

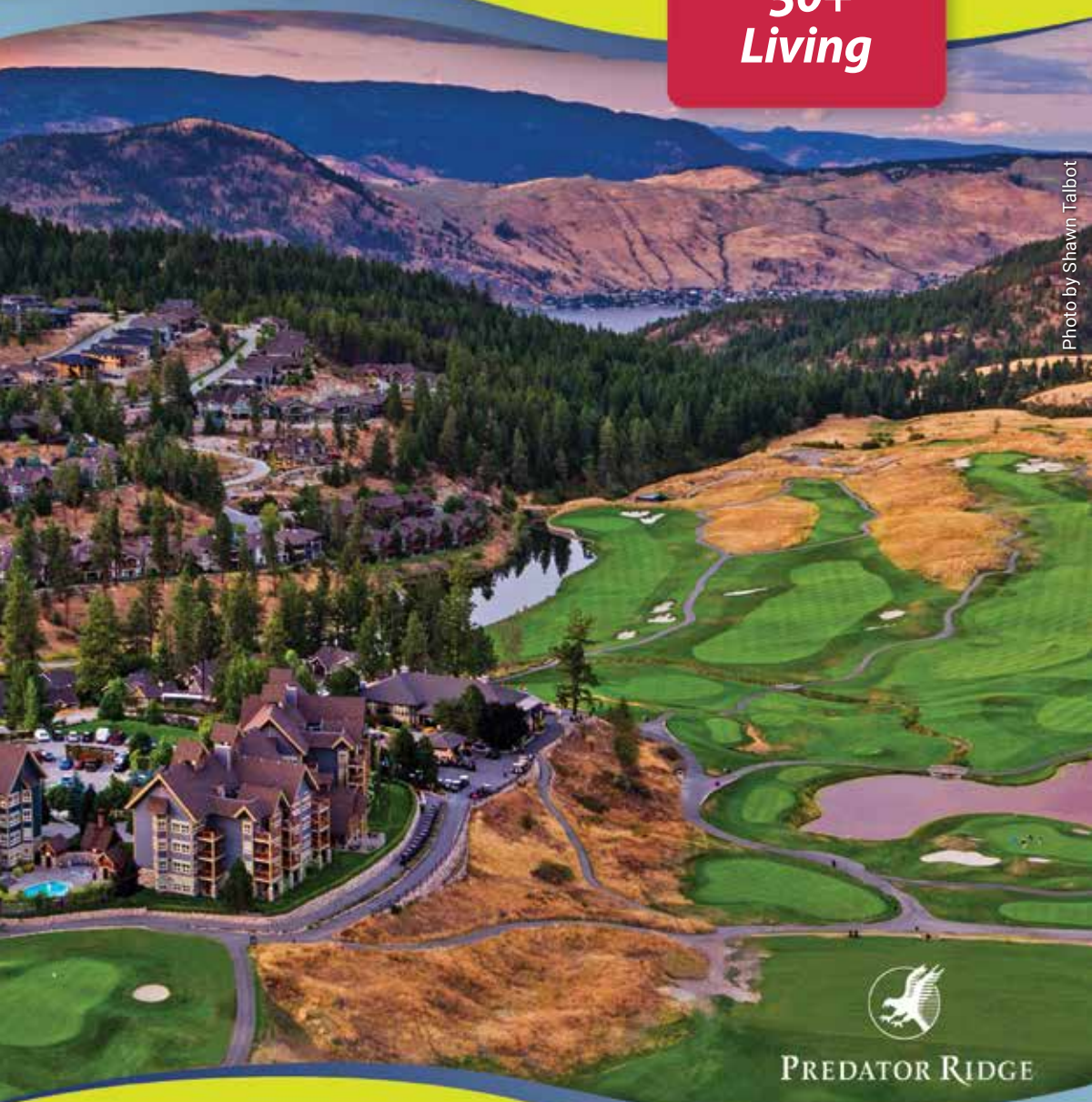
Community Guide
to Better Living

2024

Experience™

50+
Living

Photo by Shawn Talbot



PREDATOR RIDGE

**North Okanagan
Shuswap**

Greater Vernon, Salmon Arm
Armstrong, Chase, Cherryville, Enderby, Falkland,
Lake Country, Lumby, Sicamous, Sorrento

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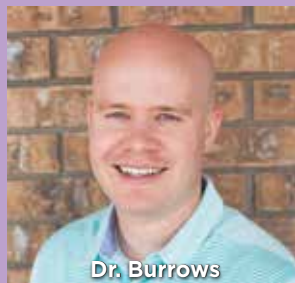


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Greetings

from the Mayor of District of Coldstream



Greetings from the District of Coldstream home of "Rural Living at its Best". Coldstream is located in the North Okanagan, part of the traditional territory of the Sylix (Okanagan) people. Their culture, language, and skills have shaped this region since long before colonization.

In 1863, Charles Houghton claimed a military land grant, which later became the Coldstream Ranch. Ranching was and continues to be one of the defining agricultural activities in the community.

Lord and Lady Aberdeen arrived in the valley in the summer of 1890. Lord Aberdeen was intrigued with growing fruit for the burgeoning marketplace. The Coldstream Ranch became their base of operations beginning our proud history as an agricultural hub.

Central to Coldstream is the engineering marvel called the Grey Canal. This was an extensive project that provided water to the ranch lands and orchards. It once fed water to the largest irrigation district in BC. These days, sections of the 50 km. long Grey Canal route are used for hiking, biking and horseback riding, providing opportunities to take in an incredible panoramic view of the valley.

The jewel of Coldstream is the magnificent Kalamalka Lake, known as the Lake of many colours. It is a treasure to behold with its ever-changing colours of greens and blues. Kalamalka Beach is located at the north end of the Lake and is frequented by locals and tourists alike.

Coldstream also boasts Mile 0, which is the official beginning of the Okanagan Rail Trail (ORT). The ORT runs along the full length of Kalamalka Lake, providing a scenic experience for walkers, bikers, strollers, or anyone wishing to experience the beauty of the North Okanagan.

The North Okanagan has become one of the most desirable areas in Canada, whether for young families or retirees. It is a healthy and vibrant area, with countless activities for the young and the young at heart.

There are many organizations listed in this publication that provide support not only for our 50+ population but to many other groups as well. Many of these organizations are run by volunteers who commit their time to the betterment of our community - hats off to them!

I encourage you to explore our amazing community and to learn about the unique history of this awe-inspiring part of the province.

We are proud to be a part of the North Okanagan!

Ruth Hoyte
Mayor District of Coldstream



North Okanagan Shuswap

Publisher, Editor-in-Chief

R. Robert Herringer

Art Director

Sid Cho

Contributors

Archway Society for Domestic Peace, BC Housing, Canadian Wildlife Museum, Halina Activity Centre, Habitat for Humanity Okanagan, Leanne Hammond, HearingLife, Tosha R. Hodgson, Ruth Hoyte, Krystin Kempton, Todd Mallen, Bailey Morin, Robina Palmer, NexusBC Community Resource Centre, Okaped Inc., R.J. Haney Heritage Village, Schubert Centre, Thompson Lifelife, Tourism Vernon, Ria Van Zeeland, Vernon Seniors' BC OAPO, The War Amps

Mailing Address

**71-2710 Allenby Way
Vernon, BC V1T 9P2**

Advertising, Community Relations

**R. Robert Herringer
RRH & Associates**

**robert@experiencegroup.ca
www.experiencegroup.ca
1.800.631.0097 x202**

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

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

Thank you!

Front Page photo by Shawn Talbot,
courtesy of Predator Ridge

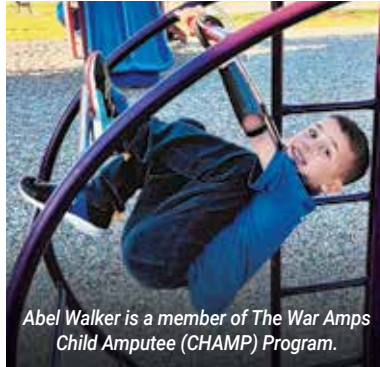
WE ARE GREEN!

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



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.



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.”

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

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

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

Charitable Registration No.: 13196 9628 RR0001





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**

📍 KALAMALKA LAKE



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



How to Find
QUALITY
of
Life

Seniors helping seniors!

Everyone and especially Seniors 55+ deserve to feel heard and respected, with a sense of purpose and overall well-being. Having access to good information can increase our knowledge, empower us and have a positive impact on our Quality of Life.

Many of the problems associated with aging increase due to the lack of meaning in people's lives. In fact, having a positive view of life can help Seniors have more energy, less stress, better appetite, and prevent cognitive decline. So what can we do to help improve quality of life for seniors? These are some of the ways.

1. **Create a Sense of Purpose** — Seniors want to feel valued and encouraged to contribute and share their skills and experience.
2. **Recognize Signs of Depression** — this is not a natural part of aging, seek out information to treat this debilitating disorder.
3. **Stay in Physical and Mental Motion** — exercise your body and mind to complete daily tasks, create pride and increase independence. We are never too old to learn new things.
4. **Make Connections** — combat loneliness by connecting and socializing with others while making new friends. We invite you

to join our group, the BCOAPO Vernon Seniors Branch 6 to improve your quality of life.

The British Columbia Old Age Pensioners (BCOAPO) Organization is one of the oldest Seniors' Organization in Canada, celebrating 90 years in 2022. Vernon Seniors' Branch 6 is a part of this organization and is concerned with all aspects of Seniors' lives, including pensions, taxation, finances, health issues, home support, Medicare and Pharmacare, housing and rental issues, social safety, senior abuse, neglect, fair treatment and loneliness. Speakers are invited to address these topics of concern.

Members are given a voice locally, provincially and federally by advocating through resolutions that are passed on to the appropriate government authority. Seniors have so much to contribute and when they feel appreciated, everyone benefits.

We invite all Seniors to attend our meetings which are held on the third Tuesday of each month at 1:30 pm at the Schubert Centre 3505-30th Avenue, Vernon, BC. Phone 250-545-0384

Everyone Welcome!

 <https://facebook.com/vernon seniors branch 6>

Preparing for Your Estate Planning Meeting

Estate planning is an important part of protecting your family and loved ones in the event of your death or loss of capacity. It is always a good idea to consult with a legal professional who can advise you on your rights and obligations and help you prepare your Will and incapacity planning documents. Below are some things to think about before meeting with a lawyer or notary:



1. What are your general objectives? What do you want to achieve? What do you want to avoid? For example, you may wish to ensure your spouse and children are looked after and reduce the impact of taxes.
2. Who do you want to appoint as executor of your Will? This is the person who will administer your estate. Often spouses are appointed as executor since your spouse likely has the most knowledge of your assets. Make sure to speak to your intended executor(s) in advance to make sure he or she is willing to act. Being an executor is not a fun job and naming a person as executor does not mean that person is obligated to take on the role. Consider who you would like to appoint as an alternate executor if your first choice is unable or unwilling to act as your executor.
3. Consider whether you will gift any specific assets or cash to a particular beneficiary or beneficiaries – for example, a cash gift of \$1,000 to a close friend or your jewelry to a granddaughter. Please keep in mind that assets will change over the years.
4. The residue of your estate is everything that is left after payment of debts, funeral expenses, executor's fees, taxes, legal and other expenses incurred in the administration of your estate, and following any gifts of specific assets or cash, if any. Consider how you want the residue of your estate to be distributed. You should also consider whether you want your beneficiary or beneficiaries to reach a certain age before they receive their share of your estate. Are any beneficiaries disabled and receiving government benefits? If so, it is important to develop an estate plan that does not inadvertently disqualify the beneficiary from receiving those government benefits.
5. If your beneficiary or beneficiaries have died before you, what happens to their share? Will it go to that beneficiary's children, if they have any children alive on the date of your death? Will it go to a different beneficiary? For example, you may wish to leave everything to your spouse if they survive you. If your spouse has died before you, you may state that his or her share will be evenly distributed among your children (if any). What happens if one or more of your children have died before you? Do you want that child's share to pass to his or her children or do you want that child's share to be divided among his or her siblings who are still alive at the time of your death?
6. How would you like your estate distributed in the event of a family tragedy where all of your beneficiaries have died before you or at the same time as you? Will your estate go to your parents? To your siblings? To a charity? To a friend?

In British Columbia, the *Wills, Estates and Succession Act* (“WESA”) is the governing legislation about wills and estates. Under WESA, spouses (both legal and common law), as well as natural and adopted children, can apply to court to vary the Will of a deceased spouse or parent if the Will does not make adequate provision for his or her proper maintenance and support. The court may disregard the wishes of the deceased if the reasons for disinheritance are not rational or reasonable. The court may amend the distribution to one that it thinks is fair in the circumstances.

Krystin Kempton is a Partner at Nixon Wenger LLP where she has a general solicitor's practice, advising corporate and individual clients on corporate and commercial transactions, lending and borrowing, wills and estates and real estate matters

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www.nixonwenger.com

Create a legacy with lasting impact

Establishing a *future giving plan* ensures the legacy you wish to create is realized.



by Community Foundation North Okanagan

Supporting locally owned businesses, farms and charities has become increasingly important as online organizations and fundraisers are rapidly funnelling local dollars away from our most valuable organizations. “*Give where you live*” and “*shop local*” messaging can be seen echoed throughout independently owned stores as a way to create awareness that **if you spend locally, the collective community will receive the benefits.**

“When we need trusted and reliable support from the community, we turn to places like the **North Okanagan Hospice Society** to help with end-of-life care; we enjoy the shows brought in by the **Vernon & District Performing Arts Centre**, and in times of crisis – the **Food Banks** offer food and other necessities to our economically vulnerable neighbours.” Leanne Hammond, executive director of the Community Foundation North Okanagan, points out, “It is our collective responsibility to help support these treasured charitable organizations to carry on their roles that sustain and enhance the quality of life in our region.”

Many people want to improve and invest in our communities but often share the common misconception that you need to be wealthy to make an impact with your legacy. Whatever the size of your estate, you can still

contribute to the charities you care about. Chances are your estate is larger than you think it is. At Community Foundation North Okanagan, you can set up a legacy fund in your name with a bequest of \$10,000, which will contribute to the causes you care about long after your lifetime.

According to www.willpower.ca's estimate, if only 3.5% more ordinary Canadians included a gift in their will in the next decade, \$40 billion would be directed to charitable causes. That's the collective power of people that care – and you can be a part of that 3.5%.

There are many ways to create a positive local impact through a gift from your Will. One is by donating to the annual community granting program where donors pool their funds to maximize the financial impact. This empowers responsive grant-making to fund the immediate, emerging, and evolving needs of the North Okanagan region.

Many people leaving a gift in their Will to the Community Foundation also seek to establish a fund, named to honour their legacy or pay tribute to a loved one. This fund will make reliable grants to a cause or a charitable organization. Some donors may choose to give a larger gift from their Will that targets a specific cause for a specified period of time. This is a suitable option for donors who want to make an immediate impact or a significant difference over a compressed timeline.

“A future gift can be included in a Will by adding a simple one-line direction. The gift details are then documented at the



Community Foundation and can be adjusted at any time without the effort and expense of revising the Will,” explains Hammond. “When we receive an estate gift from a donor, it’s very humbling to know they’ve entrusted us to carry out their legacy.”

While leaving a gift in one’s Will makes it possible to leave a much larger gift - remember that you don’t have to be wealthy to create a charitable legacy. You can leave as much or as little as you want - there is no gift too small to make an impact. It only takes a few minutes to leave a gift to charity, but it creates a legacy that lives on for future generations.

Whether you’re thinking about your lifetime philanthropy or supporting your favourite causes as part of your estate plan, **connect with Leanne Hammond today!**

T: 250-542-8655 E: leanne@cfno.org

Our Commitment to You

- We’ll **invest** your gift wisely so that it has a lasting impact.
- Our **trusted** investment experts are here to help your legacy grow.
- We’ll always carry out **your wishes**.
- Whether it’s 10 or 100 years from now, we’ll follow **the plan** you outline for your giving.
- We’ll **honour** you in the way that feels best to you.
- Share your story and **inspire others** to make a difference – or stay anonymous. We **respect** your choice.

www.cfno.org



Community Foundation North Okanagan was created in 1975 as a 360-degree funder and continues to support Arts & Culture, Education, Environment, Health & Recreation, and Social Services.

Make the most of your giving. Contact us today.

T: 250-542-8655
E: leanne@cfno.org



Leanne Edwards,
Financial Administrator

Leanne Hammond,
Executive Director

Lisa Deargle,
Communications Director

We are dedicated to improving the quality of life in the North Okanagan. By pooling the charitable gifts of donors we create endowment funds and use the investment income to make grants that support a wide variety of charitable organizations. Community Foundations also provide leadership – monitoring our area’s quality of life and convening people, ideas, and resources to help build stronger and more resilient communities.

www.cfno.org

Your summer of fun is covered at the Shuswap's Largest Heritage Attraction

Real History – Good Food – Hands-On Activities

R.J. Haney Heritage Village & Museum, located at 751 Highway 97B, opens for the 2024 season in May. The Heritage Village has tons of fun things to do.

Set on 40 acres of the prettiest farmland in the Shuswap, the site features 24 replicas or original buildings and over 30 exhibits to discover, including the original 1910 Haney House.



The Village and Museum are open from 10 am - 5 pm, Wednesday to Sunday. July and August are open seven days a week. Your daily admission includes access to the Heritage Village and Museum, Montebello Gallery, Children's Discovery Centre, Sprig of Heather restaurant, walking trails, daily activities, programs, and tours. Purchase an affordable annual pass and come as often as you like.

The Children's Museum and Discovery Centre and the Outdoor Play Area provide hours of playful discovery for families. Located on the main level of the Broadview School House in the heart of the Village, the Children's Museum and Discovery Centre's themes are nature, water, and history. The outdoor play area is located directly behind the Discovery Centre. Join us for story time and other activities in the Children's Museum.

If you want a unique lunch experience, the licenced Sprig of Heather Restaurant is open



Wednesday – Sunday, 10 am – 4 pm. Enjoy indoor or outdoor patio seating with views of the Village from every table. The menu includes a daily special.

Sandwiches are made with in-house baked bread, fresh

fillings, and greens served with your choice of our signature soups or garden salad with dressings made from scratch. There is always a variety of baked goodies on hand. Just want to come for lunch? Ask for a free visitor pass to the restaurant at the ticket kiosk.

A must-see is the very popular Villains and Vittles Dinner Theatre Production. Ticket holders enjoy a home-cooked meal and live theatre with shows every Wednesday, Friday, and Sunday evening in July and August. Reservations are a must, and seating is limited, so call early. You don't want to miss this highlight of Salmon Arm's summer entertainment!

Visitors also experience the many special events throughout the season, like Quilts in the Village, the Annual Car Show and Harvest Celebration. For information on what's happening at R.J. Haney Heritage Village & Museum, including admission cost, hours of operation, daily activities and volunteering opportunities, call 250-832-5243 or visit their website www.salmonarmmuseum.org. A visit to the Village from May – to September is well worth the trip!

R.J. Haney

Heritage Village & Museum



**SMALL CITY,
BIG MUSEUM**
SALMON ARM



Discover the Shuswap's largest heritage attraction!

Children's Discovery Centre and Play Area
Real History – Good Food – Hands-on Activities
Museum – Archives – Special Events – Nature Trails
Sprig of Heather Restaurant – Dinner Theatre

www.salmonarmmuseum.org
751 Highway 97 B Salmon Arm
250-832-5243

Check our website for hours of operation & rates

Well worth the trip!



Habitat for Humanity Okanagan operates four ReStores with locations in [Vernon](#), [Kelowna](#), [West Kelowna](#), and [Penticton](#). The 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. 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 Restore operations help keep reusable material out of the landfill and the net profits help 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.](#)





The Vernon ReStore has both a build centre and furniture & home décor store located at units 2707C and 2709C on 43rd Avenue in Vernon.

Any questions? You are welcome to send an email to the ReStore Manager

Tammy Kennedy:

vernon.manager@restoreokanagan.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



*Halina Activity Centre
is a charitable,
non-profit organization.*

*We are collecting funds to make
improvements to our centre.
All monetary and useful items
donations are appreciated*



Halina Activity Centre has been active for 50 years.

The Halina Activity Centre is in the Vernon Recreation Complex and is operated separately as a charitable non-profit organization.

From the entrance, you'll see the large floor of the "Halina Room" that for years has enticed dancers for our weekly live band dances. The "Halina Pattern Dancers", the Star Country Squares & Rhythm Rounds, willingly travel from as far as Kelowna and Salmon Arm, because they like our floor and the comradeship.

Parallel is our "Halina Room" stage, (from where countless musicians entertain and our Tuesday and Friday Bingo are called) are the markings for Floor curlers so they can socialize, and hone their skills on Monday mornings. Most months this room is filled to capacity on the 4th Saturday for our all you can eat "Pancake Breakfasts".

We have many affiliated renters, including, "Star Country Squares", "Sons of Scotland", "Vernon Fish and Game Club", "Vernon Pigeon & Poultry Club", and of course the over 300 members of the "North Okanagan Duplicate Bridge Club". This is BCs' largest Bridge club.

The Halina Canasta and Crib players meet at least twice weekly in our "Club Room" and are always ready to welcome new members. The "Club Room" is also where our "Halina Crafters", "Vernon Fiddlers", "Time Out Stitchers", Dart players, Table Tennis, Mahjong players and many other groups meet.

More activities are being added monthly. Be sure to check our Activity Calendar online or in the Centre.

There are so many affordable social, recreational and educational choices at the Halina Activity Centre. Come, find what you can enjoy. Bring a friend, make friends, join our Bus Trips. Visit our craft store, try our home cooking in our Centre Cafe, check out our "Billiard Room". Or, if you want to consider joining our

organization and becoming a volunteer, our volunteers will gladly show you the ropes and explain what the centre means to them.

There is ample parking by our easily accessible centre. We have Wi-Fi and our Halina Room has a hearing loop, donated by Rockwell Audiology. This helps clarify selected sounds for those with hearing aids.

The Centre Cafe is open Monday - Friday 8:30am-2pm offering homemade soups,

sandwiches, baking, drinks at the lowest prices in town.

Membership is only \$25/year, enabling reduced activity and cafe rates for all members.

The Centre is open to all persons 50 years of age and over and guests. For more information, please call 250-542-2877, log onto our Facebook page or check out our website www.halinacentre.com

The **Halina Activity Centre** is Vernon's First Seniors Centre. It has been active for more than 50 years.

It is a charitable non-profit society in the Vernon Recreation Centre.

3310 37th Avenue,
Vernon, BC V1T 2Y5
250 542 2877

halinaseniors@telus.net

www.halinacentre.com

www.facebook.com/halinaseniorscentre/

*Come
find us hidden
in the Vernon
Rec Centre*



We offer:

- Rental spaces for meetings, activity groups, and family special events etc.
- Free parking by the centre
- Wi-Fi
- Hearing Loop Technology to clarify speech for those with hearing aids
- A large sprung dance and exercise floor
- A stage
- A Billiards and Pool room
- Cafe areas - snacks & hot lunches Monday through Friday



Regular Activities:

Bingo, Bridge, Billiards, Bus Tours, Canasta, Crafts, Carpet Bowling, Chair Zumba, Crib, Dancing to live music, Darts, Floor Curling, Mahjong, Tai Chi and so much more.



Special Events:

- Pancake Breakfast on the 4th Saturday of the month
- Christmas Party early December
- Winter Carnival in February
- Spring Breakout in March
- and much more



Our very special thanks for the wonderful support...



Welcome to The Schubert Centre



We Love our Volunteers!



Join the Schubert Centre family by volunteering in one of our many service departments. We always looking for Volunteers, and Drivers for Meals on Wheels.

- Membership and Member Services
- Coffee Shop
- Book Your Tour to Popular Okanagan Hotspots
- Kitchen and Nutrition Team
- Thrift Shop Attendants
- Pancake Breakfasts – 2nd Saturday
- Birthday Lunches
- Meals on Wheels -

Volunteer Staff and Drivers Catering



Connecting Seniors in Vernon BC

Catering & Events

CHEF DRIVEN ★ INSPIRED FOOD AND SERVICE

Make Memories at Schubert Centre

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ACTIVITIES**

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* Friendly Conversation *

Schubert Centre
Bus Tours

always 
something
thrift store

250 549 4201
schubertcentre.com

Schubert Centre - The Heartbeat of Our Community!

Located in the heart of downtown Vernon, Schubert Centre is your one-stop shop for nutritious meals, exciting events, fun activities and good conversation! This iconic Vernon building has been home to over 40 years of seniors' and community memories—from Winter Carnival events to dinner theatres, innumerable weddings, banquets and conventions, reunions and business meetings, Schubert Centre has helped to create meaningful moments to remember in our town.

The most endearing part of visiting Schubert Centre is the talented volunteers which make it run – whether chatting with the friendly and knowledgeable staff at the front desk, to getting meals at the cafeteria, to our professional servers for banquets and events, our entire facility is operated by seniors, for the community. With a wealth of experience, knowledge and skill, Schubert Centre is a place filled with superlative service with a family touch.

Schubert Centre has been proud to open its facilities to our core senior membership, providing card games, exercises, crafts, floor curling, indoor games, chair and regular Yoga, line dancing, and Sing for Your Life. We have Schubert Tours – a fabulously affordable way to see the beautiful region around us! Our 22-person bus travels about on Casino and mall trips, kangaroo farms, wine tastings and holiday getaways, even trips to Kettle Valley Railway. Our Thrift shop provides vintage bargains throughout the week, and our Meals on Wheels program sends out hundreds of meals to the community on a regular basis.



Cycling without Age

A volunteer run program that gives free rides for people. It is geared to mainly seniors or shut ins who dont have the opportunity to get out. The volunteers are well trained.

Schubert Centre is committed to community service – during the challenging White Rock Lake Fire of 2021, Schubert Centre proudly hosted BC Emergency Social Services for Okanagan Indian Band, and the Red Cross Evacuation Reception Centre. Again, our dedicated volunteers assisted volunteers and staff to ensure that local residents had access and comforts during the challenging evacuation process.

Schubert is welcoming all of our old members and inviting new members to join our group. The coffee shop is open, activities are happening and we have a very successful happy hour Friday afternoons. We have live music by different local artists. So come and dance or just listen and tap your toes. At Schubert Centre, our mission is to ensure that our seniors get the most out of their golden years, and that our community continues to be served by our exemplary volunteers for decades to come.

Helping Seniors Is What We Do



and more. During tax season, volunteers provide free basic tax returns for low-income seniors thereby preserving their benefits and financial entitlements for yet another year.

For seniors 65+, living in their own home and needing some assistance, the North Okanagan Better At Home Program is a highly valued resource. Services

As a community with the percentage of seniors higher than the national average, Vernon is very fortunate to have so many services available for our aging population. One community organization making a big difference in the lives of North Okanagan seniors is NexusBC Community Resource Centre, thanks in a large part to generous donors, funders and the help of many local volunteers.

through this program include transportation, grocery shopping, minor home repair, yard work, light housekeeping and telephone social activities. Service fees are assessed on a sliding scale in order to help seniors afford the services.

NexusBC is a non-profit organization serving the North Okanagan. They assist seniors, their families, caregivers and the community to access services which empower seniors to maintain their independence and improve their quality of life. The range of services includes information on housing, transportation, home support, emergency preparedness and more. As well, NexusBC's large resource databank can direct seniors to community organizations for help with legal, tenancy and elder abuse issues. Volunteers and coordinators are available to help with filling out applications for Shelter Aid For Elderly Renters (SAFER), Canada Pension Plan, Old Age Security, the Guaranteed Income Supplement

In order to offer these services, NexusBC relies on the support of more than 40 volunteers. And more volunteers are always needed. If you enjoy the company of seniors and care about their well-being, there are a variety of ways you can help. Volunteers are needed to drive seniors to appointments and for grocery shopping; to help with light yard work and minor maintenance; as well as office work. A free criminal record check is conducted on all volunteers. For more information, please visit www.nexusbc.ca or phone NexusBC at 250.545.0585





NEXUSBC
**COMMUNITY
RESOURCE CENTRE**

*Helping older adults
live their best lives*

Connect Program

- Assistance with CPP, OAS and GIS pension applications
- Assistance with Shelter Aid for Elderly Renters (SAFER) applications and BC Housing Registry applications
- Comprehensive information on seniors housing
- Directory of affordable services for seniors including home support and out-of-town rides to medical appointments
- Free income tax returns for lower-income seniors
- Emergency preparedness planning guidance

Better At Home Program

- Transportation to appointments and for grocery shopping
- Light housekeeping
- Minor home repair and light yard work
- Friendly visits and social activities by phone



**Better
at Home**

United Way helping seniors
remain independent.

Better at Home is funded by the
Government of BC and
managed by the United Way.

Phone: **250.545.0585**

Find us: **102-3201 30th Street, Vernon BC**

Visit us online: **www.NexusBC.ca**

Vertigo and Dizziness

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

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

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

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

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

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

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

Robina Palmer

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Sun City Physiotherapy, Kelowna
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Lost in the olive oil aisle? You're not alone!

It can be hard to choose when there are so many options. Research has shown that fresh, high-antioxidant Extra Virgin Olive Oil (EVOO) is healthy—here's how to find one!



EVOO-who? You might have heard of cold-pressed, but these days olives are actually crushed! EVOO is made from the first crush of the olive, pits-and-all, at a low temperature so that all the nutrients are kept safe. Other grades of olive oil, like pure, light, and extra-light oils, use chemical or heat extraction to produce more oil. These methods break down the healthy parts of the oil and despite the “light” names, they aren't lower in calories.

What are the health benefits? Fresh, early harvest olives are full of health promoting compounds called phenols that protect the oil. Win-win, these phenols also work to protect us! They have antioxidant (fights damage to cells), antimicrobial (prevents harmful invaders), and anti-inflammatory (reduces inflammation) properties.¹ Other benefits are related to EVOO's main role in the Mediterranean diet, which has been shown to reduce the risk of cardiovascular diseases, heart attack, cancer, and diabetes along with other chronic diseases.²

How do I find a fresh EVOO year-round?

You can think of EVOO as the juice of the olive: the fresher, the better! Lucky for us, good EVOO is made all around the world! In the Fall, olives are being crushed in the Northern Hemisphere (think Spain, Portugal, Greece,

California) and in the Spring they're being crushed in the Southern Hemisphere (think Australia, Chile, South Africa). Look for a crush date (not an expiry!) on your bottle to tell you how fresh your EVOO is. When you look for the crush date, aim for one that is no more than one year old.

What happens if my EVOO is old?

All un-refined oils will degrade over time, causing rancidity (smells like old lipstick or crayons) and lowered health benefits. To combat this, look for an EVOO in a dark colored bottle and store it in a cool, dark cupboard away from the stove. It does not have to be kept in the fridge.

Lastly, can I cook with EVOO? Yes! You can sauté, fry, roast, and bake with EVOO! Recent research has shown fresh, high-antioxidant EVOO to be the most stable oil when heated compared to other common cooking oils.³

For additional resources visit: <https://olivewellnessinstitute.org/>

Written by Bailey Morin, BSc. Bailey believes that food is a powerful tool that connects us to the land, to each other, and to our shared interest in keeping the planet healthy for future generations. Bailey holds a BSc. in Food, Nutrition, and Health from UBC and has over 9 years of customer service experience in the food industry. These days you can find her at UBC Center for Sustainable Food Systems, learning to farm on unceded Musqueam territory.

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112 - 2090 10th Avenue SW
Salmon Arm (Westgate Market)
E: info@oliveusoils.com

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. The scenes in the museum are designed to teach visitors about wildlife and allow a close up encounter with Canadian birds and animals that few people would be able to approach in the wild.

CANADIAN
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canadianwildlifemuseum.com

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Assisted Living Explained

You've probably heard the phrase "Assisted Living" and wondered what it means. The term was coined in the US more than 20 years ago to describe services that went beyond simply hospitality (meals, housekeeping). It referred to the addition of services for "activities of daily living" that aided an individual in continuing to enjoy life by providing things such as assistance with bathing and grooming, medication administration, and other basic activities. "Assisted Living" really filled a gap between independent living, and a true care home where the focus was largely on healthcare services. Since then, Assisted Living has grown to mean different things in different countries, in various organizations, and to different people.

If you haven't dealt with seniors' housing, the terms can be perplexing, particularly if you are a senior or family starting the search for the right place. "Independent Living", "Supportive Living", "Enhanced Care", "Memory Care" and other types of living exist – and can be quite confusing. Luckily, in British Columbia, the term



"Assisted Living" is far more well-defined than in most other areas of Canada. That's because the BC government has defined it as follows: Assisted living services provide housing, hospitality services and personal care services for adults who can live independently and make decisions on their own behalf but require a supportive environment due to physical and functional health challenges.

Assisted living residences are intended for persons who are independent and require day-to-day assistance in one or two areas (e.g. medications, bathing or life skills). This differs from licensed residential care where people may require more assistance on a daily basis and with complex health care needs.

Todd Mallen, *Executive Director*
The Vineyards Residence, Kelowna

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A close-up portrait of an elderly woman with white hair, resting her chin on her hand, looking directly at the camera with a gentle smile. The background is a blurred green plant.

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**2805 Smith Drive
250.833.9158**

Heather Heights

2315 Heather Avenue
<https://www.armstronglegion.org/housing>

Low cost seniors housing, no pets, 55+ Spallumcheen Housing Society, contact Legion Office. Application forms online
250.546.8455 Marilyn

Heaton Place

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Pioneer Square

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See our ad on page 29

Pleasant Valley Manor

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250.546.4752** Interior Health, Home and Community Care

Chase

Parkside Community

Independent & Assisted Senior's Living
<https://parksidecommunity.ca>

**743 Okanagan Avenue, Chase
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Sun Valley Estates

Affordable housing for active over 50
<https://chasesunvalleyestates.webs.com>

**217 Shepherd Road, Chase
250.679.8059**

Enderby

Enderby Seniors Housing Society

- Enderby Memorial Tower
Supportive housing
- Enderby Memorial Terrace
Rental apartments for disabled and low income seniors 55+
108-708 Granville Avenue
<https://enderbymemorialtower.com>
250.838.6794 Office M-F 8:30-4:30

Parkview Place

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250.546.4752** Interior Health, Home and Community Care

Pioneer Place Society
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 250.838.9736 Donna

Society of Hope
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<https://www.societyofhope.org>
101-2055 Benvoulin Court, Kelowna
778.478.7977 Mon-Fri 9am-1pm

Lake Country

Blue Heron Villa
 Lake Country Senior Housing Society
 Assisted living suites
<https://www.blueheronvilla.ca>
9509 Main Street
250.766.1660

Lake Country Lodge Retirement and Care Community
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10163 Konschuh Road
Lake Country
250.766.3007

Lumby

AgeCare Monashee Mews
 Long-term care
<https://www.agecare.ca/community/agecare-lumby/seniors-care/>
2165 Norris Avenue **778.473.0100**

Monashee Place - Lumby & District Senior Citizen's Housing Society
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250.545.2060

Pioneer Square
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Andover Terrace Seniors Community

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<https://andoverterrace.ca>
2110 Lakeshore Road NE, Salmon Arm
250.832.6686
See our ad on page 27

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

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Canadian Mental Health Association

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<https://shuswap-revelstoke.cmha.bc.ca>
433 Hudson Avenue NE, Salmon Arm
250.832.8477 ext 121

Eagle Valley Senior Citizens Housing

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<https://eaglevalleyhousing.ca>
1095 Shuswap Avenue, Sicamous
250.253.4207

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1.855.803.0060
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250.515.0459

Shuswap Lions Manor
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<https://sshss.ca/service-inventory/shuswap-lions-manor/>
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Vernon / Coldstream

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250.542.5661

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Private Assisted Living

Embers Apartments

Close to Schubert, bus stop, no smoking, no pets. Senior-oriented
<https://lmpmgt.ca/properties/embers/>
3618 30 Avenue 250.308.2485 Larry

Hamlets at Vernon, The

Assisted living, complex care
<https://thehamletsatvernon.com>
3050 29 Avenue, Vernon
236.426.1488
See our ad on page 31

Heritage Square

Long-term care, assisted living options
<https://www.kaigo.ca>
3904 27 Street, Vernon
250.545.2060
See our ad on page 29

Hearthstone Manor

Long-term care, respite, residential care
<https://www.hearthstonemanor.ca>
2800 40 Street, Vernon
250.309.2051 Call for appointment

Heron Grove

Good Samaritan Society
Assisted living suites, dementia care cottages, independent living apartments
<https://gss.org/locations/heron-grove/>
4900 20 Street, Vernon
250.469.6935
See our ad on page 34

Hillside Terrace Apartments

Adult oriented. Across from Rec Centre, secured parking, no pets, no smoking
<https://lmpmgt.ca/properties/hillside-terrace>
3405 39 Avenue 250.550.0243

McCulloch Court & McCulloch II

55+ Independent Living, Low, Moderate Market, 80 Bachelor & 81-1 Bedroom apts.
3400 & 3404 Coldstream Ave., Vernon
250.542.1154 Lesley

Northland Apartments

Secure adult building, fee for parking
4203 32 Street, Vernon
250.542.4325 Khaled



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1800 58th Ave, Vernon
250-558-0232
www.regencyresorts.ca

REGENCY RETIREMENT RESORTS
PET FRIENDLY

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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250.833.0445 • 250.833.6752 cell

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Salmon Arm, BC V1E 1W5

ria@ackerviewguesthouse.com
www.ackerviewguesthouse.com

Orchard Valley Retirement Residence

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<https://www.aspiralife.ca/our-locations>

2829 34 Street**250.545.0455***See our ad page 33***Regency Parkwood Retirement Resort**

Like living at a fine resort
<https://www.regencyresorts.ca>

1800 58 Avenue**250.558.0232***See our ad on page 35***Rickford Manor**

Close to downtown, bus stop, no dogs,
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3800 27 Avenue**778.212.1695** Dave**Royal Anne Apartments**

55+, no smoking, small pets negotiable

3600 30 Avenue**250.503.7999** Val**Silver Springs Seniors Community**

Active independent seniors residence
<https://silverspringsvernon.ca>

3309 39 Avenue**250.545.3351***See our ad on page 27***The Village**

Adult living, capable of self-care.
 No smoking, no pets

1507 35 Avenue**250.558.9656** Cheryl**Vernon Native Housing Society**

Low cost housing, low-income families
 and/or individuals - of both original and
 non-Aboriginal descent in Vernon area
<http://www.vernonnativehousing.ca>

41-4305 19 Avenue**250.542.2834****Vernon Restholm**

Supportive living for seniors
<https://vernonrestholm.com>

2808 35 Street**250.542.7636**

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Piccadilly

Terrace

250-803-0060 *locally owned & operated*
Salmon Arm's Premier Retirement Residence

Victorian Retirement Residence

Independent living, supportive services

<https://www.victorianvernon.com>**3306 22 Street 250.545.0470****Village at Creekside**

Okanagan Village Housing Society

Affordable low-income housing for seniors

<https://okvillage.ca/programs/creekside-village>**3502 27 Avenue 250.545.6475****Housing Related / Home Services****BC Housing**

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

- **BC Rebate for Accessible Home Adaptations**

Get up to \$20,000 in rebates for safety & accessibility adaptations to your home
<https://bchousing.org/bc-راها>
See our ad and article on page 39

- **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/safer>
1.800.257.7756

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

BC Senior Living Association

A New Approach to Senior Living.

Reshaping the way senior living communities are managed and operated

<https://www.bcsla.ca>**300-3665 Kingsway, Vancouver
604.689.5949****Canada Mortgage & Housing Corp.**

National housing agency providing mortgage loan insurance, mortgage-backed securities, housing policy and programs, housing research. First Nations programs and 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 the understanding of strata property living and the 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

- **Salmon Arm Restore**
1160 4th Avenue, Salmon Arm
778.824.2025 Mon-Sat 9am-5pm

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

<https://www.habitatforhumanityokanagan.ca>
778.755.4346

- **ReStore:** Home decor and building supply stores-new & gently used items
 - **1793 Ross Road, West Kelowna**
 - **800-2092 Enterprise Way, Kelowna**
 - **Unit C, 2707 43 Avenue, Vernon**
778.755.4346 Mon-Sat 9am-5pm
See our ad and article on page 15

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> cont'd...

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

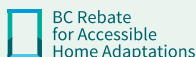


or someone in your household must have a permanent disability or loss of ability. The adaptations requested must support accessibility and promote continued safe and independent living. Applications are available on the website, by mail, or at any BC Housing office.

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



203-460 Doyle Avenue, Kelowna
778.760.4511 Happipad

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.
www.gov.bc.ca/homeownergrant
1.800.663.7867 Mon-Fri 7:30am-5pm

Houzz

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

Independent Living BC

Affordable assisted living apartments for seniors and people with disabilities via the Independent Living BC program
<https://www.bchousing.org/housing-assistance/housing-with-support/independent-living-bc-program>
1.800.257.7756

Kindale Development Association

Affordable, sustainable housing in the North Okanagan. Call for details
<https://www.kindale.net>

2725A Patterson Avenue, Armstrong
250.546.3005 Mon-Fri 8:30am-4pm

- Thrift Store Armstrong
2725 Patterson Avenue
250.546.3005 ext. **5007**
 Tue-Sat 9:30am-4:30pm
- Kindale Thrift Store Vernon
2814 44 Avenue
250.309.9097 Tue-Sat 9:30am-4:30pm

LiveSmart BC Partner Incentives

Check websites for current rebates/offers
www.fortisbc.com/offers
<https://www.bchydro.com/powersmart.html>

Okanagan Village Housing Society

Non-profit society working to provide affordable housing in North Okanagan for individuals and families with low to

moderate incomes <https://okvillage.ca>
250.545.6475

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 for above title
1.800.665.8779 Mon-Fri 9am-4pm

Tenant Resource & Advisory Centre

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

Retirement Living Guides

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://comfortlife.ca/ebooks/>

Home Improvements

Habitat for Humanity

Okanagan Restore

<https://www.habitatforhumanityokanagan.ca>
Unit C, 2707 43 Avenue, Vernon
778.755.4346 ext. **501** Mon-Sat 9-5
See our ad and article on page 15

Habitat for Humanity

Salmon Arm Restore

1160 Trans-Canada Hwy SW
Salmon Arm
778.824.2025 Mon-Sat 9am-5pm

RONA

RONA Vernon
2201 58 Avenue
250-545-3332



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rona.ca/install

www.rona.ca

Home Improvements *cont'd*

Arden Tile

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<https://www.ardentile.com>

2800C 45 Avenue, Vernon

250.545.2272

See our ad on page 43

Nu-Look HomeWorks

Complete renovations, basements, kitchens, baths. Framing to flooring

www.nulookhomeworks.ca

250.309.0435 Ron

See our ad on page 45

Rona Vernon

Check website for weekly promotions

<https://www.rona.ca/>

2201 58 Avenue

250.545.3332

See our ad on page 41

Sundial Lighting

Brighten up your home with more lights.

Extensive selection, expert advice

<https://www.sundiallighting.ca>

2801 44 Avenue, Vernon

250.545.7370

See our ad on this page

Value Village

Save on sustainable style from clothing to decor. Your wallet & our Planet will

Thank You. Donations of used clothing and household items at this location

benefit Diabetes Canada

<https://www.valuevillage.ca>

5608 24 St., Vernon

250.558.2900

See our ad on page 58





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Vernon • Penticton

www.sundiallighting.ca

 Visit our showroom at 2801 44Ave, in Vernon.

 Great Selection of stylish & affordable Light Fixtures.

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*15% off retail when you mention this advertisement.

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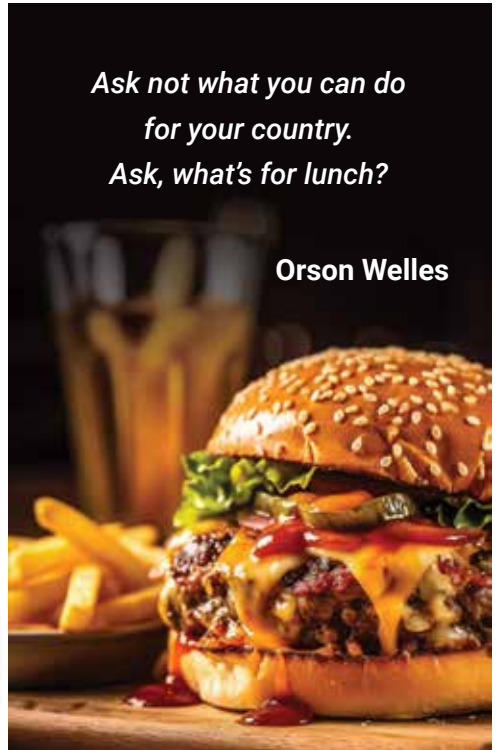
Visit our website to view Housing options in our other three editions
<https://www.experiencegroup.ca>

- **Central Okanagan**
- **South Okanagan Similkameen**
- **Thompson Nicola**



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

Orson Welles




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ardentile@shaw.ca

www.ardentile.com

2800C 45th Ave
Vernon, BC V1T 3N4

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 afterstrokebc@marchofdimes.ca or call us at 1-888-313-3377 ext. 6201



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OF BRITISH COLUMBIA



Service and selection that's good for your health!

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Extensive First Aid & Wound Care



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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
Thompson Lifeline, Kamloops 1-888-339-6588



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Health

Medical Organizations & Services

Advance Care Planning: My Voice

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

ALS Society of British Columbia

Amyotrophic Lateral Sclerosis
To meet physical and emotional needs of ALS patients and their caregivers
<https://www.alsbc.ca> Donate online
1.800.708.3228 Richmond

Alcohol, Drug Information & Referral Service

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

- Mental Health & Substance Use
 - **250.549.5737** Vernon M-F 8am-4:30pm closed noon to 1pm
 - **250.833.4103** Salmon Arm M-F 8am-4:30pm. Closed 11:45am-12:45pm

Alzheimer Society of BC

Provides information, support, education for caregivers, people living with dementia
<https://alzheimer.ca/bc/en>
Alzheimer Resource Centre
307-1664 Richter Street, Kelowna
Serving Armstrong, Coldstream, Enderby, Lake Country, Lumby, Oyama, Salmon

Arm, Sicamous, Sorrento, Vernon

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

250.860.0305

1.800.634.3399

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 Arthritis 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 Agency Sindi Ahluwalia Hawkins Centre for Southern Interior

Centre of cancer research, education, prevention, diagnosis and treatment
399 Royal Avenue, Kelowna V1Y 5L3
<https://www.bccancer.bc.ca>

250.712.3900

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

www.bccancer.bc.ca/screening/breast/

• **102-300 Columbia Street, Kamloops**
250.828.4916

• **108-3330 Richter Street, Kelowna**
250.861.7560

• **250.549.5451** Vernon Jubilee Hospital
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 Seniors' Guide

Compilation of information & resources to help us all plan for and live healthy lifestyles as we age. Info on federal & provincial programs with sections on benefits, health, housing, transportation, finances, safety & security. You can download/print, read online, order a hard copy. To order a free copy, contact the Office of the Seniors Advocate. Available in Chinese, English, Farsi, French, Korean, Hindi, Punjabi, Tagalog, and Vietnamese
<https://www.gov.bc.ca/> Seniors' Guide
1.877.952.3181 M-F 8:30am-4:30pm

BrainTrust Canada

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

100-215 Lawrence Avenue, Kelowna
250.762.3233

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- Partial dentures
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vernondentureclinic.com



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 underling cause of your condition.

Submitted by Okaped Inc.
www.okaped.com





OKAPED[®]
Supporting You

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



Okaped.com highlights our Services, Products, Locations & More

Our **Vernon** clinic is located at 101-3605 31 Street with locations also in

West Kelowna, Kelowna and Penticton.

Canadian Cancer Society

Information, resources, support for cancer patients and their families

<https://cancer.ca>

- **Interior Regional Office**

330 Strathcona Avenue, Kelowna

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 the Kelowna Cancer Centre

2251 Abbott Street 250.712.2203

Canadian Celiac Association

For more info about celiac disease, gluten sensitivity, dermatitis herpetiformis, and living gluten free, contact us

<https://bcceliac.ca>

1.877.736.2240 Toll Free in BC

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

Better Data. Better Decisions. Healthier Canadians. Subscribe to newsletter

<https://www.cihi.ca>

250.220.4100 Victoria

Canadian Liver Foundation

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

<https://www.liver.ca>

1.800.856.7266 Vancouver

1.800.563.5483 Here to Help

Canadian Mental Health Association

Helps maintain and improve mental health and supports the resilience and recovery for people experiencing mental illness

<https://cmha.bc.ca>

1.800.555.8222 BC Division

310.6789 Crisis Line 24/7

- **433 Hudson Avenue NE, Salmon Arm**

<https://shuswap-revelstoke.cmha.bc.ca>

250.832.8477

- **3100 28 Avenue, Vernon**

<https://cmhavernon.ca>

250.542.3114 Mon-Fri 8am-4pm

1.888.353.2273 Interior Crisis Line 24/7

1.800.784.2433 Suicide Crisis Line

CNIB Foundation

Changing what is to be blind or partially sighted through innovative programs and powerful advocacy that help those impacted by blindness to live the lives they choose by networking with service providers, donors, volunteers, families and friends

<https://www.cnib.ca>

106-460 Doyle Avenue, Kelowna

250.763.1191 ext. 6180

1.800.563.2642 Helpline

Cerebral Palsy Association of BC

Committed to making a *Life Without Limits* for people with Cerebral Palsy other disabilities

<https://www.bccerebralpalsy.com>

1.800.663.0004 Vancouver M-F 9am-5pm

Community Dental Access Centre

Non-profit low-cost dental clinic providing basic restorative and hygiene services to low income people in North Okanagan

COME JOIN THE FUN!

Join a Bowling League.

No experience necessary!

Sign up as a team or an individual.

Open Bowling Available.

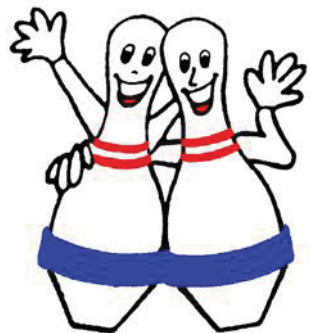
To register or for more information call:

Lincoln Lanes

3510 25 Avenue, Vernon

250-542-9837

www.LincolnLanes.ca



<https://www.communitydentalaccess.ca>
3107C 31 Avenue, Vernon
778.475.7779 Mon-Fri 8am-4pm

Community Mental Health & Substance Use Services

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

310-6478 Call if you need support

Crohn's & Colitis Canada

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

<https://crohnsandcolitis.ca>

1.800.513.8202

- **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>

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 Line

Denturist Association of BC

Everything you want to know about dentures, where to find a local denturist

<https://denturist.bc.ca>

604.886.1705

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 a message after hours. Translation services

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

Dial 8-1-1

Dial 7-1-1 TTY



Find peace of mind.

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

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

250.542.9717 

interiorhomecare.ca

SERVICING VERNON, ARMSTRONG, ENDERBY, SALMON ARM, LUMBY, OYAMA AND SURROUNDING COMMUNITIES.

HealthLink BC

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

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

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

Dial 8-1-1**Dial 7-1-1 TTY****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 25***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](https://www.healthlinkbc.ca/healthyfamilies-bc-joins-healthlinkbccca)**Kidney Foundation of Canada BC**

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

1.800.567.8112 Burnaby

- For Support Groups in Kamloops and Vernon, 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 information 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> > click on 'Health'
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**

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 Information Line

Pacific Blue Cross

Health, dental, disability, travel insurance
<https://www.pac.bluecross.ca>
1.800.873.2583 Vancouver

PharmaCare

Helps BC residents with the cost of eligible prescription drugs, and certain medical supplies and pharmacy services
<https://alpha.gov.bc.ca/gov/content/health>
1.800.663.7100 M-F 8am-8pm, Sat 8-4

Prostate Cancer Foundation BC

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



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Motion Kelowna: 171 Commercial Dr.
(250) 765-7740 • kelowna@motioncares.ca

Motion Penticton: 78 Industrial Ave. W
(250) 492-4435 • penticton@motioncares.ca

Motion Vernon: 3100 35th St.
(250) 542-0677 • vernon@motioncares.ca

motioncares.ca

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>

1.800.289.6477 BC InfoLine

250.616.1186 Bert Abbott, Peer Program Coordinator babbott@sci.bc.ca

Vision Loss Rehabilitation Canada

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

<https://visionlossrehab.ca>

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

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

• **302-546 Leon Avenue, Kelowna**

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

Dental Services

Abby Dental Care

Going to the dentist is easy, comfortable.

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<https://abbydental.ca>

114-3101 Highway 6, Vernon

250.542.1404

See our ad on Inside Front Cover

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111-3400 Coldstream Avenue, Vernon

250.549.4745

See our ad on this page

Vernon Denture Clinic

Bringing unique smiles to life. Book your complimentary consultation

<https://vernondentureclinic.com>

2910 31 Avenue, Vernon

250.542.9117

1.877.539.1972

See our ad on page 47

Home Care Services

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<https://www.interiorhomecare.ca>

103-1315 Summit Drive, Kamloops

250.851.2911

3907 27 Street, Vernon 250.542.9717

See our ad on page 51

Hearing Clinics

HearingLife

Helping people with their hearing health

<https://hearinglife.ca/Vernon>

201-5100 Anderson Way, Vernon

1.888.685.4904

See our article and ad on page 57

Rockwell Audiology

Get to know your Audiologist

<https://www.rockwellaudiology.ca>

204-3334 30 Avenue, Vernon

250.545.2226

See our article and ad on page 55



Braun Denture Clinic

- Complete Dentures
- Partial Dentures
- Immediate Dentures
- Relines • Repairs

250.549.4745

111-3400 Coldstream Avenue, Vernon



Help! I lost my hearing aid!

Don't panic!

The shock of losing a hearing aid can be overwhelming. Take a couple deep breaths, mentally re-trace your steps to the point in time when you know the aids were in your ears, then work your way backwards. Did you remove a jacket or mask? Were you gardening, or in a parking lot, or public place?

Contact your Hearing Clinic!

If you cannot find the aid, contact your hearing clinic as soon as possible. They can check your serial number(s) and determine if you have loss and damage coverage through the manufacturer. The clinic should also advise the manufacturer that an aid is lost so they can help keep an eye out for it.

Check with Home Insurance or 3rd Party Payers!

You might have coverage for hearing aid replacement through your home or tenant

insurance! If you obtained your hearing aids through Veterans Affairs, Workers Compensation, First Nations Health, or other 3rd Party Payer, they might be able to help you depending on the circumstances.

True Story!

A few years ago, I was walking down 30th Ave in downtown Vernon and almost stepped on a hearing aid in the middle of a snowy sidewalk. I brought the aid to my clinic, emailed the serial number to the manufacturer, disinfected the aid and replaced a broken wire. Being an audiologist, the manufacturer was able to provide me with the name of the aid's owner and a bit of online sleuthing found a phone number for him. He was amazed the aid was found, and traced so quickly, and thrilled to pick it up the next day!

Tosha R. Hodgson, BA, MCISc, Aud(C), RAUD, RHIP
Reg. Audiologist & Hearing Instrument Practitioner
Rockwell Audiology • www.rockwellaudiology.com



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Medical Supplies

Motion Vernon

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

3-3100 35 Avenue

250.542.0677 Discovery Plaza

See our ad on page 53

Southward Medical Supplies

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<https://www.southwardmedicalsupsies.ca>

2901 32 Avenue, Vernon

250.542.3334

See our ad on page 44

Orthotics, Bracing, Footwear Modification

Okaped Inc.

Supporting you

<https://www.okaped.com>

101-3605 31 Street, Vernon

250.260.1868

See our article on pg. 48, ad on pg. 49

Pharmacies

Askew's Pharmacy & Wellness Centre

<https://www.askewsfoods.com/uptown-sa>

2701 11 Avenue NE, Salmon Arm

250.832.7655 Pharmacy

250.832.7622 ext 316 Wellness Centre

See our ad on page 5

Hogarth's Clinic Pharmacy

Still The Biggest Little Drug Store in Town

<https://www.hogarths.ca>

3310 32 Avenue, Vernon

250.545.3660

See our ad on this page

Jamie's Pharmacy

100% Local, Family-owned, Independent

<https://www.jamiespharmacy.ca>

103-2802 30 Street, Vernon

250.541.8999

See our ad on page 59

Health Facilities

Interior Health Authority

<https://www.interiorhealth.ca>

- Interior Health Crisis Line

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

- 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

continued...



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The Journey to Better Hearing

Recognizing the signs of hearing loss in yourself can be difficult, and taking steps to address hearing loss can be even harder. Many individuals with hearing loss delay treatment 7-10 years and are often not sure how to seek assistance. With the right steps, creating a treatment plan can be simple.

Don't Wait – Have Your Hearing Assessed

Once you start to notice signs of hearing loss, the first step is to obtain a hearing assessment. You can do this by contacting a local hearing health professional or obtaining a referral from your primary care physician.

During the hearing assessment, the clinician will determine your lifestyle and communication needs as well as the type and degree of hearing loss present. If a medical condition is identified a referral

will be made to the appropriate health professional.

Hearing Aid Selection and Fitting

If hearing aids are recommended, the clinician will work with you to find the right product that will meet your hearing and lifestyle needs. A trial period with the chosen hearing aid is an important part of the process, as it provides you time to adjust to the hearing aids so you are able to assess the benefit accurately. It can sometimes take multiple visits to the clinic to have the hearing aids adjusted. It is important to establish a trusted relationship with your hearing health professional as hearing aids require ongoing maintenance and at a minimum should be checked annually.



201-5100 Anderson Way,
Vernon • 1-888-685-4904
www.hearinglife.ca/vernon

HearingLife
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Begin your journey to better hearing.

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1-888-685-4904

Mention code: **MAG-FHT-EX50**
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HearingLife.ca/Vernon

Why Choose **HearingLife**?

- FREE hearing tests***
- 360-AfterCare:**
Our full service warranty
- 90-day, risk-free purchase**

*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. If you request a copy of the Audiological Report, an administrative fee will apply. Child hearing tests are conducted at select locations for a fee, please contact us for more information. WorkSafe BC and other Provincial WCB Networks, VAC, MSDPR, and FNHA/NIHB accepted Registered under the College of Speech and Hearing Health Professionals of BC

Patient Care Quality Office continued...
improve the care or services we provide
505 Doyle Avenue, Kelowna, 5th Floor
email: PCQO@interiorhealth.ca
1.877.442.2001 Mon-Fri 8:30am-4:30pm

Chase Primary Health Care Clinic
825 Thompson Avenue
250.679.1400

Enderby Community Health Centre
707 3 Avenue, Enderby
250.838.2450

Lumby Health Centre
Lab services Tue 7:30-11:30am by
appointment, X-ray services, Foot Care
Clinics Lumby, Cherryville
2135 Norris Avenue, Lumby
250.547.9741 Mon-Fri 9am-4pm
• Concept Physiotherapy & Massage
<https://conceptphysiotherapy.janeapp.com>
250.260.1550 book appointment

Pleasant Valley Health Centre
Home Health Services, Lab, Health Unit
3800 Patten Drive, Armstrong
250.546.4700 M-Th 8-3, Fri 8am-1pm

Shuswap Home & Community Care
B-2770 10 Avenue NE, Salmon Arm
250.832.6643 Mon-Fri 8am-4pm
• **Harmony Haven Adult Day Program**
Respite for CareGivers, social, physical,
emotional wellness for clients
2-2770 10 Avenue NE, Salmon Arm
250.803.4525 Entrance, Parking at rear

North Shuswap Health Centre
2-3874 Squilax Anglemont Road
Scotch Creek
<https://www.nshealthcentre.ca>
250.955.0660 Mon-Thur 9am-4pm. Fri
9am-2pm. Online calendar, call for appt.
Lab services by appt. Wed & Fri 8am-noon

Vernon Community Care Services
Range of services includes home-based
services such as assessment, case
management, nursing, rehabilitation, home
support and palliative care
4505 25 Street, Vernon 250.541.2200

Vernon Health Unit
1440 14 Avenue
250.549.5700 Mon-Fri 8am-4:30 pm
250.549.5721 Public Health Nursing

Vernon Urgent & Primary Care Centre
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...**
3105 28 Avenue, Vernon
250.541.1097 Mon-Sun 9:30am-8:30pm

Hospitals

- **Shuswap Lake General Hospital**
601 10 Street NE, Salmon Arm
250.833.3600
- **Vernon Jubilee Hospital**
2101 32 Street, Vernon
250.545.2211

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Relocating? Recycle your
reusable clothing and
household items at our
Community Donation Centre!



Walk In Clinics

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

Lake Country

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

Salmon Arm

- **Mount Ida Medical Centre**
Mon-Thur 9:30am-5pm, Fri 9am-4pm
200 Trans-Canada Highway SW
250.833.1990
- **Salmon Arm Medical Clinic**
M-F 9:30am-4pm, 5-7:30pm, Sat 9-1:30
581 Hudson Avenue NE
250.832.6092

VERNON

- **Primacy-North Okanagan Medical Clinic**
Monday-Sunday - 9am-5pm
CLOSING. LAST DAY SEPT 30, 2023
5001 Anderson Way Superstore 2nd Flr.
250.545.8338
- **Sterling Centre Clinic**
Monday to Friday Noon-7pm
Saturday, Sunday, Holidays 9am-1pm
<https://www.sterlingclinic.ca>
101-3210 25 Avenue 778.475.8311



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Jamie Nicolson BSc, BSP, CDE
Pharmacist, Owner,
Certified Diabetes Educator





Professional

Consumer

Better Business Bureau

Promotes marketplace fairness, honesty

<https://www.bbb.org>

500-1190 Melville St., Vancouver V6E 3W1

604.682.2711 Mon-Fri 9am-4pm

Canadian Anti-Fraud Centre

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

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

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

Consumer Protection Authority

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

<https://www.consumerprotectionbc.ca>

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

National Do Not Call List

Gives consumers a choice to reduce the number of telemarketing calls by registering your residential, wireless, fax or VoIP telephone number. M-F 8:30am-4:30

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

1.866.580.3625 **1.888.362.5889** TTY

Scams & Fraud

For information on common scams, go to the RCMP website, and 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://www.bcassessment.ca>

• **300-1631 Dickson Avenue, Kelowna**

• **805 Renfrew Avenue, Kamloops**

1.866.825.8322 Mon-Fri 8:30am-4:30pm

BC Securities Commission Investor Education

Useful information to be an informed investor: know yourself, your advisor, your investment, warning signs of investment fraud. Subscription service, seminars, more. Language support in Cantonese, French, Mandarin, Punjabi, Hindi, Tagalog

<https://www.investright.org>

1.800.373.6393

Credit Counselling Society

Free credit counselling, solve debt problems, manage money better, use credit responsibly <https://nomoredebts.org>

375-1855 Kirschner Road, Kelowna

250.860.3000 **1.888.948.8960**

SASCU Financial Group

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<https://www.sascu.com>

250.832.8011 SASCU Credit Union

Salmon Arm, Sicamous, Sorrento

SASCU Insurance

• **250.833.4450** Salmon Arm

• **250.838.7707** Enderby

250.833.4466 SASCU Wealth

See our ad on page 63

Insurance

ICBC Seniors Insurance

Discount available for ICBC basic insurance for 65+ registered owners and operators, pleasure only. Also Experienced Driver savings, Disability and Antitheft device discounts. New to BC? Your good driving record could pay with savings on AutoPlan insurance. See web or visit an AutoPlan broker for details <https://www.icbc.com/insurance/costs/pages/discounts-and-savings.aspx>

HUB International Insurance Brokers

Buy your Personal Insurance with CHOICE. Five locations to serve you in the North Okanagan Shuswap <https://www.hubinternational.com>
See our ad on page 22

Johnston Meier Insurance Agencies

Get to Know Us! Customer Service, First & Foremost. Three locations to serve you in the North Okanagan Shuswap <https://jmins.com>
See our ad on this page

Legal

Access Pro Bono Society of BC

To advance access to justice by developing, facilitating opportunities for the effective provision of high-quality pro bono legal services to people and non-profit organizations of limited means <https://www.accessprobono.ca>
1.877.762.6664

Canadian Bar Association, The

Dedicated to protecting the rule of law, the independence of the judiciary and the Bar, improving law, the justice system, and access to justice. Equality, diversity and inclusiveness, committed to reconciliation with Indigenous People of Canada <https://www.cbabc.org>
1.888.687.3404

Clicklaw

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

Community Legal Assistance Society

For benefit of those who are physically, mentally, socially, economically or otherwise disadvantaged, or whose human rights need protection <https://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 Recorded Information

Lawyer Referral Service

Access Pro Bono Helps British Columbians find a suitable legal professional to resolve their legal problem. You can receive 15 *continued...*



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Insurance Agencies Group

www.jmins.com

Vernon	250-545-5311	Toll Free	1-888-755-8553
Salmon Arm	250-832-8103	Toll Free	1-888-288-2141
Enderby	250-838-7333	Toll Free	1-888-838-7302



Visit our website for a location near you!

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 are here to help

<https://legalaid.bc.ca>

Arthur Channer, Alan Gaudette
Barristers & Solicitors

- Salmon Arm Provincial Court
550 2nd Avenue NE, Salmon Arm
250.545.3666 Tuesday 8:30-11:30 am
- **Suite E, 3105 31 Avenue, Vernon**
250.545.3666 Mon & Wed 8:30am-3pm,
Thurs Noon-3pm
- **3001 27 Street** (Vernon Courthouse)
Thur & Friday 8:30am-11:30am

• 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>

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<https://www.nixonwenger.com>

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250.542.5353 **1.800.243.5353**

See our ad on Outside Back Cover

See our Estate Planning article on pg 11

People's Law School

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

<https://www.peopleslawschool.ca>

604.331.5400 Vancouver

- Publications available online: Being an Executor, Preparing your Will, others

Public Guardian and Trustee of BC

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

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

1345 St. Paul Street, Kelowna

250.712.7576 Interior-North Region Office

Seniors First BC

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

<https://seniorsfirstbc.ca>

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

1.855.306.1443 TTY

Policing

City of Vernon Community Safety Office

Flagship operation of Protective Services-Community Safety Unit. See web for info on over 50 crime reduction/prevention programs and initiatives. Broad spectrum of information around community based programs, projects, and initiatives.

Restorative Justice/CMHA office

<https://www.vernon.ca/homes-building/community-safety/community-safety-office>

3010 31 Avenue, Vernon

250.550.7840 Mon-Fri 8am-4pm

Crime Stoppers North Okanagan/Shuswap

Receives tips from anonymous callers, passes information on to police to help

solve cases. See website to submit an anonymous tip. Reward of up to \$2,000 based on the extent of information received and the results obtained
<https://nokscrimestoppers.com>
1.800.222.8477 Tips Line

Royal Canadian Mounted Police

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

Emergency only: dial 9-1-1

RCMP Detachments:

- **3710 Pleasant Valley, Armstrong**
250.546.3028
- **226 Shuswap Avenue, Chase**
250.679.3221
- **602 Granville Street, Enderby**
250.838.6818
- **5678 Connaught Road, Falkland**
250.379.2311
- **3231 Berry Road, Lake Country**
250.766.2288
- **2208 Shuswap Avenue, Lumby**
250.547.2151

- **1980 11 Avenue NE, Salmon Arm**
250.832.6044
- **1125 Paradise Avenue, Sicamous**
250.836.2878
- **3402 30 Street, Vernon**
250.545.7171

Lake Country Community Policing

Citizens Patrol, Speed Watch, Child I.D., Auto Crime. Volunteers welcomed.

www.lakecountrycommunitypolicing.ca

3231 Berry Road (RCMP) M-F 8am-4pm
250.765.5400

Police Based Victim Services

For adult victims of crime including family members and witnesses.

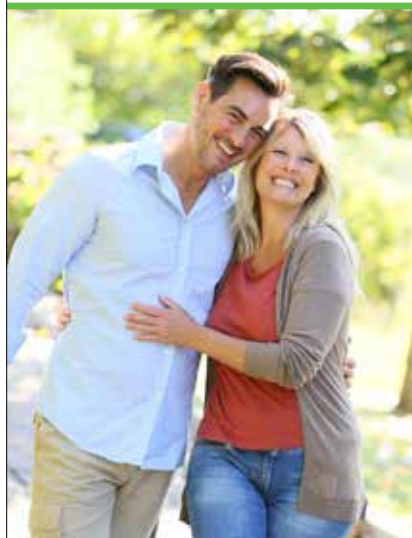
- **Vernon, Armstrong, Enderby, Lumby, Falkland**
250.547.1616

RCMP Victim Services

- **Salmon Arm, Sicamous**

<https://www.salmonarm.ca/200/victim-services>
250.832.4453

SASCU



Turn to SASCU for personal service you can trust.

■ CREDIT UNION BRANCHES:

Salmon Arm Downtown and Uptown,
Sicamous and Sorrento

■ COMMERCIAL CENTRE

■ INSURANCE:

Salmon Arm and Enderby



■ WEALTH MANAGEMENT

Investing, Estate Planning and Life Insurance

250.832.8011 • info@sascu.com

- **Chase RCMP Victim Services**
250.679.8638

Salmon Arm Citizens Patrol

City-wide vehicle and foot patrols from 10am to late evening hours, members choose their shifts. Also radar-based Speed Watch, Lock-out Auto Crime activities in public parking lots and community events. New members welcome. Find us on Facebook and...
<http://www.salmonarmcitizenspatrol.ca>
c/o RCMP Detachment

1980 11 Street NE, Salmon Arm
250.832.5046 Paula Weir, President

Seniors Guidebook to Safety & Security

Goal is to raise awareness of seniors' safety issues to improve quality of life. Help to recognize a potential crime situation and show how to reduce or remove risk
<https://www.rcmp-grc.gc.ca/en/seniors-guidebook-safety-and-security>

Victim Assistance

- **Community-Based Victim Assistance Program**
For victims of sexual or domestic violence
Vernon Courthouse, Suite 210
3001 27 Avenue, Vernon
250.542.3322 M-F 8:30am-4:30pm
250.542.1122 Archway Society for Domestic Peace. *See article on page 65*

- **Community-Based Victim Assistance**
Shuswap Area Family Emergency (SAFE) Society
<https://safesociety.ca>

- 250.832.9616** 24/7 Salmon Arm
- Salmon Arm Women's Shelter
250.832.9616 Crisis Line 24/7

STAYING SAFE
Speak With Someone

If you fear for your or your loved ones' safety, and you are in immediate danger, call 911 immediately.

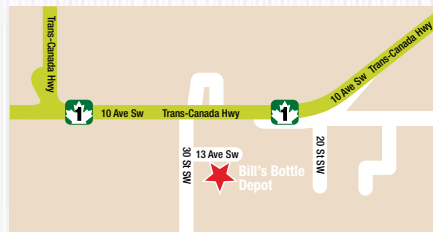
Bill's Bottle Depot



Full cash refund for all beverage containers

We are also accepting

- Small Appliances (Microwave, Toaster, Bread Maker, and more)
- Electronics (Stereo, Computer, TV, VCR, Cables and more)
- Car Batteries
- Small Power Tools



2840 13th Avenue SW, Salmon Arm
Phone: 250-832-6630
Hours: Mon-Sat 8:30am-5:00pm

Extensive Programs for Women in Transition

How We Can Support You

Vernon Women's Transition House

provides **25** beds to women and children who are seeking safety from relationship violence. The program is permanently staffed 24 hours a day. There is supportive counselling available and advocacy and accompaniment to appointments where necessary and possible. Women can stay for up to 30 days and sometimes longer if necessary.

250-542-1122

The Homelessness Prevention Outreach Program

works with women who are at risk of violence and risk of homelessness. The Coordinator assesses client safety and housing needs and works with the clients to address issues, access and maintain stable housing. The program follows-up with clients and provides referrals for supports that will assist with maintaining stable housing.

250-558-0171

778-212-3265 (program cell)

Volunteer Coordinator Volunteers act as society representatives at special events such as our annual Little Black Dress fundraiser and other community events. Volunteers also help with cooking, driving, landscaping and other areas that utilize their own personal skills and abilities. Involvement is based on their personal schedules.

250-542-1122 ext # 122

Outreach Support Services Program

provides mobile service to women and their dependent children who have experienced violence, abuse or threats from their intimate partner. Services include emotional support, information and referrals, accompaniment to appointments and advocacy. These services are provided to women who are housed outside the Transition House and who are isolated or lived rurally.

778-212-3259 (program cell)

The Stopping the Violence Women's Counselling Service

is offered to provide medium-term counselling to women who have experienced domestic violence, sexual assault or criminal harassment. Groups and individual counselling are offered.

Vernon Counsellor: **250-558-0334**

Armstrong, Enderby Counsellor:
250-540-0127 (program cell)

The Equine Therapy Program

is an experiential therapeutic form of therapy where horses participate as co-counsellors for children and adults who have experienced or witnessed violence. The model applied at The Equine Connection uses a combination of the concepts of natural horsemanship, play therapy, story-telling, and problem-solving exercises.

250-309-0351 (Wendy)

Our support/ services are free of charge.

Planned Giving A personal legacy that gives back for years to come

Imagine doing something today that will change people's lives long after you are gone. Something you know will have an impact for generations.

To learn more call
250-558-3850
archwaysociety.ca





Leisure Travel

Arts & Culture

Canadian Wildlife Museum

4,000 sq. ft. of outstanding displays, 350 mounted wildlife specimens including 120 Canadian birds of prey, 115 different Canadian species. Check website for summer hours, special tours available. Master Taxidermist Ken Schultz. Follow us on Facebook and Instagram

<https://canadianwildlifemuseum.com>
7774 Pleasant Valley Road, Vernon
250.545.9740

See our article and ad on page 24

Caravan Farm Theatre

Professional outdoor theatre company on an 80 acre farm 11 km. NW of Armstrong
<https://caravanfarmtheatre.com>

4886 Salmon River Road, Armstrong
1.866.546.8533

Chase & District Museum & Archives

Gift shop and art gallery
<https://www.chasemuseum.com>

1042 Shuswap Avenue 250.679.8847

Friends of Fintry Provincial Park Society

Research, restoration of buildings and grounds, building archives, fund raising. Large campground, boat launch
<https://www.finity.ca>

250.542.4031

Historic O'Keefe Ranch

Est. 1867, historic site and museum, open May-October. Tours, exhibitions, unique displays. Seniors discount

<https://okeeferanch.ca>

9380 Highway 97 North, Vernon
250.542.7868

Lake Country Museum and Archives

Presenting our Past. Illuminating our Future
<https://www.lakecountrymuseum.com>

11255 Okanagan Centre Road West
Lake Country
250.766.0111

Mackie Lake House Foundation

Keeping history alive with seasonal tours, teas, concerts, events and year round rentals. Overlooking Kalamalka Lake
<https://www.mackiehouse.ca>

7804 Kidston Road, Coldstream
250.545.1019

Museum and Archives of Vernon

Connect with the culture & heritage of the North Okanagan through a variety of exhibits, engaging programs, eclectic events. Experience the past through re-created streetscape, learn more about Indigenous Sylix People, explore downtown Vernon on a mural tour, or delve the extensive archives. For more info, visit...

<https://vernonmuseum.ca>

3009 32 Avenue, Vernon 250.550.3140

North Okanagan Community Concert Assn.

Home of classical music in the North Okanagan. Full concert 2023-2024 series at Performing Arts Centre. Tickets at \$150 for all 5 concerts, \$40 single tickets
<https://www.ticket seller.ca> See website for performances, dates
<https://nocca.ca>

Okanagan Symphony Orchestra

Concert events in Vernon, Kelowna, Penticton. See website for 2023-24 performances, locations, dates
<https://okanagasympphony.com>

250.763.7544**250.549.7469** Vernon Ticket Seller**Powerhouse Theatre**

Fall, Winter and Spring productions on web site. Check for pricing packages
<https://powerhousetheatre.net>

2901 35 Avenue, Vernon**250.542.6194****250.549.7469** Vernon Ticket Seller**R.J. Haney Heritage Village & Museum**

Where people, young and old, can see, touch, feel and smell Salmon Arm history
<https://www.salmonarmmuseum.org>

751 Highway 97B NE**Salmon Arm****250.832.5243***See our ad and article on page 14***Salmon Arm Arts Centre**

A place to enjoy, experience, exhibit the arts, a record of our shared experience
<https://www.salmonarmartscentre.ca>

70 Hudson Avenue NE, Salmon Arm**250.832.1170** Tue-Sat 11am-4pm**Shuswap Theatre**

Entertaining the Shuswap since 1977
<https://shuswaptheatre.com>

Seniors' Theatre stopped during COVID, will advise if and when it resumes

41 Hudson Avenue NW, Salmon Arm**250.832.9283****Vernon & District Performing Arts Centre**

Premier entertainment venue
<https://vdpac.ca>

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

3800 33 Street, Vernon 250.542.9355

• Ticket Sales & Inquiries (Box Office)

<https://www.ticket seller.ca> > Theatres/Venues

3800 33 Street**250.549.SHOW (7469)**

Embrace your inner youth with a new level of wellness.

- ◆ 3.5 million Swarovski Crystals
- ◆ 40,000 sq. ft. KurSpa
- ◆ Themed Steams & Saunas
- ◆ Experience Showers
- ◆ Indoor Pool with Underwater Music
- ◆ Outdoor Infinity Pool
- ◆ Kneipp Hydrotherapy
- ◆ Wellness Treatments
- ◆ Stunning Mountain & Lake Views
- ◆ Gourmet Farm-To-Table Dining
- ◆ -110 Cryo Cold Chamber & More!



Scan the code or visit **SPARKLINGHILL.COM** to learn more about our wellness retreats.



Vernon Community Arts Centre

Operated by the Arts Council of the North Okanagan. Offers a wide array of visual, dimensional and performing arts in classes, workshops and drop-ins
<https://vernonarts.ca>

2704A Highway 6 - in Polson Park
250.542.6243

• Arts Council of the North Okanagan

Umbrella organization serving more than 30 diverse member groups and over 3,000 individual and family members
<https://acno.ca>

Vernon Public Art Gallery

Quality exhibitions and programming. Consider supporting the VPAG with your time, expertise, or financial assistance, help us continue to provide quality service, art education, beneficial experience for all
<https://www.vernonpublicartgallery.com>
<https://www.facebook.com/vernonpublicartgallery/>
3228 31 Avenue **250.545.3173**

Western Canada Theatre

Kamloops' own, producing high-quality, professional theatre <https://www.wctlive.ca>
1025 Lorne Street, Kamloops
250.374.5483 Kamloops Live Box Office
1.866.374.5483

Leisure

Allan Brooks Nature Centre

Provides a first hand opportunity to see and learn about the Okanagan's unique, diverse natural heritage <https://abnc.ca>
250 Allan Brooks Way, Vernon
250.260.4227 April-October

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 Parks

As of January 2023, service moved to a 4-month rolling booking window for frontcountry & backcountry reservations. 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 & 8 contacts. Games in **Salmon Arm, Sept. 10-14, 2024**
<https://55plusbcgames.org>
778.426.2940

Davison Orchards Country Village

Destination for farm food and family fun. Open every day May 1 to October 31
<https://www.davisonorchards.ca>
<https://www.facebook.com/davisonorchards>
3111 Davison Rd., Vernon **250.549.3266**

Farmers' Markets (BC Association of)

<https://bcfarmersmarket.org>

All-Organic Farmers' Market-Salmon Arm

Wednesday 2:00-5 pm May-Oct 25th. Check website for Winter Market dates Uptown Askew's, Salmon Arm
<http://www.wildflightfarm.ca>
250.838.7447 Wild Flight Farm

Armstrong Farmers' Market

Fresh local produce, local meats, cheeses, honey, preserves, handcrafts, baked goods, home & garden decor, plants... Saturdays 8:30am-12:30pm, late April-Oct. IPE Grounds, **3375 Pleasant Valley Road**
<https://www.armstrongfarmersmarket.ca>

Celista Hall Farmer's Market

Wed 9am-1pm June 28-Sept 6. Celista Hall grounds. Local produce, handicrafts
5456 Squilax-Anglement Road
celistahallfarmersmarket@gmail.com
<https://www.Facebook.com/CelistaHallFarmersMarket>

Chase Farm & Craft Market

Fridays 10am-2pm May 19 to October 6
200 Shuswap Avenue (next to RCMP)
[Facebook.com/chasefarmandcraftmarket](https://www.facebook.com/chasefarmandcraftmarket)

Enderby Farmers Market

Fridays - 8am-1pm until October 13
 Cliff Avenue downtown
 Winter Market on Fridays in the Splitsin
 Community Centre
[www.Facebook.com/EnderbyFarmersMarket](https://www.facebook.com/EnderbyFarmersMarket)
<https://www.enderbyfarmersmarket.com>

DeMille's Farm Market

Fresh fruit & produce from the Okanagan
 & Shuswap. Fresh baked bread & home
 baked goods. Open all year, 7 days/
 week, 8 am to sunset. Farm animals.
 Beer, Wine & Spirits
<https://demillesfarmmarket.com>
3710 10 Avenue SW, Salmon Arm
250.832.7550
See our ad on Inside Back Cover

Lake Country Farmers' Market

Friday 3-7pm Swalwell Park June-Sept
 Fresh local produce & foods, handcrafts
<https://lakecountryfarmersmarket.webs.com>
250.826.7100 Shayne

Lumby Public Market - Every Saturday

May to Oct 7th. 9am-1pm, Oval Park,
1811 Glencaird Street
<https://www.LumbyandDistrictPublicMarket.com>

Salmon Arm Community Market

Will be changing location. Watch for our
 new location in the spring of 2024
 • <https://www.facebook.com/salmonarmcommunitymarket/>
 • <https://www.samarketwithheart.ca>
250.803.1735 Susan

Salmon Arm Downtown Farmers' Market

Local food, artisans, entertainment
 Saturdays 9am-1pm, **Ross Street Plaza**
<https://shuswapfood.ca/farmersmarket>



BLENZ Stores Are
 Locally Owned & Operated



VISIT YOUR LOCAL COMMUNITY BLENZ

Blenz in Vernon - Downtown
 2706 30th Ave, Vernon

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

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

Scotch Creek Farm & Craft Market

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

Local produce, handicrafts. Facebook
scotchcreekfarmersmarket@gmail.com

Downtown Scotch Creek

3973 Squilax-Anglemont Road

Sorrento Village Farmers' Market

Mothers Day to Thanksgiving weekend

Sat. 8am-noon. Sorrento Shoppers Plaza

<https://sorrentofarmersmarket.ca>

250.515.1265 Denise

Vernon Farmers' Market

April thru Oct., Mon & Thur 8am-1pm

Kal Tire Place parking lot

<https://vernonfarmersmarket.ca>

3445 43 Avenue

250.351.5188

Kal Tire Place, Kal Tire Place North

Year round walking in upper concourse,

(4 laps = 1 km). Skating schedule. Public

skating discount for those 65+

<https://www.kaltireplace.ca>

3445 43 Avenue, Vernon

250.550.3257 Mon-Fri 8am-4pm

Kingfisher Interpretive Centre

Volunteer driven community based salmon

hatchery, environmental interpretive centre

<https://www.kingfishercentre.org>

2550 Mabel Lake Road, Enderby

250.838.0004

North Okanagan Shuswap Barn Quilt Trail

Explore BC's first! Painted quilt block

squares on local businesses and homes

Armstrong Spallumcheen Chamber of

Commerce. See map on website

<https://www.aschamber.com>

250.546.8155

Okanagan Science Centre

We want to make science fun for everyone

55+ discount. Open Tue-Sun 10am-5pm

<https://okscience.ca>

2704 Highway 6, Vernon

250.545.3644

Planet Bee

Honey Farm & Meadery, Tours 'n Tasting

Discover the amazing world of honey bees!

<https://planetbee.com>

5011 Bella Vista Road, Vernon

250.542.8088

RV Owners Lifestyle Seminar

An annual event at Okanagan College

Kelowna Campus, 1000 KLO Road

Opportunity for new, or seasoned

wannabe RV owners to gain valuable

knowledge on RV operations, safety and

maintenance. Also travel tips, health on

the road, destinations, full-time RV living,

more. Check web for **2024** Seminar dates

<https://rvda.bc.ca/events-and-shows>

778.574.4522 MJ Higgins - RVDA

Salmon Arm Curling Centre

Curling supplies, lounge, leagues

Adult Learn to Curl program

<https://salmonarmcurlingclub.com>

751 28 Street NE

250.832.8700

Salmon Arm Silverbacks

Junior 'A' Hockey, senior pricing

<https://www.sasilverbacks.com>

Shaw Centre (south entrance)

2600 10 Avenue NE

250.832.3856

Shuswap Storytellers

Gathers at Piccadilly Mall Library, Salmon

Arm. 7 pm, 1st Tue of month Oct. to May.

Dedicated listeners as well as storytellers

are welcome. Call for information

250.546.6186 Estelle, or...

250.804.3486

Silver Star Mountain Resort

Skiing, world class bike park, hiking trails

<https://www.skisilverstar.com>

1.800.663.4431

Sparkling Hill Resort

Health & Wellness Resort. Embrace your

inner youth with a new level of wellness

<https://www.sparklinghill.com>

888 Sparkling Place, Vernon

1.877.275.1556

See our ad on page 67

Sovereign Lake Nordic Centre

World class cross-country skiing, snow report on website, adult programs
<https://www.sovereignlake.com>
250.558.3036

Star Country Squares

Join us for Fun, Fitness & Friendship. For singles, couples. Thurs 7-9 pm. Check us out on Facebook. Discover Social Square Dancing. No experience necessary
 Vernon Rec. Centre (Halina Activity Room)
250.540.9877 call or text Roxy

Tourism Vernon

Contact us for trip ideas, events, places to eat and more to make the most of your time in Vernon. Monday to Friday 8:30am-4:30pm by phone or email
info@tourismvernon.com
<https://www.tourismvernon.com>
250.542.1415
1.800.665.0795
 See our article on page 8
 See our ad on page 9

Vernon Curling Club

Pro Shop, Lounge, Senior Leagues
<https://vernoncurling.ca>
3400 39 Avenue
250.542.6713

Vernon Lawn Bowling Club

Summer and winter activities
<https://www.vernonlawnbowlingclub.com>
Polson Park, Vernon
250.549.4100

Vernon Outdoors Club

Enjoying outdoor activities in the North Okanagan. Hiking, paddling or Mountain Bike excursions, snowshoeing, trail clearing by volunteers
<https://www.vernonoutdoorsclub.org>

Vernon Vipers

Junior 'A' Hockey Club
<https://www.vipers.bc.ca>
3445 43 Avenue Kal Tire Place
250.542.6022

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 information is available at
<https://ylw.kelowna.ca>
250.807.4300 Airport Administration
250.765.5612 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.roadscholar.org>
1.800.454.5768 M-F 6am-3:30pm PT

Super, Natural British Columbia

Places to go, things to do, trip ideas, transportation and maps, accommodation, travel deals. Key travel information, accessibility, more...
<https://www.hellobc.com>

Traveller Information System

Road and weather conditions, webcams,

plan your route, mobile traveller info,
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 and the arts
<https://www.worldwidequest.com>
1.800.387.1483 M-F 6am-2:30pm

Activity Centres

Armstrong Seniors Activity Centre

Activities for 50+ include dance, carpet
bowling, snooker/pool. Income Tax returns
for low income seniors. Volunteer Driver
program
<https://www.facebook.com/PattersonAvenue/>
2520 Patterson Street 250.546.1118

Canoe Senior Citizens Association

Coffee - 8am-9:30am Mon & Fri., Bingo
Monday noon, Crib Fridays 1pm, Yoga,
Pancake breakfast 3rd Sat of the month
7330 49 Street NE, Canoe
250.832.8215

Chase Creekside Seniors

Canasta, Carpet Bowling, Gals Exercise,
Crib, Snooker, Wood Carving, Wist,
Wednesday Night Jam sessions. WiFi
Chase Seniors Centre
542 Shuswap Avenue
250.679.8522

Enderby & District Senior Citizens

Bingo, Tai Chi, Fun'nFitness, pool, Srs.
Luncheon Buffet Wed noon - Sept-June
1101 George Street, Enderby
250.838.7541 Seniors Centre
250.838.6755 Sue

Falkland Seniors Branch 95

Social activities, monthly potluck
luncheons, bake sales. Wellness program.
Hall rental with kitchen \$50
<https://www.facebook.com/falklandbc/>
5706 Highway 97, Falkland
250.540.7656 Angus

Fifth Avenue 50PLUS Activity Centre

Bingo Fridays - doors open at 5, games
begin at 6:30, Billiards, Book club, Bridge
(duplicate & social), Canasta, Chair Yoga,
Crib, Curling, Darts, Friends & Fitness,
Games (assort.), Line & Square Dancing,
Painters, Sing Along, Table Tennis, Tai Chi,
Texas Hold'em, Wood Carvers, Ukelele.
5th Ave Cafe - hot lunches Sept-June,
Monthly Pancake Breakfasts.
Hall Rentals - hearing loop technology
<https://5thaveseniors.org>

170 5 Avenue SE, Salmon Arm

250.832.1065 Mon-Fri 9am-4pm
Summer Hours Tue, Wed, Thur 10am-2pm

Halina Activity Centre

An evolving 50+ activity centre, offering
an ever-growing list of activities - Bingo,
Bridge, Billiards, Bus Tours, Canasta,
Crafts, Crib, Carpet Bowling, Dancing
to live music, Pattern Dancing, Darts,
Mahjong, Tai Chi, Chair Zumba, Floor
Curling, Square Dancing. Cafe Centre,
Hall Rentals <https://www.halinacentre.com>
<https://www.facebook.com/halinaactivitycentre>
3310 37 Avenue, Vernon
250.542.2877
See our ad & article on pages 16, 17

Lake Country Seniors' Activity Centre

Cribbage Touraments, Sewing, Tai Chi,
Fitness Class, Power Yoga, Art Groups,
Euchre/Hearts, Bridge, Quilting, Scrabble,
Mahjong. Tuesday Lunch \$7, Frozen meals
available for \$5
email: lakecountryseniorscentre@gmail.com
9830B Bottom Wood Lake Road
250.766.4220

Lakeview Community Centre Society

Welcoming place for the North Shuswap
community to relax, meet others, learn
new skills and participate in recreational
activities. See website for scheduled
activities. Emergency Preparation Centre
<https://www.lakeviewcommunitycentresociety.com>
7703 Squilax-Anglemont Road
Anglemont
250.682.6235 Jim
778.765.1506 Tony

SASCU Recreation Society

Aquatic centre, fitness room, badminton, gym/auditorium, meeting rooms, Squash, Pickleball, racquetball courts, table tennis.

See website for seasonal Fun Guide
<https://www.salmonarmrecreation.ca>

2600 10 Avenue NE, Salmon Arm

250.832.4044

• Shaw Centre

Public skating/adult shinny/learn to skate. Arena walking loop. See website for details programs, adult skating. Hucul Pond

2600 10 Avenue NE

250.832.4044

Schubert Centre

The Heart Beat of Our Community.

Health & Wellness Drop-In, Scrabble, whist, crib, bridge, canasta, 500, floor curling, line dancing, crafts, Silver Song Group, Yoga, Chair Yoga. Hall rental, Bus Tours, Catering, Coffee Shop, Thrift Store. Meals on Wheels

<https://schubertcentre.com>

3505-30 Avenue, Vernon 250.549.4201

See our ad & article on pages 18, 19

Sicamous & District Senior's Centre

Activities and opportunities to have fun and socialize - with nutritious meals! Open to all ages. Activities include drop-in chair aerobics, Wii bowling or golf, darts, table tennis. Hall rental available (seating for up

to 150), handicap accessible. Facebook
seniorctr@cablelan.net

1091 Shuswap Avenue 250.836.2446

Sorrento Drop-In Society

Goal is to support friendship and well being through activity and information. A place to socialize and become part of the community. Quilters, Rock Club, Men's and Ladies Snooker, Five Crowns cards

<https://www.sdis.ca>

1148 Passchendaele Road

250.675.5358

Vernon Parks & Recreation

See website for information on program registration, access seasonal Active Living Guide, Pool & Skating Schedule & Rates

<https://www.vernon.ca/parks-recreation>

3310 37 Avenue

250.545.6035 General Inquiries

Whitevalley Community Resource Centre

Seniors Drop-In Centre (Lumby)

Dogwood Lounge, Saddle Mountain Place Mon-Wed-Fri 9am-1:30pm. Activities include knitting, agility, bingo, cribbage, crafts, intergenerational programs, wellness presentations, discussions on health & healthy eating. Nutritious, affordable hot meals available. Respite for caregivers of seniors

<https://whitevalley.ca/seniors/>

1751 Glencaird Street, Lumby

250.547.8866



winexpert™

- ★ Craft Beer, Wine, Coolers
- ★ Customize your wine. We can create the wine perfect for you. Adjust sweetness, oak, tannins, etc
- ★ Okanagan grown and pressed apple cider, with multiple flavors to choose from
- ★ Craft Beer made from scratch here in the store using steam jacketed brewing kettles

Armstrong Wine & Brew

2545 Patterson Ave, Armstrong, BC

Call Dave or Jess @ 250-546-6954

www.armstrongwineandbrew.com





Resources

Charities, Foundations

Before You Give...

Canada Revenue Agency (CRA) has a useful resource called 'Giving to Charity: Information for Donors'. Facts about tax savings, donation receipts, charities regulations, how to be an informed donor. <https://www.canada.ca/en> - Search for 'Charities and Giving' Mon-Fri 9am-5pm
1.800.267.2384 1.800.665.0354 TTY

BC Cancer Foundation

Make a gift in memory to honour the life of a loved one, friend, family member
<https://bccancerfoundation.com>
399 Royal Avenue, Kelowna V1Y 5L3
250.878.5490

BC SPCA

Registered charity dedicated to protecting and enhancing the quality of life for domestic, farmed and wild animals
<https://spca.bc.ca/donate/leave-money-in-your-will/>
1.855.622.7722 Call to make a donation
See our ad on page 75
1.855.622.7722 Animal Helpline

- Vernon & District Branch
<https://spca.bc.ca/locations/vernon/>
4800 Haney Road, Vernon V1H 1P6
250.549.7297 Tue-Sat Noon-4pm
- Shuswap Branch
<https://spca.bc.ca/locations/shuswap/>
5850 Auto Road SE, Sal. Arm V1E 2X2
250.832.7376 Tue-Sun Noon-4pm

Canadian Cancer Society

Make a One-time Gift, Monthly Gift,

Honour Gift, Memorial Gift

<https://cancer.ca> Click on 'donate'

330 Strathcona Avenue

Kelowna V1Y 5K7 1.800.268.8874

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
1.800.418.1111 Donate M-F 5am-5pm

Chase & District Health Services Foundation

Further the improvement of patient services in the Chase catchment area
Facebook: Chase-and-District-Health-Services-Foundation
PO Box 1099, Chase, BC V0E 1M0

Community Foundation North Okanagan

Dedicated to improving quality of life in the region by distributing earnings
<https://cfno.org>
304-3402 27 Avenue, Vernon V1T 1S1
250.542.8655
See our article and ad on pages 12, 13

Fresh Outlook Foundation

Inspiring community conversations for sustainable change. Hosts HEADS UP! Community Mental Health Virtual Summit and Podcast. CommUnity Innovation Lab,
<https://freshoutlookfoundation.org>
1101 21 Avenue, Vernon V1T 1G4
250.300.8797

Heart & Stroke Foundation

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

North Okanagan Hospice Society

Respect, comfort and compassion in life's final journey
<https://nohs.ca>
3506 27 Avenue, Vernon V1T 1S4
250.503.1800

Shuswap Hospice Society

Palliative/end-of-life care for patients quality of life, also their family and friends
<http://shuswapospice.ca>
Suite 4-781 Marine Park Drive
Salmon Arm V1E 2W7
250.832.7099 Mon-Fri 9am-4pm

Shuswap Community Foundation

Connecting people. Uniting the Shuswap
<http://shuswapfoundation.ca>
102-160 Harbourfront Dr. NE V1E 3M3
250.832.5428 Salmon Arm

Shuswap Hospital Foundation

Accept, manage, disburse funds for the benefit of Shuswap Health Services
<https://www.shuswaphospitalfoundation.org>
 Main Hospital Entrance
PO Box 265, Salmon Arm V1E 4N3
250.803.4546

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>
 Interior Savings & Credit Union building
200-4301 32 Street
Vernon V1T 9G8
250.549.1346
1.866.GIVE7UW



Forever Guardian
your legacy of love

Your everlasting love will always protect them.

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

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)**

Vernon Jubilee Hospital Foundation

Supporting Excellence in Healthcare in the North Okanagan

<https://www.vjhfoundation.org>

2101 32 Street, Vernon V1T 5L2

250.558.1362

The War Amps

Committed to Improving the Quality of Life for Canadian Amputees, including children via 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 7

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

Literacy Alliance of the Shuswap Society

Focus on literacy awareness, education

<https://shuswapliteracy.ca>

358 Alexander Street NE, Salmon Arm

250.463.4555

Literacy Society of the North Okanagan

Helps people with their literacy needs.

Volunteers always welcome for the Reading Together program. Read with children to help build their confidence.

Find out more on our website, or call.

<https://www.literacysociety.ca>

4705A 29 Street, Vernon

250.275.3117 *See our ad on page 77*

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

1.844.782.8877

<https://www.sfu.ca/liberal-arts>

St. John Ambulance

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

<https://bc.sjatraining.ca>

- Vernon/North Okanagan Shuswap branch

1905 47 Avenue, Vernon

250.545.4200

- 627 Victoria Street, Kamloops

250.372.3853

Thompson Rivers University

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

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

1.800.663.9711

Vernon & District Immigrant and Community Services Society

Services: Settlement, English Classes, Employment, Community Connections, Temporary Foreign Workers, Childminding

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

100-3003 30 Street

250.542.4177

Library Services**Okanagan Regional Library**

Books, music, movies & more

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

250.860.4033 Admin. Office Kelowna

Thompson-Nicola Regional District Library System

<https://www.tnrl.ca/using-the-library/>
100-465 Victoria Street, Kamloops
250.372.5145

Meal & Food Programs

Cherryville Community Food & Resources

Monthly food hampers that support low-income families, singles, seniors, those with disabilities. Senior meal program. Weekly drop-in service. Organic community gardens. See website
<https://www.cherryvillefoodandresources.ca>
158 North Fork Road, Cherryville
778.212.8900 Tue & Wed 9am-1pm
Thurs 10am-2pm by appt., hamper day

Community Gardens

• Greater Vernon

RDNO administers two gardens containing plots available to rent for seasonal use
<https://www.rdno/communitygardens>

• Central Okanagan (Winfield)

<https://www.centralokanagancommunitygardens.com>

11187 Bottom Wood Lake Road

Community Kitchens Vernon

Learn how to cook healthy, affordable meals. Groups in various locations in North Okanagan Shuswap. See website for details

<https://communitykitchens.webs.com>
250.275.8814

Enderby & District Seniors Lunch Buffet

Wed noon, Sept to June, full course meal at Senior Citizens Hall, \$12.

1101 George Street, Enderby
250.838.6755 Sue

FED-Feed Enderby & District-Food Bank

Distribution 2nd & 3rd Tues of the month.

Call for appointment

<http://www.enderbyfoodbank.ca>

102-907 Belvedere Street, Enderby
250.938.3114 Mon-Fri 10am-2pm

Helping the
community with its
literacy needs...

Ask about our learning programs for
children and digital support for adults.



VOLUNTEERS NEEDED!



www.literacysociety.ca
250.275.3117

Good Food Box North Okanagan

Monthly box of quality fresh fruits and veggies. See website for details

<http://www.goodfoodbox.net>

250.306.7800 Diane

Good Food Box Shuswap

Food buying cooperative for those finding it difficult to stretch their food dollars

- **The Shuswap Family Centre**

<https://familyresource.bc.ca/services/good-food-box/>

See website for details

681 Marine Drive NE, Salmon Arm

250.832.2170 Mon-Thur 9-5, Fri 9-1

- **Seniors' Resource Centre**

<https://seniorsresourcecentre.wordpress.com>

320A 2 Avenue NE, Salmon Arm

250.832.7000

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

Lake Country Seniors Activity Centre

Tuesday Lunch - \$7 - come early, lunch is served at 12 noon. Freezer meals available for \$5.

9830B Bottom Wood Lake Road

250.766.4220

Meals on Wheels

- **Vernon:** Pleasing variety of safe, flavourful, nutritious meals by **Schubert Centre**. Available to anyone who has difficulty purchasing and/or preparing meals. Delivery in Vernon area at noon Mon., Wed., Fri. DVA meals available <https://schubertcentre.com/meals-on-wheels/> To subscribe or volunteer, call **250.549.4201** ext. 6 Schubert Centre See our ad on page 18

Salvation Army Food Bank

Mon-Fri 9-noon, 1-2pm. Food Hampers available by appointment Tues or Thurs

www.tsasalmonarm.com

1-441 3 Street SW, Salmon Arm

250.832.9194

Salvation Army Food Bank

Only authorized Food Bank in Vernon. Call or visit to make an appointment with an

intake worker. See website for details

<https://vernonhouseofhope.com>

3303 32 Avenue, Vernon

250.549.4111 need help? call or visit

Shuswap Second Harvest (Food Bank)

Wed 4:30-6 pm, Friday 1:30-3pm. Donate food during the week - see web for details

Volunteer information - see website

<https://shuswapsecondharvest.ca>

360 Alexander Street NE (rear)

Salmon Arm

250.833.4011

Sorrento Food Bank

Open Wednesdays 9am-3pm

www.sorrentofoodbank.ca

2804 Arnheim Road

250.253.3663

Wheels to Meals

- **Armstrong:** Wednesday noon full course meal at the Legion, \$10, pre-registration **250.546.8455** Legion, ask for Marilyn
- **Sicamous:** Tues. and Thur. noon, full course meal at Eagle Valley Haven, \$8 <https://www.facebook.com/wheelstomeals/> **250.836.2437** Dorothy, Reservations, Meal delivery - \$8

Programs & Groups**Better At Home**

United Way managed program helping seniors remain independent in their homes, connected to their communities <https://betterathome.ca>

- **Shuswap Better at Home**

See our ad on page 81 for service area <https://www.shuswapbetterathome.ca> **250.253.2749** Central Intake

• **NexusBC Community Resource Centre**
 Vernon, Armstrong, Lumby, Cherryville
<https://nexusbc.ca/programs/better-at-home>
102-3201 30 St., Vernon 250.545.0585
 See our ad and article on pages 20, 21

Churches Thrift Shop, Salmon Arm
 Monday 11am-5pm, Tuesday to Friday
 10am-5pm, Saturdays 10am-4:30pm
<https://churchesthriftshop.org>
461 Beatty Avenue NW 250.832.8234

**Crisis Intervention & Suicide
 Prevention Centre of BC**
 Help is available. We are here to listen,
 here to help 24/7. Call number below or
 your local crisis centre.
<https://crisiscentre.bc.ca>
1.800.SUICIDE (1.800.784.2433)

Day-Break Adult Day Services, Vernon
 For people at risk of losing their
 independence. Caregiver support.
 Community Care referral needed
Gateby Care Centre, 3000 Gateby Place
250.545.4456

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

Harmony Haven Adult Day Program
 Community Care Health Service. Respite
 for caregivers, social, physical, emotional
 wellness opportunities for clients
2-2770 10 Avenue NE, Salmon Arm
250.803.4525 entrance, parking bldg. rear
250.832.6643 Call to determine eligibility

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

Men's Shed Vernon
 Drop in, chat with the guys, have a coffee.
 Open daily 8am-9pm. Arrange a visit/tour





SENIORS'
RESOURCE CENTRE

- Blue Bottle Program
- Caregivers Support Group
- Foot Care Clinics
- Friendly Check-in
- Housing Info
- Community Volunteer Income Tax Program
- Meal Programs
- Rides to Medical Appointments
- Shopping Programs
- Day Away Program
- Senior Advisors - (help with government forms, etc.)

320A 2nd Avenue NE
 Salmon Arm
 V1E 1H1

250.832.7000
www.seniorsresourcecentre.org

Monday to Friday
 9 am to 3 pm

<https://www.mensshedvernon.ca>
7158 Meadowlark Road, Vernon

Neighbourlink Shuswap

Together creating practical ways of serving anyone with hardship. Services include Re-Purpose Furniture, referral to resources, free legal referral, Second Harvest Food program. Emotional support

<https://neighbourlinkshuswap.ca>

250.832.3272 Salmon Arm

North Okanagan Friendship Center

Indigenous non-profit society. We provide culturally appropriate health and social programs and services

- Seniors Outreach - info and access for those 60+ for social recreation, housing, health and safety - Maggie, ext. 111

<https://www.vernonfirstnationsfriendshipcentre.com>

2904 29 Avenue, Vernon

250.542.1247

Probus Clubs

Purpose of a Probus (Professional Business) is to bring together retired, semi-retired persons who have backgrounds of responsibility and to foster fellowship. See web for info. Blind Bay, Copper Island, Kamloops Desert Hills, Salmon Arm, Shuswap and Vernon clubs

<https://www.probuscanada.ca>

Silver Song Group

Stay social. Meet new people. Sing for fun. Enhance your wellness! Silver Song Group is a free, drop-in, fun program of 90 minute sessions of participatory singing

and music for seniors. No need to be a singer! Weekly meetings every Tuesday at Schubert Centre. Call for information
250.549.4201 Schubert Centre

United Empire Loyalists

Organization promoting Canadian history. Thompson-Okanagan branch. Monthly meetings

<https://uelac-thompsonokanagan.com>

250.469.8348 call for info - Marie

250.838.9652 President Sandra 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

email: VictimLinkBC@bc211.ca

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

VictimLink BC

1.800.563.0808 24/7 Call or text

Resource Centres

Cherryville Community Food & Resources

Provides a variety of aging, youth and family programs, free tax clinic, educational opportunities, one-on-one support, drop-in

<https://www.cherryvillefoodandresources.ca>

158 North Fork Road, Cherryville

250.547.0089 Open Mon-Thur 8am-3pm

Copper Island Seniors Resource Centre

Providing info, coordination of services for seniors of South Shuswap. Foot Care, Medical Clinic, Dental Hygienist, Income



Eagle Valley Community Support Society

Support services for Sicamous and CSRD Area E seniors include:

- Seniors info, resource & referral
- Help with govt. forms, income security applications, grants etc.
- Food security/nutrition support
- Free income tax preparation for lower income seniors

Whatever your need is, just call us and ask.

250-836-3440 or email us at evcrc@telus.net

Resource Centres located in Sicamous and Malakwa.

We can help!



Copper Island Seniors Resource Centre cont'd
 tax prep., Physiotherapist, Mobile Lab
<https://sshss.ca>
10-2417 Golf Course Drive, Blind Bay
250.675.3661

Enderby and District Community Resource Centre
 Working for a Healthier Community
<https://www.edcrc.ca>
1110 Belvedere Street
250.838.9446 Mon-Thur 10am-4pm

Eagle Valley Community Support Society (Sicamous & Malakwa)
 Large variety of support services information, resources, referrals, literacy & computer support services, Photocopying, faxing, use of phone, computers.
evcrc@telus.net Facebook
1214 Shuswap Avenue
Sicamous
250.836.3440
 See our ad page 80

Family Resource Centre Counselling and Family Service
 Senior Support Volunteer Program - We welcome new volunteer drivers to support our important senior programs. Volunteers provide support for IHA Senior Mental Health Team clients who are experiencing social isolation, depression, dementia. Clients must be referred through IHA, call **250.549.5737**
<https://vernonfrc.ca>
201-3402 27 Avenue, Vernon
250.545.3390

John Rudy Health Resource Centre
 Dealing with a health issue can be stressful, navigating the health care field can be confusing. We can help! Free, no referral needed. Resource library, one-to-one support. Assistance with health related forms. Free workshops & seminars, topics listed on website and Facebook.
<https://www.johnrudyhealth.ca>
<https://www.facebook.com/johnrudyhealth.ca>
107-3402 27 Avenue, Vernon
250.938.8092 Call for more information


Better at Home
 United Way helping seniors remain independent.
 Better at Home is funded by the Government of BC and managed by the United Way.

The Better at Home Program helps seniors with simple non-medical, day-to-day tasks so that they can continue to live independently in their own homes, and remain connected to their communities

Volunteers Welcome!

Services include:

- Light Housekeeping
- Friendly Calls and Visits
- Grocery Shopping and Delivery
- Transportation
- Emergency Preparedness Info
- Food Security Info
- Resource/Referral and More

Shuswap Better at Home
 For Salmon Arm, Sicamous, Enderby, Chase, North and South Shuswap and their surrounding rural areas, Adams Lake, Neskonlith, Splatsin and Little Shuswap Secwepemc communities.
 Tel: 250.253.2749 • Email: sbahintake@outlook.com
www.shuswapbetterathome.ca

NexusBC Community Resource Centre

Providing a one-stop-shop to connect people to local resources - serving all populations

- **Seniors Services:** Assistance with government applications, Better at Home program - see listing on page 79. Community Services Directory, affordable housing, referrals to agencies for senior abuse and/or legal issues, Income tax program <https://nexusbc.ca>

102-3201 30 Street, Vernon

250.545.0585 Mon-Fri 8am-4pm

See our article on pg. 20, ad on pg. 21

Seniors' Resource Centre

Meal services: Better Meals, Good Food Box, Monday Morning Market. Programs: Caregiver Support Group, Day Away, Foot Care, Community Volunteer Income Tax, Friendly Check-In, Senior Advisor <https://seniorsresourcecentre.wordpress.com>

320A 2 Avenue NE

Salmon Arm

250.832.7000

See our ad on page 79

The Shuswap Family Centre

Lending Library, Good Food Box, Sustainable Food programs, Grandparents Raising Grandchildren, Community Kitchens, Support Counselling. See website for info on all Programs/Services <https://familyresource.bc.ca>

681 Marine Drive NE, Salmon Arm

250.832.2170 M-Th 9am-5pm, Fri 9-1pm

Shuswap Hospice Society

Hospice & Palliative Care Resource Centre. Community Caring for Community <http://www.shuswaphospice.ca>

Suite 4-781 Marine Park Drive

Salmon Arm V1E 2W7

250.832.7099 Mon-Fri 9am-4pm

Whitevalley Community Resource Centre

Seniors services, Counselling & Support in Lumby & Cherryville. Family Support program, Mental Health Support program, Addictions Counselling, Information & Prevention, K-6 & After School program,

Good Food Box, Volunteer opportunities

<https://whitevalley.ca>

2114 Shuswap Avenue, Lumby

250.547.8866

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

Nice social atmosphere members, guests

<https://anafvetsunit5.ca/>

2500 46 Avenue, Vernon

250.542.3277

Archway Society for Domestic Peace

We are leaders in empowering women, children and families to live with dignity and respect, free from domestic and sexual violence <https://archwaysociety.ca>

2400 46 Avenue, Vernon

250.558.3850 Administration Office

250.542.1122 Transition House. Help is

available 24/7 including holidays

See our ad and article on page 65

BC OAPO

We support Seniors interests and work towards improving their every day lives socially as well as in matters pertaining to their welfare

<https://bcoapo.ca>

- **Monashee 50+ Club**, Lumby OAPO #117 **250.306.6381** Cindy

- **Vernon Seniors' Branch #6**

Meets 3rd Tuesday (except July and August) at Schubert Centre 1:30 pm

<https://facebook.com/vernon seniors branch6/>

250.545.0384 Margaret

See our ad and article on page 10

BC Partners for Mental Health and Addictions Information

Mental health and substance use information you can trust

<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>

Big Brothers Big Sisters

Mission to support & enhance the well-being of young people through positive mentoring relationships. See website for what and how to donate

<https://centralsoutherninteriorbc.bigbrothersbigsisters.ca>

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

1.800.404.4483 Kamloops/Kelowna

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

Council of Senior Citizens' Organizations of BC (COSCO)

Purpose is to advance the social and physical welfare of all BC elder citizens

<https://coscobc.org>

604.630.4201 Leslie Gaudet, President

• Health & Wellness Workshops

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

<https://seniorshelpingseniors.ca>

Independent Living Vernon

Works for societal change, remove barriers so that people with disabilities have the opportunity to realize their full potential; Parking Placards program entitling people with mobility disabilities to utilize accessible parking spaces

<https://www.ilvernon.ca>

107-3402 27 Avenue, Vernon

250.545.9292

250.542.2193 TTY

1.877.288.1088

Kindale Developmental Association

Non-profit society providing wide range of services to people with diverse abilities in the North Okanagan Shuswap

<https://www.kindale.net>

2725A Patterson Avenue, Armstrong

250.546.3005 Mon-Fri 9am-4pm

Mothers Against Drunk Driving

No alcohol. No drugs. No victims.

<https://madd.ca>

1.800.665.6233 Call for support

• Western Region Chapter Services Manager

1.877.676.6233 Tracy Crawford

• MADD Central Okanagan Chapter

<https://www.maddchapters.ca/centralokanagan>

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

1.800.665.6233 ext. 373

• MADD Kamloops

<https://maddchapters.ca/kamloops>

1.877.676.6233

2023-24**OLD AGE SECURITY & CANADA PENSION CHEQUE DATES**

■ **Sep. 27, 2023**

■ **Oct. 27, 2023**

■ **Nov. 28, 2023**

■ **Dec. 20, 2023**

■ **Jan. 29, 2024**

■ **Feb. 27, 2024**

■ **Mar. 27, 2024**

■ **Apr. 26, 2024**

■ **May 29, 2024**

■ **Jun. 26, 2024**

■ **Jul. 29, 2024**

■ **Aug. 28, 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.

Royal Canadian Legion

The Legion's 145 branches in BC/Yukon Command provides various support services to veterans. To find a North Okanagan or Shuswap branch, go to...
<https://legionbcyukon.ca/find-a-legion-branch>
1.888.261.2211 BC/Yukon Command

The Salvation Army - House of Hope

Worship services Sundays 10:30 am
<https://vernonhouseofhope.com>
3303 32 Ave., Vernon 250.549.4111
 • **Thrift Store** Mon-Fri 10am-6pm
5400 24 Street 250.549.4454

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 local 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>
1.800.735.7520 Al-Anon Hotline

Alcoholics Anonymous

Assistance, information and fellowship for those with alcohol related problems. Check website for local meeting info
<https://bcyukonaa.org/meetings>
 • **250.545.4933** Armstrong, Cherryville, Falkland, Lumby, Vernon
<https://vernonaa.org>
 • **1.855.339.9631** Enderby, Salmon Arm, Shuswap, Sicamous, Sorrento, Skwlaz

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.gamblingsupportbc.ca>
1.888.795.6111 24 hour Helpline

BrainTrust Canada

Direct services for persons with acquired brain injury, as well as a strong focus on education, support and prevention
<https://braintrustcanada.com>
100-215 Lawrence Avenue, Kelowna 250.762.3233

Compassionate Friends of Canada

Support group for families who have experienced the death of a child, any age, any cause. For meeting info call
250.374.6030 Kamloops
250.718.7039 Kelowna
250.675.3793 Salmon Arm
250.308.5584 Vernon, Armstrong, Enderby, Salmon Arm, Sorrento
<https://tcfcanada.net>

Crohn's & Colitis Canada

Check website for events in Kamloops, Kelowna, Vernon
<https://crohnsandcolitis.ca>
1.800.513.8202 BC Office

Gamblers Anonymous

<https://www.gabc.ca>
1.855.222.5542 24/7 Hotline
 • Kelowna open meetings every Thurs 6-7pm, Kalano Club, **2108 Vasile Road 250.801.9943**
 • Kamloops, Mon. 7-8pm, Desert Gardens **554 Seymour Street** - far right door

Lake Country Health Caregiver Group

Meetings twice a month at Halina Centre, Vernon. Also meetings in Lake Country and Kelowna. An encouraging space designated for individuals facing the stresses of unpaid caregiving.
 email: caregiver@lakecountryhealth.ca
<https://www.lakecountryhealth.ca>
778.215.5247

Learning Disability Society

Here to advance education, social development, employment, legal rights, general well-being of people with learning disabilities. Vernon chapter. Office hours Tuesdays 10am-Noon at People Place
<https://ldsociety.ca> *continued...*

250.542.5033 Nadiene
102-3402 27 Avenue, Vernon

Mental Illness Family Support Centre

Support, education, advocacy to families with mental illness and/or addiction or substance misuse issues
<https://cmhavernon.ca/family-support-services>
300-3402 27 Avenue, Vernon
250.260.3233 Jenn

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

Treatment, support, education, hope of recovery for people living with a mood disorder. Peer Support Groups. Salmon Arm support meetings on hold
<https://mdabc.net>
250.558.6900 Vernon

Narcotics Anonymous

Vision that every addict has the chance to experience our message in his/her own language and culture, find the opportunity for a new way of life. See website for Thompson Okanagan meeting information
<https://www.bcrna.ca>
1.866.778.4772 North Okanagan area
1.855.349.2722 Kamloops area
1.877.604.7613 Central Okanagan

Parkinson Society British Columbia

See website for support group information in the Thompson Okanagan
<https://www.parkinson.bc.ca/resources-services/support-groups/>
1.800.668.3330 Provincial Office

Prostate Cancer Foundation BC

<https://prostatecancerbc.ca/get-support/support-groups>
 • Kamloops Support Group
250.376.4011 Larry Reynolds

- Kelowna Support Group
250.762.0607 Bren Witt
<https://www.kelownaprostate.com>
- Vernon Support Group
rpiasta@gmail.com Ray Piasta

Quit Now

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 in-person Salmon Arm program runs Wed 1pm-3pm. To speak to an After Stroke Coordinator, or to register for our programs, please email or call afterstrokebc@marchofdimes.ca
1.888.313.3377 ext. 6201

See our ad/article on page 44

Transportation

BC Bus Pass Program

Affordable transportation on all BC transit systems (except HandyDART) for low-income seniors and persons with disabilities. See website for eligibility, cost, and contact options
<https://www2.gov.bc.ca> Bus Pass Program
1.866.866.0800 Mon-Fri 9am-4pm

Transportation *continued...*

Disability Parking Permits SPARC BC
Parking permits for those with disabilities
Apply/renew online

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

1.888.718.7794 Mon-Fri 9am-4:30pm

Ebus

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

<https://www.myebus.ca>

1.877.769.3287

Vernon Regional Transit Systems

Visit website for schedules, maps, fares

<https://www.bctransit.com/vernon/home>

250.545.7221

- HandyDART

Service hours M-F 8-4:30, Sat 10-5

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

250.549.1366

Shuswap Regional Transit System

Visit website for schedules, maps, fares

<https://www.bctransit.com/shuswap/home>

250.832.0191

- HandyDART

Service hours Mon-Fri 8am-4pm

Office hours M-F 8:30-3:30, Closed 12-1

250.832.0191

Travel Assistance Program

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

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

1.800.661.2668 Automated service 24/7

1.800.663.7100 Health Insurance BC

VIA Rail Canada

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

<https://www.viarail.ca>

1.888.842.7245 **1.800.268.9503** TTY

Volunteer Drivers

- **Armstrong Volunteer Driver Program**

Serving citizens of Armstrong & Spallumcheen **only**. Transportation for medical & dental appointments in Armstrong, Enderby, Kamloops, Kelowna, Salmon Arm, Vernon.

Sponsored by the Armstrong Seniors Activity Centre. Leave message: voice mail will be checked

250.546.0999 10am-Noon Mon-Friday

- **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

- **South Shuswap Rides**

Door-to-door transportation services for residents of Sorrento, Blind Bay, Notch Hill, White Lake, Eagle Bay, Sunnybrae and Tappen. Volunteer drivers take people, who no longer drive, to medical appointments in Salmon Arm, Kamloops, Vernon and Kelowna. Donations welcome to cover costs. Electric car. Volunteer drivers needed. Rides must be prebooked 24 hours in advance

Call **250.463.4341** Mon-Fri 9am-5pm

<https://southshuswaprides.ca>

See our ad on page 87

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
<http://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

Need a Ride?

Call South Shuswap Rides

**We Provide**

- Door-to-door service on weekdays, 9am to 5pm, with an electric vehicle
- COVID-19 precautions and free masks
- Courteous volunteer drivers who have undergone driver safety training
- Rides to local businesses and Salmon Arm: medical trips to Vernon, Kamloops and Kelowna with sufficient notice.

Suggested donation amounts are posted and welcomed.

For more information go to www.southshuswaprides.ca

**To book a ride call
250-463-4341**





Government

Municipal, Regional

Armstrong, City of

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

- **City Hall, 3570 Bridge Street**
250.546.3023 Mon-Fri 8:30am-4:30pm
- **Armstrong Spallumcheen Museum & Art Gallery**
<https://ArmstrongSpallMuseumArt.com>
3415 Pleasant Valley Road
250.546.8318
- **Armstrong Spallumcheen Chamber of Commerce** <https://www.aschamber.com>
3550 Bridge Street 250.546.8155
- **Armstrong-Spallumcheen Parks & Rec.**
<https://rec.canlansports.com/armstrong/>
3351 Park Drive 250.546.9456
- **Armstrong Spallumcheen Fire Dept.**
<https://www.asfd.ca>
250.546.6708 Non-emergency

Chase, Village of

A Shuswap Experience

<https://chasebc.ca>

- **Village Office, 826 Okanagan Avenue**
250.679.3238 Mon-Fri 9am-4pm
- **Chase & District Chamber of Commerce and Visitor Information Centre**
<https://chasechamber.com>
400 Shuswap Avenue
250.679.8432

Cherryville (unincorporated)

In the foothills of the Monashee Mountains
For attractions, community services,
business directory, events & more, go to...
<https://cherryville.net>

Enderby, City of

Where the Shuswap meets the Okanagan
<https://www.cityofenderby.com>

- **City Hall, 619 Cliff Avenue**
250.838.7230 M-F 8:30am-4:30pm
- **Enderby & District Chamber of Commerce**
<https://www.enderbychamber.com>
702 Railway Street
250.838.6727
- **Enderby & District Volunteer Fire Dept**
407 George Street
- **Enderby & District Museum & Archives**
<https://www.enderbymuseum.ca>
901 George Street (City Hall complex)
250.838.7170 Tue-Sat 10am-3pm

Falkland, Town of

Home to one of Canada's largest flags
(Gyp Mountain) and one of the oldest
rodeos in Canada
<https://falkland-bc.ca>

- **Falkland Museum & Heritage Park**
Open daily early June to mid-September
<https://falklandmuseum.webs.com>
5657 Highway 97 250.379.2535

Lumby, Village of

<https://lumby.ca>

- **1775 Glencaird Street**
250.547.2171
- **Lumby & District Chamber of Commerce**
<https://www.monasheetourism.com>
1882 Vernon Street 250.547.2300
- **Lumby & District Volunteer Fire Dept.**
<https://www.lumbyfire.ca>
1769 Shuswap Avenue
250.547.9516 Non-emergency

- **White Valley Parks, Recreation, Culture**
Pat Duke Arena, Lumby Curling Club
Oval Park, Royals Park
- **White Valley Community Centre**
2250 Shields Avenue, Lumby
250.547.6404 M-F 8am-4:30pm

Salmon Arm, City of

Small City, Big Ideas

<https://www.salmonarm.ca>

- **City Hall, 500 2nd Avenue NE**
250.803.4000 Mon-Fri 8:30am-4pm
- **Fire Department Administration**
141 Ross Street NE 250.803.4060
- **Shuswap Recreation Society**
<https://www.salmonarmrecreation.ca>
2550 10 Avenue NE 250.832.4044
- **Shaw Centre**
3 NHL ice surfaces, elevated walkway,
meeting rooms, restaurant, exhibition space
<https://www.salmonarmrecreation.ca/arena-info>
2600 10 Avenue NE 250.832.4044
- **Salmon Arm Chamber of Commerce**
<https://sachamber.bc.ca>
101-160 Harbourfront Drive NE
250.832.6247

Sorrento (unincorporated)

The Heart of the Shuswap. See website for attractions, tours, events, activities

<https://sorrentocentre.ca> 1.866.694.2409

1159 Passchendaele Road

Vernon, City of

<https://www.vernon.ca>

- **City Hall, 3400 30 Street**
250.545.1361 Mon-Fri 8:30am-4:30pm
- **Tourism Vernon**
<https://www.tourismvernon.com>
250.542.1415 Mon-Fri 8:30am-4:30 pm
1.800.665.0795 See our ad on page 9
- **Downtown Vernon Association**
<https://www.downtownvernon.com>
101-3334 30 Avenue (Sun Valley Mall)
250.542.5851
- **Vernon Fire - Rescue Services**
3401 30 Street
250.542.5361 Mon-Fri 8am-5pm
- **Greater Vernon Chamber of Commerce**
<https://www.vernonchamber.ca>
204-3002 32 Avenue 250.545.0771

- **Greater Vernon Recreation Services**
<https://www.vernon.ca/parks-recreation>
- **Recreation Centre**
3310 37 Avenue, Vernon
250.545.6035
- **Kal Tire Place**
3445 43 Avenue
250.550.3257 Mon-Fri 8am-4pm

Coldstream, District of

<https://www.coldstream.ca>

- **Municipal Hall**
9901 Kalamalka Road, Coldstream
250.545.5304 Mon-Fri 8am-4:30pm

Columbia Shuswap Regional District

Building inspection, Agricultural Land Reserve, Zoning & Land Use Bylaws, Environmental Services, Solid Waste & Recycling, Parks & Recreation, Emergency Management, Utilities - see website for all services and details

<https://www.csr.d.bc.ca>

- **555 Harbourfront Dr. NE, Salmon Arm**
250.832.8194 Mon-Fri 9am-4pm
1.888.248.2773

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
- **Sports & Recreation**
250.766.5650 Activity Guide
- **Winfield Memorial Hall**
<https://www.winfieldmemorialhall.com>
10130 Bottom Wood Lake Road
250.766.4131
- **Winfield Arena/Recreation Centre**
9830 Bottom Wood Lake Road
250.766.3030
- **Creekside Theatre**
<https://www.lakecountry.bc.ca/en/what-to-do/creekside-theatre.aspx>
10241 Bottom Wood Lake Road
250.766.5669 250.766.9309 Box Office

North Okanagan, Regional District of

Building, fire inspection services, regional parks, ambulance service-jaws of life,

animal control, transit services, fire protection, invasive plants/pest control, solid waste disposal/recycling, water supply, land use planning - visit website for all programs/services and details
<https://www.rdno.ca>

9848 Aberdeen Road, Coldstream
250.550.3700 Mon-Fri 8am-4:30pm
1.855.650.3700

Sicamous, District of

Houseboat Capital of Canada

<https://www.sicamous.ca>

<https://www.sicamous.ca/live-here/recreation/parks>

446 Main Street, Sicamous

250.836.2477 Mon-Fri 8:30am-4:30pm

• Sicamous Chamber of Commerce

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

446 Main Street

250.836.0002 Visitors Centre

Spallumcheen, Township of

Recreation, Recycling & Garbage Collection, Building Inspection, Animal Control - see web for all services, details

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

4144 Spallumcheen Way

250.546.3013 Mon-Fri 8:30am-4:30pm

1.866.546.3013

First Nations

Adams Lake Indian Band

<https://adamslakeband.org>

6453 Hillcrest Road, Chase

250.679.8841 M-F 8am-noon, 1-4:30pm

1.877.679.8841

Little Shuswap Lake Indian Band

Known as Skwlax to the Little Shuswap

<https://www.lslb.ca> <https://quaaoutlodge.com>

1886 Little Shuswap Lake Road

Chase, BC

250.679.3203

Neskonlith Indian Band

Member of the Secwepemc Nation

www.Facebook.com/NeskonlithIndianBand

743 Chief Neskonlith Drive, Chase, BC

250.679.3295 Mon-Fri 8:30am-4:30pm

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

Splatsin Indian Band

Working together toward independence

<https://splatsin.ca>

5775 Old Vernon Road, Enderby

250.838.6496

Okanagan Nation Alliance

Alliance of eight Okanagan bands

Grand Chief Clarence Louie

<https://www.sylx.org>

101-3535 Old Okanagan Hwy., Westbank

250.707.0095

1.866.662.9609

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

Environment Protection & Sustainability

BC Parks, Spill Response, Clean BC, Climate Change, Air, Land and Water, Waste Management, much more...

<https://alpha.gov.bc.ca/gov/content/environment>

1.887.952.7277 RAPP 24/7 Hotline -

Report all Polluters and Poachers

Forest Fire Reporting

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

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

1.800.663.5555 Report a wildfire

***5555** toll free on a cell

Climate Change

Climate change is being felt across BC. Timely action is critical to protect our communities, health and the environment. Learn how CleanBC puts BC on a path to a cleaner, better future

<https://www2.gov.bc.ca/> Search for Climate Change

1.800.663.7867 Service BC

Members of Legislative Assembly

- Greg Kylo, MLA Shuswap**
greg.kylo.MLA@leg.bc.ca
202A-371 Alexander Street NE
PO Box 607, Salmon Arm V1E 4N7
250.833.7414 1.877.771.7557
- Harwinder Sandhu**
MLA Vernon-Monashee
harwinder.sandhu.MLA@leg.bc.ca
B-2920 28 Avenue, Vernon V1T 1V9
250.503.3600
1.866.870.4189

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

Ombudsperson, The Office of the

BC's Independent Voice of Fairness
 Receives enquiries and complaints about the practices & 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



It is my honour to represent the people of the Shuswap in Victoria.
 Please call my office if you are in need of any assistance.



Member of the Legislative Assembly

Greg Kylo
 MLA Shuswap

202A-371 Alexander St. NE, PO Box 607, Salmon Arm, BC V1E 4N7
 250-833-7414 • greg.kylo.mla@leg.bc.ca • www.gregkyllomla.ca

Here to serve you all in Vernon-Monashee

MLA Harwinder Sandhu

Vernon-Monashee

**Parliamentary Secretary for Seniors'
 Services and Long-term Care**

250.503.3600

Harwinder.Sandhu.MLA@leg.bc.ca



LEGISLATIVE ASSEMBLY
 of BRITISH COLUMBIA



<https://www2.gov.bc.ca> Search Service BC
1.800.663.7867 Mon-Fri 7:30am-5pm
 7-1-1 TTY

- **250-455 Columbia Street, Kamloops**
250.828.4540 Mon-Fri 9am-4:30pm
- **850A 16 Street NE, Salmon Arm**
250.832.1611 Mon-Fri 9am-4:30pm
- **3201 30 Street, Vernon**
250.549.5511 Mon-Fri 9am-4:30pm

• Vital Statistics Agency

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

<https://www2.gov.bc.ca/gov/content/life-events>

305-478 Bernard Avenue, Kelowna
250.861.7500 Mon-Fri 9am-4:30pm
1.888.876.1633

Federal

BC Climate Action Tax Credit

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

<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 agent
 Mon-Fri 4am-5pm PT

<https://www.cbsa-asfc.gc.ca> current wait times
1.800.461.9999 **1.866.335.3237** TTY

Canadian Heritage

We work with national cultural institutions to promote culture, the arts, heritage, official languages, citizenship and 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, improve health while respecting individual choices, circumstances

<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 'Income Security Programs'

1.800.277.9914

1.800.255.4786 TTY

Indigenous & Northern Affairs Services

- Indigenous Services
- Crown Indigenous Relations & Northern Affairs

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

<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 and enjoyment. Pet friendly places to stay, etc.

<https://parks.canada.ca>

1.888.773.8888 Information Services

1.877.737.3783 Reservation service

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

Member of Parliament

Mel Arnold, MP
North Okanagan-Shuswap

Mel.Arnold.C1@parl.gc.ca

<https://melarnoldmp.ca>

1-3105 29 Street

Vernon V1T 5A8

250.260.5020

1.800.665.5040

Passport Canada

106-471 Queensway, Kelowna

English & French

<https://www.canada.ca/passport>

1.800.567.6868 Mon-Fri 8:30am-5pm

1.866.255.7655 TTY

Service Canada

Full service centres offering a mix of information and transactional services

• **191 Shuswap St. NW, Salmon Arm**

• **101-3301 30 Avenue, Vernon**

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 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 8:30-4:30

1.833.921.0071 TTY

• 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 **08051** for Salmon Arm weather information
- **1.833.794.3556** Enter Code **08027** for Vernon weather information

MEL ARNOLD
MEMBER OF PARLIAMENT
North Okanagan-Shuswap

We Can Help With Federal Government Programs

**Including : Canada Pension Plan
GIS & OAS**

1-800-665-5040 - 250-260-5020
MEL.ARNOLD@PARL.GC.CA
Office Location : 1 - 3105 - 29th St., Vernon, BC V1T 5A8

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FARM MARKET

Sweet Corn & Produce



LIQUOR COOP



BC CRAFT WINE, BEER, SPIRITS & CIDERS



Market ON THE EDGE

- SHUSWAP & OKANAGAN PRODUCE
- CRAFT WINE, BEER, SPIRITS & CIDER
- BAKERY, CAFÉ & ICE CREAM!
- GOURMET SPECIALTY PRODUCTS
- ORGANICS & ORIGINALS
- KIDS LOVE OUR FARM ANIMALS!



LOADS OF
FREE PARKING

WEST

EAST



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As Nixon Wenger celebrates its 50th year, Paul Nixon's legacy and ideals continue to inspire the firm's ongoing spirit and purpose. We are truly grateful to our staff, clients, and North Okanagan community for their remarkable support and we look forward to our next 50 years.

