

Community Guide
to Better Living

2024

Experience™

50+
Living



Projection
of
Kelowna
2030

Central Okanagan

Kelowna, West Kelowna
Lake Country, Peachland

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WORKING HARD


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We are committed to promoting healthy, active aging for seniors in British Columbia. For information and resources needed to make good decisions on seniors' health, well-being and care, visit the SeniorsBC website: www.SeniorsBC.ca.




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Greetings

from the
Mayor of City of Kelowna



Kelowna is a wonderful place to visit and an even better place to call home.

Our city is the hub of the Central Okanagan region, with an international airport for easy access to the world outside our valley, along with top-tier institutions such as the University of British Columbia Okanagan, Okanagan College and Kelowna General Hospital.

Our well-diversified local economy makes us the centre of commerce and business for the B.C. Interior.

The City of Kelowna has invested significantly in creating beautiful parks, recreation facilities, beaches and lakefront pathways that provide cyclists and pedestrians with many ways to enjoy our spectacular scenery in an active way.

Our proximity to nature, combined with modern urban infrastructure, continue to attract people who could choose to live anywhere. But they choose Kelowna because it has everything they want in a fully urbanized city, with the bonus of convenient getaways to our beautiful natural areas.

Kelowna's natural charms and socially inclusive community have made us one of the fastest growing cities in Canada with residents who want to live in a vibrant, well-run city. Our vision for the future ensures we will continue to be a community of choice for many years to come.

To learn more about our great city, visit kelowna.ca.

Mayor Tom Dyas



Experience

Central Okanagan

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Front page photo file
by Eric MacMillan.
See page 24

WE ARE GREEN!

Experience 50+ Living, is printed on recycled paper. with vegetable-based inks.





Breakfast and Lunch

PROUDLY  CANADIAN



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Dining room only. With the purchase of a \$14 meal or more. Present this coupon before ordering. One coupon per customer, per visit. May not be combined with any other offer and has no monetary value. Offer valid until December 31, 2023, only at the Cora restaurant located at Orchard Park Shopping Centre 530-2271 Harvey Avenue, Kelowna. No reproductions will be accepted.



530—2271 Harvey Avenue
Kelowna



CODE 101

CURBSIDE COLLECTION SAFETY TIPS



You may not think much about what happens to your garbage, recycling or yard waste once you place it at the curb for pick up on your collection day. The thing is, it takes a lot of dedicated staff to make sure your waste ends up safely disposed at its final destination. Behind your pick-up is a team of dedicated collection vehicle drivers. At the recycling facility, there are a vast squad of workers standing along the sort line, and at the landfill there are staff directing trucks, moving material and running heavy equipment. All materials placed at the curb come into contact with a great deal of waste personnel and equipment. That's why it's so important for all of us to do our part to help make waste collection worker jobs safer and easier by following some of these basic steps:

- **Always properly dispose of household hazardous waste.** Propane cylinders/tanks, batteries, fluorescent light bulbs/tubes, electronics, and chemicals are all considered hazardous materials and should never be disposed of in your recycling, garbage, or yard waste carts. Hazardous materials pose a serious safety risk to collection staff, collection vehicles, and disposal facilities and can cause fires at the landfill and recycling sorting facility. There are many options to safely dispose of hazardous materials in the region.
- **No needles.** Never put needles in your blue recycling cart or in your garbage cart. Place needles in a puncture proof, sealable plastic or metal container and drop off at a participating pharmacy, or designated needle drop off location.

- **Face masks and gloves cannot be recycled.**

Household medical waste (medical and first aid supplies including face masks and gloves) should be double bagged in plastic, tied, and placed in the garbage, never in your recycling cart.

- **Keep it light.** 120 L garbage carts should not be heavier than 50 kg, 240 L yard waste or recycling cart must not weigh more than 100 kg. Large 360 L carts should be kept under 113 kg. All material should fit into the cart and should not be packed so tight that it does not release easily.

- **Park off the street.** If possible, park vehicles off the street on your waste collection day. If you are unable to move your vehicle off the street, ensure your vehicle is at least 1 m (3 ft) away from any waste containers set out for collection. This ensures collection vehicles can easily tip your cart without running the risk of damage to your vehicle or the collection truck.

- **Rinse recyclables.** Recyclable containers that have food residue smell, grow mold and invite pests and rodents to not only your recycling cart but to the recycling sorting facility. Please give food containers a quick rinse before putting them into your recycling.

It is important to know how to sort your materials and determine what goes where in order to avoid contaminating any of the waste streams, garbage, recycling or yard waste. When in doubt about materials accepted in your curbside carts, you are encouraged to download the free Recycle Coach app, visit rdco.com/recycle, or call the Regional Waste Reduction Office at 250.469.6250.



Recycling Guide

A Message from the Regional Waste Reduction Office

Good News! More items are now accepted for recycling.

What Goes in Your Recycling Cart – Put these items loose in your cart, do not bag them

To the curb by 7am

NO PLASTIC BAGS ALLOWED



Paper, envelopes, magazines, catalogues, paper bags



Cardboard and boxboard boxes



Shredded paper (put in paper bag or box and add to your cart)



NEW

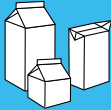
Single use items such as plastic straws, plastic cutlery, paper party decor, paper plates



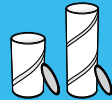
Paper and plastic drink cups and lids



Plastic packaging & food containers



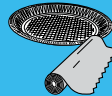
Non beverage Gable-top and Tetra Pak cartons



Spiral-wound cans for chips, juice etc.



Frozen dessert boxes



Foil wrap, containers and plates



Metal cans and lids (with labels)



Empty aerosol cans (no paints, chemicals)



Plastic clamshells and trays

Recycle at Depot Only – Do NOT put these items in your recycling cart, take them to a Depot for recycling only



Styrofoam containers, trays, packaging



Flexible Plastics: Plastic bags, overwrap, chip bags and snack wrappers, zipper bags and pouches, mesh bags, bubble wrap, **NEW** squishy foam packaging and more



Non-refundable glass jars and bottles

What Stays Out of Your Recycling Cart – Leave these items out



NO Garbage



NO Hazardous Waste
Take to a Recycling Depot



NO electronics, appliances
Take to a Recycling Depot



NO soft or hard cover books
Donate to charity



NO hard plastic toys
Donate to charity



NO Tupperware containers
Donate to charity



NO clothes, textiles
Donate to charity



Regional Waste Reduction Office
250.469.6250 rdco.com/recycle
or download the Recycle Coach App

Scan Me for info!



Ebikes – A Short Explanation...

We have a lot going for us here in the Okanagan when it comes to cycling. We have a long bike riding season and a great cycling infrastructure for all types of riding – commuting, recreation, road and mountain biking. We also have an above-average active population but those large hills and mountains surrounding us can sometimes be a challenge.



recovering from various injuries were now often able to ride an ebike to better assist them in their recovery.

Ebikes come with different strengths of motor torque (measured in newton-meters) and different capacity of lithium ion batteries (measured in watt-hours).

The higher the torque, the

more power you have for those hills. Focussing on the wattage of the motor is not an accurate measurement of torque. Depending on the bike, torque can range from as low as 35nM to as high as 85nM. The larger the battery capacity, the further you can ride before having to recharge the battery. Battery capacity typically ranges from a low of 400Wh to over 800Wh.

Now, those Okanagan hills aren't so daunting. Instead of putting their bikes onto a car rack and driving down to the valley to ride, the ebike riders can now ride down and back UP those hills – often riding more than ever before. People who hadn't jumped on a bike in years were now considering an ebike.

Just a heads up though, ebikes are going to be more expensive than the equivalent non-ebike - but keep in mind that you get what you pay for.

Ebikes will also be heavier and require a heavy duty bike rack to transport them with your car.

But no matter what your lifestyle or fitness level is, there is an ebike to suit you. The best way to determine which one to buy is to take a few for a test ride and determine which one is best suited for you and your needs.

But you better be ready.... to fall in love with them!

Garry Norkum
Cyclepath Kelowna Inc.

Then along came ebikes.....

They've been around for quite a few years as add-on kits and with either a rear hub drive motor or a front hub drive motor. Ebikes have been extremely popular in Europe for quite some time. It didn't really takeoff in North America until the larger manufacturers (Specialized, Giant, Trek, Norco, Devinci, Rocky Mountain, Cube, the list goes on) decided to start offering mid-drive ebikes. They incorporated the motor into the lower frame keeping a lower center of gravity and improving the bike handling. The time delay between putting pressure on the pedals and the motor assisting had now disappeared and now provided the rider with instant electric assist. The rider doesn't need a throttle to get them going when starting on an incline.

Mid-drive ebikes also got sleeker looking with the battery incorporated into the bike frame.

Instead of just comfy beach cruiser style ebikes, manufacturers were now providing ebike models and styles to suit all riders, similar to the choice they would have with non-ebikes. Expanding the model selection now increased the interest in ebikes – and then the ebike craze began!

With the increase in types of ebikes available, the age of the cyclists expanded to include riders in their teens to riders over 80 years old! People





HOP ON AN E-BIKE
AND LET THE
GOOD TIMES ROLL!

Curious about e-bikes? Come on in...
Talk to one of our experts.
Test rides encouraged!



www.cyclepathkelowna.com
2169 Springfield Rd, Kelowna
(250) 868-0122



Central Okanagan Crime Stoppers is a successful, multi-award winning community-based crime solving program that makes our communities safer places to live.

Working in partnership with the general public, media, RCMP and Regional District of Central Okanagan, our area covers the communities from Oyama to Peachland.

Our mission is to offer an anonymous platform enabling the public to provide tips to the RCMP that may result in solving a crime. Phone lines and IP addresses are untraceable, allowing tipsters to disclose information while keeping their identity protected. The public's anonymity is our number one priority.

The Central Okanagan Crime Stoppers Society relies on fundraising to support community awareness and our rewards program. We pay up to \$2000 for tips that lead to charges, an arrest or recovery of stolen property and drugs. Crime Stoppers is a non-profit organization led by volunteers and an active board.

Our website offers information on our programs, including:

- Mugshots – photos of individuals currently wanted by RCMP
- Missing persons

- Hot Recs – stolen RV's, ATV's, snowmobiles, or motorcycles
- Unsolved Crimes

We assist the RCMP in promoting a healthy and safe community, such as "The 9pm Routine" where we encourage you to do daily checks of your home to ensure doors and valuables are secure.

We also provide brochures and tamper proof stickers for one of our popular programs, **Garage 529**. project529.com/garage is a mobile app for registering your bicycle's information (such as serial number & photos) in the case that it is stolen. The program ensures that all your relevant information is in one place so that you can readily forward it to the police if your bike is stolen. The app also allows you to send out an alert with a photo to other riders if your bike is taken.

Since 1986 Crime Stoppers has received over 31,000 tips, resulting in almost 3000 arrests, over \$5 million dollars worth of property recovered and almost \$89 million worth of drugs seized.

Crime Stoppers empowers regular people to fight back against crime. Anyone can submit an anonymous tip by using our tips line, and if that tip leads to an arrest the individual will receive a reward for their efforts.

We offer a toll-free line, 1-800-222-8477, for tipsters to call or they can leave an online tip via our website, www.crimestoppers.net.



**If you KNOW
something
SAY
something**

1-800-222-TIPS (8477)



Habitat for Humanity Okanagan operates four ReStores with locations in **West Kelowna, Kelowna, Penticton and Vernon**. These stores sell new and gently used items for your home and garden.








From lighting to flooring, furniture to major appliances, one of a kind antiques and everyday housewares. If you need it or want it, you might just find what you are looking for at your local ReStore and at a great price!

Habitat for Humanity Restores help keep reusable material out of the landfill and their net profits support Habitat for Humanity Okanagan's building program right here in the Okanagan. Our inventory is **100% donated** by local and corporate businesses and by individuals like you. **Donations are greatly appreciated.**

Our ReStores are a great place to volunteer! We offer individual/group opportunities and we provide all the training.

**Want to help? Email our
Volunteer Coordinator to get started!**
Courtney Clark:
comms@hfhokanagan.ca

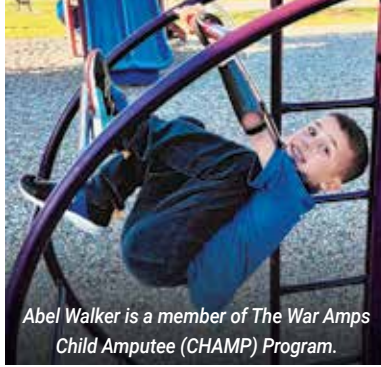
HOW TO DONATE 101

-  Clean around the house and find items you no longer use.
-  Clean the item so that the ReStore can resell it.
-  Pack up and load items into your vehicle!
-  Find your closest ReStore location on www.hfhokanagan.ca/restore and drive there
-  Unload your donations into bins provided by one of our friendly ReStore staff!
-  Ask for a tax receipt for your donation.
-  Thank you for your donation and helping us build affordable housing in the Okanagan

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 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

estedonation@waramps.ca
waramps.ca • 1 800 465-2677

Charitable Registration No.: 13196 9628 RR0001



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JUNE 14-15
2024**

FOR MORE INFO

www.seniorlivingexpo.ca
info@seniorlivingexpo.ca

250-868-8254

Show or Exhibitor Info
HAL 250-878-8864

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Regency

RETIREMENT RESORTS



CAETANI CENTRE

Vernon is yours to linger in a little longer.

Take a stroll through the historic streets of Vernon and find yourself immersed in a vibrant arts and culture scene. The galleries, theatres, historic tours, museums, and nature centres inspire the mind to wander. Head to the **Caetani Centre** and **Mackie Lake House** for guided tours to learn about Greater Vernon’s history and the characters who called them home. Take in a show at the **Powerhouse Theatre** or a ballet at the **Vernon and District Performing Arts Centre**. Every other Saturday night, September through May, you can catch live music at the **Vernon Jazz Club**. This charming venue has a vintage vibe and is located in the heart of downtown Vernon. After the show, check out Vernon’s culinary scene.



PREDATOR RIDGE

When was the last time you tried a new restaurant? Save these ideas for your next dinner date with someone special:

- Range Lounge & Grill at Predator Ridge Resort
- Gerni’s Farmhouse at Sparkling Hill Resort
- Bourbon Street Bar & Grill at the Prestige Hotel
- The Med in Downtown Vernon
- Cambium Cider Co in the BX area
- The Phoenix Steakhouse and Bar in Downtown Vernon

In the sunny centre of the North Okanagan sits the official Trails Capital of BC. Greater Vernon is home to a variety of trails for all ages and stages to enjoy.



Have you explored the **Okanagan Rail Trail** by e-bike? The Okanagan Rail Trail is accessible for everyone to enjoy the beauty of Kalamalka Lake from Coldstream to Oyama. Check out **Kalavida Surf Shop** and **Krafty Bikes** for e-bike rentals and a fun way to get outdoors.



OKANAGAN RAIL TRAIL



SWAN LAKE NATURE RESERVE

Vernon’s pristine valleys, ponds, and marshes are a premiere destination for birds and birders alike. Wander through the boardwalks at **Swan Lake Nature Reserve**, or head up to a one-of-a-kind viewpoint to spot one of 320 species of birds that call the Okanagan Valley home. Visit the **Allan Brooks Nature Centre** to learn about the animals of the area. Take time to explore the Grasslands trail with epic views of all three lakes.

Contact our Visitors Services Team to help plan your visit:

info@tourismvernon.com | 250-542-1415
tourismvernon.com

Welcome to **VERNON**

GREY CANAL TRAIL



Here, we come
alive on forest trails.

KALAMALKA LAKE



We play in turquoise lakes that
weave into rolling mountains.

DOWNTOWN VERNON



We vibe on vitality.

We raise our glasses
to apples on the trees.



CAMBIUM CIDER CO

We can't wait to welcome you to it all.
Visit tourismvernon.com for more ideas.



Sharing Your Gift of Time



The Salvation Army relies heavily on volunteers who contribute to our programs that directly benefit the community. Volunteer service is crucial in our efforts of being a source of help and hope to our neighbours in need during stressful and challenging times in their lives.

You can make a difference, right here in our community, by sharing your gift of time. Consider opportunities with The Salvation Army in Kelowna, a non-profit organization, delivering basic human needs with grace and dignity.

Volunteering your time and talents and sharing with others has a significant impact on our community and will continue to spread our "Giving Hope Today" mission. Join us in creating a ripple effect of help that will benefit individuals and families this Christmas, and all year round.

Here is a list of some of our volunteer opportunities:

Emergency Disaster service

Christmas Kettles

Special Events

Administrative Assistant

Kitchen Support

Food Reclamation

Food Bank Assistant

Driving and Delivery

Building Maintenance &/or Landscaping

Various Thrift Store Opportunities

For more information, go to kelownasalvationarmy.ca or email kelowna.volunteers@salvationarmy.ca

You never know what treasures you'll find!

Come and explore, our stock changes daily!



We offer a wide variety of goods ranging from clothing to housewares to nick knacks & books!

We value our seniors and offer those 60 and over a **10% discount** every day!



Giving Hope Today

The Salvation Army Thrift Store in Kelowna is located at 200 Rutland Rd. S. Our hours of operation are Monday – Saturday from 10:00 am – 5:00 pm



WHAT DO WE DO?

WELL, TO PUT IT SHORT. EVERYTHING

Rest Easy Liquidators was developed to assist homeowners, in optimizing their estate to reach it's fullest potential and value. With quick liquidation auctions available, we aim to get you the most out of your assets without the hassle, yet in the shortest amount of time possible. Whether its preparing your home for the real estate market, downsizing or quick liquidation, we do it all.

OUR SERVICES



Auction Hosting



Downsizing



Renovations



Disposal Services

OUR STAFF

We have been involved in the home building industry in the Okanagan as a general contractor for 15 years. Please give us the opportunity to use our skills to provide you with the services you require.

**Contact us and
Consult Today.**

*You are in good
hands when you are
working with the best.*



250-878-1101

mark@resteasyliquidators.com
<https://resteasyestateliquidators.com>

Tai Chi is your #1 Source for your Self-Care Plan



Healthy aging and vitality is at the center of focus for the ancient art of Tai Chi. Enjoyed by millions around the world, it provides you with the formula for aging successfully:

- Whole body movement for balanced posture, strength, and flexibility
- Deep breathing and relaxation
- Connection and Community
- Body Awareness
- Clarity and Focus

For healthy and wellness, Tai Chi is a top recommendation because of its gentle, whole-body movements that relax the connective tissue in the body and release the stress signals that can hold the body tight. People with chronic illness often discover significant changes in:

- Deep sleep
- Better breathing
- Pain release
- Joint mobility
- Posture alignment
- Improved Balance
- Clarity of mind, and increased memory
- Improved digestion

- Circulation to fingers and toes
- Improved lymphatic flow and decreased swelling
- Heart health

Wine Country Tai Chi Society has a welcoming weekly program that creates a community for friendship, connection, and health revitalization. Their programs include:

- Daytime and evening classes
- Seated and standing programs, with options for all levels
- Open to adults of all ages.
- Experienced instructors and supportive educational materials
- 108 Moving Meditation Set for posture, strength, flexibility, and balance
- Sabre Set for connective tissue, whole-body integration, shoulder and chest opening
- Lok Hup Set for deeper integration of the muscle-tendon relationship, water flow, and organ systems
- Field trips and outdoor practice at the Gellatly Nut Farm in the summer
- Workshops and community events

The National Council on Aging has discovered that over 95% of adults over 60 suffer from one chronic disease, while over 80% suffer from two. These statistics are staggering. With Tai Chi supporting health recovery and rejuvenation, it is no wonder the Wine Country Tai Chi Society programs are expanding year after year as people experience the program's power to enhance their lives and health.

About the author: **Dr. Michelle Greenwell**, BA Psych, MSc CAM, Ph.D. CIH (Complementary and Integrative Health), is a guest workshop facilitator to the club who specializes in researching and empowering students with the gifts of Tai Chi. She presents internationally and in 2023 was a presenter for the Tai Chi and Qi Gong Conference for Whole Body Health at the Osher Center for Integrative Health, Harvard Medical School, and Brigham and Women's Hospital in Boston, Mass, as well as the World Congress for Tai Chi and Qi Gong honoring Master Effie Chow online.

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IMPROVE YOUR HEALTH**



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778.755.0987

winecountrytaichi@gmail.com

 Tai Chi In The Okanagan

 YouTube Tai Chi Wellness and the Seated Form



Community Can Support Your Health Goals

A huge part of a healthy lifestyle for the 50-plus community is recovery and preventative health. Kathryn recently connected with her community and found healing through the YMCA.



Choose to Move program has helped me be more conscious about my health choices. If I didn't join the program and the Y, I would probably still be sitting at home doing nothing. This program has opened my world to a large YMCA community where I am pushed,

“The past few years have been a struggle for me, and I have been dealing with many health issues, including recuperating from nine surgeries,” shares Kathryn. “I gained weight, stopped exercising, and became very isolated at home. I spoke with my doctor because I was stuck and my health wasn't improving; I wasn't losing weight, and I was feeling low. My doctor sent me to the YMCA, and the fitness coaches recommended I join the Choose to Move program.”

inspired, and motivated to improve my health, try new things, and connect with others.”

“Since I started this program in June, I have been exercising five days per week,” Kathryn explains. “I've lost weight and met a lot of amazing people who have inspired me to stick with my plan. The information I learned in the

The Y provides many specialty health programs, such as Choose to Move, specifically designed for the 50-plus community. Our health coaches will meet you where you're at and help you reach your fitness goals. The YMCA is a charity dedicated to building a healthy community and offers financially assisted memberships to those in need. If, like Kathryn, you're seeking consistent habits and people who will encourage you in your healing journey, please send an email to hello@ymcasibc.ca or call 250-491-9622 to learn more.



We're here for you.

Mingle Mondays
Personal coaching
Breathe Well
Healthy Hearts
Healthy Hips and Knees
Senior Health Assessments
Low-impact fitness options
Aquatic fitness classes



To learn more or join please give us a call at **250-491-9622**.

Locations include:

Kelowna Family YMCA
375 Hartman Road

H₂O Adventure + Fitness Centre
4075 Gordon Drive

Kelowna Downtown Y
1011-505 Doyle Ave

ymcasibc.ca

Financial assistance is always available to those in need.

Charity # 11924 0224 RR0001

Through Thick and Thin, Meals on Wheels Delivers



2023 marked the 54th Anniversary for Meals on Wheels here in the Central Okanagan. Since 1969 our volunteers have been providing affordable and nutritional hot, cold, and frozen meal deliveries.

Meals are delivered Monday, Wednesday & Fridays in the Kelowna area, and Tuesday, Thursday and Saturday in Rutland/Lake Country and Westside/Peachland.

Cheerful and compassionate volunteers ensure delivery in a safe, timely and dependable manner.

Our incredible volunteers deliver every day except for Christmas Day and Sundays, through rain, snow, smoke, pandemics and extreme weather.

We are pleased to announce our new partnership and food provider with Deli City Café & Catering. Their talented and caring kitchen staff and management have been 100% committed to our organization and our clients.

In addition to our nutritionally well balanced and prepared with low fat and low salt content meals, our kitchen can provide diabetic, minced or pureed, and other special needs meal requirements. We couldn't do what we do without

the tremendous financial support through a variety of generous organizations and government agencies. We'd like to recognize the generous grants we've had awarded in 2023 including:

- **Recovery & Resiliency Fund** – a fund made possible through the Government of BC, Vancouver Foundation, United Way BC, and New Relationship Trust
- **The Community Services Recovery Fund** – a Government of Canada investment to support charities adapting their organizations for pandemic recovery.
- **Community Gaming Grant** – Government of BC
- **TELUS – BC Wildfire Relief** – providing support for those impacted by BC Wildfires.

We've received tremendous support from the following organizations including the United Way BC, Westside Elks, The Neighbourhood of Maple Street & Beach Ave Area, Valley First Credit Union, Interior Savings Credit Union. To top things off, over the holiday season we've partnered with London Drugs and their Stocking Stuffers for Seniors program.

Meals on Wheels is an organization that with its tremendous community support, makes a difference every day. We're proud of our volunteers, funders, partners and staff. A big "thank you!" to everyone involved. We look forward to continuing to help those who need throughout the Central Okanagan in 2024.

Nutritious & Delicious Meals for Seniors, Veterans & Homebound Individuals!

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Bringing nourishment, peace of mind and independence to individuals in Kelowna, Rutland, West Kelowna, Lake Country & Peachland since 1969

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To Order or Volunteer Call: 250 763 2424
or visit our website at: mow-online.com

“Tell me and I forget, Teach me and I may remember, Involve me and I learn”

You'd think writer Benjamin Franklin had SLR in mind when penning this phrase: the society's diverse programs invite us to embark on a journey of exploration, discovery and dialogue.

And we all know what the health experts recommend for a happy, healthy life: mental and physical exercise along with a large dose of social interaction.

Open to all mature adults, the SLR study groups are available, either in class in Kelowna or on Zoom from anywhere in the country, and are free of stress: no homework, no exams!

Come join us for a journey into the beginnings of Yoga and Buddhism, or discover more about the universe; our amazing planet and its place in the Solar system, or travel to the many culturally rich countries of Africa.

If something more creative suits your fancy, SLR has study groups and workshops on Painting, Art History, Tarot Cards, Poetry and Writing groups. Politics an area of interest? Try SLR's classes in Current events.

From Astronomy to Art, Africa to Afterlife, Current Affairs to Caregiving, Music to Mindfulness, Politics to Photography, Writing to Wine groups, the discussions are led by a host of knowledgeable specialists, including professors and instructors from UBCO and Okanagan College.

Once you join, you'll be hooked!

“There is no better venue for mature adults



to engage in learning and discussion of subjects of interest to them,” said Joanne Lund, a senior who also enjoys the social relationships she has made since joining the learning centre a year ago. Lund said exploring subjects of interest through SLR helps her mind stay active and curious. She's also met and made friends in an atmosphere of camaraderie, fun and support.

So check out our website at: www.slrkelowna.ca and brighten up your Okanagan winter days by joining the life-long learning community of SLR.

We're located at SLR headquarters, 1434 Graham Street, Kelowna.

Any questions? Call our office manager at 250-448-1203 or email registrar@slrkelowna.ca



- History
- Art
- Writing
- Poetry
- Current Events
- Geography
- Health
- Much more

Society for Learning in Retirement
1434 Graham Street, Kelowna, B.C. V1Y 3A8
250-448-1203 - www.slrkelowna.ca

Kelowna 2030

A Land of Mountain Vistas and Glistening Towers



Kelowna and the Okanagan Valley are facing unprecedented growth. As of the 2021 Census, the Kelowna Census Metropolitan Area had a population of 222,162 people, growing by nearly 14% since 2016. To accommodate this growth and simultaneously preserve its limited natural and agricultural landscapes, Kelowna has started to build densely, and more aggressively so than other cities of similar size across Canada. Kelowna is set to undergo a major transformation over the decade into the 2030s, seeing thousands of new homes constructed, mainly in the form of contemporary glass skyscrapers, creating a cityscape where the sleek modernity of Canadian urban life meets the rugged beauty of the BC Interior.

The vast majority of these developments are located in Kelowna's downtown core, where the modest shops, quiet streets, and low-rise commercial buildings that make up the established streetscape are slowly starting to give way to large towers, some over 40 storeys tall. Major projects include the 3-tower Water

Street by the Park (under construction), 4-tower Waterscapes Phase 2 (recently approved), "3-tower UBC Okanagan and Mission Group development (UBC tower recently approved)" and 2-tower Bernard Block (under construction), among many other tower projects located in downtown and beyond. While not all proposed developments will be realized, many of these buildings are likely to be built within the decade. My Pan Canadian Skylines Project aims to showcase these potential future tower developments in context with each other. The buildings are individually modelled using architectural drawings, and referenced into Google Earth's 3D terrain to show their future location and size once fully built out, providing a more complete view of the potential future cityscape.

For Kelowna, the future is looking tall.



Eric MacMillan
Pan-Canadian Future Skylines
[@pancanadianskylines](https://pancanadianskylines.com)
ericmacm.ca

Discover Holiday Park RV & Condo Resort Community



In the heart of Okanagan Valley, just north of Kelowna, you'll find Holiday Park RV & Condo Resort nestled on the shore of Ellison (Duck) Lake. Surrounded by golf courses, wineries, lakes and ski hills, this year-round community offers an ideal seniors' lifestyle!

Founded in 1983 by Saul Sigal and Jody LaFontaine, Holiday Park celebrated its 40th anniversary in 2023. It has evolved from an empty field to a four-season destination for vacationers, summer home to snowbirds and year-round home to full time residents. With 117 condos and 570 RV sites and units, the resort continues to be family owned and operated by Saul's youngest son, Dan Sigal, as President & Team Coach and Dan's oldest son, Sam Sigal, as General Manager. Supported by a dedicated team of 60-75 full and part-time employees, the resort operates year-round.

Our central location between Kelowna and Vernon, next to Winfield in Lake Country, ensures easy access to shopping, businesses, medical, senior centers, churches, entertainment and more, all nearby.

The resort features an array of amenities and facilities including 24/7 licensed security, 3 rec centers, 4 pools, 3 hot tubs, sauna, laundry facilities, hair salon, 6 hole executive golf course, an on-site café, woodworking/hobby shop, gym, craft and sewing rooms and more. And we're pet friendly, with a fenced off-leash dog park and doggie treats when you and your pooch visit the front office!

Our full-time Recreation Coordinator organizes a variety of activities and events for all ages, along with our many volunteers without whom many of these would not be possible. Social events, card clubs, exercise classes, pickle ball, shuffleboard, library... the list is endless!

Although not a seniors' facility, we offer the perfect environment for seniors and retirees, with a large number as full-time residents. As a 19+ community, children are welcome visitors year-round, whether for family vacations or to spend quality time with grandparents.

You'll commonly see residents and guests on golf carts, bicycles or on foot. Along with numerous walking trails throughout the resort, we are conveniently located alongside the Okanagan Rail Trail, a scenic walking/biking/hiking trail that runs from Kelowna to Vernon.

Visitors are welcome to drop in, drive through and see what we offer, including RV site & condo rentals and property purchases. Turn off Highway 97 on Commonwealth Road, just north of Kelowna International Airport, come in and discover the 'sweetlife' in Holiday Park Resort!



Browse our website www.sweetlife.com, phone 250-766-4255, email info@sweetlife.com for further details and to book your reservation!



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 Email: reservations@sweetlife.com



Legacy *in* Action

A will isn't just about distributing assets; it's a way to effect change. Charitable giving can help you leave a lasting impact. By donating to causes you care about, like the KGH Foundation, you support meaningful change and create tax credits to benefit your estate.

Norm Fix is a Kelowna resident, a former business owner, a devoted community member, and a KGH Foundation donor. He attended an information session offered through the Foundation about how he could maximize his philanthropic potential while eliminating taxes on the gifts that he was leaving to his loved ones.

"My family and I have experienced excellent care at Kelowna General Hospital and the Central Okanagan Hospice House," says Norm. "And I'd

much rather give to the hospital than the government."

Norm is leaving part of his Registered Retirement Investment Fund (RRIF) to KGHF, and the rest to family and another charity. "It gives me peace of mind to know that I can support causes I care about AND my family, with the added benefit of a charitable tax credit for my estate."

Norm says, "I spoke with my financial advisor and it was such a simple process. It's a win-win for my loved ones and the causes I care about."

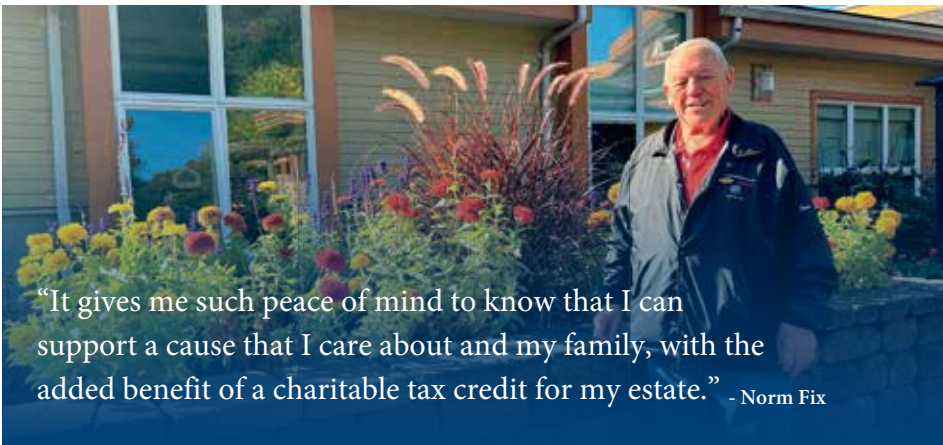
Smart giving

Donating registered account assets offers tax credits for your final tax return. Probate is bypassed when beneficiaries are designated outside your Will. This reduces potential fees, ensures privacy, and avoids delay.

Making your mark

Thoughtful planning about what gifts you will leave for others empowers you to shape your legacy, and legacy planning lets you leave the world a better place. With this knowledge, don't wait – start today!

KGH Foundation - kgfoundation.com



"It gives me such peace of mind to know that I can support a cause that I care about and my family, with the added benefit of a charitable tax credit for my estate." - Norm Fix

**For all that you hold dear,
there's a place in your Will.**



kgfoundation.com | 250.862.4438

KGHFFOUNDATION

Canadian Wildlife Museum

An amazing educational experience that the entire family can enjoy

The Canadian Wildlife Museum is located just minutes north of the city of Vernon B.C., just off Highway 97. The vision for the Canadian Wildlife Museum started in October 1993. Master Taxidermist Ken Schultz worked on this project for 28 years. Some of the scenes in the museum took as much as six months full time labor to create and complete, for just one scene alone. Most of the larger mammal scenes took from one to two months labor to complete. The amazing artwork is not just in the mounted animals but also in the natural, detailed bases that the scenes are situated on. The setting is a rustic cedar wood atmosphere with natural bird and nature environmental background sounds. The excellence in taxidermy workmanship shows itself in the hundreds of outstanding wildlife displays that you will view in the museum. The museum is two floors of wildlife displays. There are over 350 mounted specimens including over 120 birds of prey and over 115 different species of Canadian wildlife.

There are 45 viewing stations and 160 written descriptions for the over 220 different scenes of wildlife. There is also a large butterfly and moth collection. Nowhere in Canada will you find a more outstanding selection of mounted Canadian birds and animals. The Canadian Wildlife Museum offers an outstanding arrangement of Wildlife Displays, most of which, the average person would never see in the wild. There is also a Gift Shop which is well stocked with many very unique wildlife and nature related novelties, souvenirs, clothing, rocks, jewelry, gifts, and much more. The Canadian Wildlife Museum has been a lifelong passion to build and create. 28 years of hard work, dedicated enthusiasm, patience, and finally a place where nature scenes come alive, to be shared with all who have an interest in the beauty of wildlife and nature.

canadianwildlifemuseum.com • 250-545-9740
7774 Pleasant Valley Road, Vernon, BC

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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 who 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 afterstroke@marchofdimes.ca or call us at 1-888-540-6666



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OF BRITISH COLUMBIA



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Kelowna

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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 to download a free Complete Guide to Caring for an Elderly Parent



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Housing

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AgeCare Brandt's Creek Mews

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<https://www.agecare.ca>
2081 Cross Road 778.478.8800

Baptist Housing Enhanced Living Communities

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<https://www.baptisthousing.org/kelowna>
250.860.2216 ext. 2121
See our ad on page 31

Borden Manor

Assisted living home in heart of Kelowna
<https://bordenmanorkelowna.com>
1035 Borden Avenue 250.763.9750

Brockton Manor

Apartment style residential
<https://www.argusproperties.ca/residential>
1831 Pandosy Street 250.860.4836

Brookside Residence

Low cost rental apartments for 55+
<https://www.seniorsservicessociety.ca/location/brookside-residence/>
1212 Mountainview St. 250.763.5707

Buckland Manor Apartments

Bachelor, 1 & 2 bedroom apartments
<https://www.kelsongroup.com>
445 Buckland Avenue 778.721.5257

Burtches, The

Orchard Valley Senior Housing Society
For low income persons, 55+, or persons with a disability
<https://www.seniorsservicessociety.ca/location/the-burtches/>
110-1620 Burtch Road 250.861.5221

Carmel Housing Society

50+ seniors housing
115-1450 Bertram Street 250.860.7481

Chartwell Chatsworth Retirement Residence

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<https://chartwell.com>
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Columbian Centennial Housing Society

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www.baptisthousing.org/kelowna

Dorchester, The

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250.860.0725

Evangel Housing Societies

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- **Park Housing** (Gordon Park Village)

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1922 Pandosy Street

778.721.5255

Glenmore Lodge Community

Long-Term Care community

<https://www.siennaliving.ca>

325 Drysdale Boulevard

236.420.1717

Glenwood Homes

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760-766 Glenwood Avenue

250.762.0028

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Happipad

A companion housing program that allows older homeowners to remain in their homes longer by renting out a spare bedroom to help someone in their community
<https://happipad.com/contact>
<https://happipad.com/partnership>

Harmony Living for Seniors

Supportive and assisted living
<https://harmonylivingforseniors.ca>
962-964 Laurier Avenue 250.861.3991

Hawthorn Park Retirement Community

Independent & assisted living, 24 hour complex care centre
<https://verveseniorliving.com/hawthorn-park>
867 K.L.O. Road 250.861.6636
 See our ad on page 32

Highlands Retirement Residence, The

Independent living, supportive services
<https://www.highlandsretirement.com>
**400 Snowsell Street N.
 250.763.7265**

Hinode Home

Low income housing
<https://housing.seniorsoutreach.ca/listing/hinode-home/>
1920 Burtch Road 250.300.6182

Ki-Low-Na Friendship Society

i spa-us ki-low-na Heart of Kelowna
<https://www.facebook.com/i.spa.us.ki.low.na/>
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1745 Chapman Place 236.420.2992

Lakeshore Place

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 See our ad and article on page 34

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Good Samaritan Mountainview Village

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250.469.6935

A department of



independentliving.gss.org

Secrets to a Long, Happy Life

Living a long, healthy and fulfilling life is something we desire. People have been trying to figure out how to create a life journey filled with colorful experiences and rich moments since the dawn of time. Genetics, healthcare, and lifestyle all influence our future. But we can help ourselves live longer and better starting today with moving our bodies, being social, and eating well.

1. Move!

Moving our bodies and staying active is key to living a longer life. Healthy movement decreases the likelihood of heart, stroke and balance issues. This creates an adventure of opportunity, of getting to know ourselves better, exploring, taking care of our bodies. As we age, it's critical to maintain movement. Walking, yoga, any exercise is necessary to build and maintain muscle mass, promote cardiovascular health, and a great way to meet people!

2. Be Social!

Being social, surrounded by friends and family is critical to healthy aging. It keeps us from

feeling lonely, staves off depression and releases powerful feel-good endorphins. Having a sense of belonging as part of a community improves emotional and physical health, foundational for a long life.

3. Fuel for a Journey!

What, how much and when we eat is critical to staying healthy. Healthy food supplies energy to do things we love guiding us toward a long, happy Senior life.

If you fit in all three today...you will or have had a great day! Retirement Resorts help you follow this easily. As part of a lively community of independent Seniors, the Movement, Social and Fuel is provided, guiding your retirement in the right direction. Many healthy seniors are active well into their retirement years, and proof that a fulfilling, long life is possible.

Contact Danijela Milroy
Lakeshore Place
Retirement Resort
lakeshore-place.com
250-860-3223



Debunking Myths About Retirement Homes: Rediscovering a Fulfilling Lifestyle

The first stages of a full retirement are often consumed creating a fulfilling lifestyle from creating a fulfilling lifestyle from retracing your steps with travel, trying new activities and adventures, volunteering or reinventing yourself in other creative ways. Eventually this can give way to mundane and sometimes overwhelming concerns of home maintenance, preparing healthy meals, and trying to find social opportunities. Often, seniors look to downsizing their property and finding ways to rediscover that fulfilling lifestyle! Retirement Resorts could be the perfect solution, but some myths might be holding you back.

Myth 1: Retirement Communities Are Dull

Modern retirement communities are lively and active, with residents participating in exercise classes, art or carpentry, gardening, and social events creating a strong community and building new friendships.

Myth 2: You lose Independence

Retirement Resorts provide independence. It's your condo, your home...come and go as you please. Shuttle service is provided if wanted,

parking's easy, pets are usually welcome, and all seniors considerations are met to professional standards.

Myth 3: They're Expensive

Some can be costly, but there are options to fit different budgets. When you consider the expenses of living on your own, resorts can be more cost-effective. They often include meals, maintenance, and services, saving you money. Social benefits and added security can also reduce your overall expenses.

Separate fact from fiction when it comes to Retirement Resorts. They offer fulfilling lifestyles, promote independence, social engagement, and overall well-being. The advantages of retirement living far outweigh any inconveniences. Embrace Senior life with Retirement Resorts, you will find a rewarding and vibrant experience, surrounded by like-minded individuals and a caring community looking out for one another.

Alexis Lafrance
Regency Retirement Resorts
Regencyresorts.ca



Regency: Pioneering Independent Retirement Living for 23 Remarkable Years!

 <p style="text-align: center;">Summerwood RETIREMENT RESORT Call Donna at (778) 478-1736</p>	 <p style="text-align: center;">Missionwood RETIREMENT RESORT Call Martina at (250) 860-9306</p>
 <p style="text-align: center;">FALL IN LOVE WITH YOUR RETIREMENT LIFESTYLE TODAY!</p>	
 <p style="text-align: center;">Northwood RETIREMENT RESORT Call Denise at (250) 860-1122</p>	 <p style="text-align: center;">Westwood RETIREMENT RESORT Call Kerri at (250) 768-2934</p>
 <p style="text-align: center;">Sandalwood RETIREMENT RESORT Call Jill at (250) 717-1884</p>	

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See our ad on page 31

Mission Creek Landing

Long Term Care in scenic country setting
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Mission Villas Pasadena Estates

The life you know. A home you'll love.
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4433 Gordon Drive 250.764.8088

Mountainview Village

The Good Samaritan Society
 Independent and assisted living, complex and dementia care

<https://gss.org/locations/mountainview-village/>

1540 KLO Road 250.469.6935

See our ad on page 33

Okanagan Chateau Retirement Residence

Independent & Assisted Living, Respite Care, Memory Care

<https://www.aspiralife.ca>

2100 Benvoulin Court

250.862.9088

Orchard Gardens Seniors Community

Independent lifestyle for seniors, assisted living services available

<https://orchardgardens.ca>

295 Gerstmar Road

250.979.0600

See our ad on page 37

Pandosy Square Apartments

Bachelor, 1 & 2 bedroom units
<https://www.kelsongroup.com>

1855 Pandosy Street

778.721.5256

Regency Retirement Resorts

Okanagan's finest retirement residences
<https://www.regencyresorts.ca>

- **Missionwood Retirement Resort**
1075 Barnes Avenue & Gordon Drive
250.860.9308

- **Northwood Retirement Resort**
1277 Gordon Drive 250.860.1122

- **Sandalwood Retirement Resort**
580 Yates Road 250.717.1884

- **Summerwood Retirement Resort**
1360 K.L.O. Road 778.478.1736

See our ad and article on page 35

Rose Cottage

Supportive living seniors home

<https://seniorsservicessociety.ca/location/rose-cottage/>

453 Morrison Avenue 250.861.1000

Society of Hope, The

Rental homes in Kelowna, Lake Country, Peachland, West Kelowna. Providing quality, affordable residential living

<https://societyofhope.org>

101-2055 Benvoulin Court

778.478.7977

Sun Pointe Village

Independent Living with support services, Assisted Living, Long-Term Care

<https://www.baptisthousing.org/kelowna>

700 Rutland Road N.

250.860.2216 ext. 2121

See our ad on page 31

The Woods

Apartments at Willow Park Shopping Centre
<https://www.argusproperties.ca/residential/235-hollywood-road-n/>

235 Hollywood Road N.

250.860.4836

Twin Maples

Assisted living

<http://www.twinmapleskelowna.com>

919 Guisachan Road 250.763.1940

Vineyards Residence, The

Assisted Living, Memory Care. Support Alzheimer Society of Canada

<https://vineyardsresidence.ca>

726 Valley Road, Kelowna

236.361.0966



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SENIORS COMMUNITY



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250-979-0600

Have no fear of the aging process

While I am watching out of the window into my garden with the abundance of flowers, birds and insects my mind wanders off to what the future has to offer when I will retire. Do I like to live alone in my home on a four acres property? How long will I be able to maintain my work with the seniors, animals and my gardens? I would love to see my grandchildren more often, have more freedom in my daily events. Visiting the Maritimes, biking, hiking, and skiing are also high on my bucket list. Volunteering in the community and having a purpose keeps me busy, connected, and healthy.

These are thoughts which come into my mind as I reach the third chapter of my life. There is still so much what life has to offer and to explore. I would love to enjoy the golden years and don't worry about the next chapter in my life. I will have choices to make in order to feel good for the body, mind and spirit.

To start thinking about my future will give me options regarding my financial needs, my life style, and maintaining healthy relationships. I have come to the conclusion that I would like to share my home developing a respectful



living arrangement with like-minded people. Cooperative living is a creative idea for independent living; fostering friendships, socializing, supporting each other, and enjoying an affordable future. "Thriving better by living together".

We are social beings and living alone is not healthy for most people. Feeling lonely can lead to depression and giving up on life. It is important to engage with life as long as we can; to have friends and family to laugh with and to cry with, to share stories, and to support each other. Wisdom comes with life experience and as we get older our journey becomes more and more interesting.

There is no reason to fear the aging process. In our

senior years we have still so much to offer to others and the younger generation. As long as we recognize our limitations, be honest with ourselves and others, and accept life on life terms.

For more information or sharing your thoughts:

Ria van Zeeland

E: ria@ackerviewguesthouse.com

P: 250-833-0445 / C: 250-833-6752



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🌐 thehamletsatwestsyde.ca



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at Pentiction
An OPTIMA LIVING Community

📍 103 Duncan Ave West
Pentiction, BC

📞 **250-490-8503**

🌐 thehamletsatpentiction.ca



 The
Hamlets
at Vernon
An OPTIMA LIVING Community

📍 3050 29th Avenue
Vernon, BC

📞 **236-426-1488**

🌐 thehamletsatvernon.ca

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- Long Term Care

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Health Services, or a family physician
<https://whiteheathermanor.ca>

3728 Casorso Road 250.763.6554

Willow Park Manor

Townhouse living
<https://www.argusproperties.ca/residential>
239 Hollywood Road 250.860.4836

Lake Country**Lake Country Senior Housing Society**

Blue Heron Villa Assisted Living
<https://www.blueheronvilla.ca>
100-9509 Main Street 250.766.1660

Lake Country Lodge

Independent Living, Long-Term Care
<https://www.siennaliving.ca>
10163 Korschuh Road 250.307.2062

Society of Hope, The

Rental homes in Lake Country with a
variety of subsidies designed to keep rents
at an affordable rate for qualified tenants.
<https://societyofhope.org>

**101-2055 Benvoulin Court, Kelowna
778.478.7977**

Peachland**Peachland Senior Housing**

Independent living for 55+
<https://peachlandseniorhousing.com>
106-4441 5 Street 250.767.0183

West Kelowna / Westbank

Heritage Retirement Residence, The
Independent Living, Assisted Living,
Respite Stays

<https://verveseniorliving.com/the-heritage>
**3630 Brown Road, West Kelowna
250.768.9926**
See our ad on page 25

Lakeview Lodge

Long-term and Dementia Care programs
<https://www.siennaliving.ca>
2337 Butt Road 250.768.3802

Smith Creek Village

Independent Living with support services,
Assisted Living, Long-Term Care
<https://www.baptisthousing.org/kelowna>
2425 Orlin Rd. 250.860.2216 ext. 2121
See our ad on page 31

Westbank Lions Seniors Housing Society

<https://seniorsservicessociety.ca/location/westbank-lions-seniors-housing/>
209-3715 Gellatly Rd. 250.768.9590

Westwood Retirement Resort (Regency)

Okanagan's finest retirement residences
<https://www.regencyresorts.ca>
2505 Ingram Road 250.768.2934
See our ad on page 35

Housing Related**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 \$20,000 in rebates for safety &
accessibility adaptations to your home
<https://www.bchousing.org/housing-assistance/BC-RAHA>
See our ad and article on page 41

• 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-programs/SAFER>
1.800.257.7756

Up to \$20,000 to Complete Home Adaptations for Accessibility

The BC RAHA (Rebate for Accessible Home Adaptations) Program helps seniors and people with disabilities or diminished ability gain greater independence within their homes. Eligible low- and moderate-income households can receive up to \$20,000 to complete home adaptations for accessibility.

The program supports possible home adaptations such as exterior and interior ramps, and door widening to accommodate a wheelchair. It could also include bathroom modifications, such as grab bars, shower seats and handheld showerheads.

Some adaptation require an assessment by an occupational therapists or other qualified professional. This ensures the adaptations appropriately support the needs of seniors and people with disabilities.

To be eligible, you must be a British Columbia resident with limited income and assets. You

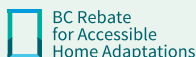


or someone in your household must have a permanent disability or loss of ability. The adaptations requested must support accessibility and promote continued safe and independent living. Applications are available on the website, by mail, or at any BC Housing office.

To apply, visit <http://bchousing.org/bc-raha> to download the application forms.



Need adaptations to increase safety and accessibility?
Up to **\$20,000** in rebates for adaptations to your home.
bchousing.org/BC-RAHA



• 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> **604.689.5949**

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>

1900-1111 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 1.877.353.2462 ext. 4

• Living in and operating a strata

<https://www2.gov.bc.ca> > Search for housing tenancy strata

Habitat for Humanity Okanagan

Working towards a world where everyone has a safe and decent place to live – by mobilizing volunteers and community partners to build affordable housing and promoting affordable homeownership as a means to building strength, stability and independence

1793 Ross Road, West Kelowna

778.755.4346

<https://www.habitatforhumanityokanagan.ca>

• **ReStore:** Home decor & building supply store - new & gently used items

• **1793 Ross Road, West Kelowna**

• **800-2092 Enterprise Way, Kelowna**

778.755.4346

See our ad and article on page 13

Home Owner Grant

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

<https://www2.gov.bc.ca> - search above title **1.888.355.2700**

Houzz

The new way to design your home.

Decorating and remodeling ideas and inspiration. Kitchen, bathroom, bedroom, outdoor design. Find local professionals

<https://www.houzz.com>

Independent Living BC Program

Subsidized, assisted living program that provides housing with support services to seniors, people with disabilities

<https://www.bchousing.org> Search for above title

1.800.257.7756

LiveSmart BC Partner Incentives

Check website for current rebates/offers

<https://www.fortisbc.com> Click 'Rebates'

<https://www.bchydro.com/powersmart.html>

Residential Tenancy Branch

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 9 am-4 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 and more

<https://www.comfortlife.ca/ebooks/>

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. <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-8:30pm

Home Improvements

Habitat for Humanity Okanagan

<https://www.habitatforhumanityokanagan.ca>

- **ReStore:** Home decor & building supply store - new & gently used items
- **1793 Ross Road, West Kelowna**
- **800-2092 Enterprise Way, Kelowna**

See our ad and article on page 13

Phantom Screens

Complete your home with Phantom retractable screens

<https://phantomscreensokanagan.com>

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250.762.7592

See our ad on Outside Back Cover

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<https://www.pro-painters.ca>

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<https://resteasystateliquidators.com>

250.878.1101

See our ad on page 19

Rona Home & Garden

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<https://www.rona.ca>

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250.762.7389

See our ad on Inside Back Cover



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<https://www2.gov.bc.ca> - search above title

Alcohol & Drug Information & Referral Service

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

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 - Resource Centre

Provides information, support, education for caregivers, people living with dementia. For upcoming workshop, support group, Minds in motion locations, see First Link Bulletin online
<https://alzheimer.ca/bc/en>

307-1664 Richter Street, Kelowna
250.860.0305 **1.800.634.3399**
Call Resource Centre Mon-Fri 8:30-4:30
1.800.936.6033 First Link Dementia Helpline - Monday to Friday 9am-8pm

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 Answers Line

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 - Kelowna (Sindi Ahluwalia Hawkins Centre)

Centre of cancer research, education, prevention, diagnosis and treatment
399 Royal Avenue, Kelowna V1Y 5L3
<http://www.bccancer.bc.ca>
250.712.3900 M-F 8-4:30 **1.888.563.7773**

• Screening Mammography Program

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
<http://www.bccancer.bc.ca/screening/breast/>
108-3330 Richter Street, Kelowna
250.861.7560
1.800.663.9203 Book your screening

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>
32868 Ventura Avenue, Abbotsford
604.853.7399 Mon-Thur 10am-4pm

BC Lung Foundation

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://bclung.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
<https://www.bclupus.org>
1.866.585.8787 Call for more information

BC Mental Health & Substance Use Services

Highly specialized treatment for people with severe mental health and substance use/addiction issues, people in custody, those that have been referred by the courts for assessment and treatment
310-6789 speak to crisis line worker 24/7
<http://www.bcmhsus.ca> - check for programs offered

BC Seniors' Guide

Compilation of information & resources to help us all plan for and live healthy lifestyles as we age. Sections on benefits, health, housing, transportation, finances, safety & security. Download/print, read it online, or order a hard copy. Order a free copy, contact Office of Seniors Advocate
1.877.952.3181 M-F 8:30am-4:30pm
Available in Chinese, English, Farsi, French, Hindi, Korean, Punjabi, Tagalog, Vietnamese. See also **BC Elders' Guide**
<https://www2.gov.bc.ca> - search above title



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www.KelownaDentureClinic.com

Aging Made Easier with Physiotherapy

Things definitely change as we have more birthdays. Each trip around the sun presents many of us with new physical challenges. Most of these aren't too bad, but some changes to our body definitely require help.

We know a healthy, active lifestyle is important. But sometimes, no matter how healthy, active - or proactive - we are, the body makes changes over which we have little or no control. This is where Sun City Physiotherapy can help. Our team of therapists treat conditions that can be more common as we age.

Vertigo and Dizziness. Vertigo or dizziness that occurs with position changes such as lying down, rolling over, bending forward, or looking up can be due to an age related change in your inner ear or vestibular system. Treatment with a vestibular Physiotherapist can be very effective in resolving the dizziness.

Bladder Incontinence. Both menopause and age can have effects on bladder control. Pelvic Health Physiotherapy can provide treatment to help.

Tendonopathy. Studies show that tendonopathy (or Tendonitis) is common in peri-menopausal

women. Studies also suggest the most common tendon problems for the aging population are in the rotator cuff, Achilles tendon, outside of the elbow, and patellar (knee) tendon. Physiotherapy offers a variety of approaches such as manual therapy, exercises, ultrasound, and shockwave therapy for the treatment of tendonopathies.

Arthritis. Degenerative changes progress as we age so maintaining a healthy spine and joints are key to staying mobile. Our physiotherapists can teach you to protect your joints, stretch and strengthen to minimize the stress on arthritic joints.

If you are experiencing any of these conditions, physiotherapy can help. To learn more, book an appointment with one of our therapists. Book online at suncityphysiotherapy.com, or call one of our 4 locations in the Kelowna area.

***Robina Palmer** is a registered physiotherapist and co-owner of Sun City Physiotherapy. She has furthered her physiotherapy studies with training at The Emory University School of Medicine in Georgia for the treatment of vertigo, dizziness and balance disorders.*

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Dizziness & Vertigo

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(250) 492-4435 • pentiction@motioncares.ca

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motioncares.ca

BrainTrust Canada

Community rehabilitation and support for persons with brain injury, as well as a strong focus on education & prevention. Serving the Okanagan from Armstrong to Peachland
<https://braintrustcanada.com>

100-215 Lawrence Avenue, Kelowna
250.762.3233 Mon-Fri 8am-4pm
1.888.762.3233

CNIB Foundation

BC/Yukon-Southern Interior
 Programs and services for people who are blind and partially sighted. Includes family support, and partner-stakeholder relations
<https://www.cnib.ca>

106-460 Doyle Ave., Kelowna V1Y 0C2
250.763.1191 ext. 6180 Office
250.763.1191 ext. 5235 Smartlife Store
1.800.563.2642 National Helpline

Canadian Cancer Society

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

- South Interior Regional Office
330 Strathcona Avenue, Kelowna
250.712.2203 **1.800.403.8222**
1.888.939.3333 Information Services
1.866.786.3934 TTY Mon-Fri

**Canadian Cancer Society
Southern Interior Rotary Lodge**

A home away from home facility for cancer patients while accessing treatment at Kelowna Cancer Centre

2251 Abbott Street, Kelowna
250.712.2203 24/7 **1.877.712.2203**

Canadian Celiac Association BC

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)**

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<https://www.cihi.ca>

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 National Help Line

Canadian Mental Health Association

Facilitates access to resources people required to maintain and improve mental health and community integration, build resilience, and support recovery
<https://cmhkelowna.com>

504 Sutherland Avenue

250.861.3644

<https://cmha.bc.ca>

1.800.555.8222 BC Division
310.6789 Call if you need help now

Canadian Tai Chi Academy

Tai Chi can help you improve your health with gentle stretching, turning, balancing and relaxation. It is a complete whole body exercise that can be practiced by anyone with no special equipment

- Kelowna: Check website for beginner and ongoing classes, locations, times
<https://www.canadiantaichiacademy.org>
 For more information, call
250.765.4668 or **250.764.6396**

- West Kelowna - see **Wine Country Tai Chi Society** article and ad on page 20

**Central Okanagan Association for
Cardiac Health (COACH)**

Patient education, counselling and monitored exercise to encourage long lasting lifestyle changes to promote heart health after a cardiac event. Visit website to see list of programs available

<https://www.coachkelowna.com>

204-2622 Pandosy Street
250.763.3433

Cerebral Palsy Association of BC

Mission is to create a *Life Without Limits* for people with CP, other disabilities

<https://www.bccerebralpalsy.com>


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 PremiumMobilityProducts

Custom Foot Orthotics - What You Need to Know

Foot orthotics are medical devices made to address pain, numbness and alignment in the body. Pain can occur for many reasons; a biomechanical/physiological problem, excessive weightbearing at work or overuse in sports as well as trauma or post surgical recovery.

Orthotics can be used to treat conditions in the feet such as bunions, plantar fasciitis, metatarsalgia, as well as the effects of diseases such as diabetes or arthritis. They are also often used in helping conditions of the knee, hip and back. The most important aspect when considering treatment with custom orthotics is the examination process; it helps determine if a foot orthotic is an appropriate treatment choice for your condition.

Canadian Certified Pedorthists are custom-made foot orthotic and orthopaedic footwear experts. They are one of the few healthcare professionals trained in the assessment of lower limb anatomy and muscle and joint function. With specialized education and training in custom-made orthotics and footwear, Canadian Certified Pedorthists help to alleviate pain, abnormalities, and debilitating conditions of the lower limbs and feet.

Unlike over-the-counter solutions custom made orthotics are made specifically for the patient. In order to evaluate a patient's specific and unique requirements, a gait (walking or

running) analysis of the patient, as well as a hands-on biomechanical assessment of the feet and lower limb should be done. If it has been determined a custom foot orthotic is needed a pedorthist takes a three-dimensional casting of the patient's foot and an orthotic is made from raw materials.



Once your orthotics are made they should be fitted to your footwear in person. This is an important step as all shoes are different shapes and sizes and may need some adjustments. If an orthotic does not fit into your shoes properly they could cause increased pain or discomfort.

There will be a break-in period that should be followed with guidelines provided at your fitting. Everyone responds differently to an orthotic and adjustments may or may not be needed.

It is important to know it is normal to have adjustments at times; we all have different sensitivities and respond to changes at different speeds.

If you are experiencing pain your first step is to see your family physician for proper diagnosis and screening. They may refer you to a Canadian Certified Pedorthist to have further assessment on your foot mechanics and alignment that may be the underlying cause of your condition.

Submitted by Okaped Inc.
www.okaped.com



Orthotic and Bracing Specialists since 1997

How our Pedorthists can help you

- Biomechanical assessments and gait analysis
- Custom made foot orthotics, fabricated locally by us
- Knee Bracing for Arthritis relief, Sports & Workplace Injuries
- Specialty braces for ankles, wrists, and backs
- Compression stockings and sports sleeves



www.okaped.com highlights our Services & Products.
Five locations in Kelowna, West Kelowna, Penticton and Vernon.

Crohn's & Colitis Canada

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

1.800.513.8202 Info on Chapters - Teri

- **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>

Dentist Association of British Columbia

Everything you want to know about dentures, where to find a local dentist <https://dentist.bc.ca> **604.886.1705**

Diabetes Canada

Promotes the health of Canadians through 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 & Support
See our ad on page 60

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 registered 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 >130 languages <https://www.healthlinkbc.ca>

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-healthlinkbccca>

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

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
See our FAST ad on page 80

Kelowna Mental Health & Substance Use

Provides a range of services for all ages
505 Doyle Avenue
250.469.7070 M-F 8am-4:30pm
1.888.353.2273 Crisis Line 24/7

Kidney Foundation of Canada

Volunteer organization committed to reducing the burden of kidney disease <https://kidney.ca>

1.800.567.8112 Burnaby

- For Support Groups in the Okanagan go to: <https://kidney.ca/Support/Kidney-Community/Find-a-Chapter>

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

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...
<https://www2.gov.bc.ca> -Search above title
1.800.663.7100

MS Society of Canada

Information, support groups, referral and advocacy services to persons with MS and their families.

<https://mscanada.ca>
1.844.859.6789 MS Support Programs
 or email to: msnavigators@mscanada.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://muscle.ca> **1.800.567.2873**

Okanagan Mental Health Services

Provide quality of life for those who struggle with serious and persistent mental health challenges

<https://www.okanaganmentalhealth.com>

- Supported Housing Program
250.717.3368 Jennifer
- Therapeutic Work Program
112-2303 Leckie Road
250.717.3007 ext. 206

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 Mon-Fri 6am-2pm PT

Pacific Blue Cross

Health, dental, disability, travel insurance

<https://www.pac.bluecross.ca>

1.877.722.2583

SPIRITLEAF

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CANNABIS AND
CBD RETAILER**

KELOWNA
 Unit 1B, 1445 Harvey Avenue
 Kelowna, BC V1Y 6E9

Parkinson Society British Columbia

Address the personal and social consequences of Parkinson's Disease. Central Okanagan Support Groups - see listing in Support Groups on page 81
<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://www2.gov.bc.ca> Search Pharmacare
1.800.663.7100 M-F 8am-8pm, Sat 8-4

Prostate Cancer Foundation BC

Help individuals, their families understand, cope with prostate cancer, provide up to date medical info. and individual support.
<https://www.prostatecancerbc.ca>
1.877.840.9173
 See listing under Support Groups

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
250.616.1186 Bert Abbott, Peer Mentor Program Manager babbott@sci-bc.ca

Vision Loss Rehabilitation Canada

Provides rehabilitation therapy and health-care services for those with vision loss
<https://visionlossrehab.ca>.
302-546 Leon Avenue, Kelowna
1.844.887.8572 M-F 8:30-4:30 by appt.

Westside Health Network Society

Seniors Information & Referral Service Enhance senior's wellness - volunteerism, education, referral and social programs, West Kelowna & Peachland areas. See website for a complete list of programs including transportation, Better at Home
<https://www.westsidehealthnetwork.org>
100-3591 Elliott Road, West Kelowna
250.768.3305 Mon-Fri 8am-2pm

Dental Services**Kelowna Denture Clinic**

Bringing unique smiles to life
<https://kelownadentureclinic.com>
102-1824 Gordon Drive
236.420.2581 **1.844.874.2848**
 See our ad on page 45

Fitness**YMCA of Southern Interior BC**

Take the best years of your life and make them even better. Healthy aging means finding activities you enjoy. Stay active, make friends and have fun with Y classes, Mingle Mondays and specialty health programs.
<https://www.ymcasibc.ca>
250.491.9622
 • **Kelowna Family Y**
375 Hartman Road
 • **H2O Adventure + Fitness Centre**
4075 Gordon Drive
 • **Downtown Y**
1011-505 Doyle Avenue
 See our ad and article on page 21

Foot Care**A1 Foot Care**

Professional Foot Care, Kelowna & area
www.a1footcare.com
250.860.1005
 See our ad and article on page 59

Hearing Clinics**HearCare Audiology**

Rediscover Your Hearing
<https://www.myhearcare.ca>
1695-E Burtch Road, Kelowna
778.760.8456
205-3608 Carrington Road
West Kelowna
236.766.3111
 See our ad and article on page 55

Brain Health & Hearing Loss

Hearing loss impacts more than you think

Research shows that adults with hearing loss are more likely to develop dementia than peers without – but that for those with hearing loss, wearing hearing aids reduces the risk of cognitive decline. Untreated hearing loss can contribute to social isolation, anxiety, depression, and cognitive decline.

Your hearing and your brain

Think of hearing as a partnership between your ears and your brain. When someone speaks or a sound is heard, your ears carry that signal to your brain, which processes those signals into words and sounds that you can understand.

With hearing loss, the signals coming to your brain are somehow interfered with or degraded, making your brain work much harder to process them. When more brain resources are used to understand sounds, other brain tasks like memory and comprehension can suffer.

Use it or lose it

Audiologists recognize a significant benefit to

early intervention with hearing aids. When you lose hearing ability over time, your brain actually “forgets” how to hear certain sounds.

What can you do?

If you suspect hearing loss, be proactive and schedule a hearing evaluation with an Audiologist. Treating hearing loss can help, and earlier is better! A 2020 report of the Lancet Commission on dementia prevention identified 12 risk factors that individuals could modify to help prevent or delay the risk of dementia. While smoking and physical inactivity were on the list, the single largest modifiable risk factor was hearing loss – with the recommendation that people treat it at mid-life.

A study done by Ray, G., et al. (2018) found that people with mild hearing loss who wore hearing aids had 88% less memory loss than those who did not wear hearing aids.



Aswin Kuttuva, MSc., RAUD, RHIP
Audiologist & Owner



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- Hearing Aids for Every Budget & Lifestyle
- Hearing Tests & Ear Wax Removals



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M.Sc., Aud(C),
RAUD, RHIP

Call today to book your complimentary consultation

778-760-8456

📍 E-1695 Burtch Road, Kelowna, BC

236-766-3111

📍 205-3608 Carrington Rd, West Kelowna

🌐 myhearcare.ca

Home Care

Comfort Keepers

Elevating the Human Spirit
Greater Kelowna area

<https://www.comfortkeepers.com>

778.214.2464

See our ad and article on page 57

Kelowna Homecare Solutions

Get the support your loved ones need
and the peace of mind you need

<https://www.kelownahomecaresolutions.com>

270-2000 Spall Road 250.861.8315

See our ad on page 60

Medical & Mobility Equipment

Canadian Red Cross

Health Equipment Loan Program: short term mobility equipment & bath aids to assist at-home recovery from surgery, illness & injury. Health care professional referral required. Check website for HELP Centres in Kelowna, Lake Country, West Kelowna. Donations greatly appreciated.

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

Okanagan Service Area Office

124 Adams Road, Kelowna V1X 7R2

250.765.3465 Mon-Fri 9am-1pm

Medical Equipment & Supplies

Motion Kelowna

Make life accessible. Wide selection of medical equipment for purchase or rent

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

103-171 Commercial Drive, Kelowna

250.765.7740

See our ad on page 47

Premium Mobility Products

Products designed to help those with limited mobility -live their lives to the fullest

<https://premiummobilityproducts.ca>

1747 Ross Road, West Kelowna

778.755.8230

See our ad on page 49

Orthotics, Bracing, Footwear Modification

Okaped Inc.

Supporting you. Three locations in Central Okanagan

<https://www.okaped.com>

See our article on page 50

See our ad on page 51

Pharmacies

Dyck's Pharmacists

Your Pharmacy of Choice Since 1955

Four locations to serve you in Kelowna

<https://www.dycksparmacists.com>

See our ad on page 58

Pharmasave

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

<https://pharmasave.com>

See our ad on page 3

Rutland Medical Pharmacy

Local Leaders in Health Care

<https://www.rutlandmedicalpharmacy.com>

203-285 Aurora Crescent, Kelowna

778.753.7070

See our ad on page 61

Physiotherapy

Sun City Physiotherapy

Dizziness & Vertigo - We Treat That.

Four locations to serve you in the Central Okanagan

<https://suncityphysiotherapy.com>

See our ad and article on page 46

Health Facilities

Interior Health Authority

<https://www.interiorhealth.ca>

- Regional Administration Office

505 Doyle Avenue

250.469.7070

Comfort Keepers of Kelowna



Nadina Hadzi-Wiens *Owner*

Born in Eastern Europe, Nadina immigrated during the civil war as a refugee to Canada. Shortly after arrival to Canada Nadina challenged nursing state exams and spent over 20 years working in top critical care units of California and Vancouver, BC. She lived and worked in several locations in both the US and Canada, before eventually settling in B.C.. Nadina explains that Comfort Keepers is the perfect opportunity for her to show off the now almost forgotten art of being with one patient at the time and focusing on bringing them joy, not just going through motions of performing patient care tasks.

She selected Comfort Keepers for her new venture because she found the Comfort Keepers mission statement “inspiring”. Nadina is a firm believer in quality of life, not just quantity. As an experienced RN, with more than 20 years in the

public health care sector, Nadina brings her skills and knowledge to Comfort Keepers of Kelowna. Her motto is “Do for others as you would do for yourself and your own family”.

Good, quality and caring home care for seniors is not only helpful for the person receiving it, but it also gives their family members peace of mind.

As we age, many of us find we may not be able to do everything we once could but we want to stay in our homes and continue to enjoy the quality of life afforded us by the familiar surroundings we have grown to love.

Comfort Keepers recognizes this and is there to provide the highest level of interactive seniors’ home care.

Comfort Keepers provides a wide range of care services for seniors that help their mental, physical, nutritional and practical needs.

Welcome to Comfort Keepers Home Care in Greater Kelowna



Home is the best place to be. We’re proud to provide home care throughout the Kelowna region that keeps seniors safe in their homes.

Comfort Keepers® Kelowna provides home care for the City of Kelowna and the surrounding regions. With offices all over the country, we provide care to thousands of Canadians each year.

Providing home care can be very draining and taxing on family caretakers, especially children or grandchildren with full-time jobs and families of their own.

In-Home Assisted Living We look forward to helping your senior loved ones be the best they can be. With in-home assisted living as a lifestyle choice they can start a new, fresh take on daily living while remaining in the comfort and familiarity of home.

Our philosophy is to elevate the human spirit and our caregivers will be there every step of the way to ensure your loved one has a better quality of life.

What type of care is best for you?

We know that when it comes to in-home care, no two cases are alike. This is why we believe in personalized care plans. To get started, just follow these two simple steps:

- Take our quick, self-assessment to begin to understand your needs.
- Call for an in-home assessment. We’ll determine the ways we can help, and then schedule an in-home assessment at your convenience.

During the in-home evaluation, we will give you feedback in real time, with no waiting. Thanks to our proprietary in-home diagnostic tools, you’ll have an itemized care plan you can trust

Have a question? We’re here to help.

Simply call us at (778) 214-2464 to learn more about in-home care, respite care, and other services on this site, please Contact Us. Our professional staff will be happy to explain our customizable in-home care options.

**1873 Spall Rd #8A, Kelowna, BC V1Y 4R2
(778) 214-2464**

www.comfortkeepers.com

Health Facilities*continued...*

- **May Bennett Wellness Centre**
135 Davie Road 250.980.1400
- **Rutland Health Centre**
155 Gray Road 250.980.4825
- **West Kelowna Health Centre**
160-2300 Carrington Road
250.980.5150
- **Kelowna General Hospital**
Visiting hours: unrestricted
Emergency Hours / Services 24/7
2268 Pandosy Street
1.888.877.4442
250.862.4000 Switchboard
250.862.4099 Patient Room Enquiries
250.862.4492 Volunteer Services
- **KGH Prosthetic & Orthotic Services**
2288 Pandosy Street
250.862.4208
- **Interior Crisis Line**
<https://www.interiorcrisisline.com>
1.888.353.2273 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

Urgent & Primary Care Centres

Provides non-emergency health concerns - same day care for minor injuries, sprains, strains, infections, high fever, asthma attacks, cuts, wounds, skin conditions Urgent, same day care. Requires an appointment - call ahead...

- **Kelowna Urgent & Primary Care Centre**
1141 Harvey Avenue
North end of Capri Mall parking lot
250.469.6985 9:30am-8:30pm daily
- **West Kelowna Urgent & Primary Care**
19-2484 Main Street, West Kelowna
Westridge Shopping Centre
250.469.6010 Mon-Fri 4:30-8:30pm
Wkends, Stat Holidays 11:30am-8:30pm
- **Rutland Urgent, Primary Care**
150 Highway 33 West
9:30am-8:30pm 7 days a week
Open late November, phone number not available at press time.

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, 5th Floor
Kelowna, BC V1Y 0C5
PCQO@interiorhealth.ca
1.877.442.2001 Mon-Fri 8:30am-4:30pm

Dyck's Pharmacists

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dyckspharmacists.com

info@dyckspharmacists.com

- 1460 St. Paul Street
- 1111 Springfield Road – Group One Medical Clinic
- 3039 Pandosy Street
- 116-1920 Summit Drive – Hillside Medical Clinic

Senior's Day

10% OFF Last Friday of every month



* Some exclusions apply. See in-store for details.



Congratulations

A1 Foot Care & Wellness. Consumers and Businesses in the Kelowna region have selected your business as the 2024 Consumer Choice Award recipient in the category of Podiatrists / Foot Clinic"

What is the importance of foot care?

Good foot care (healthy skin, nail care, and proper footwear) is very important for anyone with diabetes, because you have a greater risk of having problems with your feet (such as skin that is dry and cracked, sores, changes in foot shape). This is because diabetes damages your nerves and reduces blood flow (circulation) to your feet, which can cause serious foot problems. About 1 in 5 people with diabetes who go to the hospital do so for foot problems.

However, if you inspect and take care of your feet every day, you can prevent many of these problems.

Foot care is even more important if you have **any**:

- loss of feeling, numbness, or tingling in your feet
- changes in the shape of your feet or toes
- sores, cuts, or ulcers on your feet
- pain or cramps in your lower legs

If you have any of these problems and they don't get looked after you could develop an ulcer (wound) which could lead to an amputation. Good foot care can lower the chances of amputation.

What is difference between a Foot Nurse and a Podiatrist

Podiatrists have a university degree in podiatric medicine and are health care professionals who

diagnose and treat foot ailments. Additionally, some podiatrists have also gone through a residency program in podiatric surgery.

Foot Care Nurses (RN/LPN), are those who have taken a specialized Advanced training program in foot care. Our key responsibility is to prevent problems from happening and we use practice standards and evidence garnered from a multitude of disciplines to guide our practice. We complete lower limb assessments, assess shoes and socks and gait, trim toenails, reduce toenail thickness, reduce calluses, remove corns, address fungal toenails and skin issues, help with edema control, perform a circulation-enhancing massage, recommend some shoes for diabetics and hard to fit feet. We also provide a lot of education as we work to prevent as much as possible. We do not diagnose, do surgery, or prescribe medication.

Why should you obtain the services of a certified foot care nurse instead of going to a nail salon or spa, or from someone who does foot care on the side and can do the work at a discounted rate?

<https://hospitalnews.com/four-great-reasons-to-hire-a-certified-foot-care-nurse/>

Melanie LPN, CLINICAL DIRECTOR
250-860-1005 | www.a1footcare.com

Professional Footcare

...is great for the Sole

- Promote Healthy Feet
- Minimizes Pain & Discomfort
- Prevent Foot & Nail Infection

- Relieves Foot Ailments
- Prevents Diabetic Foot Ulcers
- Helps Prevent Loss of Toes or Foot

Treatments are tax deductible

A1 Foot Care

Kelowna & Area

Advanced Foot Care provided by LPN's and RN's

(250) 860-1005 | a1footcare@gmail.com

www.a1footcare.com | [f A1footcare](https://www.facebook.com/A1footcare)

Melanie LPN, CLINICAL DIRECTOR

Walk In Clinics

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

LAKE COUNTRY

- **Turtle Bay Medical Clinic**
Mon-Fri- 8am-4pm. Closed Sat & Sun
<https://evolvealliedhealth.ca>
802-11850 Oceola Rd., Lake Country
778.480.6890

KELOWNA

- **Academy Hill Medical Centre**
Mon-Thur 9am-4pm, Fri 9am-1pm
<https://academyhillmedical.com>
109-975 Academy Way
250.300.3284

- **Bluebird Medical Clinic**
Mon and Tue only. 9am-4pm
Phone clinic prior to coming in
<https://www.bluebirdmedical.ca>
302B-3975 Lakeshore Road
778.477.6390
- **Hillside Medical Clinic**
Monday to Friday 8:30am-4pm
<https://evolvealliedhealth.ca>
114-1920 Summit Drive
250.763.6322
- **Lakeshore Medical Centre & Walk-In**
Monday to Saturday 9am-5pm
2280 Baron Road
250.764.8878
- **Lyte Medical Clinic**
Monday to Friday 8am-4pm
1550 Banks Road
236.766.1141

Helping you. Live your life.

Get the support *your loved ones need* and the peace of mind *you need*.
Services include Personal Care, Home Making, Companion Services,
Nursing, Accompanied Visits, Caregiver Relief, Help with Meds.
We're specially trained to help with Alzheimer's
and dementia, diabetes, acquired brain injury
and end of life care. We've been helping
families just like yours since 1984.



**KELOWNA HOMECARE
SOLUTIONS**

270-2000 Spall Road
Kelowna, BC
250-861-8315

www.kelownahomecaresolutions.com



Walk In Clinics

continued

- **Orchard Medical Centre**
Mon-Thur 8am-3pm, Fri 8am-1pm
104-1990 Cooper Road
250.861.3235
- **Spall Medical Clinic & Walk-In**
Mon & Sat 9am-2pm, Tue-Fri 8:30-2pm
May close early due to patient volumes.
150-1940 Harvey Avenue
236.420.0067

WEST KELOWNA / WESTBANK

- **Lakepoint Medical Clinic**
Monday to Friday 9am-4pm
202-525 Highway 97S
778-755-0700
- **Primacy MD Medical Centre Walk-In**
Mon-Thur 9am-3:30pm (closed 12:30-1:20pm), Friday 9am-1pm
3020 Louie Drive (inside Superstore)
250.768.9959
- **West Kelowna Medical Centre/ Walk-In**
Monday to Friday, 9am to noon
105-2231 Louie Drive
250.768.6985



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– Cory Booker

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Offering all vaccine & injection services. Plus, we can now prescribe for UTI's, birth control, cold sores, fungal infections, heartburn, shingles and more.
Visit for fast, convenient & friendly walk-in service!

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Come visit us on the 2nd floor of the Aurora Medial Center.
Located at the corner of Hollywood Rd N & Aurora Crescent (behind the Willow Park Shopping Centre)



203-285 Aurora Crescent, Kelowna, BC
778-753-7070

www.rutlandmedicalpharmacy.com
8:30-6 Monday to Friday; 10-3 on Saturday and holidays;
closed on Sundays.



Professional

Consumer

Better Business Bureau

Helps consumers find businesses and charities they can trust

<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 - how to report spam

<https://www.antifraudcentre-centreantifraude.ca>

1.888.495.8501 Mon-Fri 6am-1:45pm PT

Consumer Protection Authority

License and inspect regulated businesses, respond to consumer complaints, investigate alleged violations, educate consumers, businesses - their rights, responsibilities

<https://www.consumerprotectionbc.ca>

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

National Do Not Call List

List your home, mobile, fax or VoIP number to reduce telemarketing calls

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

1.866.580.3625 Mon-Fri 8:30am-4:30pm

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 Authority

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

<https://bcassessment.ca>

300-1631 Dickson Avenue, Kelowna

1.866.825.8322

BC Securities Commission Investor Education

Website provides investors with online tools and info to help make wise investing decisions, protect themselves against unsuitable or potentially fraudulent invests.

<https://www.investright.org>

1.800.373.6393 Mon-Fri 8am-5pm

Credit Counselling Society

We offer confidential, non-judgmental, free credit counselling to help you solve your financial challenges

<https://nomoredebts.org>

375-1855 Kirschner Road, Kelowna

250.860.3000

1.888.527.8999

Insurance

HUB International Insurance Brokers

Buy your Personal Insurance with CHOICE. Rutland Plaza 33

51-3021 Highway 33 W 250.765.4143

<https://www.hubinternational.com>

See our ad on page 28

ICBC Seniors Insurance

Discount available for ICBC basic insurance for 65+ registered owners and operators, pleasure only. Also Experienced Driver & Seniors savings, Disability and Antitheft device discounts. New to BC? Your good driving record could pay 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>

Johnston Meier Insurance Agencies

Customer's First. Business, Personal, Auto Insurance. Three Central Okanagan offices to serve you
<https://jmins.com>
 See our ad on this page

Legal

Access Pro Bono Society of BC

We help British Columbians solve their legal problems. 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://clasbc.net>
1.888.685.6222 Vancouver

Dial-a-Law

A library of scripts prepared by lawyers. Offers general information on a variety of topics on BC law 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 24/7 Recorded Information

50 Johnston Meier Insurance Agencies Group
www.jmins.com

Kelowna	250-762-2132	Toll Free	1-888-762-2132
Peachland	250-767-2500	Toll Free	1-877-767-2510
West Kelowna	250-768-7618	Toll Free	1-866-768-7618

Visit our website for a location near you!

Autoplan
 Your Best Insurance is an Insurance Broker.

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

Legal Services Society

If you have a legal problem and can't afford a lawyer, we can help. See website for Kelowna offices and hours

<https://legalaid.bc.ca>

• **Family LawLINE**

LawLINE lawyers give brief 'next stop' advice about family law issues such as custody, access, guardianship, child support, spousal support, property division, family agreements, adoption and court procedures. Mon-Tue-Thur-Fri 9 am to 3 pm, Wed 9 am to 2:30 pm

<https://family.legalaid.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://family.legalaid.bc.ca/retiring-mylawbc>

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 & 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

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

COVID protocols in effect - see website

1345 St. Paul Street, Kelowna

250.712.7576 Mon-Fri 8:30am-4:30pm

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 & Info Line M-F 8am-8pm, Wkends 10-5:30
Language interpretation available

1.855.306.1443 TTY

Policing

Central Okanagan Crime Stoppers

Receives tips from anonymous callers, passes information on to police to help solve cases. Reward of up to \$2,000 based on the extent of information received and the results obtained. Use 'Submit a Tip' link on website or call TIPS

<https://www.crimestoppers.net>

1.800.222.TIPS (8477)

1450 KLO Road 250.469.6307 Office
See our ad and article on page 12

Kelowna Regional RCMP

The RCMP embraces the principles of Community Policing which acknowledges the unique needs and problems specific to our community. Addressing public safety concerns is truly an interactive process between the police and community. The RCMP's Crime Prevention Unit specializes in working with residents and businesses to address these concerns. Call or visit a Community Policing office to learn more about your police service, current crime prevention tips, or seek advice on dealing with neighbourhood safety concerns.

<https://www.rcmp-grc.gc.ca/detach/en/d/201#Kelowna>

190 Richter Street

250.762.3300 Mon-Fri 8am-5:30pm

RDCO Protective Services Department

A combined team of professionals who oversee volunteers, coordinate community programs and provide assistance to police and other agencies to create a better sense of safety and security for citizens.
250.469.6170 David Gazley

• **RDCO Bylaw Services**

Respond, investigate bylaw complaints within RDCO including Zoning, Noise, Invasive Weeds and Insects, and other bylaw offences

protective.services@rdco.com
4150 KLO Rd., Kelowna 250.469.6112

• **RDCO Crime Prevention Unit**

Citizens Patrol, Seniors' Contact, Stolen Auto Recovery, Traffic Watch, Fraud Awareness, Speed Watch, Business Watch, Block Watch. Volunteer opportunity

<https://www.westkelownacity.ca/en/our-community/police-rcmp.aspx>
250.707.8021 wkcp@shaw.ca
2390 Dobbin Rd. (RCMP) M-F 7:30-4:30

• **RDCO Dog Control**

Officers ensure dogs are licensed to assist lost dogs reunite with owners. Also investigate complaints, work closely with SPCA, other animal care specialists

890 Weddell Place, Kelowna 250.469.6284
1.888.670.2417 After Hours Emergency

• **False Alarms Management**

Program designed to alleviate, reduce false security alarms in order that police can respond to other emergency calls

4150 KLO Road, Kelowna 250.469.6123 alarms@rdco.com

Lake Country Community Policing

Speed Watch, Child ID, Block Watch, Seniors Safety & Security, Graffiti Eradication. Volunteers welcomed.

<https://www.lakecountry.bc.ca/en/living-in-our-community/police.aspx>
3231 Berry Road (RCMP) M-F 8-4 250.766.5400

Peachland Community Policing

Citizens Patrol, Speed Watch, Seniors Contact, Stolen Auto recovery
<https://peachlandcommunitypolicing.ca>

4440 5 Street

250.767.2623 M-F 1-4pm

Rutland Community Policing Office

Responds to routine enquiries, initiates non-emergency crime reports, advises re: available crime prevention programs

115 McIntosh Road 250.765.6355 9am-4:30pm

RCMP Victim Services

Aims to help lessen the impact of crime and trauma on victims, witnesses, and their friends and families - for Kelowna, Lake Country, Peachland, West Kelowna, Westbank First Nation
<https://www.rdco.com/en/living-here/victim-services.aspx>

1190 Richter Street, Kelowna 250.470.6242 Mon-Fri 8am-6pm

RCMP Detachments

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

Emergency only: dial 9-1-1

• **Kelowna Regional Detachment.**

1190 Richter Street 250.762.3300 Mon-Fri 8am-5:30pm

• **3231 Berry Road, Lake Country**

250.766.2288 Mon-Fri 8am-4pm

• **2390 Dobbin Road, West Kelowna**

250.768.2880 Mon-Fri 8am-4:30pm

Community Crime Prevention

The importance of enhancing public safety through crime prevention. Value of programs that help groups most at risk of becoming involved in crime, and of restorative justice processes that address the needs of victims and communities
<https://www2.gov.bc.ca/gov/content/safety/crime-prevention/>

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, how to reduce or remove risk
<https://www.rcmp-grc.gc.ca/en/seniors-guidebook-safety-and-security>





Leisure Travel

Arts & Culture

City of Kelowna

Arts, Culture & Heritage. Subscribe to our bi-monthly e-newsletter

<https://www.kelowna.ca/culture>

Friends of Fintry Provincial Park Society

Research, restoration of buildings and grounds, building archives, fund raising. Large campground, boat launch. Summer weekend tours, virtual tours

<https://www.finity.ca>

250.542.4031

Kelowna & District Genealogical Society

Library of books/newsletters, wide range of topics from most areas of the world

<https://kdgs.ca> info@kdgs.ca

• Resource Centre, Okan. Reg. Library, Kelowna downtown branch, 2nd Floor

1380 Ellis Street

250.762.2800

Kelowna Art Gallery

Engage, inspire, enrich the greater community through exhibition, collection, interpretation of visual art

<https://kelownaartgallery.com>

1315 Water Street 250.762.2226

Kelowna Community Theatre

View upcoming Calendar of Events at...

<https://theatre.kelowna.ca>

1375 Water Street

250.469.8944 Mon-Fri 9am-5pm

250.469.8940 Box Office Mon-Sat 10-4

Kelowna Kiwanis Festival

Annual festival provides opportunities for amateur performers to demonstrate their achievements in music, dance, speech

<https://www.kelownakiwanisfestival.com>

778.581.8899

Kettle Valley Steam Railway

Dedicated to preserving Okanagan and BC Railway Heritage, seniors discount

<https://www.kettlevalleyrail.org>

18404 Bathville Road, Summerland

250.494.8422

1.877.494.8424

Museums

Kelowna Museums

• Okanagan Heritage Museum

Wonderful objects and surprising stories that reveal the natural and cultural history of the region. Home of Kelowna Public Archives, Central Okanagan Hall of Fame

470 Queensway Ave. 250.763.2417

<https://www.kelownamuseums.ca>

• Okanagan Wine & Orchard Museum

In the Laurel Packinghouse. Sample the industries that shaped Kelowna, shop for made-in Okanagan gifts

1304 Ellis Street 778.478.0325

<https://www.kelownamuseums.ca>

• Okanagan Military Museum

Discover the role Okanagan men and women played in the world theatre.

Packed with fascinating artefacts, one of the best firearms collections in Canada.

<https://www.kelownamuseums.ca>

1424 Ellis Street 250.763.9292

Lake Country Museum and Archives
Presenting our Past. Illuminating our Future
<https://www.lakecountrymuseum.com>
11255 Okanagan Centre Road West
250.766.0111

Peachland Museum, The
Scale model of Kettle Valley Railway
See website for Summer & Winter hours
<https://peachlandhistory.ca>
5890 Beach Avenue 250.767.3441

Sncēwīps Heritage Museum

We aim to educate through a uniquely
syilx perspective that fosters cultural
awareness of the syilx nation
<https://www.sncewips.com>
260-525 Highway 97, Westbank
778.755.2787 Mon-Fri 10am-4pm
See our ad on this page

Westbank Museum & Visitors Centre
Working model of Gorman Bros. sawmill
<https://westbankmuseum.com>
2376 Dobbin Road, West Kelowna
250.768.0110 Check website for hours

Okanagan Historical Society
One of the oldest societies in BC
dedicated to the preservation of local
history. See website for contact info for
branches throughout the Okanagan
<https://www.okanaganhistoricalsociety.org>

Okanagan Symphony Orchestra
Concert events in Kelowna, Penticton,
Vernon. See website for info regarding

performances, locations, dates, tickets
<https://okanagansymphony.com>
250.763.7544

Rotary Centre for the Arts
Multidisciplinary visual and performing arts
centre. Consider a donation to support.
Subscribe to E-Newsletter
<https://rotarycentreforthearts.com>
421 Cawston Avenue
250.717.5304 Box Office M-F 9am-5pm

Leisure

Big White Ski Resort
<https://www.bigwhite.com>
5315 Big White Road
250.765.3101 Tickets
1.800.663.2772 Central reservations

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 License Vendors

BC Old Time Fiddlers' Association
Encouraging & promoting the art of Old
Time Fiddlers and Violin playing, See web
for details. 13 active branches around BC
<https://bcfiddlers.com/branches/kelowna/>
<https://bcfiddlers.com> **250.717.8432**

BC Parks
As of January 2023, service moved to
a 4-month rolling booking window for
frontcountry & backcountry reservations.



Visit

SNCĒWĪPS
HERITAGE MUSEUM

260 - 525 Hwy 97 S (Okanagan Lake Shopping Centre)
Call 778 755 2787 or visit sncewips.com

65+ BC residents senior camping 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 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 Salmon Arm, Sept 10-14, 2024
<https://55plusbcgames.org> **778.426.2940**

Beta Sigma Phi - Kelowna

An international Women's Friendship Network with some 500 members in the Thompson Okanagan. For more info or to contact us, visit our website...
<https://betasigmaphikelowna.wordpress.com>

Central Okanagan Naturalists' Club

Enjoy the beauty of our area while benefitting from a healthy lifestyle: hiking, birding, botany, fun, socializing, learning. Regular in-person meetings are occurring. See website for details
<https://okanagannature.org>

City of Kelowna Parks & Recreation

View the seasonal Activity & Program Guide online
<https://kelowna.ca/recreation>

• **Parkinson Recreation Centre**

1800 Parkinson Way 250.469.8800
M-F 6am-10pm, Sat/Sun 8am-5pm

Farmers' Markets (BC Association of)

<https://bcfarmersmarket.org>

• **Kelowna Farmers' & Crafters' Market**

BC's largest farmers' market. April-Oct. Moving to the Landmark District Spring 2024. Wed & Sat 8am-1pm. Kerry Park Downtown Satellite market Sunday 9am-3pm June-Sept. Winter market-check web
<https://www.kelownafarmersandcraftersmarket.com>
250.878.5029

• **Lake Country Farmers Market**

Fridays 3-7pm Swalwell Park June-Sept Fresh local produce & foods, handcrafts
<https://www.facebook.com/LakeCountryFarmerMarket/>
250.826.7100 Shayne

• **Peachland Farmers & Crafters Market**

Sundays 10am-2pm, May through Sept. Heritage Park, Beach Avenue, Downtown
<https://www.peachlandfarmersandcraftersmarket.ca>
250.317.0407 Linda

• **Westbank Farmers' Market**

Saturdays 9am-1pm July to end Sept Westridge Shopping Centre, Main & Elliott
<http://www.westbankfarmersmarket.com>

Kelowna Community Chorus

A non-audition choir characterized by its friendly atmosphere. New members always welcome. Members are united by their love of music in all genres and the joy of singing together.
<https://www.kelownacommunitychorus.com>

Play your hand at
1585 SPRINGFIELD RD

chances
CASINO
KELOWNA

SLOTS · LIVE TABLES · LOUNGE

bccl Know the odds of the game. [GameSense](#) 19+

chanceskelowna.ca

Kelowna Newcomers Club

Social group for 19+ (resident for less than four years) to make new friends, varied activity groups, opportunity to learn more about the area. See website for meeting information, activities, events, and more <https://www.kelownanewcomers.ca>

Kelowna Rockets Hockey Club

Seniors 60+ pricing
<https://chl.ca/whl-rockets/>
1223 Water Street
250.860.7825 Prospera Place Box Office

Lake Country Health Seniors Fitness

Fun fitness classes for those 55+. Visit website. Call for details
<https://www.lakecountryhealth.ca>
778.215.5247

Okanagan Wine Festivals

Naturally Fun Festivals for All Seasons! Check website for programs and events
<https://www.thewinefestivals.com>
250.861.6654

Probus Clubs

The goal of the Probus organization is to provide Fellowship, Friendship, and Fun for all men and women in their retirement and semi-retirement years. Clubs all about encouraging healthy minds and bodies and socializing with other retirees in the community. See website for how to join, membership benefits, contact information for Central Okanagan clubs - Kelowna-Ogopogo, Westside
<https://www.probuscanada.ca>

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. Also travel tips, health on the road, destinations, full-time RV living and much more. See website for 2024 Seminar dates
<https://rvda.bc.ca>
778.574.4522 MJ Higgins - RVDA




Mekong
 Fresh Asian Cuisine 美富酒家

Buffet
 Combo Dine in Takeaway
 Group & Tours Welcome

1030 Harvey Avenue
 (next to Econo Lodge Inn and Suites)
 250-763-8000
www.mekongrestaurant.com

Silver Song Group

Free, drop-in, fun, 90 minute sessions of participatory singing, music-making for seniors. No singing talent required.

- Kelowna - Okanagan Mission Activity Centre, **4398 Hobson Road**. Mondays (not stat holidays) 10-11:30am.

Sept 11 to end of May 2024

250.717.7969 Margaret - call for info

- West Kelowna - Heritage Retirement Residence, **3630 Brown Road** Wed 10-11:30am, Sept 6 to end of May 2024

250.764.0567 Stella - call for info

Travel

BC Ferries

BC Seniors 65+ travel free on most BC Ferries Mon-Thur except holidays. Passenger fares only - with valid I.D.
<https://www.bcferrries.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>

Kelowna International Airport (YLW)

Contact airlines directly for flight reservations and questions. Airport services info is available at <https://ylw.kelowna.ca>

250.807.4300 Airport Administration

250.765.5612 Parking Shuttle Services

778.753.3735 Valet Parking

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://www.nationalgeographic.com/expeditions/>
1.888.966.8687

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

Spiritleaf

Cannabis & Accessories Available

<https://spiritleaf.ca/pages/store-locator>

Unit 1B, 1455 Harvey Avenue

Kelowna

See our ad on page 53

Super, Natural British Columbia

Experience a wide range of events celebrating food, drink, culture, the arts. All about BC, places to go, things to do, trip ideas, accommodation, transportation, maps, travel deals. Need to Know - key travel information, accessibility, more...
<https://www.hellobc.com>

Traveller Information System

Road and weather conditions, webcams, plan your route, mobile traveller information, prepare for driving, more...
<https://www.drivebc.ca>

1.800.550.4997 BC Highways Conditions

Worldwide Quest

Experiential travel since 1970
Expert-led small group tours in nature, culture, the arts
<https://www.worldwidequest.com>

1.800.387.1483 M-F 6am-2:30pm PT

Activity Centres

East Kelowna Community Hall

Weddings, banquets, parties, festivals, arts & craft shows, fitness, sports, more
<https://eastkelownahall.com>

2704 East Kelowna Road

250.860.2746

City of Kelowna Activity Centres

A variety of programs and services are available for those 50+ including fitness and sport, crafts and hobbies, music and dance, health and wellness, computers, art, games and general learning. See the Active Living Guide for 50+, go to
<https://www.kelowna.ca/recreation>

- **Okanagan Mission Activity Centre**
Okanagan Mission Senior Society
4398 Hobson Road 250.469.8957
- **Parkinson Activity Centre**
Parkinson Senior Society. 50+ and Active
<https://parkinsonseniors.com>
1700 Parkinson Way 250.762.4108
- **Rutland Activity Centre**
Rutland Senior Centre Society
<https://rutlandseniors.com>
765 Dodd Road 250.765.3723

Kelowna Senior Citizens' Society
Provide & Promote social activities and educational programs for seniors. See website for current activities
<https://www.kelownaseniorcitizens.ca>
1353 Richter Street 250.762.5505

Lakeview Heights Community Hall
City of West Kelowna. Recreation programs, meeting/event rental space, full kitchen, adjacent playground, tennis courts, soccer field, pickleball courts, sportsbox - basketball and hockey
<https://www.westkelownacity.ca>
860 Anders Road, West Kelowna 778.797.2240

Lake Country Seniors' Activity Centre
Cribbage Tournaments, Sewing, Tai Chi, Fitness Class, Power Yoga, Art Groups, Euchre/Hearts, Bridge, Quilting, Scrabble, Mahjong. Tuesday Lunch \$9, Frozen meals available for \$7
email: lakecountryseniorscentre@gmail.com
9830B Bottom Wood Lake Road 250.766.4220

Okanagan Mission Community Hall
Heritage building has been the centre for community events in the Mission area for decades. One of the best equipped rental facilities in the Okanagan
<https://www.okmissionhall.net>
4409 Lakeshore Road, Kelowna 250.764.7477

Peachland 50 Plus Activity Centre
Peachland & District Retirement Society
Passion 4 Art, 50+ Fitness, Bingo, Bridge,

Mahjong, Canasta, Carpet Bowling, Line Dancing & Cloggers, Wood Carvers, Variety Singers, Ukulele, Yoga, We Art Here. Potlucks, BBQs, Pancake breakfasts, Luncheons & Teas, Day trips
<https://www.peachland50plusactivitycentre.ca>
5672 Beach Avenue, Peachland 250.767.9133 Office hours M-W-F 10-noon

Peachland Wellness Centre (PWC)
Programs and services to enhance wellbeing and enjoyment of life in the community. These include Friendly Visitor, Community Gardens, Income Tax, Dementia Caregiver, Bereavement, & Parkinson Support groups, Adult Day Service, Meditation, Sunday Breakfast, Sunshine Singers, Ladies & Men's Coffee/Cards, Better at Home, Tai Chi for Wellness, Transportation. See website
<https://www.peachlandwellnesscentre.ca>
4475 4 Street, Peachland 250.767.0141 Mon-Fri 9am-3pm

Webber Road Community Centre
City of West Kelowna in partnership with the BGC Okanagan. Licensed childcare and recreation centre. No dogs allowed
<https://www.bgco.ca>
<https://www.westkelownacity.ca>
2829 Inverness Road, West Kelowna 778.214.0592

Westbank Lions Community Centre
Completely updated community hall. Perfect facility to host a banquet, wedding, meetings, community events
<https://www.westkelownacity.ca>
2466 Main Street, West Kelowna 250.979.2240

Westside Senior Citizens Service Association 50+ Activity Centre
Carpet bowling, ceramics, bridge, snooker, crib, line dancing, bingo, floor curling, cloggers, wood carving, jammers, Keep Fit, quilting, ballroom dancing, Tuesday 1pm Social Gatherings
<https://www.westkelownacity.ca>
3661 Old Okanagan Highway West Kelowna 250.768.4004



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 'Giving to Charity' 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 SPCA

Registered charity dedicated to protecting and enhancing the quality of life for domestic, farm 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 73
1.855.622.7722 Animal Helpline
• Kelowna Branch - Tue-Sat Noon-4:00pm
<https://spca.bc.ca/locations/kelowna/>
3785 Casorso Road V1W 4M7
250.861.7722 Closed Stat Holidays

Canadian Cancer Society

Make a One-time Gift, Monthly Gift, Honour Gift, Memorial Gift
<https://cancer.ca> Click on 'donate'
330 Strathcona Ave., Kelowna V1Y 5K7
250.762.6381 1.800.403.8222

Canadian Red Cross

Donate online, by mail, by phone, monthly giving, gifts of stock, planned giving - legacy, RRSPs <https://www.redcross.ca>
124 Adams Road, Kelowna V1X 7R2
250.491.8443 1.800.418.1111

Central Okanagan Hospice Association

Offering compassionate care, comfort, support and learning to those who are dying or grieving within our community
<https://hospicecoha.org>
200-1890 Cooper Rd., Kelowna V1Y 8B7
250.763.5511

• COHA Foundation

To generate sustainable funding to solely support the vision and mission of the Central Okanagan Hospice Association
<https://hospicecoha.org>

Central Okanagan Foundation

A trusted place where donors go to give and charities go for support towards valuable endeavours
<https://www.CentralOkanaganFoundation.org>
306-1726 Dolphin Avenue
Kelowna, BC V1Y 9R9
250.861.6160 M-F 8:30am-4:30pm

Connect Counselling & Therapy

Society Counselling for the Community
<https://www.connectcounsellingsociety.ca>
4-1890 Cooper Road
Kelowna, BC V1Y 8B7 250.860.3181

Heart & Stroke Foundation

In Memoriam, In Honour, or general donations
<https://www.heartandstroke.ca> cont'd...

200-885 Dunsmuir Street
Vancouver, BC V6C 1N5
778.372.8000 1.888.473.4636
See our ad on page 80

KGH Foundation

Giving **Changes** Everything.
 Building a healthier future, together
<https://www.kghfoundation.com>
2312 Pandosy St. Kelowna, BC V1Y 1T2
250.862.4438 Mon-Fri 8am-4pm
See our ad and article on page 26

Kelowna Women's Shelter

Planned Giving lets you support the Shelter in the form of a direct bequest, or through a gift to our endowment fund.
<https://www.canadahelps.org/en/dn/29194>
PO Box 20193, RPO Towne Centre
Kelowna, BC V1Y 9H2 778.478.7774
250.763.1040 Help Line

Sunshine Foundation of Canada, The
 A Brighter Future for Youth with Disabilities
<https://www.shinefoundation.ca>

21-1100 Dearness Drive
London, ON N6E 1N9 519.642.0990

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

United Way Southern Interior BC
 Local giving. Local results. Serving the Okanagan, Columbia, Shuswap and Similkameen <https://uwbc.ca>
202-1456 St. Paul Street
Kelowna, BC V1Y 2E6
250.860.2356
1.855.232.1321 Outside Kel., West Kel.

Variety-the Children's Charity
 Enriching the lives of BC children with special needs and their families
<https://www.variety.bc.ca>
4300 Still Creek Drive, Burnaby V5C 6C6
 Toll Free: **310.KIDS (5437)**



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As a Forever Guardian, you can create lasting change for animals facing cruelty and hardship. 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

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 Drive

Ottawa, ON K1V 0C4

1.800.250.3030

See our ad and article on page 14

Society for Learning in Retirement SLR

Curiosity Never Retires!

Continuing education, intellectual stimulation, social connections for mature adults. Courses, Study Group info online

<https://www.slrkelowna.ca>

The Martin Centre, 1434 Graham Street

250.448.1203

See our ad and article on page 23

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/>

Justice Institute of BC (JIBC)

Educating and training those who make communities safer, Canada's leader in justice and public safety education

<https://www.jibc.ca>

825 Walrod Street, Kelowna

250.469.6020

1.888.865.7764

Project Literacy Central Okanagan Society

Free tutoring support for adults seeking to improve basic reading, writing, math skills. Digital, Financial & Food Literacy programs. See website - volunteer/donate

<https://projectliteracy.ca>

1635 Bertram Street

250.762.2163

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

Liberal Arts and 55+ Program. Tuition discount for those 55+. Open Learning offers distance learning. You can complete online & distance courses and programs anytime, anywhere

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

1.800.663.9711

Library Services**Okanagan Regional Library**

Books, music, movies & more. The ORL gratefully accepts monetary gifts to enhance library's ability to better serve.

<https://www.orl.bc.ca/hours-locations>

250.860.4033 Admin. Office Kelowna

Meal & Food Programs**FOOD BANKS****• Central Okanagan Food Bank**

Caring For Our Community. See website for Hamper Distribution days and times

<https://cofoodbank.com>

- Kelowna Branch

2310 Enterprise Way

250.763.7161 Office M-F 8am-4pm

- West Kelowna Branch

3711 Elliott Road, West Kelowna

250.768.1559 Mon-Fri 9am-3pm

• Lake Country Food Bank

Food assistance to low income families. Hampers Tue-Wed 9:30-11:30am; 1pm-2:30pm. New intakes- call for appointment or complete online application. See website for operating hours, including

Food Donation drop-off times
<https://www.lakecountryfoodbank.org>
9830C Bottom Wood Lake Road
Lake Country
250.766.0125

• **Peachland Food Bank**

Open 9-11:30 am every 2nd Saturday of the month. Also every Friday 12:30-2:30pm. Facebook
4475 4 Street, Peachland
250.767.3312 Judy

Community Gardens (Central Okanagan)

<https://www.centralokanagancommunitygardens.com/>

Click on 'Gardens' tab for area gardens

Lake Country Seniors Activity Centre

Tuesday Lunch - \$9 - come early, lunch is served at 12 noon. Freezer meals available for \$7.

9830B Bottom Wood Lake Road
250.766.4220

Meals On Wheels & Dinners @ Home

"Serving our Community for 54 Years!"

Home delivery of affordable, nutritious & delicious hot and/or frozen meals up to 3 times a week in Kelowna, West Kelowna, Peachland. Hot meals provided by our partner **Beet'N Boo's Bistro**. Veteran Affairs assistance may be available. Delivery only. Special diet meals can be provided. Volunteers welcome.

<https://www.mow-online.com>

250.763.2424

See our ad and article on page 22

May Bennett Meal Program

Hot and cold meals with special diet capabilities. Dinners @ Home frozen meals available. Pick up available. Veteran Affairs assistance may be available.

Operated by Interior Health Food Services

<http://www.okmeals.info>

May Bennett Wellness Centre

135 Davie Road 250.860.3378



BLENZ Stores Are
 Locally Owned & Operated



**VISIT YOUR LOCAL
 COMMUNITY BLENZ**

Blenz at Bernard & Water St
 297 Bernard Ave, Kelowna

Blenz in Innovation Centre
 460 Doyle Ave, Kelowna

Blenz in Orchard Park Centre
 2271 Harvey Ave, Kelowna

Blenz in Pandosy Village
 2823 Pandosy St, Kelowna

Blenz in Westbank Centre
 3645 Gosset Rd, West Kelowna

Blenz in Penticton
 284 Main St, Penticton

Blenz in Cherry Lane Mall
 220-2111 Main St, Penticton

Blenz in Vernon - Downtown
 2706 30th Ave, Vernon

**Blenz in Vernon - Anderson Way
 DRIVE-THRU**
 5100 Anderson Way, Vernon

Programs & Groups

Adult Day Services (ADS)

Offers supportive community programs for those at risk of losing their independence. Joining ADS requires a phone to Home Health. A Home Care Health Manager will begin an assessment for your suitability. Focus is on well-being to maintain independence, remain in your home. For more info, call **1.800.707.8550** or visit <https://www.interiorhealth.ca/services/adult-day-services>

Better At Home

Provides non-medical home support for seniors 65+ who live independently.
<https://betterathome.ca>

- Seniors Outreach & Resource Centre
<https://seniorsoutreach.ca/better-at-home/>
250.861.6180 x5 Kelowna (Lead Agency)
- Lake Country Health
<https://www.lakecountryhealth.ca>
778.215.5247
- Peachland Wellness Centre
<https://www.peachlandwellnesscentre.ca>
250.767.0141
- Westside Health Network Society
<https://www.westsidehealthnetwork.org>
250.768.3305 West Kelowna M-F 8-2

Canadian Federation of University Women

Since 1960, members of CFUW Kelowna have come together for fun, friendship, and action. We are united in our common goal, to support the education and well being of women and girls. Open to all interested women. See website for event calendar and contact information
www.cfuwkelownaclub.org

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-management>
1.800.663.3456 [report disaster/emergency](https://www2.gov.bc.ca/gov/content/safety/emergency-management)

Friends of the South Slopes Society

Advocates, provides access to connected, well-maintained recreation areas across the South Slopes of Kelowna, and Kettle Valley Railway. Buy a membership. monthly updates, join the trail crew
<https://foss-kelowna.org/about-us>

HOPE Outreach

Night time Outreach for homeless and exploited women in Vernon & Kelowna by trained and caring volunteers
<https://www.hopeokanagan.com>
<https://www.facebook.com/hopeoutreachokn/>
250.258.7879 24/7 Assistance Line

Kelowna Calligraphers Guild

Formed in 1990 to allow Okanagan calligraphers to share their expertise. Meets Sept to May on last Monday of month. Visit website for further information
<https://kelownacalligraphy.ca>

Kelowna Hostesses

Goodwill ambassadors representing the City of Kelowna. Provides volunteers for community activities
250.763.7542 Roberta

Ki-Low-Na Friendship Society

Provide for the mental, emotional, physical and spiritual well-being via community-based services. See website for complete list of programs and services. Drop-in 8:30am-4:30pm Mon-Fri. Closed 12-1pm
<http://www.kfs.bc.ca>
442 Leon Avenue
250.763.4905
236.420.2992 Housing

Okanagan Men's Shed Association

Create a casual safe place for men to network with others. Effective in helping men combat isolation, share skills and interests, feel valued. Participation in meaningful community & group projects Open Tue & Thur 10am-2pm. Drop in for coffee and a chat.. <https://mensshed.ca>

United Empire Loyalists

Organization promoting Canadian history.

Everyone welcome

<https://uelac-thompsonokanagan.com>

250.469.8348 call for info - Marie

250.838.9652 President Sandra Farynuk

VictimLink BC

Confidential multilingual 24/7 telephone help line for victims of family and sexual violence, all other crimes. See website for details of services offered - 150 languages including many Aboriginal languages email: VictimLinkBC@bc211.ca

<https://www2.gov.bc.ca> Search for VictimLink BC

1.800.563.0808 24/7 Call or text

Wine Country Tai Chi Society

Tai Chi, at your pace, for your ability to improve and maximize your health and vitality. Sitting form for those with mobility limitations. Check website for beginner and ongoing classes

<http://winecountrytaichi.ca>

778.755.0987 Yvonne, West Kelowna

See our ad and article on page 20

Resource Centres

Lake Country Health

Provides resources, advocacy and referral support regarding health & social services. Better at Home, Blue Bottle, Volunteer Driving & Visiting programs.

Caregiver Support. Seniors Fitness

<https://www.lakecountryhealth.ca>

778.215.5247

KCR Community Resources

Community, Family, Adoption, Immigrant & Employment Services - check website for details. Volunteer opportunities.

Connection for resources, referrals, more <https://kcr.ca>

620 Leon Avenue

250.763.8008

• Interior Crisis Line Network

Trained volunteers provide support to individuals experiencing emotional or situational distress, relationship issues, and social isolation

250.763.8008 ext 112

If you are in crisis, call **1.888.353.2273**

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

Peachland Wellness Centre

We link people to services, information, and other people. Bereavement, Wellness Circle, Computer Literacy, Transportation Service, Better at Home, Outreach - see website for list of Programs & Services

<https://www.peachlandwellnesscentre.ca>

4475 4 Street, Peachland

250.767.0141 Mon-Fri 9am-3pm

Seniors Outreach & Resource Centre

Providing support and linking seniors to needed services, we help vulnerable older adults to maintain their dignity and independence, stay connected

<https://seniorsoutreach.ca>

115-2065 Benvoulin Court

250.861.6180 Mon-Fri 9am-4pm

Service Organizations

BC Partners for Mental Health and Substance Use Information

We are here to help you find quality information, learn new skills, connect with key resources. Find the information you need to manage mental health and substance problems, support a loved one

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

310.6789 BC Mental Health Support Line

Free & available 24/7. Call for information

- or if you just need someone to talk to

1.800.784.2433 Call 24/7 if you are in distress or worried about someone else

<https://www.heretohelp.bc.ca/connect/community-resources>

1.800.661.2121 - order publications

Big Brothers Big Sisters

Mission to support and enhance the well-being of young people through positive mentoring relationships

<https://centralsoutherninteriorbc.bigbrothersbigsisters.ca>

102-151 Commercial Drive, Kelowna

1.800.404.4483

250.765.2661 Renew Crew. Help to reuse and recycle clothing, textiles, and small household goods

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>

1.888.363.2279

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**

Central Okanagan Elizabeth Fry Society

If you or someone you care about has experienced sexualized violence, abuse in a relationship, harassment, or conflict with the law, you may benefit from the services provided including Specialized Victim Assistance, Crisis Support Information about the legal system, Advocacy and accompaniment to hospital, RCMP, Crown and court

<https://www.efryokanagan.com>

649 Leon Avenue, Kelowna

250.763.4613 Mon-Fri 8:30am-4:30pm

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 Gaudette, President

• Health & Wellness Workshops

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

<https://seniorshelpingseniors.ca>

Kelowna Women's Shelter

Provides free, confidential services to women & children impacted by family violence and abuse

250.763.1040 24 Hour Help Line

<https://www.kelownawomensshelter.ca/thrift-store>

• Thrift Store - Kelowna Women's Shelter

6-368 Industrial Avenue

250.762.8561 Mon-Sat 10am-4:30pm

Thrift store proceeds support Shelter services

MADD Canada

No alcohol. No drugs. No victims.
<https://madd.ca>

1.800.665.6233 Call for support

- BC Community Leader
1.877.676.6233 Tracy Crawford
- MADD Central Okanagan
<https://maddchapters.ca/centralokanagan>
<https://www.facebook.com/maddokanagan>
1.800.665.6233 ext. 373

People in Motion - The Kelowna & District Society. Develop & enhance the lives & informal supports for people with disAbilities and seniors with special needs. Office hours vary - call for an appointment. See website for program info
<https://pimbc.ca>

23-1720 Ethel Street 250.861.3302

Royal Canadian Legion

The Legion's 145 branches in BC/Yukon Command provides various support services to veterans
<https://legionbc yukon.ca>

- **1380 Bertram Street, Kelowna**
<https://www.kelownalegion.ca>
250.762.4117
- **15712 Oyama Rd, Oyama 250.548.3521**
- **4407 2 Street, Peachland**
https://www.facebook.com/RCL69/?ref=py_c
250.767.9404
- **6-2525 Dobbin Road, Westbank**
<https://www.Facebook.com/RCL288Westbank/>
250.768.4330

The Salvation Army Kelowna

<https://kelownasalvationarmy.ca>

- **Kelowna Community Church**
Sundays 10:30-11:30am
1480 Sutherland Ave. 250.860.2329
- Community Life Centre
 Assisting those in transition to brighter future. Call for an appointment
200 Rutland Rd. South 250.765.3450
- Thrift Store
<https://kelownasalvationarmy.ca/thrift-stores/>
200 Rutland Road S.
778.478.7000 Mon-Sat 10am-5pm
 See our ad and article on page 18

St. John Ambulance

First aid training, volunteer community services. Course calendar on website

<https://bc.sjatrainning.ca>

1941 Kent Road

250.762.2840

Support Groups / Self Help**Al-Anon Family Groups**

A fellowship for people whose lives have been affected by someone else's drinking.

See website for meeting information

<https://www.bcyukon-al-anon.org>

604.688.1716 Mon-Wed-Fri 10am-1pm

To Find an Al-Anon meeting near you visit <https://afghelp.org/find-a-meeting>

250.826.5135 Jeaneen

Alcoholics Anonymous

Support & information for individuals with alcohol related problems. Check website for meeting info throughout BC

<https://bcyukonaa.org>

Alliance for Equality of Blind Canadians

Dedicated to promoting the increased inclusion of blind, deaf-blind and partially sighted in all aspects of social life

<https://www.blindcanadians.ca>

1.800.561.4774 Central Okan. Chapter

BC Association of Community Response Networks

Grew out of the need to create an on-going, permanent provincial funding and support structure for the benefit of vulnerable adults who are experiencing (or at risk of experiencing) abuse, neglect, and self-neglect. Kelowna Community Response Network hosted by Seniors Outreach Services Society. See website for contact info.

<https://bccms.ca>

BC Lung Foundation

Better Breathers is now COPD & Asthma Community. For meeting info, send an email to 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 all day, every day. See website for free, confidential, individual, and/or group counselling for problem gamblers, their families.

<https://www.bcreponsiblegambling.ca>

1.888.795.6111 24 hour Helpline

Caregiver Support Group

For people providing support (caring for a loved one at home or in a facility), Interior Health offers a number of Support Programs. Referral to Community Care necessary. Call Central Intake for information on education sessions and other services offered.

1.800.707.8550 Interior Health

Compassionate Friends of Canada, The

Support group for parents who have experienced the death of a child, any age, any cause. Call for meeting information

<https://tcfcanada.net>

250.718.7039 Kelowna Chapter

Crohn's & Colitis Canada

Check website for events in the Okanagan

See listing in Health section

<https://www.crohnsandcolitis.ca>

1.800.513.8202 Kelowna Office

Gamblers Anonymous

Open meetings every Thursday, 12 step program. 6-7 pm Kalano Club

2108 Vasile Road, Kelowna

<https://www.gabc.ca>

250.801.9943

1.855.222.5542 Hotline

Kelowna Prostate Cancer Support & Awareness Group

Meets 2nd Saturday of the month at 9 am except July & August. 2nd Floor,

The Harvest Room, Trinity Baptist Church

Springfield & Spall (South entrance)

<https://www.kelownaprostate.com>

250.762.0607 Bren Witt

Kelowna Women's Shelter

Whether you need a place to stay in our



Heart&Stroke™

Learn the signs of stroke

F **ace** is it drooping?

A **rms** can you raise both?

S **peech** is it slurred or jumbled?

T **ime** to call 9-1-1 right away.

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

Shelter, or just want to meet with a support worker to discuss a safety plan, we have a program or service to meet your needs
<https://www.kelownawomensshelter.ca>
250.763.1040 24/7 Help Line

Lake Country Health Caregiver Group
 Support for those who care for family with chronic illnesses. Support groups meet in Vernon, Lake Country, Kelowna. Caregiver Coffee group. Visit website or call.
<https://www.lakecountryhealth.ca>
778.215.5247

Mental Illness Family Support Centre
 Family support group meets every 1st Wed and 3rd Monday at 6:30-8pm
<https://www.bcscs.org>
203-347 Leon Avenue, Kelowna
250.868.3119 Call to register
250-464-5159 Interior Regional Manager

Mesothelioma.net
 Cancer support group dedicated to providing all the latest in research and aid. Has compiled fact-checked and physician approved information regarding this disease, how it affects the body, and how it can be treated
<https://mesothelioma.net>
1.800.692.8608

Mood Disorders 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
 Vision that every addict has the chance to experience our message in his/her own language & culture, find the opportunity for a new way of life. See website for Thompson Okanagan meeting information
<https://www.bcrna.ca>
1.877.604.7613 Central Okan. Help Line

Parkinson Society British Columbia
 See website for information for Okanagan

Support / Caregivers Groups
<https://www.parkinson.bc.ca/resources-services/support-groups>
1.800.668.3330 ext **228** Provincial Office

QuitNow
 Free, quit smoking program delivered by the BC Lung Foundation to help you to quit smoking or reduce tobacco and e-cigarette use. QuitNow has all the support services you need
<https://quitnow.ca>
1.877.455.2233 Get Help Now

Self-Management BC
 Programs give people the knowledge, skills, confidence needed to successfully manage chronic health conditions. Check website for a program near you
<https://www.selfmanagementbc.ca>
1.866.902.3767 Mon-Fri 8:30am-4:30pm

Stroke Recovery Association of BC
 After Stroke BC is here to support you and your family. We will work to understand your needs and goals, and connect you to people, resources, services in your community. Our weekly virtual Stroke Recovery Program runs Fridays 11am-12:30pm. Our Kelowna In-Person Program runs Thursdays 11:30am-1:30pm. To speak to an After Stroke Coordinator, or to register for our programs, please email or call...
afterstroke@marchofdimes.ca
1.888.540.6666
 See our ad/article on page 28

Transportation

Accessible Parking Permits Program
 Application (and info) available on website Complete and return to City Hall, Revenue Branch. \$20 Fee.
<https://www.kelowna.ca> Click on 'Roads & Transportation', then 'Parking', then 'Parking Permits'
1435 Water Street, Kelowna
250.469.8757

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

<https://www2.gov.bc.ca> Bus Pass Program
1.866.866.0800 Mon-Fri 9am-4pm

Disability Parking Permits -SPARC BC

Parking permits for those with disabilities Apply/renew online. Permanent and temporary permits are available

<https://www.sparc.bc.ca>
1.888.718.7794 Mon-Fri 9am-4:30pm

Ebus

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

<https://www.myebus.ca>
1.877.769.3287

Hope Air

We believe all Canadians should have access to healthcare they need, regardless of where you live or if you can't afford to travel. Committed to easing the stress of getting there by providing families with free flights and accommodations

<https://hopeair.ca>
1.877.346.4673 General Inquiry Line
 Mon-Fri 6am to 4:30pm

Kelowna Regional Transit System

<https://bctransit.com/kelowna>

- **250.860.8160** Transit Service Info
- **250.762.3278** handyDART
 Mon-Fri 8am-6pm, Sat 8am-4pm

Travel Assistance Program

Offers discounted fares to residents travelling within BC - from home to access medical care. TAP forms are only available from your family physician at the time the referral is made. See website for eligibility, other info

<https://www2.gov.bc.ca/gov/content/health>
 > Search for Travel Assistance Program

1.800.661.2668 Automated service
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

Volunteer Drivers

• 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>

• Gizeh Shriners of BC & Yukon

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

<https://bcshriners.com>
1.800.661.KIDS Mon-Fri 9:30am-2pm

• Lake Country Health - Volunteer Rides

Drive clients to medical and essential appointments in Lake Country, Kelowna. Drivers needed.

<https://www.lakecountryhealth.ca>
778.215.5247

• Westside Health Network Society

Volunteers drive seniors to medical appointments and errands. Suggested donation for round trip - Kelowna \$30, West Kelowna \$20.

<https://www.westsidehealthnetwork.org/programs>
250.768.3305 Mon-Fri 8am-2pm

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>

Dial or Text 2-1-1 Get Help 24/7

email: help@bc211.ca

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

1.800.663.6189 for more information

Canadian Institute of Stress

Science of Stress, Change and Productive Wellbeing. <https://stresscanada.org>

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. Healthy Aging, Financial & Legal matters, Elder Abuse Prevention, Fall Prevention, Health & Safety, Housing, Seniors' Guide, Transportation, Advance Care Planning, Home and Community Care
<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors>

Seniors Canada

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

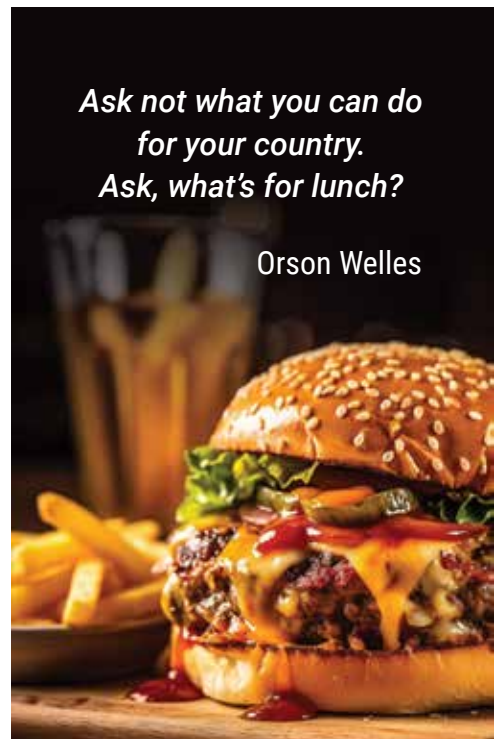
Health Guides

BC First Nations Health Handbook

An online companion document to the BC Health Guide, provides information on unique health services available to First Nations and how to access. See website, scroll down right side of page
<https://www.healthlinkbc.ca/more/resources/bc-healthguide-handbook>
Dial 8-1-1 **Dial 7-1-1** TTY

BC HealthGuide Handbook

No longer available in English. In the meantime, you are encouraged to search the HealthLink website for medically-approved information on more than 5,000 health topics. You can also speak to a health services navigator who can connect you with a registered nurse, registered dietitian or pharmacist, or help you find a health resource in your community
<https://www.healthlinkbc.ca/more/resources/bc-healthguide-handbook>
Dial 8-1-1 **Dial 7-1-1** TTY



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

Orson Welles



Government

Municipal, Regional

City of Kelowna

<https://www.kelowna.ca>

- **City Hall: 1435 Water Street**
250.469.8500 Mon-Fri 8am-4pm
 - Services & Requests
<https://www.kelowna.ca/city-hall/contact-us>
- **Civic Operation Action Line**
250.469.8600 Mon-Fri 7am-3:30pm
- **Graffiti Hotline**
250.469.8600 Option 6
- **Fire Department**
2255 Enterprise Way
250.469.8801
Emergency Calls Only 9-1-1
- **Arts, Culture & Heritage**
<https://www.kelowna.ca/culture>
- **Kelowna International Airport YLW**
Call individual airlines for reservations
Airport Services info is available at...
<https://ylw.kelowna.ca>
250.807.4300
- **Parks & Recreation**
See Active Living for Adults 50+
<https://www.kelowna.ca/recreation>
250.469.8800
- **Kelowna Regional Transit System**
<https://www.bctransit.com/kelowna>
250.860.8121 Information
handyDART Information
250.762.3278

Major sport and recreation facilities:

- **Capital News Centre**
<https://capitalnewscentre.com>
4105 Gordon Drive
250.764.6288
 - **YMCA of Southern Interior BC**
<https://www.ymcasibc.ca> 250.491.9622
 - **Kelowna Family Y**
375 Hartman Road
 - **Downtown Y**
1011-505 Doyle Avenue
 - **H2O Adventure + Fitness Centre**
4075 Gordon Drive
See our ad and article on page 21
 - **Memorial Arena**
1424 Ellis Street 250.469.8939
 - **Parkinson Recreation Centre**
<https://www.kelowna.ca/recreation>
1800 Parkinson Way 250.469.8800
 - **Prospera Place**
<https://prosperaplace.com>
1223 Water Street 250.979.0888
 - **Rutland Twin Arena**
645 Dodd Road 250.469.8857
- ### Activity Centres:
- **Okanagan Mission Activity Centre**
4398 Hobson Road
250.469.8957
 - **Parkinson Activity Centre**
<https://parkinsonseniors.com>
1700 Parkinson Way 250.762.4108
 - **Rutland Activity Centre**
<https://rutlandseniors.com>
765 Dodd Road 250.765.3723

City of West Kelowna

<https://www.westkelownacity.ca>

2760 Cameron Road

778.797.1000 Mon-Fri 8:30am-4:30pm

• Parks, Recreation & Culture

778.797.8800

Mt. Boucherie Community Complex

- Royal LePage Place & Jim Lind Arena
2760 Cameron Road 778.797.2265
- Johnson Bentley Memorial Aquatic Centre - Check Recreation Guide
3737 Old Okanagan Highway 778.797.7665
- Parks and Trails
Manages more than 125 parks and trails
778.797.8849
- Westside Senior Citizens' Activity Centre
250.768.4004

Central Okanagan, Regional District of

<https://www.rdco.com>

1450 KLO Road, Kelowna

250.763.4918 Mon-Fri 8am-4pm

30 Regional Parks from Lake Country to Peachland

Regional Waste Reduction Office

See our article on Curbside Collection on page 8, Recycling Guide on page 9

<https://www.rdco.com/recycle>

250.469.6250 Mon-Fri 8am-4pm

Lake Country, District of

Oyama, Winfield, Carr's Landing,

Okanagan Centre

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

10150 Bottom Wood Lake Road

250.766.5650 Mon-Fri 8:30am-4:30pm

250.766.5650 Parks & Facilities Services

- Winfield Memorial Hall
<https://www.winfieldmemorialhall.com>
10130 Bottom Wood Lake Road 250.766.4131
- Winfield Arena
See Public Skating schedule
9830 Bottom Wood Lake Rd 250.766.3030
- Lake Country Seniors' Activity Centre
<https://www.lakecountry.bc.ca/en/living-in-our-community/seniors.aspx>
9832 Bottom Wood Lake Rd 250.766.5437
- Creekside Theatre

<https://www.lakecountry.bc.ca/en/what-to-do/creekside-theatre.aspx>

10241 Bottom Wood Lake Road

250.766.9309 Box Office

Peachland, District of

<https://www.peachland.ca>

• 5806 Beach Avenue

250.767.2647 Mon-Fri 8 am-4 pm

• Peachland Community Centre

4450 6 Street 250.767.2133

• Fire and Rescue

250.767.2841

<https://www.peachland.ca/fire-department>

• Peachland Museum & Historical Society

<https://peachlandhistory.ca>

5890 Beach Avenue 250.767.3441

• 50 Plus Activity Centre

<https://www.peachland50plusactivitycentre.ca>

5672 Beach Avenue 250.767.9133

First Nations**Okanagan Indian Band**

Ensuring the future through cultural, social and economic development

<https://okib.ca>

12420 Westside Road, Vernon

250.542.4328

1.866.542.4328

250.503.0877 Medical Clinic

Okanagan Nation Alliance

Alliance of eight Okanagan bands

We Are Beautiful, We Are Okanagan,

Because Our Land is Beautiful

<https://www.syilx.org>

101-3535 Old Okanagan Highway Westbank

250.707.0095

1.866.662.9609

Westbank First Nation

The syilx people are a division of the

Interior Salish, speak the nsyilxcen

language, and have inhabited the valley

for thousands of years

<https://www.wfn.ca>

515 Highway 97 South

250.769.4999 Mon-Fri 8:30am-4:30pm

• Community Services Building

1900 Quail Lane

250.768.0227

• Elders Hall

3255D Shannon Lake Road, Westbank

250.768.0292

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 & local gov't. organizations
<https://www.addresschange.gov.bc.ca>
1.800.663.7867 Service BC

Climate Change

Climate change is being felt across BC. Timely action is critical to protect our communities, health and the environment
<https://www2.gov.bc.ca/> Search for Climate Change
1.800.663.7867 Service BC

Environment Protection & Sustainability

BC Parks, Spill Response, Clean BC, Climate Change, Air, Land and Water, Waste Management, much more...
<https://www2.gov.bc.ca/> > Search for Environment Protection
1.887.952.7277 RAPP 24/7 Hotline - Report all Polluters and Poachers

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://www.facebook.com/BCForestFireInfo>
<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. Sign up for newsletter
<https://www.seniorsadvocatebc.ca/reports/>
1.877.952.3181 M-F 8:30am-4:30pm

2023/24

OLD AGE SECURITY & CANADA PENSION CHEQUE DATES

- **Nov. 28, 2023**
- **Dec. 20, 2023**
- **Jan. 29, 2024**
- **Feb. 27, 2024**
- **Mar. 26, 2024**
- **Apr. 26, 2024**
- **May 29, 2024**
- **Jun. 26, 2024**
- **Jul. 29, 2024**
- **Aug. 28, 2024**
- **Sep. 26, 2024**
- **Oct. 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.

Members of Legislative Assembly

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

- **Kelowna-Mission**
Renee Merrifield, MLA
Renee.Merrifield.mla@leg.bc.ca
102-2121 Ethel Street
250.712.3620
- **Kelowna-Lake Country**
Norm Letnick, MLA
Norm.Letnick.mla@leg.bc.ca
101-330 Highway 33 West, Kelowna
250.765.8516
1.866.765.8516
- **Kelowna West**
Ben Stewart, MLA
Ben.Stewart.mla@leg.bc.ca
3-2429 Dobbin Road, West Kelowna
250.768.8426
See our ad on page 5

- **Penticton**
Dan Ashton, MLA
dan.ashton.mla@leg.bc.ca
210-300 Riverside Drive, Penticton
250.487.4400
1.866.487.4402

Ombudsperson, The Office of

BC's Independent Voice for Fairness
Receives enquiries and complaints about
practice and services of public agencies
within its jurisdiction

<https://bcombudsperson.ca>

1.800.567.3247 Mon-Fri 8:30am-4:30pm

Service BC

Your source for frontline government
services and information. Check web for
available services at each location

<https://www2.gov.bc.ca/gov/content/home>

1.800.663.7867 Mon-Fri 7:30am-5pm

• **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

<https://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 officer
M-F 7am-8pm ET, Sat/Sun/Stats 10-6 ET
<https://www.cbsa-asfc.gc.ca> > check
current wait times

1.800.461.9999 **1.866.335.3237** TTY

Canadian Heritage

We work with national cultural institutions
to promote culture, the arts, heritage,
official languages, citizenship and



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- ✶ Passport, travel issues, and advisories
- ✶ Canada flags and pins
- ✶ Celebratory greetings and certificates

Please don't hesitate to reach out to our office if you have any thoughts or need assistance.

1420 St. Paul Street, Suite 102, Kelowna BC, V1Y 2E6
250-470-5075
tracygraymp.ca
tracy.gray@parl.gc.ca

participation, as well as Aboriginal, youth and sport initiatives. Agents available to answer questions M-F 8:30am-4:30pm PT
<https://www.canada.ca/en/canadian-heritage.html>
1.866.811.0055 **1.888.997.3123** TTY

Health Canada

Responsible for helping Canadians maintain and improve their health while respecting individual choices, circumstances. It ensures that high-quality 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 call centre agents M-F 8-4

Income Security Programs

Canada Pension Plan, Old Age Security, Guaranteed Income Supplement
<https://www2.gov.bc.ca> > search for above
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 Mon-Fri 6am-3pm PT

Parks Canada

National parks protect representative natural areas of Canadian significance for public understanding, appreciation, enjoyment. Travel tips, pet friendly places
<https://www.pc.gc.ca>
1.888.773.8888 Information Services
1.877.737.3783 Reservation service
<https://reservation.pc.gc.ca>

Members of Parliament

- **Tracy Gray, MP**
Kelowna-Lake Country
Tracy.Gray@parl.gc.ca
102-1420 St. Paul Street, Kelowna
250.470.5075
- **Dan Albas MP, Central Okanagan-Similkameen-Nicola**
www.danalbas.com
2562B Main Street, West Kelowna
1.800.665.8711

Passport Canada

How to apply for a passport, processing times, new requirements and what to do if your passport is lost, stolen or damaged
<https://www.canada.ca/passport>
1.800.567.6868 M-F 7:30am-8pm ET
1.866.255.7655 TTY
106-471 Queensway, Kelowna
 Monday-Friday 8:30am-4pm

Service Canada

Full service centres offering a mix of information and transactional services
471 Queensway Avenue
 Information on gov't. services, programs
<https://www.canada.ca> > Service Canada
1.800.622.6232 **1.800.926.9105** TTY

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 website 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 8:30am-4:30pm

- 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 **08048** for Kelowna weather information



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