

# Seniors Wellness Society Programs



Helen was new to the community and spent most of her time alone in her apartment. She really wanted to venture out, see the community and socialize with others but was not comfortable going places on her own. A neighbor of Helen's passed on our calendar of events/activities. She decided to call us and register for our picnic tour to the Ornamental Gardens in Summerland.

It's been over a year now and Helen is an active participant in our Social Wellness Programs. She has shared with us that if it wasn't for these programs she would have never met her wonderful friend Barb. Helen and Barb are not only participants with us but also venture out and enjoy socializing in other activities together.

Statistics shows if a senior's social network can be positively influenced, good health behaviors will follow. Furthermore, there is a substantial amount of evidence that describes the relationship between health and social isolation. If a senior has a healthy social network, it influences good physical health such as remaining active.

That's where the Seniors Wellness Programs fit in. Our programs connect seniors with similar interests, expand social networks, and help

improve the physical and emotional wellbeing of seniors as well as building new friendships.

Activities organized by the Seniors Wellness Society connect seniors by enabling them to actively engage with others in the community through numerous activities and group programs. A calendar is created monthly and sent to all registered participants. Participants can connect back to the Seniors Wellness Society and sign up for the activities that appeal to them. Low cost transportation is also available. Activities as simple as luncheons at local eateries or more detailed outings such as picnics to out of town gardens or wineries are offered. Seniors also enjoy participating in our Cooking up Connections sessions. A wide variety of tours as well as walking groups and seasonal gardening is offered.

The programs we provide are free or low cost making them affordable for all. Positive feedback is frequently expressed by the participants, friendships are constantly being forged and the smiles and memories continue long afterwards any activity. New participants are always welcome and the coordinators are happy to answer any questions. Call 250-487-7455.

**Seniors Wellness Team**

## Services for Seniors

*A partnership between OneSky Community Resources and the South Okanagan Seniors Wellness Society*



**250-487-7455**

SeniorsWellnessSociety.com

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**250-492-5814**

OneSkyCommunity.com

**330 Ellis Street, Penticton**