE  
PRESCRIPTION  
DELIVERY IN  
KAMLOOPS**

**GREAT  
PARKING**

We are Conveniently located in the Aberdeen Village Shopping Centre across from STAPLES and MARKS, next to Arigato Sushi.

### **Pharmasave Aberdeen**

68-1395 Hillside Drive in Aberdeen Village Centre

250-314-1177 • Fax 250-314-1133

[www.kamloopspharmacy.ca](http://www.kamloopspharmacy.ca)

Monday - Friday 9am-5:30pm, Saturday 10am-2pm

**Vascular Improvement Program**

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

<https://interiorhealth.ca/locations/vascular-improvement-program>

Clinical Services Building

**311 Columbia St., Level 2 250.314.2727**

**Vision Loss Rehabilitation Canada**

Provides rehabilitation therapy and health-care services for those with vision loss

<https://visionlossrehab.ca>

**190-546 St. Paul Street, Kamloops**

**1.844.887.8572** M-F 8:30-4:30 by appt.

**Dental Services****Natural Smiles Denture Clinics**

A Proud Tradition of Denture Crafts

• **603 St. Paul Street, Kamloops**

<https://www.kamloopsdenturist.ca>

**250.374.9443**

• **100a-2840 Voght Street, Merritt**

<https://www.kamloopsdenturist.ca/merritt-denture-clinic>

**1.888.374.9443**

**1.888.374.9443**

*See our article & ad on pages 46, 47*

**Home Care Services****Interior HomeCare Solutions**

Our health care team offers  
compassionate home care, you can trust

<https://www.interiorhomecare.ca>

**103-1315 Summit Drive, Kamloops**

**250.851.2911**

*See our ad on page 45*

**Medical Alarm Systems****Thompson Lifeline**

Live confidentially at home with help at  
the push of a button. 24 hours a day

<https://www.lifeline.ca>

**250.374.3540**

**1.888.339.6588**

*See our ad and article on page 55*

**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. Ashcroft, Kamloops and Merritt locations. By donation. Health care professional referral required.

<https://www.redcross.ca/help>

**Unit C-1365 Dalhousie Drive, Kamloops**

**250.372.2334** Mon-Fri 9:30am-4pm

**Motion Kamloops**

Mobility and Accessibility experts at your service. Wide selection of medical equipment for purchase or rent

<https://motioncares.ca/location/kamloops>

**16-700 Tranquille Road**

**250.373.1075** Northhills Shopping Centre

*See our ad on page 53*

**Pharmacies****Pharmasave Aberdeen**

Customized prescriptions for you and your pets. Compounding pharmacy

<https://kamloopspharmacy.ca>

**68-1395 Hillside Drive Aberdeen Village**

**250.314.1177**

*See our ad on page 51*

**Kipp-Mallery IDA Pharmacy**

Pharmacy & Home Health Care

<https://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 49*

# Safe at Home by



Special  
Offers



## POWER LIFT RECLINERS

**20% OFF\***

- Lowers and raises user with ease
- Available in a wide range of sizes & styles
- Special features can include power lumbar and headrests & charging ports

## MOBILITY SCOOTERS

**\$200 OFF\***

- Support for those unable to walk long distances
- Ideal for appointments, grocery shopping, walking the dog & more
- Folding & travel options available



## STAIRLIFTS

**Free Installation**

- Affordable and safe
- Installed in only a few hours
- Straight, curved & custom models
- FREE in-home assessments

*\*Discount off MSRP. Does not apply to funded and special ordered items.*



**MOTION™**  
Make life accessible.

[motioncares.ca/safeathome](https://motioncares.ca/safeathome)

**Motion Kamloops**  
Northhills Shopping Centre  
700 Tranquille Rd.  
(250) 373-1075  
[kamloops@motioncares.ca](mailto:kamloops@motioncares.ca)

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

**Pharmasave**

Visit one of our **Live Well Pharmacists** for all your health and wellness needs

- **68-1395 Hillside Drive** Aberdeen
- **201-365 Murtle Crescent** Clearwater
- **1800 Garcia Street** Merritt
- **3-760 Mayfair Street** Riverbend

<https://www.pharmasave.com>

See our ad on page 5

**Shoppers Drug Mart**

Earn rewards with your PC Optimum card  
[www.shoppersdrugmart.ca](http://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

**Health Facilities****Interior Health Authority**

Care Lives Here

<https://www.interiorhealth.ca>

- **Interior Health Crisis Line**  
**1.888.353.2273** available 24/7
- **Interior Crisis Chat**  
<https://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  
Monitored daily from 8am to 4pm

- **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**

email: [PCQO@interiorhealth.ca](mailto:PCQO@interiorhealth.ca)

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

**Chase Primary Health Care Clinic**

**825 Thompson Avenue**

**250.679.1400**

**Clearwater Community Health**

Call to verify hours of operation

**640 Park Drive**

**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 Downtown Health Centre**

Primary Community Health Centre

**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**

**Kamloops Urgent Primary Care**

Mon-Sun 9am to 9:30pm (7 days/week)

Service is for patients who require medical attention within 12-24 hours, but not an emergency. For less serious injuries.

Patients will be seen by a physician, physiotherapist, nurse, social worker or other clinician. Phone lines open at 10am  
**311 Columbia Street** - street level - front of Royal Inland Hospital

**250.314.2256** Call to book a same day appointment - no walk-ins

**Logan Lake Primary 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-Thur 9am-4pm. Fri

9am-2pm. Check online calendar, call for

appointment. Lab services by appointment

Wednesday & Friday 8am-noon

# Caring For Elderly Parents at Home



We all want our elderly parents to feel safer and enjoy living in their own home. Caring for seniors, especially those who wish to remain in their homes, may require precautions or additional services that family caregivers should know.

## Top 10 caring tips you can use for elderly parents at home

While aging in place offers the benefit of being able to remain in a familiar location, it can also be challenging when it comes to household maintenance like cleaning and keeping a safe environment. Here is a checklist of elder care at home.

1. Ask your loved one to sign a release so you can speak to their healthcare team and have the contact information for their physician, specialists, and local hospital
2. Get up-to-date information on your family members' prescription and over the counter medications
3. Secure your own copies of legal documents like advance directives, living wills, social security, health insurance, etc.

4. Assess home safety on your next visit to eliminate fall hazards and check the fire extinguishers, smoke and carbon monoxide detectors
5. Investigate local organizations that specialize in home modifications or improvements for seniors
6. If your parent lives alone or is at risk of a fall, consider a medical emergency response system with automatic fall detection that calls for help even if your loved one can't.
7. Check out options for transportation, including ride-hailing apps
8. Support good nutrition by signing up for meal or online grocery delivery services
9. Create a care circle – a group of family, friends and professionals – who help you support your loved one
10. Equip your loved one's cell phone with apps for easy video communication with family and friends to reduce isolation and schedule regular phone calls

## Services To Make Aging in Place Easier For Seniors

To make life easier for a senior aging in place, consider looking into and implementing one or more of the following helpful services:

- Lawn Care Services
- Grocery Delivery
- Online Shopping Platforms & Services
- In-Home Personal Care
- Meal Preparation Program

Visit [www.lifeline.ca](http://www.lifeline.ca) to download a free Complete Guide to Caring for an Elderly Parent

**Lifeline**

**Falls can happen at any time.**

**Lifeline with Fall detection** can automatically detect a fall and call for help.<sup>1</sup>

**Call Today :**

**THOMPSON LIFELINE**

1-888-339-6588 or 250-374-3540

Mention **code 1426** and receive a **FREE MONTH**<sup>2</sup>

[1] Equipment may not detect all falls. [2] Offer available at locally participating programs and valid for new activations only. Not to be combined with any other offer. Some restrictions apply. Offer subject to a three month term. Offer Expires December 2023.



**North Shore Primary 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 mgr., Assisted Living

**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  
<https://qwemtsin.org>

**130 Chilcotin Road, Kamloops**

**250.314.6732** Mon-Fri 8:30am-4:30pm

**Scw'exmx Community Health Services**

Serving area bands of Coldwater, Nooaitch and Shackan

<https://schss.com>

**103-2090 Coutlee Avenue, Merritt**

**250.378.9745**

- **Stoyoma Dental Clinic**

**1999 Voght Street 250.378.5877**

**Sun Peaks Community Health Centre**

Clinic Hours Mon-Fri 10am-noon, 1-4pm  
Winter - open most weekends

<https://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**

**250.376.1991** (above Manshadi)

**Home & Community Care and Chronic Disease Management Programs**

- **Care Management Services**

- Community nursing, physiotherapy, occupational therapy, dietitian, social work, speech language, respiratory therapy

- Home support for activities of daily living such as personal care, special exercises, medication assistance and in-home respite

- Adult day services

- Eligibility assessment for funded assisted living and long-term care homes

- **Chronic Disease Management Programs**

- **Diabetes**

- **Acquired Brain Injury Services**

- **Palliative Care Services**

- Community nursing, social work, hospice care

**1.800.707.8550** New access to all programs listed above

**Hospitals****Ashcroft Urgent & Primary Care Centre**

Seven days a week 8am-8pm including stat holidays. Illness or injury that need attention within 12-24 hours. No appointment necessary.

**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 Dr., 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**

- **Kinetic Energy Healthcare & Wellness Centre**  
 Mon-Fri - Same-day virtual and in-office appointments - starting at 7am. To book, call at 7am, leave a voicemail message  
<https://www.kamloopskineticenergy.com/>  
**207-450 Lansdowne St. 250.828.6637**

**Walk In Clinics**

Hours correct as of May 2023. For wait time & info for clinics on the Medimap system, go to <https://medimap.ca>

**Virtual Walk In Clinics**

- **iMedicine Landmark Centre**  
 Kipp-Mallery Pharmacy  
**207-755 McGill Road**  
**236.425.0025** Mon-Tue,Th-Fr 9am-5pm
- **iMedicine Clinic @ Kleo's Pharmacy**  
**90B-1967 Trans-Canada Hwy.**  
**778.765.1444** Tue-Thur 9am-4pm

**Mr Shades Media**

LIVE Streaming & LIVE

- Arts & Culture
- Local Sports
- Community
- Entertainment
- Concert Announcements & Reviews

GIVE US SUBSCRIBE ON YouTube

*People who love to eat are always the best people.*

**Julia Child**

**DIABETES CANADA**

**DONATE NOW TO HELP END DIABETES.**

Your donation will help fund research to improve treatments and education for millions of people living with diabetes in Canada.

**diabetes.ca/donate**

#LetsEndDiabetes



# Professional

## Computer Service/Repair

### Josto Computers

Your Best, Local Computer Service & Support. Home & Mobile Computing  
<https://jostocomputers.com>

**3-1390 Hillside Drive, Kamloops**  
**250.372.1443** See our ad on page 59

## Consumer

### Better Business Bureau

Promotes marketplace fairness, honesty  
<https://www.bbb.org>

**500-1190 Melville St., Vancouver V6E 3W1**  
**604.682.2711** Mon-Fri 9am-4pm

### 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

<https://www.antifraudcentre-centreantifraude.ca>  
**1.888.495.8501** Mon-Fri 6am-1:45pm PT

### Consumer Protection Authority

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

<https://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 home, mobile, 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 website, click on 'Scams and fraud' (Quick Links) <https://www.rcmp-grc.gc.ca>

## Financial

### BC Assessment

Produces independent, uniform and efficient property assessments on an annual basis for all BC property owners  
<https://www.bcassessment.ca>

**805 Renfrew Avenue, Kamloops**  
**1.866.825.8322** Mon-Fri 8:30am-4:30pm

### BC Securities Commission Investor Education

Useful information to be an informed investor: know yourself, your advisor, your investment, and the warning signs of investment fraud. Subscription service, seminars, and more. Language support for Mandarin, Cantonese, Punjabi, Hindi  
<https://www.investright.org>

**1.800.373.6393** Mon-Fri 8am-5pm

## Insurance

### HUB International

Buy your Personal Insurance with CHOICE. Five locations to serve you  
<https://www.hubinternational.com>

See our ad on page 21

### 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 website or visit an Autoplan broker for details.  
<https://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  
<https://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  
<https://www.cbabc.org> **1.888.687.3404**

### Clicklaw

Website provides legal information, education and help. Solve problems - understand your rights; your legal system, common legal questions. Learn & Teach, Reform & research  
<https://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  
<https://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

### Natalie L. Hebert, Lawyer & Notary Public

Family Law Mediator & Arbitrator,  
 Communications Coach  
<https://www.nlhlawyer.ca>  
**203-474 Columbia Street, Kamloops**  
**236.425.1981**  
*See our ad on page 61*

### Lawyer Referral Service

**Access Pro Bono** Helps British Columbians find a suitable legal professional to resolve their legal problem. You can receive 15 minutes of free consultation with an expert lawyer. For family, residential tenancy, employment, personal injury, wills, estates, or trust law issues.  
<https://www.accessprobono.ca/our-programs/lawyer-referral-service>  
**1.800.663.1919** Mon-Fri 8:30am-4:30pm

- ✓ In-store support
- ✓ Home support
- ✓ Remote support
- ✓ Antivirus & Cloud Backups



**GAMING · BUSINESS · HOME · MOBILE**

(250)-372-1443 [info@jostocomputers.com](mailto:info@jostocomputers.com)

1390 Hillside Dr Suite #3 Kamloops, BC V2E 0A6

**Legal***continued..***Legal Services Society**

If you have a legal problem and can't afford a lawyer, we can help.

<https://legalaid.bc.ca>

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

- Louise Richards, Barrister & Solicitor  
Kamloops Courthouse

**2nd Floor, 455 Columbia Street**

Mon-Thur 9am to noon, 1pm-3:30pm

email: [intake.Kamloops@legalaid.bc.ca](mailto:intake.Kamloops@legalaid.bc.ca)

**250.314.1900**

- **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**

Guided pathways use an interactive question-and-answer approach to guide you to a solution to your legal problem  
<https://mylawbc.com>

**People's Law School**

Provides public legal education, information. Work out your everyday legal problem on a good number of topics. Q&A on website

<https://www.peopleslawschool.ca>

**604.331.5400** Vancouver

- Publications available online: Being an Executor, Preparing your Will, 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. COVID protocols in effect - see website

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

**1345 St. Paul Street, Kelowna**

**250.712.7576** Interior-North Region Office

**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

<https://seniorsfirstbc.ca>

**1.866.437.1940** (SAIL) Seniors Abuse & Information Line - weekdays 8am-8pm, weekends 10am-5:30pm

**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 broad 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

<https://www.tru.ca/law/students.html>

**204-246 2nd Avenue**

**778.471.8490**

**Policing****Crime Stoppers Kamloops & District**

Cash awards (up to \$2,000) for information leading to an arrest. See web for details. Operators are available 24/7 to take your tips or by submitting a tip through our secure web form. All tips will remain anonymous whether you call or use the secure form.

<https://www.kamloopscrimestoppers.ca>

**1.800.222.8477** Anonymous Tip Line

See our article on page 43

**North Shore Community Police Office**

The Crime Prevention Unit is operated out the Community Policing office. Visit

<https://www.kamloops.ca/public-safety/crime-prevention> - for requests, volunteerism, more information

**915 7th Street**

**250.376.5099**

### 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.

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

**2026 Granite Avenue  
250.378.3955**

### RCMP Victim Services

Offering service to victims and witnesses of crime & trauma. Assistance includes crisis intervention, emotional support, information regarding police investigation/ court processes, court orientation/ accompaniment services, safety planning and community referrals. To access services, please call...or attend...

- **Kamloops RCMP Victim Services**  
**250.828.3223** Mon-Fri 8:30am-4:30pm  
**915 7 Street**, North Shore Community Policing office

- **Chase RCMP Victim Services**  
**226 Shuswap Avenue 250.679.8638**
- **Clearwater RCMP Victim Services**  
**205 Dutch Lake Road**  
**250.674.2577 or 250.674.7963**
- **Merritt RCMP Victim Services**  
**2999 Voght Street 250.378.5699**

### Royal Canadian Mounted Police

<https://www.rcmp-grc.gc.ca>

Non-emergency online crime reporting

<https://www.kamloops.ca/rcmp>

Non-emergency: **250-828-3000**

**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>



## Welcome to Natalie L Hebert Lawyer & Notary Public

Natalie L Hebert brings more than 15 years of experience in representing individuals in diverse legal areas.



**Natalie L. Hebert, L.L.B.**  
Lawyer, Notary Public, Mediator & Arbitrator

**Mediation.** Using the third trained party called the Mediator to resolve issues.

**Real Estate.** Draw upon our full complement of services to confidently buy, sell & refinance real estate.

**Hear The Child Reports.** To share their views and have them considered when their best interests need to be decided in the Family Justice System.

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**Notary Service.** We provide all the services of a Notary for your needs. Documentation verification. Walk-in Notarizations, Certified True copies services are provided.

**Contact Us.** Sound legal advice is based on years of training, hard work, passion, as well as familiarity with legislation, precedent and sound consideration. You'll find all that and more at Natalie L. Hebert Lawyer & Notary Public.

474 Columbia Street, Suite 203  
Kamloops, BC V2C 2T5

Tel +1(236) 425-1981  
Fax +1(236) 425-1982  
<https://www.nhlawyer.ca>



# 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 Arts Council

Connecting Creative Communities  
<https://kamloopsarts.ca>  
Office and KAC Main Gallery  
Tuesday-Saturday 10am-4pm  
7 Seymour Street West 250.372.7323  
See our ad and article on page 28

### Kamloops Art Gallery

Engages minds to realize a vibrant community  
<https://kag.bc.ca>  
101-465 Victoria Street 250.377.2400  
• The Gallery Store  
<https://TheGalleryStore.ca/collections/all>  
Tuesday to Saturday 10am-5pm  
250.377.2400

### Kamloops Family History Society

Promotes and encourages the study of Family History and Genealogy. See website for info and meeting schedule  
<https://www.kfhs.org>  
• LDS Family Search Centre  
2165 Parkcrest Ave. 250.376.2515

### Kamloops Festival of the Performing Arts

See website for 2023 Trophy, Plaque & Scholarship recipients, other information  
<https://www.kfpa.ca> 250.312.0400

### Kamloops Live! Box Office

Tickets: Kamloops Symphony, Pavilion Theatre, Paramount Theatre, Sagebrush Theatre, West. Can. Theatre, other events  
Mon-Sat Noon-5pm. Purchase online 24/7  
<https://www.kamloopslive.ca>  
1025 Lorne Street  
250.374.5483 1.866.374.5483

### Kamloops Museum and Archives

Tue-Sat 9:30am-4:30pm  
Archives: Tue-Fri 1:15-4pm  
<https://kamloopsmuseum.ca>  
207 Seymour Street  
250.828.3576 Arts, Culture, Heritage  
See our article and ad on pages 16, 17

### Kamloops Players Society

Your oldest local community theatre, always welcoming of fans, new members  
Questions? Comments? Want to join?  
email: [info@kamloopsplayers.ca](mailto:info@kamloopsplayers.ca)  
<https://www.kamloopsplayers.ca>

### Kamloops Symphony

Live orchestral music performances, music education, related music services.  
See website for ticket information  
<https://www.kamloopssymphony.com>  
330 St. Paul Street  
250.372.5000 Mon-Fri 9am-5pm

### Nicola Valley Museum & Archives

Discover Our Rich History  
<https://nicolavalleymuseum.org>  
1675 Tutill Court, Merritt  
250.378.4145

## Sagebrush Theatre

Managed by, home to Western Canada Theatre, Kamloops Symphony, host to many local & professional performances  
<https://www.sagebrushtheatre.ca>  
**1300 9 Avenue** (purchase online)  
**250.374.5483** Kamloops Live! Box Office

## Secwepemc Museum & Heritage Park

Closed for renovations. Now offering tours and Zoom presentation of the Kamloops Indian Residential School  
<https://secwepemcmuseum.ca>  
**200-330 Chief Alex Thomas Way**  
**250.828.9749** See our ad on page 30

## The Kamloopa Powwow

One of largest celebrations of First Nation's culture and heritage in Western Canada. August 4-6, 2023. Free admission: Elders/Seniors 65+, & disabled Kamloopa Powwow Society  
<https://www.facebook.com/kamloopapowwow>  
**200-330 Chief Alex Thomas Way**  
**250.319.8318**

## Western Canada Theatre

Sagebrush Theatre, Pavilion Theatre Kamloops' own, producing high-quality professional theatre  
<https://www.wctlive.ca>  
**1025 Lorne Street** **250.374.5483**  
• Kamloops Live! Box Office  
<https://www.kamloopslive.ca>  
**250.374.5483** **1.866.374.5483**

## Leisure

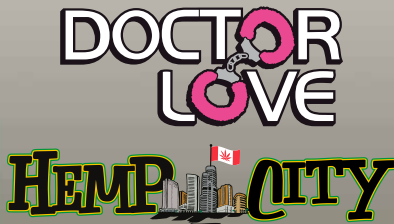
### BC Fishing Licences

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

As of January 2023, service moved to a 4-month rolling booking window for frontcountry & backcountry reservations. 65+ BC residents senior camping

*continued...*



- One Stop Shop
- Best Prices

Open 10am – 10pm  
7 Days a Week

[doctorlove.ca](http://doctorlove.ca)

**250-314-1440**

521 Victoria Street,  
Kamloops, BC

*Right Next Door to.....*



- Largest Selection
- Best Prices

Open 10am – 10pm  
7 Days a Week

[shadesofgreencannabis.ca](http://shadesofgreencannabis.ca)

**236-425-1842**

519 Victoria Street,  
Kamloops, BC

discounts from day after Labour Day to June 14 of following year for frontcountry campsites <https://bcparks.ca>

<https://camping.bcparks.ca>

**1.800.689.9025** Call Centre

- **Campsite Fees for Seniors**

<https://bcparks.ca/fees/senior.html>

### BC Old Time Fiddlers' Association

Encouraging & promoting the art of Old Time Fiddling & Violin playing. See website for details, branches around BC <https://bcfiddlers.com/branches/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 website for Zone 5 contacts. Games in Abbotsford, **Aug. 22-26, 2023**  
<https://55plusbcgames.org>  
**778.426.2940** Sydney, BC

### BC Wildlife Park

Assist in preserving biodiversity through education, research, captive breeding and rehabilitation services

<https://www.bcwildlife.org>

**9077 Dallas Drive, Kamloops**

**250.573.3242**

### Farmers' Markets (BC Association of)

<https://bcfarmersmarket.org>

- **Ashcroft Farmer's Market**

Sunday 8am-12 noon, May 14-Sept 24  
Heritage Place Park, **700 Railway Ave**

**250.202.6842**

- **Barriere Farmers' Market**

Thursday, May 4 to Sept 28, 10am-1pm  
Sam's Pizza/Ribs, Yellowhead Hwy. S  
• Winter Market, Every other Sat 10-1  
November to April at Senior Centre

[www.Facebook.com/barrierefarmersmarket/](http://www.Facebook.com/barrierefarmersmarket/)

**250.672.0012**

- **Celista Hall Farmer's Market**

Wed 9am-1pm June 28-Sept 6. Celista

Hall grounds. Local produce, handicrafts

**5456 Squilax-Anglement Road**

[celistahallfarmersmarket@gmail.com](mailto:celistahallfarmersmarket@gmail.com)

[www.Facebook.com/CelistaHallFarmersMarket](http://www.Facebook.com/CelistaHallFarmersMarket)

- **Chase Farm & Craft Market**

Fridays 10am-2pm May 19 to October 6

**200 Shuswap Avenue** (next to RCMP)

[Facebook.com/chasefarmandcraftmarket](http://Facebook.com/chasefarmandcraftmarket)

- **Clearwater Farmer's Market**

Every Sat 9am-noon May 6 to Oct 7

**Dutch Lake Community Centre field**

[Facebook.com/clearwaterfarmersmarket](http://Facebook.com/clearwaterfarmersmarket)

- Winter Market every 2nd Sat from mid-October, Xmas dates TDA. 10am-1pm  
Inside Dutch Lake Community Centre

**250.674.3530** Joanna

- **Desert Hills Ranch Farm Market**

Large variety of farm grown produce

April to November. 9am-5pm

<https://deserthillsranch.com>

**250.453.9876** call for information

- **250 Elm Street, Ashcroft** 9-5 daily

- **2520 Hwy. 97, Cache Creek** 10-6 daily

Desert Hills Taco Stand **250.453.9878**

- **Kamloops Farmers' Market**

<https://www.kamloopsfarmersmarket.com>

**250.682.7975** Greg

- Sat. April 22 - Oct 28 8:30am-12:30pm

**200 Block of St. Paul Street**

- Wed. May 3 - Oct 25 8:30am-1:30pm

**400 Block of Victoria Street**

- **Nicola Valley Farmers' Market**

Saturdays May 7-Oct. 8, 9am-1:30pm.

[Facebook.com/nicolavalleyfarmersmarket](http://Facebook.com/nicolavalleyfarmersmarket)

**Voght Street at Merritt Avenue, Merritt**

**250.378.9703** Diane

- **Scotch Creek Farm & Craft Market**

Sunday-June 25-Sept 3. 9:30am-1:30pm.

Local produce, handicrafts. Facebook

[scotchcreekfarmersmarket@gmail.com](mailto:scotchcreekfarmersmarket@gmail.com)

Downtown Scotch Creek

**3973 Squilax-Anglement Road**

- **Sun Peaks Market Day**

Sundays - June 18-Oct 8, 9:30-1:30pm

Products: local farmers, ranchers and artisans [www.sunpeaksresort.com](http://www.sunpeaksresort.com)

**250.578.5386**



### Hat Creek Ranch

Historic Ranch from the 1870's, May to Sept. Explore life during BC's Gold Rush days. Tours, camping, cabins, restaurant  
<https://www.historichatcreek.ca>  
**1.800.782.0922** Open Daily 9am-5pm

### Kamloops Blazers Hockey Club

Seniors 65+ discount seasons tickets  
<https://blazerhockey.com>  
**300 Lorne Street**  
**250.828.1144** Ticket info

### Kamloops Heritage Railway Park

New Heritage Rail Park in DT Kamloops  
<https://kamrail.com>  
**40 Mount Paul Way**  
**250.374.2141**  
*See our ad and article on page 25*

### Kamloops Recreation Services

Register for courses in Active Living, Aquatics, Cooking, Dancing, Fitness in Motion, Gardening & Landscapes, Yoga and much more [kamloops.ca/tcc](http://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  
<https://mcarthurislandcurlingclub.com>  
**1665 Island Parkway, Kamloops**  
**250.554.1911**

### 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 website for meeting info for Kamloops, Kamloops Grasslands, Kamloops Desert Hills, Thompson Rivers clubs <https://www.probuscanada.ca>

### Tourism Kamloops

Planning your visit to Kamloops? For the latest on events, activities, restaurants, visit our website or follow us on Facebook  
<https://www.tourismkamloops.com>  
**250.372.8000**

### 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. Lifestyle Seminar dates are **June 23-26, 2023**  
<https://rvda.bc.ca/events-and-shows/>  
**778.574.4522**

### 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  
<https://www.sunpeaksresort.com>  
**1280 Alpine Road, Sun Peaks**  
**1.800.807.3257** Administration Office

**Stay active at any age or stage of life!**

Get a Fieldhouse Pass\* for the Tournament Capital Centre for only \$22.47 (incl tax)/month.

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



For information on senior services, visit [Kamloops.ca/Seniors](http://Kamloops.ca/Seniors)

Canada's Tournament Capital

## Travel

### Air Canada

Services for customers with disabilities.

Identify special needs when booking

<https://www.aircanada.ca>

<https://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.

<https://www.bcferries.com>

**1.888.223.3779** Reservations

Mon-Fri 7am-10pm, Sat/Sun 7am-7pm

### Friendship Force International

Provides opportunities to explore new

countries and cultures through home

hospitality, local hosts. Experience

different views. Discover common ground

<https://friendshipforce.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

<https://kamloopsairport.com>

**250.376.3613** Mon-Fri 8am-4pm

### National Geographic Expeditions

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.

<https://nationalgeographic.com/expeditions/>

**1.888.966.8687** M-F 5-5 PT, Sat 7-3 PT

### Road Scholar

Not-for-profit world's largest, most

innovative creator of experiential learning

opportunities. Unsurpassed offerings

<https://www.road scholar.org>

**1.800.454.5768** M-F 6am-3:30pm PT

### Super, Natural British Columbia

Places to go, things to do, trip

ideas, transportation and maps,

accommodations, travel deals

<https://www.hellobc.com>

### Traveller Information System

Road and weather conditions, webcams,

plan your route, mobile traveller info

<https://www.drivebc.ca>

**1.800.550.4997** BC Highway Conditions

### Worldwide Quest

Enriching lives through travel since 1970

Expert-led small group tours in nature,

culture and the arts

<https://www.worldwidequest.com>

**1.800.387.1483** M-F 6am-2pm PT

## Activity Centres

### Ashcroft-Cache Creek Senior Society

Friendship, learning and fun have returned.

Carpet Bowling, Cards, Pool, Bridge,

Rimmoli, Bingo, Strawberry Tea, Fall Bazaar

**601 Bancroft Street, Ashcroft**

**250.453.2721** Beverley

### Ashcroft HUB

Contribute to the vitality of the community

and satisfy the needs of our residents

through wellness, recreation and the arts.

Variety of activities & events to connect

with the community. Full-service fitness

centre. Community coffee. Visit for a tour

<https://ashcrofthub.ca>

**711 Hill Street, Ashcroft**

**250.453.9177** Mon-Fri 8am-4pm

### Barriere & District Seniors Society

Bingo, Carpet Bowling, Adult Day Program

(Interior Health), Fun Cards, Community

Paramedic, Monthly breakfast & dinners,

Winter Farmers Market

[barriereseniorssociety@gmail.com](mailto:barriereseniorssociety@gmail.com)

**4431 Barriere Town Road, Barriere**

**250.672.0025** Seniors Hall

### Chase Creekside Seniors

Canasta, Carpet Bowling, Gals Exercise,

Crib, Snooker, Wood Carving, Wist, Wed

Night Jam sessions, WiFi

Chase Seniors Centre

**542 Shuswap Avenue**

**250.679.8522**

**Clearwater Carpet Bowlers**

Mondays 1pm-3pm, \$5 yearly membership  
 \$1 for bowling, \$2 non-members/drop-ins.  
 All levels of experience welcome  
**154 Evergreen Place, Clearwater**  
**250.674.3675** Call Mel for more info

**CSI Kamloops**

Connecting individuals in Kamloops and district with services and resources to help them address life changes

<https://www.csikamloops.ca>

- **CSI Information Centre**

**25-700 Tranquille Road**

**250.554.4145** Northhills Shopping Centre

*See our ads on pages 7, 18*

**Evergreen Seniors Centre**

Evergreen Acres Seniors Housing Society

For event information, call the office

**250.674.0099**

**154 Evergreen Place, Clearwater**

**Falkland Seniors Branch 95**

Social activities, monthly potluck

luncheons, bake sales. Wellness program.

Hall rental with kitchen \$50

<https://www.facebook.com/falklandbc/>

**5706 Highway 97, Falkland**

**250.540.7656** Angus

**Kamloops Aboriginal Friendship Society**

Provides culturally appropriate programs & services that meet the need of urban Indigenous people to become healthier - physically, mentally, emotionally, spiritually.

See website for Programs & Services

<https://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

<https://www.lakeviewcommunitycentresociety.com>

**7703 Squilax-Anglemont Road, Anglemont**

**250.682.6235** Jim **778.765.1506** Tony



**BLENZ** Stores Are Locally  
 Owned & Operated



## VISIT YOUR LOCAL COMMUNITY **BLENZ**

**Blenz in Aberdeen Mall**

1320 Trans-Canada Hwy, Kamloops

**Blenz in Westbank Centre**

3645 Gosset Rd, West Kelowna

**Blenz on Bernard & Water St**

297 Bernard Ave, Kelowna

**Blenz in Pandosy Village**

2823 Pandosy St, Kelowna

**Blenz in Orchard Park Centre**

2271 Harvey Ave, Kelowna

**Blenz in Innovation Centre**

460 Doyle Ave, Kelowna

**Blenz in Vernon - Downtown**

2706 30th Ave, Vernon

**Blenz in Vernon - Anderson Way  
 DRIVE-THRU**

5100 Anderson Way, Vernon

**Blenz in Penticton**

284 Main St, Penticton

**Blenz in Cherry Lane Mall**

220-2111 Main St, Penticton

**Little Fort Recreation Society**

Carpet Bowling Fri., Badminton, Yoga,  
Outdoor Sunday Market 9am. Facebook  
Little Fort Community Hall, Highway 24  
250.677.4381 Crystal 250.677.4285 Jo-Anne

**Logan Lake Seniors 50+**

Bingo, Crafts, Carpet Bowling, Crib,  
Sat. Games Night, Drop-In Centre, Monthly  
Potluck, Village Centre Mall  
80-150 Opal Drive, Logan Lake  
250.523.9474 Ray

**Logan Lake Wellness Health & Youth Society.** Promotes health of mind & body by encouraging a balanced lifestyle and personal growth services to people of all ages  
<https://www.loganlakewhy.ca>  
1 Opal Drive, Logan Lake 250.523.6229

**Merritt Senior's Centre**

Pool, Cribbage, Whist, Rumolli, Bingo,  
Exercise, Floor Curling, Shuffleboard,  
Carpet Bowling, Friday Luncheon  
<https://www.merritt.ca/seniors>  
1675 Tutill Court, Merritt 250.378.3763

**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.  
452-730 Cottonwood Ave., Kamloops  
250.376.4777 <http://nscs.ca>

**Savona Seniors Centre**

Weight Loss Club, Exercise, Carpet Bowling, Crib, Canasta, Darts  
Savona Seniors OAPO Branch 129  
<https://www.facebook.com/SavonaActivities/>  
6605 Buie Street 250.373.2555 Yvonne

**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](http://www.kamloopslegion.com)  
[www.facebook.com/KamloopsLegion](https://www.facebook.com/KamloopsLegion)  
425 Lansdowne Street 250.374.1742  
See our ad and article on page 20

**Seniors' Community Centre, Desert Gardens**

Hosts a variety of programs for seniors and the general public. Wide variety of activities promoting fitness, social interaction and education. Oasis Cafe  
<https://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 User Group activities  
<https://www.sdis.ca>  
1148 Passchendaele Rd. 250.675.5358

**Wells Gray Country Seniors Society**

Providing opportunities for all seniors in Wells Gray Country - to be active and productive. Programs include Monthly Learn & Lunch, Sit and Be Fit, Writer's Circle, Book Club, Sunday social, Techie Seniors, Hiking Group. Dutch Lake Community Centre. Mon-Fri 8:30-4:30  
209 Dutch Lake Road, Clearwater  
250.674.8185 Lynne  
<https://www.districtofclearwater.com/seniors/seniors-activities/>



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- Arts & Culture
- Local Sports
- Community
- Entertainment
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# 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. <https://www.canada.ca/en> - Search for 'Charities and Giving' Mon-Fri 9am-5pm  
**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  
<https://bccancerfoundation.com>  
**399 Royal Avenue, Kelowna V1Y 5L3**  
**250.712.3921**    **1.866.230.9988**

### BC Interior Community Foundation

Donate & help Create Community in our Thompson Nicola & South Cariboo region  
<https://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, farmed and wild animals  
<https://spca.bc.ca/donate/leave-money-in-your-will/>  
**1.855.622.7722** Call to make a donation  
*See our ad on page 71*  
**1.855.622.7722** Animal Helpline

- Kamloops Community Animal Centre  
<https://spca.bc.ca/locations/kamloops/>  
**2816 Tranquille Road V2B 0H9**  
**250.376.7722**

### Canadian Cancer Society

Make a one-time gift, monthly gift, honour gift, memorial gift  
<https://cancer.ca> Click on 'Donate'  
**330 Strathcona Avenue**  
**Kelowna, BC V1Y 5K7**  
**1.800.403.8222 ext. 4**

### Canadian Red Cross

Donate online, by mail, by phone, monthly giving, gifts of stock, planned giving - legacy, RRSPs  
<https://www.redcross.ca>  
**Unit C-1365 Dalhousie Drive**  
**Kamloops BC V2C 5P6**  
**250.372.2334** Mon-Fri 9:30am-4pm

### 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  
<https://www.csikamloops.ca>  
**CSI Information Centre**  
**25-700 Tranquille Road**    **250.554.4145**  
Northhills Shopping Centre  
**Kamloops V2B 3H4**  
*See our ads on pages 7, 18*

### 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 bereavement and end of life care, at home, or in the Dr. Helmcken Memorial Hospital in Clearwater  
**249D Glen Rd., Clearwater V0E 1N2**  
**778.208.0137**

**Heart & Stroke Foundation**

In Memoriam, In Honour, or general donations.  
<https://www.heartandstroke.ca>  
**200-885 Dunsmuir St., Vancouver V6C1N5**  
**1.888.473.4636** M-F 8:30-noon, 1-5pm

**Kamloops Art Gallery**

Fosters community engagement with art through exhibitions, programs, collections  
<https://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  
<https://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, Give in Honour, Give in Memory  
**1.800.567.8112**  
<https://kidney.ca/Get-Involved/Make-a-Gift>

**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://www.loganlakewhy.ca>  
**1 Opal Drive, Logan Lake 250.523.6229**

**Merritt & District Hospice Society**

Has been providing service to the Nicola Valley since 1986  
**3451 Voght Street, Merritt V1K 1C6**  
<https://www.merrithospice.org>  
**250.280.1701**

**Nicola Valley Health Care Endowment Foundation**

Enhancing Health Care in Nicola Valley since 1984 <https://nvhcef.com/donations>  
**PO Box 1423, Merritt, BC V1K 1B8**  
**250.315.1832**

**Royal Inland Hospital Foundation**

Enhanced Healthcare, Healthy Communities  
<https://www.rihfoundation.ca>  
**311 Columbia St., Kamloops V2C 2T1**  
**250.314.2325**  
*See our ad and article on pages 14, 15*

**Terry Fox Foundation, The**

Working together to outrun cancer  
<https://terryfox.org/ways-to-give>  
**150-8960 University High Street**  
**Burnaby, BC V5A 4Y6 1.877.363.2467**

**Thompson Nicola Cariboo United Way**

A healthy, caring, inclusive community  
<https://uwbc.ca>  
**286 Tranquille Rd., Kamloops V2B 3G3**  
**250.372.9933**

**Thompson Rivers University Foundation**

Provides funds for the financial support of TRU students, TRU programs & projects.  
<https://tru.ca/foundation.html>  
**805 TRU Way, Clock Tower Bldg., Lower**  
**250.828.5264**

**Variety-the Children's Charity**

Learn how to leave a legacy gift to Variety  
<https://www.variety.bc.ca>  
**4300 Still Creek Drive**  
**Burnaby, BC V5C 6C6 604.268.3886**  
**Toll Free: 310-KIDS (5437)**

### The War Amps

Committed to improving the quality of life for Canadian amputees, including children in the Child Amputee (CHAMP) program

<https://www.waramps.ca>

2827 Riverside Dr., Ottawa, ON K1V 0C4  
1.800.250.3030

See our ad and article on page 19

## 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 website for course calendar Mon-Fri 9am-4pm. Closed 12-1pm

<https://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>

c/o Henry Grube Education Centre  
245 Kitchener Crescent, Kamloops  
250.319.9653 Outreach Coordinator

### Nicola Valley Institute of Technology

BC's Indigenous Public Post-Secondary Institute

<https://www.nvit.ca>

4155 Belshaw Street, Merritt  
250.378.3300  
1.877.682.3300



  
**Forever Guardian**  
*your legacy of love*

**Your everlasting love will  
always protect them.**

**Thoughtfully planning your legacy is a special opportunity to be there for animals in need.** Contact us today to learn more about how you can leave a gift in your Will.

Charitable Number: 11881 9036 RR0001

**BCSPCA**  
SPEAKING FOR ANIMALS

Clayton Norbury  
cnorbury@spca.bc.ca  
1.855.622.7722 ext. 6059

**foreverguardian.ca**



**ONE TO ONE Children's Literacy Program**

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

[one2one.kamloops@gmail.com](mailto:one2one.kamloops@gmail.com)

**250.573.1785**

See our article on page 21

**St. John Ambulance**

Courses & Training, CPR and First Aid.

See web for Online Training Programs

<https://bc.sjatraining.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 website for programs and details

<https://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

<https://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

<https://www.tnrl.ca>

Secwepemctsin Resources for Adults

<https://www.tnrl.ca/using-the-library/learning-guides/secwepemctsin-resources/>

**100-465 Victoria Street, Kamloops**

**250.372.5145**

**Meal & Food Programs****CSI Kamloops**

**Take & Bake Meals** - Entrees, Soups, Desserts. Single portions starting at \$4.00. Pick up at two locations

<https://www.csikamloops.ca/takeandbake.htm>

• **25-700 Tranquille Road**

Northhills Shopping Centre

**250.554.4145**

• **CSI Sunrise on Sixth**

**167 6 Avenue**

See our ad on page 7, 18

**Kamloops Food Bank**

Sharing Food. Feeding Hope.

Strengthening community. You can donate at bins at local grocery stores - check website for client services, hours and requirements. Ways to Get Involved:

Volunteer, Donate, Host and Event - see website for details. We believe in a Hunger-Free Community

<https://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**

<https://www.interiorcommunityservices.bc.ca/programs/food-security>

[www.kamloopscares.ca](http://www.kamloopscares.ca) - register here

• **Community Meals** Dine-in service, Monday & Thursday noon to 1pm

• **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**



## 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  
<https://disabilityalliancebc.org/programs/>  
**1.800.663.1278** Mon-Fri 8:30am-4:30pm

### Better at Home

United Way helping seniors remain independent  
<https://betterathome.ca>

- Logan Lake Wellness Health & Youth  
<https://www.loganlakewhy.ca/better-at-home>  
**1 Opal Drive, Logan Lake**  
**250.320.3676** Amanda Mon-Thur 8-4
- Interior Community Services  
<https://www.interiorcommunityservices.bc.ca/programs/seniors>  
**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  
<https://cangogrannies.weebly.com/>  
 Membership-Nancy [njkillick@hotmail.com](mailto:njkillick@hotmail.com)  
 See our article on page 26

### 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  
<https://www.kamloops.ca/seniors>  
**910 McGill Road**  
**250.828.3582** See our ad on page 65

### 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** Office M-F 9-4  
**250.374.2119** Walk-Ins, scheduled meetings

### Emergency Management BC

Advisories of active emergencies, disaster readiness and recovery, fire safety and death investigation  
<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery>  
**1.800.663.3456** report disaster/emergency

### Gamblers Anonymous

A fellowship of men and women who share their experience, strength and hope. Open meeting every Mon 7-8 pm. Desert Garden boardroom (far right door)  
**554 Seymour Street**  
<https://www.gabc.ca/kamloops-monday>  
**1.855.222.5542**



## Not sure what goes where?

Check the Waste Wise app to search for items, or test your sorting knowledge with our Recycle it Right game!



Visit [Kamloops.ca/WasteWise](https://Kamloops.ca/WasteWise)

**Gardengate Horticulture Program**

Promotes healthy eating and active living for persons with addictions, mental health conditions.. Workshops. Volunteer opportunities. Managed by Open Door Group <https://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 <https://www.kbia.ca>

**408 Victoria Street**

**250.372.1799**

**Kamloops Sexual Assault Counselling Centre.**

Community-based victim services, Counselling services for all ages <https://www.ksacc.ca>

- **601-235 First Avenue, Kamloops**

**250.372.0179** M-F 8:30-4:30, closed 12 noon to 1 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 <https://inclusionkamloops.ca>

**521 Seymour Street**

**250.374.3245** Mon-Fri 9am-3pm

- 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 CCB**

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

<https://www.facebook.com/whitecaneclub4U>

**250.376.4900** Linda

**United Empire Loyalists**

Organization promoting Canadian history. Thompson-Okanagan branch. Monthly meetings <https://uelac-thompsonokanagan.com>

**250.469.8348** call for info - Marie

**250.838.9652** President Sandra Farynuik

**VictimLink BC**

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

email: [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.ca)

<https://alpha.gov.bc.ca> Search for

VictimLink BC

**1.800.563.0808** 24/7 Call or text

**Volunteer Kamloops**

Engaging a Community that Volunteers

<https://www.volunteerkamloops.org>

**109 Victoria Street**

**250.372.8313** Mon-Fri 8:30am-4:30pm

**Resource Centres****ASK Wellness Society**

Provide outreach, housing, education, employment, emotional support services for the marginalized, persons at risk

<https://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, Socialization, Take & Bake Meals <https://www.csikamloops.ca>

- **CSI Information Centre**

**25-700 Tranquille Road**

**250.554.4145**

*See our ad on page 18*

*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

<https://www.facebook.com/anavets290/>

**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

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

**1.800.663.1441** Alcohol & Drug Info

**310.6789** Toll Free Support Line 24/7

### BC OAPO

Old Age Pensioner Organization

Celebrating 91 years serving seniors' issues

<https://bcoapo.ca>

• Savona Branch #129

**250.373.2555** Yvonne

• 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)

**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

<https://www.clothingdonations.ca>

**1.800.404.4483** Call for free home pick-up/general enquiries

### CARP A New Vision of Aging

Canada's largest advocacy association promoting equitable access to health care, financial security, freedom from ageism

<https://www.carp.ca>

**1.833.211.2277** Mon-Fri 8am-5pm ET

### Canadian Blood Services

Provides lifesaving products & services in transfusion & transplantation, safeguard life essentials in blood, plasma, stem cells, and organ tissues. Click on 'Book Now' to find a location near you

<https://www.blood.ca>

**1.888.236.6283**

### Canadian Mental Health Association

Strives to promote mentally healthy people in a healthy society

<https://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

<https://www.csikamloops.ca>

• **CSI Information Centre**

**25-700 Tranquille Road**

Northhills Shopping Centre

**250.554.4145**

See our ads on pages 7, 18

### Community Living BC

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

<https://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

<https://coscobc.org>

**604.630.4201** Leslie Gaudet, President

• **Health & Wellness Workshops**

45-60 minute workshops available free of charge to any seniors group -10 or more

<https://seniorshelpingseniors.ca>

**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 **250.851.6089** Marilyn

**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  
**2187A Coutlee Avenue 250.378.9676**  
<https://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

**125 Palm Street** <https://kafs.ca>  
**250.376.1296** or **250.376.1617**

- **Urban Aboriginal Health Centre**  
**201-376 Tranquille Road, Kamloops**  
**250.376.1991**

**Kamloops Immigrant Services**

Your journey has brought you here and we welcome you. Together We're Better!

<https://immigrantservices.ca>

**448 Tranquille Road**  
**778.470.6101 1.866.672.0855**

*See our ad and article on page 24*

**Mothers Against Drunk Driving**

No alcohol. No drugs. No victims.

<https://www.madd.ca>

- West. Region Chapter Services Manager  
**1.877.676.6233** Tracy Crawford
- **MADD Kamloops**  
<https://maddchapters.ca/kamloops>  
**1.800.676.6233** Victim Support Line  
**Stop Impaired Driving!**

**The Mustard Seed****Kamloops Wellness Centre**

Bringing hope to the hungry, hurting and homeless since 1980. Tax Clinic, Advocacy, Healthcare Supports, Foot Care Housing, Seniors, Addiction Supports  
<https://theseed.ca/services/kamloopswc>

**181 West Victoria Street**

**250.372.9898** Mon-Fri 8:30am-4:30pm  
**1.833.448.4673**

- **Thrift Shop, 342 Seymour St.**  
**250.372.2273** Mon-Fri 9:30am-5pm

**People in Motion**

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

<https://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...

<https://legionbcyukon.ca/find-a-legion-branch/>

- **Kamloops Branch 52**

<https://www.kamloopslegion.com>

**425 Lansdowne Street**

**250.374.1742**

*See our article & ad on page 29*

**The Salvation Army Kamloops Church & Resource Centre**

- Sunday Services 10:30am. Weekly discipleships & fellowship programming
- Emergency food/financial assistance and client advocacy
- Grab and Go bread and sweets
- Community Response Unit (food truck) serving in the community weekly

For updates and more information, visit

[www.kamloopssalvationarmy.ca](http://www.kamloopssalvationarmy.ca)

<https://Facebook.com/kamloopssalvationarmy/>

Admin. and Community Ministries hours:

Monday-Friday 9am-4pm, closed at lunch

**344 Poplar Street**

**250.554.1611**

## Support Groups / Self Help

### Al-Anon Family Groups

Help and Hope for families and friends of alcoholics. See website for area meetings  
<https://www.bcyukon-al-anon.org>  
**1.800.727.7710** Kamloops & District Info

### Alcoholics Anonymous

Assistance, information and fellowship for those with alcohol related problems  
 See website for meeting information throughout the Thompson Nicola region  
<https://bcyukonaa.org>  
<http://district62aa.org>  
**1.800.727.7710** Kamloops & District Info

### 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  
<https://alzheimer.ca>  
 Alzheimer Resource Centre  
**405-235 1st Avenue, Kamloops**  
**250.377.8200** M-F 8:30am-4:30pm  
**1.800.886.6946** In-person, online services  
**1.800.936.6033** First Link Dementia Helpline, Monday to Friday 9am to 8pm

### Anxiety Canada

Mission is to reduce the barrier of anxiety so you can live the life you want  
<https://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 information  
<https://bccrns.ca>

### BC Lung Foundation

Better Breathers is now COPD & Asthma Community. For meeting info, send an email to [betterbreathers@bc.lung.ca](mailto:betterbreathers@bc.lung.ca)  
<https://bclung.ca/peer-support>  
**1.800.665.5864**

### BC Responsible & Problem Gambling

When gambling isn't fun anymore, help is available 24/7. Call 24 hour Helpline **1.888.795.6111**. See web for individual, confidential, and/or group counselling for problem gamblers, their families  
<https://www.bcreponsiblegambling.ca>

### BC Schizophrenia Society

Family Support Group meetings 4th Monday of the month, Kamloops and area  
<https://www.bcscs.org>  
**250.571.6955** call Rosanne to register or email: [thompsonnicola@bcscs.org](mailto:thompsonnicola@bcscs.org)

### 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  
<https://tcfcanada.net>  
**250.374.6030**  
**250.675.3793** Salmon Arm  
**250.308.5584** Vernon, Shuswap

### Kamloops Parkinson's Support Group

Meets 3rd Wed of each month 1-2:30pm  
<https://www.parkinson.bc.ca/resources-services/support-groups/>  
**1.800.668.3330** Meeting details

### Kidney Foundation of Canada, The

Emotional support and resources to help people live well with kidney disease. To make a request for Peer Support, call **1.866.390.7337** Program Coordinator  
<https://kidney.ca/>

### Mood Disorder Association of BC

Self-help support & education for people with depression, bipolar disorder, other mental illness, and their families. Check website for Interior Support Groups  
<https://mdabc.net>  
**604.873.0103** Mon-Fri 9am-4:30pm

### Narcotics Anonymous

Self-help, support, information for those recovering from a drug problem. See website for area meeting information  
<https://www.bcrna.ca>  
**1.855.349.2722** Kamloops Area Help Line

**Prostate Cancer Foundation BC**

Kamloops Prostate Cancer Support & Awareness Group monthly meeting

**250.376.4011** Larry Reynolds

<https://prostatecancersupport.ca/support-groups/>

**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.

<https://quitnow.ca>

**1.877.455.2233** Get Help Now

**Stroke Recovery Association of BC**

After Stroke BC is here to support you and your family. We will work with you to understand your needs and goals and connect you to the people, resources and services in your community. The Kamloops In-Person Stroke Recovery Programs runs 10am-12 noon each Wednesday. To speak with an After Stroke Coordinator or to register for our programs, send an email to [afterstrokebc@marchofdimes.ca](mailto:afterstrokebc@marchofdimes.ca) or call us at

**1.888.313.3377** ext. 6201

See our article on page 30

**Self-Management BC**

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

<https://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 website for information on intervention and support services

<https://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](http://www2.gov.bc.ca) Search: Bus Pass Program

**1.866.866.0800** Mon-Fri 9am-4pm - choose option 2, then option 1

**Canadian Cancer Society  
Wheels of Hope Program**

Connects people who need transportation to cancer treatments with volunteer drivers. Call an information specialist at

**1.888.939.3333**

<https://cancer.ca/en/living-with-cancer/how-we-can-help/transportation>

**Ebus**

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

<https://www.myebus.ca>

**1.877.769.3287**

**Disability Parking Permits****• People in Motion**

Temporary and permanent permits

<https://www.peopleinmotion.org>

**182B Tranquille Road**

**250.376.7878** Mon-Thur 9am-3:30pm

**• SPARC BC**

Parking permits for people with disabilities

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

**1.888.718.7794** Mon-Fri 9am-4:30p

**Gizeh Shriners of BC & Yukon**

Shriners Care For Kids

For BC children requiring specialized procedures, accommodation, transportation, associated medical treatment. See website for details

<https://www.bcshriners.com>

**1.800.661.5437** Mon-Fri 9:30am-2pm

**Regional Transit System**

Transit and handyDART information, Taxi Saver & Supplement Programs

<https://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 8-4:30pm

**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-Sat 7am-10pm, Sunday 9 to noon, 12:30-3:30pm

- **Health Connections**

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

<https://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 website for eligibility

<https://www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc>

**1.800.661.2668** Automated service 24/7

**1.800.663.7100** Health Insurance BC

**VIA Rail Canada**

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

<https://www.viarail.ca>

**1.888.842.7245**      **1.800.268.9503** TTY

**Web Resources****bc211 - United Way British Columbia**

Information and referral services for community and government programs, including 211, VictimLink, Responsible and Problem Gambling Program

<https://bc211.ca>

*continued...*

**Dial or Text 2-1-1 Support Services**

**604.875.6431** Mon-Fri 8:30am-4:30pm

**BC Transplant**

With compassion, collaboration and innovation, we will save lives and offer hope through organ donation, transplant and research. Online registration. Kidney & Liver programs. Register your decision - one organ donor can save up to eight lives

[www.transplant.bc.ca](http://www.transplant.bc.ca)

**1.800.663.6189** for more information

**Great Senior Living**

Living Options, Health & Wellness, numerous articles on abundance of topics. Making fitness a part of your daily routine. Recommended guidelines for exercise for seniors, types of senior exercise including balance, endurance, flexibility, more

<https://www.greatseniorliving.com/health-wellness/senior-exercise>

**Seniors BC**

A website 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.

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors>

**Seniors Canada**

Stay Active, Engaged, Informed. Find information for seniors, their families, their caregivers and supporting service organizations on federal, provincial, and some municipal government benefits and services. <https://www.canada.ca> Search for Programs and Services for Seniors



*Ask not what you can do  
for your country.  
Ask, what's for lunch?*



**Orson Welles**



# Government

## Municipal, Regional

### City of Kamloops

Canada's Tournament Capital  
<https://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**

### **City of Kamloops: Seniors Services**

Our site provides access to a variety of seniors' services, resources & events. Links to Activity Guide, Community Associations, Yard Waste Pick-up and Snow Angels programs. Dog Licenses  
<https://www.kamloops.ca/our-community/seniors>  
**910 McGill Road 250.828.3582**

### **City of Kamloops Recycling, Organics**

See our ads & article on pages 8-11, 73  
[Kamloops.ca/WasteWise](http://Kamloops.ca/WasteWise)

### **Kamloops Fire Rescue**

Proudly serving Kamloops since 1884  
<https://www.kamloops.ca/public-safety/kamloops-fire-rescue>  
**1205 Summit Drive 250.372.5131**  
**Emergency Calls Only 9-1-1**

### **Tournament Capital Centre**

Recreation Services. Register for courses in Active Living, Aquatics, Cooking, Dancing, Fitness in Motion, Gardening & Landscapes, Yoga and much more. Search/register online...  
<https://www.kamloops.ca/recreation>  
**910 McGill Road kamloops.ca/tcc**  
**250.828.3500 See our ad on page 65**

### City of Merritt

Flourish Under the Sun  
<https://www.merritt.ca>  
**2185 Voght Street, Merritt**  
**250.378.4224 Tue-Fri 8am-5:45pm**

### District of Barriere

A Beautiful Place to Call Home  
<https://www.barriere.ca>  
**4936 Barriere Town Road, Barriere**  
**250.672.9751 M-F 8:30am-4:30pm**

### District of Clearwater

Adventure Starts Here  
<https://www.districtofclearwater.com>  
**209 Dutch Lake Road, Clearwater**  
**250.674.2257 Mon-Fri 8:30am-4:30pm**  
**250.674.3015 After Hour Emergencies**

### District of Logan Lake

Discover our Nature <https://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  
<https://www.facebook.com/oneofcanadasoldest>  
<https://falkland-bc.ca/our-community/community-organizations/>

### Village of Ashcroft

Wellness Awaits You <https://ashcroftbc.ca>  
**601 Bancroft Street 250.453.9161**

### Village of Cache Creek

<https://cachecreek.ca>  
**1389 Quartz Road, Cache Creek**  
**250.457.6237 Mon-Fri 8:30am-4:30pm**



**Village of Chase**

A Shuswap Experience

<https://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](http://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** Mon-Fri 8:30am-4pm**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 website for details  
<https://www.tnrd.ca>**300-465 Victoria Street, Kamloops****250.377.8673** Mon-Fri 8:30am-4:30pm**1.877.377.8673***See our ad on page 13. See our article 'Why Should You Compost?' on page 12***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  
<https://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**<https://www.adamslakeband.org>**6453 Hillcrest Road, Chase****250.679.8841** M-F 8am-noon, 1-4:30pm**• Bonaparte First Nation**<https://www.bonapartefirstnation.ca>**2689A Sage Hill Road, Cache Creek****250.457.9624** Mon-Fri 8am-4pm**• Neskonlith Indian Band**<https://neskonlith.net>**743 Chief Neskonlith Drive, Chase****250.679.3295****• Simpcw First Nation**

People of the Rivers

<https://www.simpcw.com>**7555 Dunn Lake Road, Barriere****250.672.9995** M-F 8-4 **1.800.678.1129****• Skeetchestn Indian Band**[www.skeetchestn.ca](http://www.skeetchestn.ca)**330 Main Drive, Savona****250.373.2493****1.866.373.2493****• Tk'emlups (Kamloops) Indian Band**

Inform. Impact. Inspire.

<https://tkemlups.ca>**200-330 Chief Alex Thomas Way****250.828.9700****• Whispering Pines/Clinton Indian Band**<https://www.wpcib.com>**615 Whispering Pines Dr., Kamloops****250.579.5772****Little Shuswap Lake Indian Band, The**<https://www.lslb.ca>**1886 Little Shuswap Lake Rd., Chase****250.679.3203** M-Th 8:30-4:30 Fri 8-3**Scw'exmx Tribal Council**Communities located in the Nicola Valley  
<https://www.scwexmxtribal.com>**2090 Coutlee Ave., Merritt****250.378.4235****• Coldwater Indian Band**<https://www.coldwaterband.com>**2249 Quilchena Avenue, Merritt****250.378.6174****• Nooaitch Indian Band**<https://www.facebook.com/nooaitchindianband>**2954 Shackelly Road, Merritt****250.378.6141****• Shackan Indian Band**<https://www.shackan.ca>**2099 Granite Avenue, Merritt****250.378.5410** M-F 8:30-noon, 1-4:30

- **Upper Nicola Band**  
<https://uppernicola.com>  
**2225 Village Road, Douglas Lake**  
**250.350.3342** Mon-Fri 8am-4:30pm
  - **Lower Nicola Indian Band**  
<https://www.lnib.net>  
**181 Nawishaskin Lane, Merritt**  
**250.378.5157**      **1.888.447.1744**
- Nlaka'pamux Nation Tribal Council**  
[www.nntc.ca](http://www.nntc.ca)  
**1632 St. Georges Road, Lytton**  
**250.455.2711**      **1.866.455.2711**
- **Oregon Jack Creek Band, Ashcroft**  
<https://bcafn.ca>

## 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](http://www2.gov.bc.ca/gov/content/environment/air-land-water/air)  
**1.887.952.7277** RAPP Line 24/7 - Report All Polluters and Poachers  
<https://alpha.gov.bc.ca> Search 'Poachers'

### 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  
<https://www2.gov.bc.ca/> Search for Climate Change  
**1.800.663.7867** Service BC

### Forest Fire Reporting BC Wildfire Service

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

<https://www2.gov.bc.ca/gov/content/safety/wildfire-status>  
**1.800.663.5555** Report a wildfire  
**\*5555** Toll Free on most cell networks

### 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. Subscribe to newsletter  
[www.seniorsadvocatebc.ca/reports/](http://www.seniorsadvocatebc.ca/reports/)

### Members of Legislative Assembly

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

#### • Fraser-Nicola

##### Jackie Tegart, MLA

[Jackie.Tegart.mla@leg.bc.ca](mailto: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](mailto: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](mailto:Todd.Stone.mla@leg.bc.ca)

##### 446 Victoria Street, Kamloops

**250.374.2880**

**1.855.474.2880**

### Ombusperson, 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  
<https://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](http://www.servicebc.gov.bc.ca)      *continued...*

- 1.800.663.7867** Mon-Fri 7:30am-5pm
- **250-455 Columbia Street, Kamloops**  
**250.828.4540** M-F 9am-4:30pm
  - **318 Railway Avenue, Ashcroft**  
**250.453.2412** M-W-T-F 9-noon. 1:15-4:30
  - **2194 Coutlee Avenue, Merritt**  
**250.378.9343** M-F 9-noon, 1-4:30pm
  - **Vital Statistics Agency**  
Birth Registration/Certificate, Adoption, Death, Marriage license, Legal changes of Name, wills, registry information.  
<https://www2.gov.bc.ca/gov/content/life-events>  
**305-478 Bernard Avenue, Kelowna**  
**250.861.7500** Mon-Fri 9am-4:30pm  
**1.888.876.1633**

## 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](http://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 ET, Sat/Sun/Stats 10-6 ET  
<https://www.cbsa-asfc.gc.ca> 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 5:30am to 2pm PT  
[www.canada.ca/en/canadian-heritage.html](http://www.canada.ca/en/canadian-heritage.html)  
**1.866.811.0055** M-F 5:30am-2pm PT  
**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](http://www.SeniorsBC.ca).



### Todd Stone

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

📞 **250.374.2880**

Toll Free: 1.855.474.2880

[Todd.Stone.MLA@leg.bc.ca](mailto:Todd.Stone.MLA@leg.bc.ca)

📘 @ToddGStone/

### Peter Milobar

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

📞 **250.554.5413**

Toll Free: 1.888.299.0805

[Peter.Milobar.MLA@leg.bc.ca](mailto:Peter.Milobar.MLA@leg.bc.ca)

📘 @PeterMilobarKNT/

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

<https://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

<https://www.canada.ca/en/services.html>

**1.888.242.2100**

### Income Security Programs

Canada Pension Plan, Old Age Security, Guaranteed Income Supplement

<https://www2.gov.bc.ca> > Search for 'Income & Security Programs'

**1.800.277.9914**

**1.800.255.4786** TTY

### Indigenous Services Canada

#### • Crown-Indigenous Relations

#### • Northern Affairs Canada

Arts, Culture, Heritage. Acts, Agreements, Treaties/Land Claims, Benefits & Rights, Education, Employment, Social programs, Infrastructure and Housing, and more...

<https://www.canada.ca/en/indigenous-northern-affairs.html>

**1.800.567.9604**

**1.866.553.0554** TTY

### Parks Canada

National parks protect representative natural areas of Canadian significance for public understanding, appreciation and enjoyment. Travel tips & ideas. Pet friendly places to stay, etc.

<https://www.pc.gc.ca>

**1.888.773.8888** Information Services

**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](http://www.danalbas.com)

**2562-B Main Street**

**West Kelowna V4T 2N5**

**1.800.665.8711**

#### • Frank Caputo, MP

**Kamloops-Thompson-Cariboo**

<https://frankcaputo.ca>

**6-275 Seymour Street**

**Kamloops V2C 2E7**

**250.851.4991**

### 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

# 2023-24

## OLD AGE SECURITY & CANADA PENSION CHEQUE DATES

■ Jun. 28, 2023

■ Sep. 28, 2023

■ Dec. 20, 2023

■ Mar. 27, 2024

■ Jul. 27, 2023

■ Oct. 27, 2023

■ Jan. 29, 2024

■ Apr. 26, 2024

■ Aug. 29, 2023

■ Nov. 28, 2023

■ Feb. 27, 2024

■ May 29, 2024

### 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.

- Service Canada  
**106-471 Queensway, Kelowna**  
 8:30am-4pm Mon-Fri. English, French  
<https://www.canada.ca/passport>

**Service Canada**

Check website 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  
<https://www.canada.ca> Search for Service Canada

- **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. Website 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  
<https://www.veterans.gc.ca>

**313-471 Queensway Avenue, Kelowna**  
**1.866.522.2122** Mon-Fri 8:30-4:30

*continued...*

- 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  
<https://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 - Plan Your Trip**

<https://www.hellobc.com/plan-your-trip/climate-weather>

- **Hello Weather** Weather Information  
 Local conditions, forecast, air quality  
**1.833.794.3556** Enter Code **08045** for Kamloops weather information



## FRANK CAPUTO MP

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Kamloops  
6 - 275 Seymour St.  
Kamloops, BC  
V2C 2E7  
250-851-4991

100 Mile House:  
118- 475 Birch Ave.  
100 Mile House, BC  
V0K 2E0  
250-395-4381

 @frankcaputoktc

 @frankcaputoktc

 frankcaputomp.ca

 frank.caputo@parl.gc.ca

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**KIPP-MALLERY**  
PHARMACY



## We offer these valuable services to our Seniors!

- Free Prescription Delivery
- Vaccination Services
- Custom Professional Compounding
- Medication Advice and Reviews
- FREE Custom Medication Packaging- including Spencer
- Travel Clinic Services, Vaccinations
- Blood Pressure Monitoring
- Compression Stockings & Fittings
- Certified Diabetic Educators
- Phone, Online, Text & Mobile Refills



We have eight pharmacists on staff to assist you with your prescription needs as well as certified stocking fitters and a certified mastectomy fitter.

We have a wide range of clinical, compounding and prescription services, as well as a comprehensive Home Health Care department to assist you.

For those who are in need of a doctor, we have an iMedicine Patient studio in-store at our Landmark location.



## 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](http://www.kippmallery.ca)

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**FOR INFORMATION CALL 250-377-7275**



**BERWICK**  
ON THE PARK  
RETIREMENT COMMUNITY



[BerwickRetirement.com](http://BerwickRetirement.com)

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QUALICUM BEACH | VICTORIA: GORDON HEAD & ROYAL OAK

