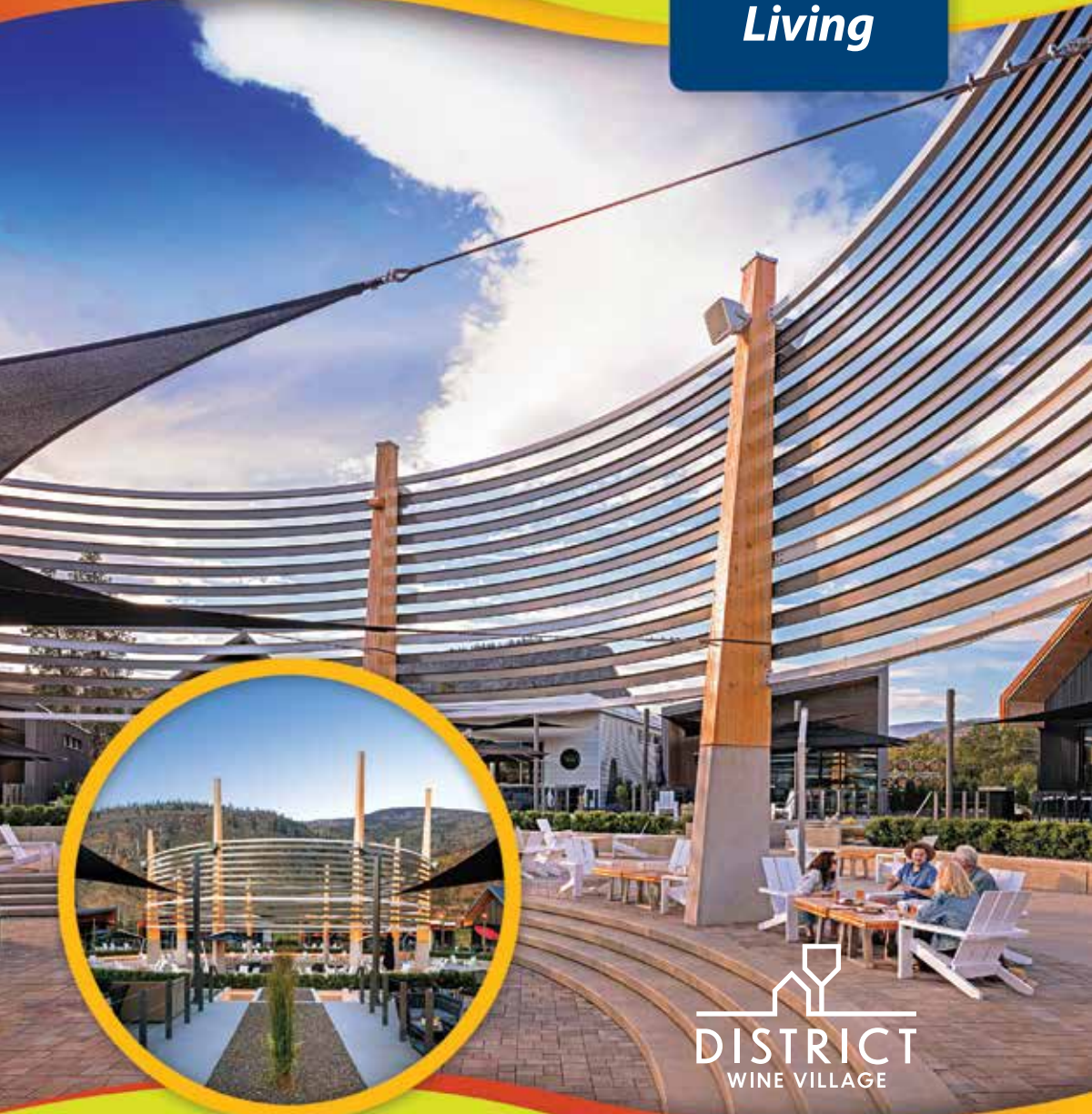


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2024-2025

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The War Amps Key Tag Service Helps Amputees Reach Their Goals



The War Amps Key Tag Service provides vital support to amputees, including five-year-old Vanessa.

Vanessa was born missing the lower part of her left arm. As a member of The War Amps Child Amputee (CHAMP) Program, she receives financial assistance for artificial limbs and devices and also attends seminars where Champs and their parents learn about the latest in artificial limbs, dealing with teasing and staring, and parenting an amputee child.

"I attended my first CHAMP Seminar with Vanessa when she was six months old," says her mother, Tori. "I learned a lot about artificial limbs and how they can help in so many ways. The War Amps funded her bike arm, which grips the handlebar and ensures she can sit up straight and ride safely. She also has a myoelectric arm that has a hand that opens and closes, which helps her to do activities like puzzles and colouring."



Vanessa is benefiting from The War Amps Child Amputee (CHAMP) Program thanks to public support of the Key Tag Service.

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

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

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



*You can help
amputees*

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Greetings

from the
Mayor of Summerland



If you're coming to Summerland, be forewarned: you might not want to leave.

That's what happened to me.

Before settling in Summerland, I had resided in 14 towns in five different countries on three continents. While I was off galivanting, family and friends began relocating to the Okanagan from other parts of the country. They laid down their roots here and I found myself coming to visit more and more often, staying a little longer each time.

I was especially drawn to Summerland.

The first thing you notice about Summerland is its intimacy, charm and natural beauty. Reclining gracefully on the shores of Okanagan Lake and wrapping around Giant's Head Mountain, Summerland is a gem of a community with a unique urban/rural mix.

My wife and I were living in France when we decided to spend a year's sabbatical in Summerland. The intention was always to return to Europe.

We rented a bungalow close to Okanagan Lake and were quickly taken in by the friendliness of the locals and strong sense of community. We learnt how people attached importance to their town's rich history and heritage, its arts and festivals, its recreational opportunities, its world-renowned orchards and wineries, and its overall quality of life.

We went to the beach and hiked the trails on Summerland's two mountain parks – Giant's Head Mountain and Conkle Mountain. We frequented downtown boutiques and markets, attended live music events, and participated in a plethora of activities.

As our year in Summerland was drawing to a close, we started calling up real estate agents to look at some properties. Purely out of interest. Just to see what we could get for our money.

Then we bought a house. We ended up staying and raising our family here.

More than 20 years later, not only are we still here, living in the same house, and but I have become so immersed in the community that I am now mayor!

I'm not the only Summerlander with such a story to tell. The town is full of us long-timers who came here with the idea of staying only a short time.

So please take in everything Summerland has to offer and enjoy your visit. But don't say you weren't warned when you find out you don't want to leave.

Doug Holmes
Mayor of Summerland



50+ Living
Experience

South Okanagan Similkameen

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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: District Wine Village, Oliver

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A Treasury Boasting Over 2,500 Works of Art



The Penticton Art Gallery continues to stand as a beacon of inspiration and cultural enrichment, nestled against the serene backdrop of Okanagan Lake. Operating as a not-for-profit entity, its core mission remains steadfast: to ensure all members of the Penticton and South Okanagan communities have unfettered access to the visual arts. More than just a venue for showcasing artworks, the gallery serves as a dynamic public space, igniting social interaction, critical thought, and boundless creativity. Welcoming over 17,000 visitors annually, its diverse array of contemporary and historical pieces sourced from across Canada and beyond solidifies its position as a central hub of artistic expression and cultural exchange.

Complementing its exhibitions, the gallery continues to offer an extensive array of educational resources. From artist presentations to panel discussions and a lending library, these initiatives aim to enrich the understanding

and appreciation of art among visitors of all ages. Moreover, a plethora of special events and programs further enhance the gallery experience, ensuring there is always something new and exciting to explore.

At the heart of the gallery lies its Permanent Collection, a treasury boasting over 2,500 works of art chronicling the region's rich heritage and artistic evolution. By documenting, preserving, and presenting these pieces, the gallery remains steadfast in its commitment to nurturing a deeper understanding and appreciation of art within the community.

For individuals aged 60 and above who recognize the profound value of the arts, membership in the Penticton Art Gallery presents an exceptional opportunity. Beyond granting free admission to the gallery, membership affords a host of additional benefits, including subscription to the Arts Letter, discounts at the Gift Shop, exclusive invitations to gallery receptions, and reduced rates on workshops, children's programming, and art classes. By investing in art, members not only enrich their own lives but also contribute to the vibrancy and vitality of their community.

Becoming a member of the Penticton Art Gallery means more than simply enjoying its perks; it signifies a commitment to fostering an active and engaged artistic community. Join us today and become an integral part of this dynamic and inspiring cultural institution. Join today!



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Seniors Wellness at OneSky

A new chapter has begun for seniors in Penticton, as OneSky Community Resources and Seniors Wellness Society have officially merged. The merger is the result of a decade-long partnership that started with the Better at Home program, which offered various services to seniors in a coordinated way. Over time, the partners collaborated with other organizations that cared about seniors, forming the Aging Well collaboration.

The merger is a way to honor the legacy of the Seniors Wellness Society, which was established in the 1960s by a group of women who had a vision to create a place for seniors to meet their social and recreational needs. They built the award-winning Retirement Centre complex in 1974, which had everything from subsidized housing to a nursing home with meals and recreation opportunities. The complex was designed to let seniors age in place and feel part of a community.

However, the recreation space was lost as health care models changed, but the society kept serving the seniors, especially the isolated ones, by running a volunteer friendly visitor program and other outreach services. As a small organization, they struggled with funding, but in 2013, they partnered with OneSky to expand the visitor program to more services that helped seniors live in their homes.

The merger honors the legacy of the Seniors Wellness Society and their vision of supporting seniors in the community. The merger will improve and streamline the services for seniors in Penticton and beyond. OneSky has renamed their seniors services program as "Seniors Wellness at OneSky," to acknowledge the society's contribution to the community.



Seniors Wellness at OneSky

Seniors Information, Referral and Navigation –

looking for updated local information, resources or services for seniors? We can help to direct you to community resources and services such as transportation options, in-home supports, seniors activities, financial supports, housing options, help in navigating health and social care systems or completing government forms. Call the office for answers to your questions or to connect with the various programs listed below.

Call 250-487-7455 or email seniorswellness@oneskycommunity.com.

Senior Connector Newsletter –

a free monthly publication packed with information of interest to local seniors. Keeping you updated on local programs and activities for seniors, tips for healthy aging, information about government benefits, free and low-cost services and much more. Request to receive this monthly newsletter by mail or email.

Better at Home Program –

helping seniors living independently with simple non-medical, day-to-day tasks to stay in their own homes and remain connected to their community. Services delivered by paid staff and/or volunteers. Fees based on income on a sliding scale. Services are limited to availability and resources. Must be registered to receive services. See page 81 for more information.

Caregiver Support Program –

support for family members or friends who are caring for an older adult who requires help with the tasks of daily living. Individual emotional and practical support; group activities for enjoyment and connections to other caregivers; information and navigation support; advance care planning. See article on page 34.

Out & About Program –

a social group program to encourage isolated seniors to get out and meet new people, create friendship, and have something on the calendar to look forward to. Various options focussed on health aging, social engagement, and physical activity. Transportation available to attend some events. See our article on page 24.

Cycling without Age –

specially equipped trishaws with room for two passengers piloted by volunteer cyclists offering free rides for seniors to experience the wind in their hair. Scheduled rides from local care homes and independent housing facilities.

Volunteer Opportunities –

many of our services would not be possible without volunteers. If you have a bit of time to offer, consider joining our team as a volunteer. Opportunities to help include friendly visiting, group social supports, transporting seniors to appointments, deliveries, simple household tasks, gardening, office help, trishaw (cycle) pilots and other support roles. Many helping hands build a strong community.

OneSky Community Resources

330 Ellis Street Penticton V2A 4L7

Visit our website: OneSkycommunity.com





The Pentiction Seniors' Drop-In Centre Society (PSDICS), (fondly known as 'The Centre'), has played a significant role in providing for seniors' recreational and social needs since 1994. For 30 years, the Centre has welcomed adults aged 50+ from around the South Okanagan Valley to mix, mingle, participate and enjoy a wide variety of activities that are specifically chosen to interest and engage older adults. Located near Skaha Lake, in sunny Pentiction, the Centre is nestled in beautiful Robinson Park along with horseshoe pitches and pickleball courts. Although a drop-in centre, membership is encouraged and, at this time, 1200+ members are involved and committed to the Centre's continuing success. The Centre is open from 9 to 4, Monday to Friday, with occasional special weekend events such as pancake breakfasts, Sunday concerts, dinner-dances and Bingo.

Working with the City of Pentiction and other groups responsible for seniors' well-being, the Centre strives to ensure that older adults have access to programs and activities that satisfy a wide range of skills, interests, and abilities which aid in promoting self-development and life-long learning. It is the Centre's mission to provide affordable recreational opportunities encouraging physical fitness, intellectual stimulation, and good mental well-being. Meaningful interactions with like-minded people help to reduce social isolation and feelings of loneliness which is a serious mental health issue among seniors. It is through active engagement that significant connections are forged, and lasting friendships are built and nurtured, and a sense of belonging is created.

As a non-profit society, the Centre's daily operations are only made possible by a team of dedicated and caring volunteers. Our volunteers are gold and are critical to the ongoing success of the Centre. Volunteers have many jobs - they welcome visitors at the front reception desk and teach classes such as line dancing, yoga, chair yoga, ukulele, and pilates. They lead activities such as French Talk, Spanish Conversation, sing-alongs, bridge, Scrabble, cribbage, and Mah-Jong. As well, volunteers work in the kitchen preparing food, baking treats and serving members and guests. They organize weekly Bingo games, Pool Room tournaments, and Friday Night Dances in addition to working behind the scenes setting up chairs, preparing rooms, and completing small maintenance tasks. They serve on committees, and help plan and execute special events. They also serve as directors whose mandate it is to ensure the Centre remains solvent, operational, and relevant.

2024 is a special year. It marks the 30th anniversary of the Society. To properly mark this momentous occasion, preparations for a significant celebratory event, in April, are underway. Along with a scrumptious meal, there will be dancing to the sounds of the South Okanagan Big Band. This formal celebration will also provide an opportunity for the party goes to show their support and appreciation for the work the Centre has done and will continue to do supporting seniors, by bidding on items at the silent and on-line auctions. Tickets are available. Visit the Centre or call 250-493-2111 for more information.

The Centre has a bright future and will continue to serve seniors in a caring and mindful manner for many more years. Be sure to drop-in by The Centre (2965 South Main Street) the next time you visit Pentiction.

Mignonne Wood, *Past President*

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Celebration of Artisan Production and Craftmanship

Nestled in the heart of Wine Country, the District Wine Village stands as a South Okanagan destination. With a diverse selection of wineries and elegant surroundings, it offers an unparalleled experience for aficionados and connoisseurs alike.

Within the village, boutique wineries, a brewery, and a distillery await. Come explore award-winning vintages to rare varietals, craft Okanagan beers, carefully crafted cocktails, and spirits, there is something here for everyone.

Guided tastings offer an immersive journey into the world of wine, allowing guests to explore the nuances of flavor and aroma under the guidance of knowledgeable staff. The village Centre Plaza provides a vibrant hub of activity,



where visitors can mingle and share in good food, live music, and great wines from Village wineries.

District Wine Village was built with a local community mindset, to celebrate artisan production and craftsmanship. It is open year-round and there is always something to explore at the Village including outdoor concerts, events, winter

skating, wine experiences, food, brewery flights, and delicious cocktails.

Make sure to keep up to date with what is happening by going to our website at www.districtwinevillage.com or by following us on Facebook and Instagram @districtwinevillage.



Darcel Giesbrecht

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Unlocking the Value of Preventative Maintenance for Your Property

Investing in preventative maintenance isn't just a wise decision; it's a strategic move that pays dividends in the long run. Whether you own a business, a rental property, or a residential home, prioritizing proactive care is the key to safeguarding your investment and ensuring a secure and comfortable environment. On average property owners should spend 1-4% of the property value on maintenance.

Preserving Property Value:

One of the foremost advantages of preventative maintenance is its impact on preserving property value. Addressing minor issues promptly, prevents them from snowballing into significant and costly problems down the road. For businesses, rental properties, or homes, this proactive approach acts as a shield against unforeseen expenses, ultimately safeguarding your financial investment.

Enhancing Safety and Compliance:

A well-maintained property is a safe property. Regular maintenance ensures that safety features such as alarms, electrical systems, and equipment are functioning optimally. For businesses and rental properties, compliance with safety regulations is not just a legal requirement; it's a moral obligation. Preventative maintenance is your tool to meet these standards, creating a secure space for occupants and minimizing potential liabilities and capital expenditures.

Operational Efficiency and Energy Savings:

In a business setting, operational efficiency is paramount. Regular maintenance of equipment, HVAC systems, and essential machinery ensures that everything operates at peak performance. This not only reduces the risk of unexpected breakdowns but also contributes

to significant energy savings. For residential homes and rental properties, efficient systems translate into lower utility bills, longer lasting appliances and essential home infrastructure thus putting money back in your pocket.

Boosting Comfort and Quality of Life:

For residential homes, the essence of preventative maintenance lies in creating a comfortable living space. Tasks like air filter replacement, window sealing, and routine deep cleaning can contribute to a healthier indoor environment.

Businesses and rental properties benefit too, as a well-maintained space attracts and retains occupants, boosting the overall quality of life.

Why Choose Professionals?

While the importance of preventative maintenance is clear, the complexity of tasks involved can be overwhelming. Lacking the time, skills, or tools is where hiring a professional maintenance company comes into play. These experts bring experience, organization, and a systematic approach to ensure that every aspect of your property is diligently cared for.

Investing in preventative maintenance is an investment in the safety, efficiency and longevity, of your property. Whether it's a business, rental property, or your home sweet home, taking proactive measures today ensures a secure and prosperous tomorrow. Don't let the complexities of maintenance overwhelm you – entrust the task to professionals and unlock the full potential of your property.

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Simple Steps *for* Reducing Stress



In theory, we all know death is a fact of life. Despite this, we can have a lot of anxiety around the topic, and it's easy to put off thinking about. The problem comes when death doesn't wait for us to be ready. Suddenly, we're forced to provide information and make decisions. Even when we know it's coming, losing a loved one can hit hard causing confusion, intense emotion, loss of appetite and a sense that things are out of control. These feelings are perfectly natural and part of being human. That said, a little bit of planning can make a huge difference.

If you've ever been a student, you may remember doing fire drills where the whole school practices so everyone knows which exits to use and the correct steps for getting out safely without panic in a real emergency. The same sort of practice can help us prepare for the time of a death. If we have thought out our options, gathered information to help us make decisions and communicated those decisions to the people who need to know beforehand, we will have the chance to make more fulfilling arrangements that give our survivors space to grieve.

Planning ahead means knowing what the options are, identifying what will work for us and our families, reducing cost and avoiding stress. People who are in the immediate crisis of loss may make emotional decisions or have difficulty making decisions at all, resulting in delays and possibly regrets. With this in mind, here are few simple steps that can be a great help:

Have a Will Done: Wills are wonderful tools for getting things done. Without one, even a small estate can become a burden with a lot of time and effort needed to accomplish simple goals like funeral arrangements, dealing with a bank or applying for the Canada Pension Death Benefit. If nothing else, have a will done.

Talk to a Funeral Director: Visit your local funeral home. Have a conversation about options, ask questions. A funeral director is a font of information on a wide range of matters like cemetery options, notifications needed, cultural traditions and the costs involved.

Fill in a Prearrangement Form: This is a document with space to note your vital information (full legal name, date of birth, social insurance number etc.) and state your wishes (cremation or burial, cemetery or scattering, celebration of life or not). Some will get right into details including favourite songs or a draft for their obituary while others keep to basics. This form gives shape to plans, providing a road map for your family or executor. The information it contains is useful in dealing with other estate matters too.

Consider the Finances: Once you have thought out the options that will work best for your family and have an idea of costs, consider how your arrangements will be funded. Will your estate have funds available? Do you have life insurance? Will you be relying on Canada Pension Death Benefit? Will you need to look at Provincial assistance or, for veterans, help from Last Post? Some prepay, thus guaranteeing fees, while others simply ensure their information and wishes are documented.

Overwhelmingly, people who have taken steps to get information and make a plan feel a great load has been lifted. At the time of need, families who come in when a prearrangement is in place express how simple everything is and how much less stressful than they imagined. Having this talk with your family, while difficult, is a chance to get to know each other better and ideally make the time you have together more fulfilling.

Jeff Everden, Everden Rust Funeral Services
1130 Carmi Ave., Penticton, BC V2A 3H2
250-493-4112 • www.everdenrust.com

Celebrating 103 Years of Unwavering Service

In 2024, The Salvation Army in Penticton celebrates 103 years of unwavering service, and we're geared up for another century of impact. Despite the passing years, our commitment to the community remains steadfast. The need for our services continues to grow, especially evident in the increasing demand at our food bank and thrift stores. Each month, we distribute over 50 thousand pounds of food, including hundreds of "grab and go bags" and numerous hampers, with a significant portion going to seniors in need. Additionally, we support 12 other local agencies.

As the demand rises, we are always on the lookout for more volunteers and supporters to help us extend our reach. Over the past century, we've relied on the generosity and partnership of the community to bring hope to those who need it most, and we are deeply grateful for every contribution.

Our Community Care Ministry teams remain active, spreading joy and hope throughout Penticton and the South Okanagan. Led by Barb Pettifer and her wonderful team, these teams visit seniors' homes, sharing music, worship, and companionship, enriching lives along the way.

Adapting to evolving needs, we continue to introduce new initiatives and programs aimed at fostering community connection and support, including fellowship gatherings, a 55+ Group, and card-making activities, among others.

We invite individuals and groups to join us in our mission at The Salvation Army. Together, we can make a meaningful difference in the lives of those in our community. Reach out to us today to volunteer or learn more about how you can get involved.

Contact:

The Penticton Salvation Army

2469 South Main St.

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








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

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

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

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

HOW TO DONATE 101

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



every one deserves a safe and decent place to live.

Aging Made Easier with Physiotherapy

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

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

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

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

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

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

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

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

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



The advertisement is split into two main visual sections. On the left, a yellow background features the Sundial Lighting logo, which is a stylized sun with rays, above the text 'Sundial LIGHTING'. Below this, it lists the location 'Penticton - Vernon' and the website 'www.sundiallighting.ca'. On the right, a black background displays a large, ornate chandelier with many white, teardrop-shaped shades hanging from a gold-colored frame. At the bottom of the advertisement, a dark grey banner contains three yellow checkmark icons followed by promotional text: 'Visit our showroom at 1397 Fairview Rd. Penticton.', 'Great Selection of stylish & affordable Light Fixtures.', and 'Get 15% off your 1st in-store purchase.*'. A small asterisked note at the bottom right of the banner reads '*15% off retail when you mention this advertisement.'

Reg Atkinson, *Penticton Museum Founder*



bartering for cap badges, shoulder flashes, patches and other bits and pieces of militaria. Back home, he added these items to his growing collection of historical artifacts stored in his basement.

By 1954, Reg's collection was well known to the community, and the city of Penticton gave him permission to display it in the SS Sicamous, the fabled steam-driven paddle wheeler. The Penticton Museum was born. Reg was very proud and his wife, Catherine Daisy Gillam, was happy to get her basement back. Visitors and donations flooded into the new museum.

The Atkinson name is associated with the Penticton Museum for one very good reason; it grew out of the vision of one man, Reg Atkinson. While a multitude of visitors and residents contributed to the Penticton Museum over the years, it was Reg Atkinson who started it all.

In 1910, Reg's family moved from Vancouver, where he was born, to Penticton. Reg and his brothers spent their days roaming the hills and valleys of their new home. Reg took an intense interest in the natural and human history of their new home. He collected fossils, interesting stones and anything resembling an aboriginal arrowhead or tool. Whatever he found, he brought home. Reg's childhood friends were the children of early settlers and local first people's families. These friendships fostered Reg's long-lasting passion for local history.

In 1914, the First World War began and like many young men, Reg joined the Canadian Expeditionary Force. In 1917, Reg was severely wounded at Passchendaele. While convalescing in a military hospital, Reg added to his existing collection of military articles by trading and

In 1965, the City of Penticton opened the current museum and library on 785 Main Street. Reg's collection was transferred to the new site, and he was made curator. Failing health forced Reg to step aside from his curatorial duties, but he stayed busy writing numerous historical articles. In 1967, he published Penticton Pioneers in Story and Picture, his best-known work. Reg was a devoted family man, and when the long hand of war once again reached out and took his son away from him during the Second World War, it must have been a staggering blow.

Reg Atkinson was a rare individual who was willing to put a significant part of his life's work into posterity. He built a better future for the community by collecting and preserving the tangible artifacts of the past, the better to understand the future. The people of Penticton are fortunate to have the benefit of his foresight and hard work. Reg Atkinson died on November 10th, 1973, but his collection still delights and informs thousands every year.

Dennis Oomen, Manager/Curator
Penticton Museum & Archives



Got time on your hands?

- Explore our unique exhibits & programs
- Volunteer in our museum & archives

penticton museum & archives

785 Main St., Penticton | 250-490-2451 | www.pentictonmuseum.com



Calling All Senior Athletes



The 55+ BC Games is an annual sporting event held in different host communities across the province, providing friendly competition and the lifelong mental and physical development of the age 55+ participants. Being the largest annual multi-sport event in BC, the Games strive for equity, diversity, inclusion and accessibility. The Games provide millions of dollars in economic impact for the hosting community and surrounding areas, giving the 55+ athletes a chance to compete in the sports they love and meet their provincial peers. The Games are funded by the BC Seniors Games Society, with funding provided by the provincial government through the Ministry of Tourism, Arts, Culture and Sport as well as many local Friends of the Games contributors. The province is broken up into 12 different zones with the South Okanagan Similkameen being part of Zone 5, incorporating Enderby in the north to Osoyoos in the south and Princeton in the west to Midway in the east.

This year's games will be held in Salmon Arm from September 10th – 14th and feature 23 different sports. John Hong, Zone 5 president, states "each featured sport has a set of rules agreed upon by reps from all the zones. Competitors are divided into 5 year age groups

and can choose to compete in a younger age category, if up to the task, but of course cannot compete in an older age group, in order to promote fairness. Badminton for example has a competitive division and a recreational division.

Last year we had two amazing 99 year old women play in the competitive division for their age group. It was inspiring to see and showcases what the Games are really about."

John, who plays competitive badminton himself, trains out of the Penticton Community Centre and is a familiar face four days a week during badminton drop-in times. Other sports available at the Community Centre and included in the Games are basketball, swimming, pickleball, and triathlon. Also offered are personal training and fitness classes to help get that one up on the competition and take player's games to the next level.

Registration for the Games ends June 30th. For information on registration or volunteering for the Games, visit www.55plusbcgames.org.

For information on drop-in sport schedules and fitness training at the Penticton Community Centre visit www.penticton.ca/recguide.

Joshua Bibbs Recreation Coordinator

RECreation

PENTICTON

For activity and program options, please visit www.penticton.ca/recreation.

250-490-2426 | rec@penticton.ca





What You Should Know about TBI/ABI



With advances in medical interventions, many more people are surviving a Brain Injury and Stroke. While this is good news, the people who experience long lasting effects that significantly affect their daily lives and financial productivity are growing.

Programs to provide guidance and hands on support are available at the Brain Injury Society, free of charge. Brain Injury survivors and their caregivers can receive support and get connected to other people who have also had a similar experience to learn from one another what helped them in their recovery.

We have a group of Peers who are going into the Penticton Hospital and visiting patients who have had a Stroke or Brain Injury to help them

connect to our programs just as soon as they are ready following hospitalization.

The lives of caregivers and family members also change after a Brain Injury or Stroke. The new reality can be overwhelming and challenging when adapting to the new schedules, duties and challenges in communicating with their loved ones and the medical system. We provide coping strategies and self-care topics in our discussion groups and listen to the often very inspiring interactions among members.

If you or a loved one has survived a Brain Injury or Stroke, please consider calling the Brain Injury Society at 250-490-0613 to find out more about our services.

Traumatic Brain Injury (TBI) arises from trauma or impacts to the brain and head caused by events such as vehicle collisions, falls, sports injuries, assaults and electrocution. There are additional

injuries known as Acquired Brain Injury (ABI) and they include the non-traumatic causes such as stroke, burst blood vessels or arteries in the brain, tumors, loss of oxygen events, surgical mishaps and some types of infections affecting the brain.

- *When ABI and TBI are included together, estimates suggest up to 1 in 25 persons in Canada may be living with some level of ongoing disability from a brain injury.*



A brain injury, like a stroke, is a life-altering event for the survivor AND their families, caregivers, and friends.

The Brain Injury Society located in Penticton, offers non-medical programs and services to address immediate concerns as well as to assist in identifying longer-term goals for ongoing recovery.



What we do

We assist survivors to explore steps in their recovery. Through case management, education, and referral services, we can assist in the adjustment to life after brain injury and integration back into the community. The program aims to improve quality of life and to maximize independence after a stroke. This new reality can be overwhelming and challenging when adapting to new schedules, duties, and communication with your loved one. Our agency also promotes brain health by encouraging exercise, social connection, and cognitive activities.

→ Case Management

Services include some one to one support finding resources available for each client based on their experience.

→ Education & Prevention

Group programs that focus on social development, cognitive health, peer interactions, as well as presentations on how to prevent brain injury.

→ Support and Outreach

The Brain Injury Society offers Caregiver and Peer Support Groups that provide a safe and confidential space for sharing experiences. Other programs include skill building, movement exercises and resource referrals.

CALL US FOR MORE INFO:



250-490-0613



info@sosbis.com



www.sosbis.com

Getting Out and About



Top: walking group meets a fellow with his parrot

Left: group enjoys some special desserts



Social isolation and loneliness have been identified as a major health issue among seniors. There are many reasons why seniors can become isolated and/or

lonely; physical changes, inadequate transportation, life changes (such as loss of a spouse), relocation to a new community, to name a few. The Out and About program was developed as a means to address this issue by inviting seniors to socialize and taking care some of the barriers of participation.

Feedback from the participants speaks to the difference this program has made in their lives. An 87 year old woman who was encouraged to join after the loss of a dear friend shared: “My life has changed considerably since that time. I have so enjoyed the friendship of so many people. I can say as a result I have met 5 people who I can say have become friends. The group “Out & About” has made it possible for me to pick up my life again and enjoy the company of people. The leadership of this group has been amazing. I am encouraged by the efficient and generous way the members have been cared for.”

Another member of the group gifted the program with a handmade booklet full of photo memories of her experience with the program and stated: “We are so very fortunate as seniors to have such a great program for seniors to participate in and to get to know one another. We should all be thankful for such a great program, as there are some seniors who would not get out to participate in events, and to meet other people.”

Registered participants are sent a calendar of activities each month to choose from. Examples are lunches at local restaurants, trips to local attractions, walking groups, organized events, lectures, scenic tours, theatre offerings or picnics. There is also a “Mostly Men” group who meet on Fridays at the local Elks Club to socialize. See page 11 for this and other programs offered by Seniors Wellness at OneSky Community Resources.



Moog and Friends Hospice Exceptional End of Life Care



Mission:
"To provide exceptional and compassionate care in our community to people who are nearing life's end"

The Penticton and District Hospice Society is guided by this mission to be the faithful stewards of Moog and Friends Hospice House.

Moog & Friends Hospice offers patients and their families a unique and comforting "home-like" experience at end-of-life.

The Society works in close partnership with Interior Health Authority which provides day to day staffing and operations. The Hospice Society provides funds for the very successful and important volunteer program at Hospice, maintenance of the gardens and grounds, interior furnishings and other patient comforts such as televisions, telephones and colorful quilts made and donated to Hospice by a generous community.

Located just south of Penticton Regional Hospital, Moog and Friends Hospice House is a unique "free-standing" building with 12 well-appointed private rooms which look out onto a tranquil garden area. A large welcoming and comfortable living room space with a fireplace greets visitors. A modern kitchen where families can prepare meals or coffee and snacks was recently constructed with a generous donation by the Sovereign Order of St. John.

The Society is administered by a board of directors drawn from the community comprised of individuals who have an interest in palliative care. The Society's office is located at 502 Ellis Street, Penticton V2A 4M3. If you wish to serve as a volunteer director of the Society, please call 250-490-1107.

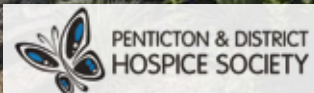
The beating heart of Penticton's hospice is the active volunteer program where approximately 70 volunteers help patients with services including companionship, music and massage therapy.

Volunteers also participate in a community outreach program which sees people in their homes, helping with a broad range of support including errands and dog walking.

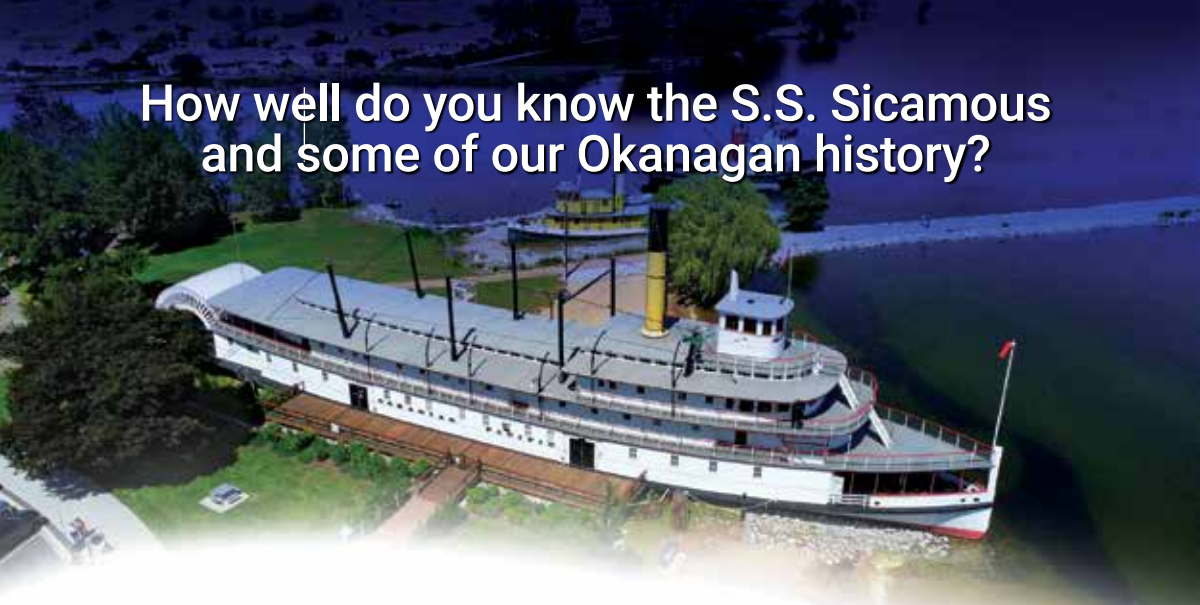
Funding to maintain the volunteer program, provide patient comforts, and maintain Hospice as a warm and inviting home, is provided through donations from our wonderful community.

A significant portion of the Society's annual funding comes from a share of the profits of the "Care Closet", a successful thrift store operation in Penticton.

Individual donations and donations in remembrance can be made directly to the hospice program at the Society's website at www.pentictonhospice.com or by calling 250-490-1107.



How well do you know the S.S. Sicamous and some of our Okanagan history?



Q: What years did the SS Sicamous run up and down Okanagan Lake?

A: The SS Sicamous was launched on May 19, 1914 and ran a regular route every day except Sunday until 1936. The SS Sicamous' last run was in 1937, when it was chartered by the Gyro Club for an excursion down the lake.

Q: Did the Sicamous carry people all the time?

A: The Sicamous carried both people and goods. The upper decks were reserved for passengers while the lower deck was solely for the crew and cargo. The Sicamous was responsible for delivering mail to the many small communities along Okanagan Lake.

Q: How many people worked on the boat?

A: The crew on the Sicamous was made up of around 35 people including the captain, the mate, a steward, the purser, deckhands, waiters, chefs, a mail clerk and an express clerk.

Q: What was a typical day on the ship like?

A: The ship left Penticton at 5:30 am enroute to Okanagan Landing. The ship would make up to 14 stops along the way – to pick up and drop off people, mail, and other cargo. She would usually arrive at Okanagan Landing around noon, where the crew would load about 8 tons of coal before heading back to Penticton, arriving around 8:00 pm.



**Your Support
Helps to Keep the
S.S. Sicamous
Afloat!**

The SS Sicamous was launched in 1914 and retired in 1936. It was integral to connecting communities along the shores of Okanagan Lake. Due to the hard work and dedication of staff and volunteers, the Sicamous is a living museum for all to enjoy. Come visit our amazing museum and heritage site this summer.

S.S. Sicamous Heritage Park


1099 Lakeshore Drive, Penticton • 250-492-0403 • www.sssicamous.ca



Have you heard??

The Okanagan has
new locally owned and
operated Mobility and
Home Healthcare Stores



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Come Visit us at:

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We also service all makes and models of equipment, and stock the parts you need!
Call today! We service from Vernon to Osoyoos and everywhere in between.



Discover the Sport of **Lawn Bowling!**



referred to as bowls) to land as close as possible to a smaller target ball, known as the jack or kitty. It's a game of precision, strategy, and skill, yet one that welcomes players of all abilities and fitness levels.

Lawn bowling offers a perfect balance of light physical activity and mental stimulation. The controlled movements involved in delivering the

In a world where days are full and busy, there's something calm and satisfying about embracing a sport that allows for gentle competition, camaraderie, and a connection with fresh air and sunshine. Lawn bowling, often overlooked by the younger 50's group, offers precisely this kind of experience.

Played on lovingly manicured lawns, the game involves rolling biased balls (often

bowl help improve balance, coordination, and flexibility, all while being gentle on the joints. Moreover, the strategic aspect of the game keeps the mind sharp, enhancing cognitive function and providing a welcome mental challenge.

One of the most appealing aspects of lawn bowling is its social nature. Whether you're playing in a casual match or a more



It's Another Beautiful Day at Twin Lakes Golf Course!

Killer Deal Walking – All Day (7 Days a Week, 7 days Advance Booking) \$1,790 plus tax
Killer Deal Walking – Noon – close (7 Days a Week, 4 Days Advance Booking) \$1,290 plus tax



*Twin Lakes Golf Course & RV Park - 18 Hole, Par 72
20 min South from Penticton, BC*

A must STAY & PLAY! The Okanagan's greatest golfing value.

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79 Twin Lakes Road, Kaleden / www.twinlakesgolfresort.com

competitive setting, the sport fosters a sense of community and friendship. It's a chance to connect with others who share a passion for the game, forging friendships that extend beyond the green. Many clubs organize social events, tournaments, and gatherings, providing ample opportunities to socialize and make lasting memories with fellow players.

It's easy to get started.

Best of all, little equipment is needed to get started playing lawn bowling. All you need is to arrive in casual clothing and a pair of flat soled shoes. The Penticton lawn bowling club provides equipment for newcomers to use, and the rules are easy to learn. Kind and supporting experienced players are always ready to help beginners learn the rules and develop their skills.

A sport for all ages, for those aged 50 and over lawn bowling can be a game played for a lifetime. Whether you wish to play socially

for an enjoyable outing or find yourself feeling competitive, there is something for everyone. The Penticton lawn bowling club has open play every day of the week. The club also hosts tournaments throughout the year. Tournaments include inter-club competition as well as events that include players from all over the province.

The club website is www.pentictonlawnbowls.ca. Visit the site to learn more about lawn bowling, the club and the various open houses held in the Spring months. Join as a member to have access to the greens throughout the season or opt for a social membership to join in the social events held throughout the season. If you would like more information, please contact Bernadette by email at membership@pentictonlawnbowls.ca.

Penticton Lawn Bowling Club
260 Brunswick Street
www.pentictonlawnbowls.ca

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Tumbleweed

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 WILDLIFE MUSEUM & GIFT SHOP

250-545-9740

canadianwildlifemuseum.com

7774 Pleasant Valley Road, Vernon, B.C.

TOBISIA Vernon



Give a gift today or Leave a Legacy of Love for tomorrow

The South Okanagan Women in Need Society (SOWINS) has been serving local women, youth, and children for more than 40 years.

As a registered charity, our programs and services provide shelter, safety, and support by helping individuals recognize, understand, and overcome the impacts of abuse. Our services are provided to individuals who have experienced or who are at risk of experiencing violence or abuse in the South Okanagan.

Our specialized programs include:

- Emergency Housing and 24-hour crisis line
- Counselling services for Youth and Children to help break the cycle of violence
- Counselling for women who have experienced violence and abuse
- The Explore program to help provide the tools women need to overcome the impact of abuse and prepare for employment
- Community Based Victim Services Program

to support those who are having to face their abuser in court. The team will be there every step of the way!

- Sexual Assault Services Program to work with survivors of sexual assault, including stranger attacks, date rape, or an incident from the past
- Mobile Outreach to support the marginalized population by providing warm clothing, snacks and water and harm reduction supplies

SOWINS continues to see an increase in referrals for our programs and services. We cannot keep up with the demand for services without financial support from our community. Your support will help us continue serving as many women, youth, and children in need in our community as possible!

Together, we can make a difference to those in need. Together, we can change lives!

Leaving a gift in your Will today will make a difference in the lives of local women, youth, and children tomorrow.

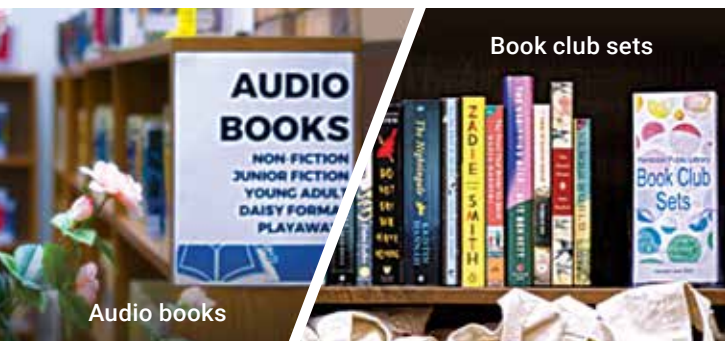
Leave your Legacy of Love

Consider leaving a gift in your Will. Your gift will ensure the fight against abuse and violence in our community continues for years to come.

For more information, contact
Marni Adams, Fund Development Advisor
fundraising@sowins.com | 250-488-1268



Penticton Public Library – Make Connections with Your Community



Audio books

Penticton Public Library is FREE for everyone! Come in and make connections with your community. Check our website: pentictonlibrary.ca to keep up with the latest news, programs, and services.

Your library offers many free digital collections including e-books, e-audiobooks, e-magazines, videos and more, plus we have computers for public use and free Wi-Fi! Of course, we have all the things that you would expect at a library like books, magazines, and DVDs.

What's new?

- We have an ever growing “Library of Things”. This collection includes: ClearClick Video to Digital converter (to turn your tapes into digital files), CO2 monitors, bat-packs, board games, telescope totes, and MORE. We add to our Library of Things all the time, so stay tuned.

Book club sets

- We have even more online and in-person events and programs! This includes “Ultimate Book Nerd” a year long reading challenge for all ages.

Want more?

- If you, or someone you know, have problems with mobility and can't make it into the library, ask us about our Homebound service where we come to you!
- Do you need help with technology? We can help you with that. Ask about our tech help!

- Do you have a group of friends who want to start their own book club? We have pre-made book club sets which you can borrow!

You can like us on Facebook ([@pentictonpubliclibrary](https://www.facebook.com/pentictonpubliclibrary)) or follow us on Instagram ([@pentictonlibrary](https://www.instagram.com/pentictonlibrary)) for more information. We are happy to have you, even if you live outside Penticton, your home library card gives you access with the BC OneCard program (please note that some e-resources are not available with the BC OneCard Program but should be available from your home library).

Stephanie James, Public Services Librarian
Penticton Public Library
sjames@pentictonlibrary.ca • 250-770-7786



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OUR HOURS: Mon., Wed., Fri., Sat. 9:30 am - 5:00 pm
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785 Main Street Penticton B.C. V2A 5E3

Exploring Our Shared Natural Heritage



On the southern edge of British Columbia's beautiful Okanagan valley is one of Canada's most critically endangered ecosystems - the semi-arid, antelope-brush shrub-steppe. In the 1990s a group of concerned citizens eager to protect, restore and advocate for our disappearing desert environment opened the Osoyoos Desert Centre, a 67-acre nature interpretive facility. Fast forward to today, and we are thrilled to be celebrating our 25th anniversary in 2024.

At the heart of our mission is the desire to provide engaging, immersive experiences in nature, offering insight into our natural world and inspiring active concern for healthy ecosystems. Each year we welcome thousands of visitors from around the world, who take tours along our 1.5 km boardwalk trail, enjoy interactive displays in our interpretive discovery centre, or explore our native plant garden. Through various educational initiatives, visitors learn about biodiversity loss, habitat connectivity, climate change and invasive species



management, and take part in hands-on workshops like creating pollinator gardens or building bluebird nest boxes. We are also keen to deliver outdoor, place-based educational field trips to hundreds of students each year, working with teachers to tie learning outcomes to BC's education curriculum.

We believe exploring our shared natural heritage promotes caring, collaboration, and social and individual responsibility. It sparks curiosity, encouraging people to observe our world more deeply, and incites passion, not just for this part of the world, but for the entire planet. Equally

important, it creates a space where everyone, regardless of differences in gender, ethnicity, language, age, ability, geography, or economic status, can come together to work towards making a meaningful and lasting impact to ensure natural spaces thrive for future generations.

Osoyoos Desert Centre is located at 14580 146 Avenue. Check our website www.desert.org for more information.

By Jayme Friedt Executive Director, Osoyoos Desert Centre



250-495-2470 | Visit our website www.desert.org

Self-care for Caregivers



Many family caregivers do not consider themselves “caregivers” but rather a spouse, a son or daughter; doing what needs to be done to care for a loved one who is showing signs of frailty or health decline. This role may start out small and gradually grow in scope.

Caregivers give so much of themselves, even though they may have their own health issues to deal with. It is important to know that caregivers can often see the stressors and challenges for their loved ones but not always their own. Over time, the sustained response can lead to physical and emotional fatigue. Without consciously paying attention to self-care, the health and well-being of the caregiver will suffer and ultimately their ability to be effective in their role as a caregiver.

If you are helping a loved one or friend on a regular basis with things they used to do for themselves, like day to day tasks and personal care, medication reminders, attending appointments to take notes, coordinating care or support services, banking, paying bills or managing legal

affairs; then you are considered a caregiver. The fact is, who knows your loved one better than you? They need you in their life for many reasons but doing what you can to take care of yourself means you are better equipped to take care of your loved one.

We don't know how long the journey will be and where the twists and turns may lead but asking for help from others and being aware of support options will help you enjoy the rewarding parts of this challenging role. The Caregiver Support Program at OneSky Community Resources offers one-to-one support, social opportunities for caregivers and their loved ones together, education, help to navigate the health care system and planning for future needs. For more information contact caregiver.support@oneskycommunity.com or call 250-487-7455





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Marriott.com/MARSHA



* Learn more: FairfieldGuarantee.com. Limited number of rooms are available for this promotion. Tax is additional. Offer cannot be combined with any other promotions. Blackout dates may apply. Advance reservations required. Other restrictions apply. Rates are per room, per night and based on availability at the time of reservations.



Housing

Penticton

Abbott Towers

Subsidized 60+ Independent Living
90 Abbott Street, Penticton
250.490.0613

Athens Creek Retirement Lodge

Supportive Living
<http://www.athenscreek.com>
170 Warren Avenue West
250.493.3838

Brain Injury Society

Six affordable housing locations for families, seniors & people with disabilities. Support to unsheltered people to locate housing and other services. See website for details.
<http://www.sosbis.com>

2-996 Main Street, Penticton
250.490.0613

See our ad and article on pages 22, 23

Caravilla Estates Mobile Home Park

Office open Tuesday and Wednesday
9am-1pm. 55+, No pets
333-3105 S. Main Street
250.493.5713

Charles Manor Seniors Community

Affordable, Independent seniors living
<https://charlesmanor.ca>

333 Martin Street
250.492.3600

See our ad on page 37

Cherry Park Retirement Residence

Independent Living, Pet Friendly Community.
Respite care <https://www.aspiralife.ca>
317 Winnipeg Street **250.492.2447**

Concorde Retirement Community, The

Independent Assisted Living options
<https://verveseniorliving.com/the-concorde>
3235 Skaha Lake Road
250.490.8800
See our ad on page 39

Figueira's Mobile Home Park

55 plus only
321 Yorkton Avenue **250.212.5026**

Hamlets at Penticton, The

Assisted Living, Residential Care
<https://thehamletsatpenticton.ca>
103 Duncan Avenue W.
250.490.8503

Happipad

A companion housing program that allows older homeowners to remain in their homes for longer by renting out a spare bedroom to help someone in their community
<https://happipad.com/contact>
<https://happipad.com/partnership>
201-460 Doyle Avenue, Kelowna
778.760.4511

Haven Hill Retirement Centre

Complex care facility
<https://www.havenhill.ca>
415 Haven Hill Rd., **250.492.2600 x102**



Because Seniors Deserve

our very best

Charles Manor and Sunshine Ridge offer quality, active living for South Okanagan's seniors. Enjoy inclusive services such as dining, weekly housekeeping, social activities, and on-site amenities, all included with your monthly suite rental.

Contact us today to book a private tour.

2 VRS Seniors Communities to Serve you:



**CHARLES
MANOR**

SENIORS COMMUNITY

250-492-3600

charlesmanor.ca
333 Martin Street
Penticton

Rent from \$2,100/mo



**SUNSHINE
RIDGE**

SENIORS COMMUNITY

250-495-2520

sunshineridgeosoyoos.ca
9107 Main Street
Osoyoos

Rent from \$2,700/mo

ALL INCLUSIVE LIVING • DINING • SOCIAL ACTIVITIES • HOUSEKEEPING

Penticton Kiwanis Housing Society

Rental housing for 55+ and those with recognized disability status, apply by email to pentkiw@telus.net

- **390 Brunswick Street**
250.493.8901 Office
- Kiwanis Brunswick Village
360 Brunswick Street
- Kiwanis Court, **390 Brunswick Street**
- Kiwanis Van Horne, **150 Van Horne St.**

Penticton & District Society for Community Living

65 years of providing the highest quality services. Broad base of options for adults, families, seniors, disabilities, and Shelter for the Homeless

Housing administrative offices

<https://www.pdscl.org>

439 Winnipeg Street 250.490.0200

- Backstreet Boulevard
Mix of market rent & geared to income
- Bruce Court Apartments
Apartment complex for adults, seniors

continued...

- Chestnut Place
Assisted Living complex for tenants assessed by Interior Health
- Compass Court
24 hour supports on site
- The Tower Apartments
For those 55 plus or people with disability status. Meals, laundry, and housing support services available
- Reed's Corner
Apartment complex for those with disability status
- Van Horne Street
Apartment complex for families or people with disability status

Pines Mobile Home Park

55+ Community

98 Okanagan Ave. East 250.493.0223

Regency Southwood Retirement Resort

Dedicated to enhancing retirement lifestyle

<https://www.regencyresorts.ca>

3475 Wilson Street 250.770.1178

See our ad and article on page 45



*enjoy freedom
and peace of mind*

Maintain your independence with a move to Sun Village Retirement Residence. We continue to adapt our services to keep our community safe. Experience peace of mind and convenience.

Call Cheryl at
250-492-2020
to learn more



250-492-2020 | sunvillagepenticton.com | 1147 Main Street, Penticton

Sun Village Retirement Residence
 Independent Living
<https://sunvillagepentiction.com>
1147 Main Street, Pentiction
250.492.2020
See our ad on page 38

Village by the Station
 Good Samaritan Society
 Offers multiple levels of support
<https://gss.org/locations/village-by-the-station>
270 Hastings Avenue, Pentiction
250.490.4949

Keremeos

Ambrosia Affordable Rental Housing
 Lower Similkameen Community Services
<https://lscss.com/lscss-housing/>
715 7 Street
250.499.2352 Housing Coordinator

Cactus Court Affordable Rental Housing *continued...*

Lower Similkameen Community Services
<https://lscss.com/lscss-housing/>
816 7 Avenue
250.499.2352 Housing Coordinator

Kyalami Place Assisted Living
 Lower Similkameen Community Services
<https://lscss.com/lscss-housing/>
720 3rd St. 250.499.2352 Housing Coord.

Mountain View Manor Seniors Supportive Housing
 Lower Similkameen Community Services
<https://lscss.com/lscss-housing/>
412 12 Avenue
250.499.2352 Housing Coordinator

Orchard Haven Care Facility
 Subsidized long term care. Contact Home & Community Care **1.800.707.8550**

Quail Crossing Affordable Rental Housing
 Lower Similkameen Community Services
<https://lscss.com/lscss-housing/>
417 11 Avenue, Keremeos
250.499.2352 Housing Coordinator

Awarded Best of the South Okanagan, 2021 and 2022!

The Concorde and The Heritage welcome you to discover the many options for Independent and Assisted Living. Drop by, or contact us today to book a personal tour & VIP lunch! All inclusive beautifully appointed suites, dining, social activities, housekeeping, amenities, Assisted Living Services available & more!



THE CONCORDE
 RETIREMENT COMMUNITY

(250) 490-8800

3235 Skaha Lake Road, Pentiction

THE HERITAGE
 RETIREMENT RESIDENCE

(250) 768-9926

3630 Brown Road, West Kelowna

Visit us online at VerveSeniorLiving.com

INSPIRED SENIOR LIVING WITH



Tumbleweed Terrace Seniors Rental Housing
Lower Similkameen Community Services
<https://lscss.com/lscss-housing/>
320 Veterans Avenue, Keremeos
250.499.2352 Housing Coordinator

Okanagan Falls

Peach Cliff Estates Mobile Home Park
55 plus community. Office 10-noon M-F
4505 McLean Creek Rd. 250.497.5577

Oliver

Heritage House
Assisted Living Residence
<https://www.benchlife.com>
409 Salamander Avenue 250.498.0622

Sunnybank Retirement Centre
Residential Care. Access through IHA
case manager, Home & Community Care
6553 Park Drive
1.800.707.8550 Home & Community Care

Osoyoos

Mariposa Gardens Retirement and Community Care

Independent and Assisted Living, Short Stay & Adult programs, Long-Term Care
• Mariposa Manor - Assisted Living
• Mariposa Lodge - Long-Term Care
<https://www.siennaliving.ca>
8816 97 Street (Highway 97)
250.495.8124 arrange a tour

Sunshine Ridge Seniors Community

Independent living
<https://sunshineridgeosoyoos.ca>
9107 Main St., Osoyoos 250.495.2520
See our ad on page 37

Peachland

Peachland Senior Citizens' Housing Society

Independent living for 55+. Apartment & grounds designated non-smoking. Close

So nice to
come home to
Independent, Assisted Living
& Complex Care

CONTACT US TO
BOOK A TOUR TODAY!



SUMMERLAND
SENIORS VILLAGE

12803 Atkinson Rd,
Summerland, BC

250.404.4400

MANAGED BY
WEST COAST
SENIORS HOUSING MANAGEMENT

retirementconcepts.com

to Community Centre, 50+ Activity Centre
<https://www.peachlandseniorhousing.com>
106-4441 5th Street
250.767.0183

Princeton

Princeton & District Community Services Society

Modular trailers in place to replace those lost in the flood <https://pdcss.ca>
120 Veterans Blvd. 250.295.6666

- **Vermilion Court**, Seniors housing
- **Aspen Court**, Low income families
- **Village Heights**, Seniors, flood victims

Summerland

Parkdale Place Housing Society

Independent rental apartments,
Supportive living housing suites
<https://parkdaleplace.ca>
9302 Angus Street 250.494.1161
continued..

Angus Place: **100-9302 Angus Street**
Parkdale Lodge: **9700 Brown Avenue**
See our ad on this page

Prairie Valley Lodge

Private long term residential care. See website for available care services
<https://www.prairievalleylodge.com>
10312 Prairie Valley Rd. 250.404.0203

Summerland Kiwanis Senior Citizens Housing Society

55+ Low income housing for independent seniors and those with mild disabilities
21-10912 Quinpool Road
250.494.0883

Summerland Seniors Village

Independent Living/Assisted Living,
24 hour nursing care
<https://www.retirementconcepts.com>
12803 Atkinson Road, Summerland
250.404.4400
See our ad on page 40

Recognizing the
community's need for
affordable, stable
housing delivered at the
highest standard



*Discover your
perfect fit in
Summerland*

Angus Place


Subsidized and Affordable Rental Suites.
One and Two-Bedroom Suites available.
Supportive Services featuring:

- Fresh, homemade lunches served daily
- Weekly housekeeping and linen Service
- Daily activities and social planning
- Emergency call system
- Included cable TV and all utilities
- On Site Hair Salon

Parkdale Lodge

Affordable One Bedroom Suites.
Rents \$900 per month.

- Newly renovated units
- Walking distance to shopping & downtown core
- Gym ■ Library ■ Common Room

Download your application from our website:
www.parkdaleplace.ca or stop by and pick one up
9302 Angus Street, Summerland, BC
 **250-494-1161**

Housing Related

BC Housing

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

- **Interior Region**

451 Winnipeg Street, Penticton

250.493.0301 1.800.834.7149

- **BC Rebate for Accessible Home Adaptations**

Get up to \$20,000 in rebates for safety & accessibility adaptations to your home
www.bchousing.org/BC-RAHA
See our ad on page 43

- **SAFER Shelter Aid For Elderly Renters**

Program provides cash assistance to lower income seniors who pay rent for their homes. Call for a SAFER brochure or application form - available online
www.bchousing.org/safer
1.800.257.7756

- **Licensing & Consumer Services**

Home Owner Protection Act, Public Registry of Licensed Builders, New Home and Education Registry
<https://www.bchousing.org/licensing-consumer-services>

1.800.407.7757 Mon-Fri 8:30am-4:30pm

BC Seniors Living Association

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

Canada Mortgage & Housing Corp.

National housing agency. We are driven by one goal: Housing affordability for all. 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 understanding of strata living and interests of strata property owners
<https://choa.bc.ca>

26-1873 Spall Road, Kelowna

250.868.1195 1.877.353.2462 ext. 4

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

Habitat For Humanity Okanagan

Working towards a world where everyone has a safe and decent place to live – by mobilizing volunteers & community partners to build affordable housing and promoting affordable homeownership
<https://www.habitatforhumanityokanagan.ca>
778.755.4346

- **ReStore:** Home decor & building supply stores - new & gently used items
- **2498 Skaha Lake Road, Penticton**
1.888.630.1458 Mon-Sat 9am-5pm
See our ad & article on page 18

Home Owner Grant

Reduces the amount of property tax you pay for your principal residence: Under 65, Senior, Veteran, Disabled, etc. See website for details
www.gov.bc.ca/homeownergrant
1.888.355.2700

Houzz

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

Independent Living BC

Subsidized, assisted-living programs that provides housing with support services to seniors and people with disabilities. To check eligibility and apply, speak to Interior Health to receive a referral. See website
<https://www.bchousing.org/housing-assistance/housing-with-support/independent-living-bc-program>

LiveSmart BC Partner Incentives

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

Get up to \$20,000 in rebates for safety & accessibility adaptations to your home

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.

Most permanent adaptations may be considered for rebate if they are supported by an Occupational Therapist Assessment. This ensures the adaptations appropriately support the needs of seniors and people with disabilities.

To be eligible, you must be a British Columbia resident and your income and assets must be within program limitations. 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.

For more information and to apply, visit www.bchousing.org/BC-RAHA.



Need adaptations to increase safety and accessibility?
Get up to **\$20,000** in rebates for adaptations to your home.
www.bchousing.org/BC-RAHA 1-800-257-7756



Residential Tenancy Branch

Provides landlords and tenants with information regarding their rights and responsibilities. Aid in resolving disputes related to tenancy. Information officers can provide general information about residential tenancy and help complete forms - cannot give legal advice
<https://www2.gov.bc.ca> - search above title
1.800.665.8779 Mon-Fri 9 am-4 pm

SOWINS - South Okanagan Women in Need Society

Offers emergency, short term housing, and second-stage housing for women and women and their children overcoming or at risk of abuse. Permanent housing is for women with children that are in need of safe, affordable housing, on a lower income
<https://sowins.com>

102-1027 Westminster Avenue West
250.493.4366

24 Hour Crisis Line & Emergency Shelter.

1.800.814.2033 or 250.493.7233

See our ad and article on page 31

Tenant Resource & Advisory Centre

TRAC - Promotes the legal protection of residential tenants by providing information, education, support and research on tenancy matters-including dispute resolution.

<https://tenants.bc.ca>

604.255.3099 ext. 225 request workshop

1.800.665.1185 InfoLine Mon-Tue-Thur

Fri 1pm-5pm, Wed 5:30pm-8:30pm

Home Improvements

Reliable Home

A simple, trustworthy solution to handle your preventative home maintenance and small repairs

<https://www.reliablehms.com>

1.888.222.0041

250.999.1447 Kelowna to Osoyoos

See our ad and article on page 15

ReStore / Habitat for Humanity Okanagan

Home decor & building supply stores - new & gently used items

<https://www.habitatforhumanityokanagan.ca>

2498 Skaha Lake Road

Penticton

778.755.4346

See our ad and article on page 18

Sundial Lighting

Over 30 years of lighting experience

<https://www.sundiallighting.ca>

1397 Fairview Road

Penticton

250.492.2311

See our ad on page 19

50+ Living
Experience™

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ENTERTAINMENT

ARTS & CULTURE

LOCAL SPORTS

AND MORE.....

250.462.9330

groovieyeah@gmail.com

SUBSCRIBE

SCAN ME

Downsizing the “ups and downs” of moving to a Retirement Resort



As a Lifestyle Consultant and Marketer in a Retirement Resort one of my biggest observations has been the struggle my clients have to part with lifelong belongings in order to downsize.

Leaving a home you have grown to love can be an incredibly difficult decision. It's not only where you raised a family, but spent countless hours making memories, hosted get-togethers it's the place you call home.

Downsizing ahead of time for the purpose of a move to a retirement residence can help simplify and provide clarity in your decisions.

While you may feel a rush of emotions when you look at your belongings it's important to remember they do not define you.

Letting go of your belongings and home can be difficult when your identity is entwined with them. Give yourself time to declutter and enjoy the amazing lifelong memories they have given you.

No matter how much you believe you are making the right decision to move, feeling sad or grieving during downsizing is entirely normal. To get

through this process become involved in your new community quickly and as actively as possible.

Remember the benefits of downsizing and remind yourself as to why you made the decision in the first place.

Some quick tips to make a smoother transition in the downsizing process:

1. Create a plan: Make a list of what you are willing to part with and what you want to keep.
2. Assess your needs: What will be kept, thrown away, donated, or relocated.
3. Take Inventory: Record all your belongings, this will also help with moving company if anything goes missing.
4. Downsize gradually: This is a process not an event, don't over commit, take one thing at a time.
5. Talk to a professional: Consider the help of a company who specializes in downsizing.

Remember that often when you think you are at the end of something, you're at the beginning of something else!

Chris Adams • Southwoodliving@regencyresorts.ca



Regency Southwood RETIREMENT RESORT

Southwood Retirement Resort offers residents scenic environments and easy access to lakeside paths surrounding Skaha Lake. Southwood is dedicated to enhancing the retirement lifestyle for residents with a focus on well-being and community engagement.

3475 Wilson Street, Penticton
250-770-1178
regencyresorts.ca



Health

Medical Organizations & Services

Advance Care Planning: My Voice

Expressing your wishes and instructions for future health care treatment. By planning ahead, you will have a voice in your future decisions. Every capable adult should make an advance care plan. Download the provincial *Advance Care Planning Guide* in English, Punjabi or Simplified Chinese. Watch video. <https://www2.gov.bc.ca> - search above title

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

Alzheimer Society of BC

Provides information, support, education for caregivers, people living with dementia
<https://alzheimer.ca/en>
South Okanagan & Similkameen
Alzheimer Resource Centre
104-35 Backstreet Blvd., Pentiction
250.493.8182 **1.888.318.1122**
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

Pentiction Mary Pack Arthritis Program

Healthcare providers who can help you learn to self-manage and treat arthritis
Pentiction Regional Hospital
550 Carmi Avenue
250.492.4000 ext. **32186** M-F 8am-4pm

Brain Injury Society

Services for individuals with an acquired brain injury (ABI), including stroke, to maximize quality of life. Education and prevention promotion; helmet awareness
2-996 Main Street, Pentiction
250.490.0613 www.sosbis.com
See our ad and article on pages 22, 23

BC Cancer Agency: Sindi Ahluwalia Hawkins Centre for Southern Interior

Centre of cancer research, education, prevention, diagnosis and treatment
399 Royal Avenue, Kelowna
<http://www.bccancer.bc.ca>
250.712.3900 **1.888.563.7773**

Screening Mammography

About 1 in 8 women will develop breast cancer. Mammograms can find breast cancer early - usually before it has spread. Check web for SOS Mobile Clinic locator <http://www.bccancer.bc.ca/screening/breast/>
Pentiction Regional Hospital
250.770.7573 Medical Imaging
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 9am-4pm

BC Lung Foundation

Comprehensive information on chronic lung diseases - including COPD. Sign-up for Health Newsletter. Questions about your breathing? Call for advice. See listing in Support Groups for COPD and Asthma Community
<https://lung.ca>
1.800.665.5864

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/> Search above title
1.877.952.3181 M-F 8:30am-4:30pm

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 **1.800.563.2642**

KNIGHTS PHARMACY

330 Main Street, Penticton

250-492-4024
knightspharmacy.ca



Don Cocar – BSc. (Pharm), RPh



Braden Thain – PharmD, RPh



David Wickman - PharmD, RPh, BSc.

A tradition of service includes:

- Free prescription delivery • Minor ailment prescribing • Injection Services
- Vaccines • Blister packaging • Medication reviews • Medication disposal
- Compression stockings • Wheelchair accessible

Seniors' Day – Last Thursday of the month – 20% off
(some conditions apply)

Serving Penticton for over 65 years!



Canadian Cancer Society

Information, resources, support for cancer patients & their families

<https://cancer.ca>

1.888.939.3333 Cancer Info Service

• **Southern Interior Regional Office**

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

330 Strathcona Avenue, Kelowna

250.712.2203 1.877.712.2203

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

Canadian Institute for Health Information (CIHI)

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

<https://www.cihi.ca>

250.220.4100 Victoria office

Canadian Institute of Stress

Science of Stress, Change & Productive Wellbeing

<https://stresscanada.org>

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

Cerebral Palsy Association of BC

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

<https://www.bccerebralpalsy.com>

1.800.663.0004 Vancouver M-F 9am-5pm

Community Mental Health & Substance Use Services

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

310-6478 Call if you need support

Chronic Disease

• **Integrated Health Programs**

For people with chronic diseases i.e. diabetes, heart and/or kidney disease
Penticton Health Centre, **740 Carmi Ave.**

250.770.3530

1.855.770.3530

• **Self-Management BC**

Free health programs for BC adults
Check website for details and upcoming workshops in your area
<https://www.selfmanagementbc.ca>

1.866.902.3767

• **South Okanagan Chronic Disease Program**

for Oliver and Osoyoos residents living with chronic diseases such as diabetes, heart disease, etc.
Osoyoos Health Centre or South Okanagan General Hospital

250.770.3530

1.800.707.8550

Mike Kidd B.Sc. Pharm. Pharmacist/Owner



Services that include:

- **Accu-Pak™ Blister Packaging**
- **Medication Compounding**
- **Medication Reviews**
- **Health Events & Screenings**
- **Free Prescription Delivery**



The Medicine Shoppe
PHARMACY

Mon-Fri 9 am - 5:30 pm
Closed Saturday,
Sunday & Holidays
www.medicineshoppepenticton.ca

(250) 276-3876
#108, 2210 Main Street
Penticton, BC

Crisis Intervention & Suicide Prevention Centre of BC

Help is Available. We are truly here to listen, here to help 24/7. Call number below or your local crisis centre
<https://crisiscentre.bc.ca>

9-8-8 National Suicide Crisis Helpline 24/7
1.800.SUICIDE (1.800.784.2433) 24/7
310.6789 Mental Health Support Line

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. App provides a personalized dashboard and access to helpful tools to make decisions about your health
<https://crohnsandcolitis.ca/Support-for-You/MyGut>

Denturist Association of BC

Everything you ever wanted to know about dentures, answers to your questions, 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 message after hours. Translation services
<https://www.healthlinkbc.ca/healthy-eating-physical-activity>

Dial 8-1-1, (7-1-1 TTY) 24/7 Health Advice

Diabetes

• **Diabetes Canada**

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

1.800.226.8464 Information Line
 See our ad on page 58



Modern Techniques, 10+ Years Experience

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Eamon Harrison, DD, Denturist

- **Integrated Health Programs**

For people with chronic diseases - i.e. diabetes, heart and/or kidney disease
Penticton Health Centre

740 Carmi Avenue 250.770.3530
1.855.770.3530

- **South Okanagan Chronic Disease Program**

for Oliver and Osoyoos residents living with chronic diseases such as diabetes, heart disease, etc.
Osoyoos Health Centre or
South Okanagan General Hospital

250.770.3530 1.800.707.8550

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 Health

- **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 8:30am-5pm
See our ad on page 61

- **Integrated Health Programs**

For people with chronic diseases - i.e. diabetes, heart and/or kidney disease. Most services for heart and kidney programs require physician referral.
Penticton Health Centre

740 Carmi Avenue 250.770.3530
1.855.770.3530

- **South Okanagan Chronic Disease Program**

for Oliver and Osoyoos residents living with chronic diseases such as diabetes, heart disease, etc. Supervised Exercise/Cardiac Rehab requires physician referral.
Osoyoos Health Centre or
South Okanagan General Hospital

250.770.3530
1.855.770.3530

HealthLink BC

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

Dial 8-1-1

Dial 7-1-1 TTY

HealthyFamiliesBC

Health promotion plan to encourage healthier choices. Food & Nutrition, Activity & Lifestyle, Aging Well. Has merged with HealthLinkBC.ca
<https://www.healthlinkbc.ca/healthyfamilies-bc-joins-healthlinkbccca>

Kelowna Prostate Cancer Support & Awareness Group

Help individuals, their families understand, cope with prostate cancer. See meeting info in Supp2ort Groups/Self Help section
<https://www.kelownaprostate.com>
250.762.0607 Bren Witt

Kidney Foundation of Canada BC

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

1.800.567.8112 Burnaby

- South Okanagan Chapter

<https://www.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 Canada

Emergency medical info services. One of three Canadians have a condition paramedics need to know about
<https://www.medicalert.ca>

1.800.668.1507

Medical Services Plan of BC

Together with PharmaCare, provides medical & drug coverage to all eligible British Columbians; online services... <https://www2.gov.bc.ca> -Search above title **1.800.663.7100**

MS Society of Canada

Information, support groups, referral and advocacy services to persons with MS and their families. <https://mscanada.ca> **1.844.859.6789** MS Support Programs or email to: msnavigators@mscanada.ca

Muscular Dystrophy Canada

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

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** Toronto

Pacific Blue Cross

Health benefits plans for individuals and families, small/large business, travel plans <https://www.pac.bluecross.ca> **1.877.722.2583** Mon-Fri 8am-4:30pm **1.855.550.5454** First Nations Client Line

Parkinson Society British Columbia

Address the personal and social consequences of Parkinson's Disease See also Support Group listing <https://www.parkinson.bc.ca> **1.800.668.3330** Vancouver

PharmaCare

Helps BC residents with the cost of eligible prescription drugs, and certain medical supplies and pharmacy services <https://www2.gov.bc.ca> Search PharmaCare **1.800.663.7100** M-F 8am-8pm, Sat 8-4

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(250) 493-8155

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Mon - Fri: 9 am - 6 pm
Sat - Sun: Closed



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.

HearingLife

Formerly **NEXGEN HEARING**

Skaha Lake Road, Penticton 778-476-3534

Rosedale Avenue, Summerland 778-516-2283





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**Penticton 119-2735 Skaha Lake Road
778-476-3534**

**Summerland 13009 Rosedale Ave
778-516-2283**



Book online
HearingLife.ca/Penticton

Why Choose HearingLife



90-DAY risk free purchase,
no return fees



PRICE match policy**



350+ clinics across
Canada

*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. 90-Day Risk-Free Trial begins at the date of purchase. Information within this offer may vary or be subject to change. Limit one offer per customer per year. Offer not valid in Quebec. Offer not applicable for industrial hearing tests. Some conditions apply, see clinic for details. **Ask your clinician for more information. If you are quoted a lower price on an identical hearing aid with the same features, options and services, HearingLife Canada Ltd. will match that price. Conditions Apply. Ask our hearing care professionals for more details. WorkSafe BC and other Provincial WCB Networks, VAC, MSDPR, and FNHA/NHBB accepted. Registered under the College of Speech and Hearing Health Professionals of BC.

52 | ExperienceGroup.ca

South Okanagan Similkameen Mental Wellness Society

Community based association of people who volunteer their time to help improve those with serious mental illness and their families. Support throughout the SOS. See website for list of Programs & Services <https://sosmws.com>

118-246 Martin Street, Penticton
250.493.7338 Mon-Fri 10am-2pm

Spinal Cord Injury BC

We help people with spinal cord injuries adjust, adapt, and thrive <https://sci-bc.ca>
1.800.689.2477 BC InfoLine Mon-Fri
250.616.1186 Bert Abbott - Okanagan Peer Program Coordinator

Suicide Crisis Helpline - 988

Quick access to suicide prevention services via call or text, free of charge
Dial **9-8-8** - Canada's Hotline 24/7

Vision Loss Rehabilitation Canada

Provides rehabilitation therapy and health-

care services for those with vision loss
<https://visionlossrehab.ca>.

302-546 Leon Avenue, Kelowna
1.844.887.8572 M-F 8:30-4:30 by appt.

Health Facilities

Interior Health Authority

<https://www.interiorhealth.ca>

- Regional Administration Office
505 Doyle Avenue, Kelowna
250.469.7070

- **Interior Crisis Chat**

<https://www.interiorcrisisline.com/crisischat>

- **Interior Crisis Line**

<https://www.interiorcrisisline.com>

1.888.353.2273 24/7

- **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.

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web: [pharmachoice.com/
locations/rages-pharmacy](http://pharmachoice.com/locations/rages-pharmacy)

*Advice
for Life*



Braces for Arthritic Knee Pain

As we get older there is a good chance we will develop Osteoarthritis (OA) in our body. Osteoarthritis is the most common type of arthritis. It effects more Canadians than all other forms of arthritis combined. OA is a breakdown, or wear and tear, of joint cartilage and the underlying bone. Symptoms usually start out slowly and will increase over time. Repetitive activities, such as walking or climbing up and down stairs, can increase pain.

Osteoarthritis affects knees from general wear and tear over the years. If you have had a previous meniscal or ligament injury then it may increase the chances of developing OA. There are 3 joint spaces in your knee; Medial (Inside), Lateral (Outside) and Patellofemoral (behind the knee cap).



be sleeves with patella control and compression to control pain and swelling.

Osteoarthritis commonly affects one joint space of your knee more than the other; this is called Unilateral OA. It can cause a malalignment

in the knee, which can appear as bowlegged (Medial OA) or knock-kneed (Lateral OA). Unloader knee braces help by reducing the pain in your knees by relieving the pressure off the damaged joint surface.

Tri-compartment OA refers to having arthritis in all three joint spaces. When this is the case a stabilization brace with hinges and/or compression to control swelling would be the more appropriate brace. By stabilizing the knee joint it prevents rubbing or friction in the joint spaces while also tracking the patella.



Knee OA without bracing (bone-on-bone contact)



Knee OA with bracing (space created between bones)

When deciding on what knee brace is right for your condition it is important to be assessed by a certified professional. Braces fit everyone differently and what works for some might not work for others. Knee history, symptoms, and level of activities are all variables that influence the proper brace choice for a

clinician. An exam or assessment of your knee should be done including alignment, gait analysis, and range of motion test.

OA knee braces come in a variety of designs, structures and materials which all become a factor when selecting an appropriate brace for you. Some designs have rigid frames and adjustable hinges to offload pressure to an affected joint space. While others may

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www.okaped.com



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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 **Penticton** clinic is located at 122-300 Riverside Drive with locations also in

West Kelowna, Kelowna and Vernon.

• Patient Care Quality Office

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

505 Doyle Avenue, 5th Floor, Kelowna

email: PCQO@interiorhealth.ca

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

Osoyoos Indian Band Health Centre

Healthy essentials clinic, mental health service. Registered Nurse, Home & Community Care, Primary Care Network
<http://oib.ca/community/>

1165 Sen Pol Chin Blvd., Oliver

250.498.6935

Penticton Indian Band Health & Wellness Snxastwilxtn Health Centre

Wide scope of health services to community members living on reserve
<https://pib.ca//programs-and-services/health-and-wellness/>

198 Outma Sqilx'w Place

250.493.7799

Ponderosa Primary Care Centre

Addresses medical needs that require same-day service for patients of the clinic. Same-day appointments on first come, first served basis

110-2504 Skaha Lake Rd., Penticton

236.422.3557 Mon-Thur 8-8, Fri 8-4,

Sat & Sun 9am-4pm. Closed stat holidays

Public Health Centres

• 700 Third Street, Keremeos

250.499.3000 Mon-Fri 8am-4pm

• 930 Spillway Road, Oliver

South Wing, South Okan. Gen. Hospital

250.498.5080 Mon-Fri 8:30am-4pm

• 4816 89 Street, Osoyoos

250.495.6433 Mon-Fri 8:30am-4pm

• 740 Carmi Avenue, Penticton

250.770.3434 Mon-Fri 8:30am-4:30pm

Summerland Health Centre

Community Health Centre
Long-Term Care (Dr. Andrew Pavillion)

12815 Atkinson Road, Summerland

250.404.8000 Mon-Fri 7am-4pm

Home & Community Care and Chronic Disease Management Programs

• Care Management Services

- Community nursing, physiotherapy, occupational therapy, dietitian, social work, speech language, respiratory therapy
- Home support for activities of daily living such as personal care, special exercises, medication assistance and in-home respite
- Adult day services
- Eligibility assessment for funded assisted living and long-term care homes

• Chronic Disease Management Programs

- Diabetes

• Acquired Brain Injury Services

• Palliative Care Services

- Community nursing, social work, hospice care

1.800.707.8550 New access to all programs listed above

Hospitals

Penticton Regional Hospital

24 hour emergency & trauma service

Visiting hours 24/7, Pay parking

550 Carmi Avenue

Penticton

250.492.4000 Switchboard

250.492.9027 Foundation

Princeton General Hospital

Unrestricted visiting hours. Free parking

Acute care, lab, 24 emergency services

98 Ridgewood Drive

Princeton

250.295.3233

South Okanagan General Hospital

Emergency services 24/7. Visiting hours

noon to 8 pm. Free parking

911 McKinney Road

Oliver

250.498.5000

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

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

Denture Services

Penticton Dentures by Design

Dentures designed to make you smile

<https://www.denturesbydesign.ca>

26-88 Duncan Avenue West

778.476.5996 See our ad on page 49

Health & Fitness

Recreation Penticton

Energize for less with seniors discounts

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

Penticton Community Centre

325 Power Street 250.490.2426

See our article and ad on page 21

Oliver & District Recreation

Active Living, Access & Inclusion,
Connecting People with Nature, Support
Physical & Social Environments

<https://oliverrecreation.ca>

6359 Park Drive

250.498.4985 Mon-Fri 8:30am-4:30pm

See our ad on page 71

Medical & Mobility Equipment

Canadian Red Cross

Health Equipment Loan Program: short
term mobility equipment. By donation.

Health care professional referral required.

<https://www.redcross.ca/in-your-community/british-columbia-and-yukon/health-equipment-loans>

Okanagan Service Area Office

250.765.3465 Kelowna

Motion Penticton

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

113-78 Industrial Avenue West

250.492.4435 See our ad on page 57

Premium Mobility Products

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

<https://premiummobilityproducts.ca>

continued...



HELP CHANGE LIVES

1 in 3 people in Canada are living with diabetes or prediabetes and chances are you know someone affected. Explore a wide variety of educational resources, volunteer opportunities, and exciting events with Diabetes Canada. Let's make a positive impact together.

Learn more at
diabetes.ca

**DIABETES
CANADA**

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236.422.4383
• 1747 Ross Road, West Kelowna
778.755.8320
See our ad on page 27

**Medicine Shoppe Pharmacy, The
Your Health. My Priority**
<https://www.medicineshoppepenticton.ca>
108-2210 Main Street, Penticton
250.276.3876 See our ad on page 48

Orthotics & Prosthetics

Okaped Inc.
Helping keep the Okanagan active since 1997
<https://www.okaped.com>
122-300 Riverside Drive, Penticton
250.487.1468
See our ad on page 55
See article on 'Arthritic Knee Pain' pg 54

Pharmasave
Visit our Live Well Pharmacists for all your health and wellness needs. Five participating locations to serve you
<https://pharmasave.com>
See our ad on page 3

Pharmacies

Knights Pharmacy
A Tradition of Service Since 1949
<https://www.knightspharmacy.ca>
330 Main Street, Penticton
250.492.4024
See our ad on page 47

Rage's Pharmacy
Ask about organizing your medications with a blister pack
<https://pharmachoice.com/locations/rages-pharmacy/>
166-1848 Main Street, Penticton
250.493.7200 See our ad on page 53

Rexall Skaha Pharmacy
Seniors save 20% every Tuesday. Some exclusions apply
<https://www.rexall.ca>
3030 Skaha Lake Road, Penticton
250.493.8155 See our ad on page 51



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* As each person has individual needs, we will provide a free assessment for our initial meeting and discuss the scope of each individual's needs. We are very flexible in what we can do.

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Aging Well Penticton



to them through a monthly newsletter and by working together in collaboration, the group has influenced changes to the system of care.

The current collaborating partners are: Access Centre, Alzheimer's Society of BC, City of Penticton, CMHA South Okanagan, Interior Health, OneSky Community Resources, Penticton Community Arts Council,

Penticton Seniors Drop-In Centre, South Okanagan Immigrant Community Services, South Okanagan Loss Society, South Okanagan Similkameen Brain Injury Society and The United Way of BC.

With a shared desire to improve community services and enhance the wellbeing of seniors, a diverse group of non-profit organizations and government partners came together in 2019 to form Aging Well Penticton. In conjunction with multi-year funding from the Government of Canada's New Horizons for Senior's Program, Aging Well Penticton has had a lasting impact on supports for seniors.

With the initial funding coming to an end in 2024, The Aging Well Penticton collective will continue to support seniors and look forward to new opportunities in Penticton and surrounding area with support from the Community Foundation of South Okanagan/ Similkameen and other funding sources. Together we are creating a community where every senior is living at their highest level of wellbeing, feels connected and has a sense of belonging as they age.

Aging Well Penticton has served over 1000 seniors and developed numerous new programs and services to impact isolation, loneliness, well-being, inclusion, and loss of personal agency among seniors. Seniors are informed of issues pertinent

**Working together to improve
the quality of life for seniors
living in the South Okanagan
Similkameen Region**



www.agingwellpenticton.ca

Senior Companion Services

Helping Hands Senior Care Services

Companionship and Friendship
Transportation to appointments - see all services on my ad on page 59
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Walk In Clinics

Hours correct as of February 2024. Call ahead recommended. Wait time and information may be available on the Medimap system <https://medimap.ca>

- **Community Walk-In Clinic**
Mon-Fri 8:30-3:30pm. Book in person or by phone. Same day bookings only
162-1848 Main Street, Penticton
250.493.5228

- **Peach City Medical / Urgent Care Centre**
Monday-Friday 8am-4pm
Cherry Lane Shopping Centre
166-2111 Main Street, Penticton
250.276.5050
- **Oliver / Osoyoos**
South Okanagan General Hospital
Emergency Department 24/7
911 McKinney Road, Oliver
250.498.5000
- **Urgent & Primary Care Centres**
Addresses medical needs that require same-day service. Urgent, non life threatening illness or injury. Patient seen based on urgency. Urgent care Walk-In M-F 5pm-8pm. Sat-Sun noon-6. Primary care Mon-Fri 8am-4pm
101-437 Martin Street, Penticton
250.770-3696



Learn the signs of stroke

- F**ace is it drooping?
- A**rms can you raise both?
- S**peech is it slurred or jumbled?
- T**ime to call 9-1-1 right away.

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

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Professional

Consumer

Better Business Bureau

Helps consumers find businesses and charities they can trust

<https://www.bbb.org>

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

Canadian Anti-Fraud Centre

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

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

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

Consumer Protection Authority

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

<https://www.consumerprotectionbc.ca>

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

National Do Not Call List

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

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

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

1.888.362.5889 TTY

Scams & Fraud

For information on common scams, go to the RCMP website, 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
1.866.825.8322

BC Securities Commission Investor Education

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

<https://www.investright.org>

1.800.373.6393 Mon-Fri 8am-5pm

Credit Counselling Society

Free credit counselling, solve debt problems, manage money better, use credit responsibly. Open Mon-Sat

<https://nomoredebts.org>

375-1855 Kirschner Road, Kelowna
250.860.3000

1.888.948.8960



Legal

Bell, Jacoe & Company Lawyers

<https://www.bell-jacoe.com>

13211 N. Victoria Road, Summerland

250.494.6621

1.800.663.0392

See our ad on this page

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 law in BC, but not legal advice. Free service available in English, Chinese & Punjabi via the Internet and by phone

<https://dialalaw.peopleslawschool.ca>

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www.bell-jacoe.com

Lawyer Referral Service

Access Pro Bono Helps British Columbians find a suitable legal professional to resolve their legal problem. You can receive 15 minutes of free consultation with an expert lawyer. For family, residential tenancy, employment, personal injury, wills, estates, or trust law issues

<https://www.accessprobono.ca/our-programs/lawyer-referral-service>

1.800.663.1919 Mon-Fri 8:30am-4:30pm

Legal Services Society

If you have a legal problem and can't afford a lawyer, we're here to help

<https://legalaid.bc.ca>

Michael Newcombe, Barrister & Solicitor
Penticton Courthouse

106-100 Main Street

250.493.7164 see website for hours

• Family Law In BC

LawLINE lawyers give brief 'next stop' advice about family law issues such as parenting, child/spousal support, property division, family agreements, adoption and court procedures.

Mon-Tue-Thur-Fri 9:00am to 3pm

Wed 9:00am to 2:30pm

<https://familylaw.lss.bc.ca/call/family-lawline>

1.866.577.2525

• My Law BC

Guided pathways use an interactive question-and-answer approach to guide you to a solution to your legal problem

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

People's Law School

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

<https://www.peopleslawschool.ca>

604.331.5400 Vancouver

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

Public Guardian & Trustee of BC

Unique statutory role to protect the interests of those who lack legal capacity to protect their own interests. Protect the legal, financial, personal and health care interests of adults who require assistance

in decision making. Administer the estates of deceased and missing persons

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

COVID protocols in effect - see website

1345 St. Paul Street, Kelowna

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

Seniors First BC

Are you dealing with a crisis? Call to talk about an abusive situation you feel is happening. We listen to concerns about financial, legal, physical and emotional abuse. Advocate for legal and 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

Language interpretation available

Policing

Community Crime Prevention

The importance of enhancing public safety through crime prevention. Value of programs that help groups most at risk of becoming involved in crime, and of restorative justice processes that address the needs of victims and communities

<https://www2.gov.bc.ca/gov/content/safety/crime-prevention/>

Penticton Community Policing

1168 Main Street

• Community Safety Programs: Citizen's Patrol, Speed Watch, Lock Auto Crime, 529 Garage (anti-bike theft), Business Liaison programs
For more information, and to volunteer
250.770.5684 Shelley Hall

• Community Policing, Restorative Justice Coordinator
250.770.5688 Jo Anne Ruppenthal

Royal Canadian Mounted Police

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

Emergency Only: dial 9-1-1

RCMP Detachments

• **1168 Main Street, Penticton**

250.492.4300 Mon-Fri 8am-5pm

<https://www.penticton.ca/city-services/rcmp/>

- **2920 Highway 3, Keremeos**
250.499.5511
- **425 Similkameen Avenue, Oliver**
250.498.3422
- **16 Eagle Court, Osoyoos**
250.495.7236
- **200 Highway 3, Princeton**
250.295.6911
- **9101 Pineo Court, Summerland**
250.494.7416

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>

South Okanagan Similkameen Crime Stoppers

Receives tips from anonymous persons and passes information on to police to help solve cases. Cash reward of up to \$2,000 for information that leads to an arrest. Text 'SOSTIPS' and send your message to 274637. Visit website for information on leaving tips online <http://www.sostips.ca>
1.800.222.TIPS (8477)

Summerland Community Policing

Citizens on Patrol, Block Watch Program, Crime Stoppers, others - see website. Volunteers welcomed.

<https://www.summerland.ca/city-services/rcmp/crime-prevention>

9101 Pineo Court 250.494.7416

Victim Services Programs

Police-based. Provides emotional, practical assistance for those who have been affected by crime, other traumas
250.499.5405 Keremeos RCMP
250.498.3422 Oliver
250.495.4704 Osoyoos
250.770.4713 Penticton, Summerland
250.295.7901 Princeton

VictimLink BC

Confidential multilingual 24/7 telephone help line for victims of family and sexual violence, all other crimes. See website for details of services offered - 150 languages including many Aboriginal languages
email: VictimLinkBC@bc211.ca
<https://www2.gov.bc.ca> Search for VictimLink BC
1.800.563.0808 24/7 Call or text

Coins, Precious Metals

Bluenose Coins & Precious Metals

Buy & Sell Gold, Silver, Coins, Paper Money, Fine Watches, Gold Jewellery, Vintage Sports cards. See website for details, new arrivals. Kosta Bakalos is a lifetime member of the Canadian Numismatic Association

<https://www.bluenosecoins.com>

206 Main Street, Penticton
250.493.6515 1.866.493.6515

See our ads on Inside Front Cover and Outside Back Cover pages



AFFORDABLE STORAGE CENTRE

250-492-3006 affordable.ca

We Buy & Sell Used Boxes

Supporting our local community for over 25 years!

Safe Secure Storage

Adult Literacy and the Volunteer Tutor

by **Wanda Dudley**

Volunteer Literacy Tutor Program Assistant

Literacy is one little word that has many big meanings: the ability to speak and make one's thoughts and opinions understood by talking, the ability to listen to and understand others to be able to respond appropriately during conversations, the ability to read and understand the meaning of the written words and their messages, the ability to write and clearly communicate ideas on paper by carefully choosing vocabulary and by applying the rules of spelling, punctuation, and grammar. There is more to literacy, but the above-mentioned basic skills are essential in everyday life situations.

As stated in the [Adult Literacy Skills for Success National Report](#) (2022)

“According to statistics Canada, 49% of the adult population scored below high-school literacy levels; 17% scored in the lowest level. Newcomer, Indigenous, and low-income populations are disproportionately challenged by low literacy. These groups have also been more impacted by the learning, employment, and financial crises that resulted from the pandemic” (page 3)

These statistics might be surprising to you, especially if you've never before thought about adult literacy in Canada. What is important to realize is that everyone can learn and improve their literacy skills, regardless of their levels.

Okanagan College (OC), has a program that pairs adult literacy learners (19 years of age and older) with trained tutors who work one-to-one to achieve the goals of the students' educational plans. This program is the



Volunteer Literacy Tutor Program (VLTP).

The VLTP is a free program servicing the needs of low-literacy adults in the Penticton and Summerland areas. Some of the literacy learners in the VLTP are students in OC Adult Upgrading classes, members of the community, and newcomers who are learning to speak English as their second language.

The process to become a volunteer tutor with the VLTP includes:

- meeting with the VLTP assistant to complete an application form and discuss the program
- attending tutor-training sessions
- waiting to be matched with an adult student

If this volunteer opportunity is one that you would like to pursue, or if you would like more information about the Volunteer Literacy Tutor Program at Okanagan College in Penticton, contact Brienne by phone at 250 492-4305 ext. 3331, or by email at BNiznikowski@okanagan.bc.ca.

If you know an adult who would benefit from free literacy tutoring services, encourage them to contact Brienne.

Visit the VLTP page on the college website at: <https://www.okanagan.bc.ca/upgrading/volunteer-literacy-tutoring>

Funeral Homes

Everden Rust Funeral Services & Crematorium

Providing support, compassion, information
<https://www.everdenrust.com>

1130 Carmi Avenue, Penticton
250.493.4112

See our ad on Inside Back Cover

See article 'Reducing Stress' page 16

Insurance

ICBC Seniors Insurance

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

<https://www.icbc.com/insurance/costs/pages/discounts-and-savings.aspx>

Johnston Meier Insurance Agencies

Customer Service, First & Foremost

<https://jmins.com>

250.492.0017 Penticton, Martin Street

250.492.4320 Penticton, Ellis Street

250.493.8666 Penticton, Cherry Lane

250.498.3451 Oliver

250.495.2681 Osoyoos

250.494.6351 Summerland

See our ad on this page

Picture Framing

Tumbleweed Gallery & Framing

Custom Framing, Art Gallery
 Tuesday-Friday 10am-4pm

452 Main Street, Penticton

250.492.7701

See our ad on page 29

Thrift Stores

The Salvation Army Penticton

- South Main Thrift Store, Community and Family Ministries (Food Bank)

<https://www.pentictonsa.ca>

2399 South Main Street

Penticton

250.492.4788

- Ellis Thrift Store: **318 Ellis Street**

250.492.3946

See our Thrift Stores ad on page 17

- Cawston/Keremeos Food Bank

250.492.4788

Care Closet Thrift Store

Quality used household items

<https://www.Facebook.com/Care-Closet-Thrift-Store-687614064752735/>

547 Main Street, Penticton

250.493.8115 Mon-Sat 10am-3pm

See the Penticton & District Hospice Society article on page 25



Johnston Meier
 Insurance Agencies Group

www.jmins.com

Visit our website for a location near you!





Leisure Travel

Arts and Culture

Cleland Community Theatre

Hosts national & international performers, symphonies, comedians, noteworthy speakers, community groups

<https://www.penticton.ca/our-community/arts-culture/cleland-community-theatre>

325 Power Street 250.490.2426

En'owkin Centre

Programs for arts, culture and literacy, archives and educational resources

<https://www.enowkincentre.ca>

**154 Enowkin Trail, Penticton
250.493.7181**

Hedley Museum & Tourist Information

Seek the secrets of those who toiled for gold. Mining/Culture. Tea Room, Gift Shop

<https://hedleymuseum.ca>

**712 Daly Avenue, Hedley
250.292.8787** May-Sept.10-4 closed Wed
250.292.8278 Off season tours, advance notice

Nk'Mip Desert Cultural Centre

The spectacular Nk'Mip (pronounced In-ka-meep) Centre is an architectural marvel sensitively constructed into a hillside.

<https://www.nkmipdesert.com>

**1000 Rancher Creek Road, Osoyoos
1.888.495.8555**

Okanagan Falls Heritage House/Museum

'Bassett House' purchased from T. Eaton & Company catalogue in 1909. Thrift Shoppe

<https://okanaganfallsheritage.org>

1145 Main Street 250.497.7047

Okanagan Archive Trust Society

Brings together works of Okanagan's most prolific photographers who plied their trade since before the turn of century

<https://www.archivos.ca>

**FB Okanagan-Archive-Trust-Society
250.490.9339**

Okanagan Historical Society

One of oldest societies in BC dedicated to the preservation of local history. Annual History report - see web purchase details

<https://www.okanaganhistoricalsociety.org>

Okanagan Symphony Orchestra

Concert events in Vernon, Kelowna,

Penticton <https://okanagansymphony.com>
250.763.7544 Administration

250.469.8940 Ticket sales

Oliver Community Arts Council

Hub of Oliver artistic activity since 1970

<https://oliverartscouncil.org>

5840 Airport St., Quail's Nest Arts Centre
250.485.0088 no office hours, leave mess.

Oliver & District Heritage Society

Your window into our history

<https://www.oliverheritage.ca>

430 Fairview Road Archives

250.689.6677 Open Tue-Fri 10am-1pm

474 School Avenue Museum

778.689.6655 See website for hours

Osoyoos & District Arts Council

Increase, broaden opportunities to enjoy, participate, be enriched by arts & culture

<https://osoyoosartscouncil.com>

8713 Main Street

8716 Main Street The Hub

Penticton Art Gallery

Local, regional and national exhibitions;
Topics & Tea 2 pm last Wed of the
month, Open Monday-Friday 10am-5pm,
Saturday 11am-4 pm. Gift Shop
<https://www.pentictonartgallery.com>
199 Marina Way 250.493.2928
See our ad and article on page 8

Penticton Museum & Archives

Explore the unique world of the South
Okanagan beyond its famous beaches
and peaches. 10am-4:30pm Tue-Sat
Archives Wed to Friday 10am-4:30pm
<https://www.pentictonmuseum.com>
785 Main Street 250.490.2451
See our article and ad on page 20

Penticton & District Community Arts Council

Mission is to stimulate, foster and
celebrate the arts in our community
<https://www.pentictonartscouncil.com>
Leir House Cultural Centre
**2-220 Manor Park Avenue, Penticton
250.492.7997**

Princeton & District Museum/Archives

Wide range of historical collections
reflecting Princeton's history
<https://princetonmuseum.org>
**167 Vermilion Avenue, Princeton
250.295.7588**

S.S. Sicamous Heritage Park

Explore the largest surviving stern wheeler
in Canada. Open as a Heritage Site,
Museum, and Wedding Venue. Cared for
by Volunteers
<https://www.sssicamous.ca>
Facebook, Twitter
**1099 Lakeshore Drive W., Penticton
250.492.0403**
See our ad and article on page 26

Summerland Arts Council

We envision a world where everyone
is empowered to express their innate
creativity
<https://summerlandarts.com>
**9525 Wharton Street
250.494.4494**

You can create loving change

Loving animals is who you are.
With a gift of care in your will,
it's forever.

Contact us today to learn more about
leaving a compassionate gift in your will.



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



foreverguardian.ca

Summerland Museum & Archives

Discover the history of Summerland!
Marvel at the scale model of KVR
Wednesday to Sunday 10am-4pm
<https://www.summerlandmuseum.org>
9521 Wharton Street, Summerland
250.494.9395

Leisure

97 South Song Sessions

<https://97southsongsessions.com>

BC Fishing Licences

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

BC Parks

As of January 2023, service moved to
a 4-month rolling booking window for
frontcountry & backcountry reservations.
65+ BC residents senior camping
discounts from day after Labour Day to
June 14 of following year for frontcountry
campsites <https://bcparks.ca>
<https://camping.bcparks.ca>
1.800.689.9025 Call Centre
• **Campsite Fees for Seniors**
<https://bcparks.ca/fees/senior.html>

BC Seniors Games Society

55+ BC Games are one way to help those
55+ enrich their lives, get active, keep
fit. Although competition is an important
aspect, active participation in sport,
recreation and culture is the goal. See
website for Zone 5 contacts. Games in
Salmon Arm, September 10-14, 2024
<https://55plusbcgames.org>
778.426.2940 Sydney, BC

District Wine Village

World class wine, food and entertainment
all in one stunning location.
<https://districtwinevillage.com>
100 Enterprise Way, Oliver
778.597.0552 Open daily 11am-4pm
See our ad and article on page 14

Farmers' Markets (BC Association of)
Farmers' Markets are venues to learn
about fresh, local, in season foods. They
serve as springboards for local farmers
and makers to introduce their wares to new
audiences. They are places to connect
with friends, family and neighbours -
and celebrate the uniqueness of each
community and region.
<https://bcfarmersmarket.org>

Farmers Markets

• Penticton Farmers' Market

<https://pentictonfarmersmarket.org>
Locally made, baked and grown goods
100 Main Street, Saturday -8:30am-1pm
April 20 to October 26

• Downtown Community Market

<https://downtownpenticton.org>
Vendor tents for shopping, browsing.
Sat., May 18-Sept 7, Backstreet Blvd.
200 Main St., Front St., 8:30am-1:30pm
250.493.8540

• Naramata Community Farmers Market

Wednesdays June to Sept 4-7pm
Manitou Beach Park
<http://naramataslow.com>

• Osoyoos Farmers' Market

<https://www.osoyoosfarmersmarket.ca>
Town Hall Square, Main Street
Every Saturday, May to Oct. 9am-1pm

Hoodoo Adventures

We live in a true adventure mecca and we
want to create unique memories with you
<https://www.hoodooadventures.ca>
131 Ellis St., Penticton 250.492.3888

Kettle Valley Steam Railway

Dedicated to preserving Okanagan & BC
Railway Heritage, Seniors discount
<https://www.kettlevalleyrail.org>
18404 Bathville Road, Summerland
250.494.8422

Nickel Plate Nordic Centre

56 kms groomed trails for classic & skate
skiing, 22.5 km of marked snowshoe trails
<https://nickelplatenordic.org>
250.809.9985

Okanagan Fest of Ale Society

Penticton Trade & Convention Centre.

April 12 & 13, 2024. Over \$800,000 in net proceeds has been put back in the community! Sip, Savour & Celebrate 27 years of cheer!

<https://festofale.ca>

Okanagan Wine Festivals

Naturally Fun Festivals for All Seasons!

Check website for programs, events

250.864.4139

<https://www.thewinefestivals.com>

Oliver & District Recreation

Community Pool, Tennis Courts, Weight Room, Community Park Pathway, Off-Leash Dog Park, Lion's Park adjacent to Hiking and Biking Trail, Rotary Beach, Outdoor Pickleball. Online registration

<https://oliver.ca/town-services/recreation>

6359 Park Drive, Oliver**250.498.4985** Mon-Fri 8:30am-4:30pm

See our ad on this page

Osoyoos Parks & Recreation

Dogs In Parks, Splash Park, West Bench Complex, Sonora Community Centre, Sun Bowl Arena - public skating, Shinney Hockey, Senior and Tot ice skate. Check web for seasonal Program & Activity Guide

<https://www.osoyoos.ca>

Sonora Community Centre

8505 68 Avenue**250.495.6562****Osoyoos Desert Centre**

Canada's pocket desert, 3 miles north on Hwy. 97. April through early October.

67 acre nature interpretative facility where visitors learn about desert ecology, habitat restoration, conservation of endangered ecosystems

<https://www.desert.org>

250.495.2470

See our ad and article on page 33

Penticton Curling Club

Cafeteria, Licensed Lounge available for bookings. Seniors leagues, beginners

<https://pentictoncurlingclub.ca>

505 Veas Drive**250.492.5647**

OLIVER & DISTRICT PARKS AND RECREATION

Year round recreation and fitness

**Pickleball | Tennis | Fitness & Yoga Classes | Weight Room
Walking Paths | Disc Golf | Volunteer Opportunities
Arena Sports | Swimming & Aquafit at the Oliver Pool**



6359 Park Drive | 250.498.4985 | recreation@oliver.ca

www.oliver.ca/town-services/recreation

Penticton Lawn Bowling Club

<https://www.pentictonlawnbowls.ca>

260 Brunswick Street

250.809.2524 Call Bernadette more info

See our article on page 28

Penticton Seniors' Computer Classes

Classes can be contacted at The Centre
(Penticton Seniors' Drop-In Centre)

2965 South Main Street.

Preregister for drop-in sessions

<https://www.pentictonseniors.ca>

250.493.2111

Penticton Vees Junior A Hockey Club

Season Tickets - save 45%

<https://www.pentictonvees.ca>

150-853 Eckhardt Avenue West

250.493.8337 ext 1 Ticket Office-Amanda

Penticton & District Garden Club

Meets 7pm 3rd Thursday of the month

Sept to June. Our Redeemer Lutheran

Church hall, **1370 Church Street**

www.gardenclubpenticton.ca

250.492.2540 Cheryl

Penticton Peach Festival

77th Anniversary. Five days of Family Fun,
Saturday 'Grand Parade'

August 7-11, 2024

<https://peachfest.com> **250.488.4689**

Penticton Visitor Centre

Start your South Okanagan adventure
here. View 'Plan Your Trip' online. Travel
Tips, Hiking & Biking, Beaches, Parks,
Food and Dining

<https://www.visitpenticton.com>

120-888 Westminster Avenue West

250.276.2170 **1.800.663.5052**

Princeton Parks & Recreation

Visit website to view Recreation facilities
and services. Seasonal Leisure Guide

<https://www.princeton.ca/p/parks-recreation>

148 Old Hedley Road, Princeton

250.295.7222 Arena

250.295.6067 Nadine McEwan,

Recreation Coordinator

250.295.0541 Arts Council - after 10

South Okanagan Genealogical Society

Non-profit organization dedicated to
helping those who wish to compile their
family histories

<https://sites.rootsweb.com/~bcsoqs/sogs/>

Meets 1st Thur of the month at 7 pm

except Jan, July, Aug. Masonic Lodge

416 Westminster Ave., West, Penticton

250.492.0751 Nola Reid

South Okanagan Events Centre

Okanagan's premier sports & entertain-
ment venue brings world-class events
to Penticton. Year-round, we entertain! t

<https://www.SOEC.ca>

853 Eckhardt Avenue West, Penticton

250.490.2460

How to Buy Tickets

- <https://ValleyFirstTix.com>

- In Person-Valley First Box Office at SOEC
Mon-Fri 10am-4pm

- SOEC Walking Track Mon-Fri 10-4

South Okanagan Naturalists' Club

Focus on experiencing the natural world
of BC and promoting its conservation.

Meetings 4th Thur - Sept to May (except
Dec) 7 pm at Penticton Seniors' Drop-In
Centre, **2965 South Main Street**

<https://southokanagannature.com>

South Okanagan Rockhounds

Meets 1st Wed except Jan, Feb, Mar, July,
Aug. **220 Manor Park Ave.** (Leir House)

<https://www.bclapidary.com/rock-mineral-club-directory.php>

250.495.7359 Jerome

Summerland Fall Fair

Celebrate our agricultural community,
local producers, processors, musicians,
and unique efforts in the Summerland.

Sat. Sept 14 - Museum & Arts Centre

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

<https://www.summerlandfallfair.ca>

Summerland Parks & Recreation

See website for Recreation Guide,
Schedules, Facilities, Community events

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

Aquatic & Fitness Centre

13205 Kelly Avenue

250.494.0447

Summerland Curling Club

See website for Calendar, Leagues, etc.
www.summerlandcurling.org
8820 Jubilee Road East
250.494.9322

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.bcferries.com>
1.888.223.3779 Reservations
 Mon-Fri 7am-10pm, Sat/Sun 7am-7pm

Friendship Force International

Provides opportunities to explore new
 countries and cultures through home
 hospitality, local hosts. Experience
 different views. Discover common ground
<https://thefriendshipforce.org>

National Geographic Expeditions

World wide travel - with boundless
 chances to be surrounded by natural
 wonders and exotic wildlife. Trips that
 match your interest - whether you are a
 foodie, hiker, birder or archaeology buff.
<https://nationalgeographic.com/expeditions/>
1.888.966.8687 M-F 8-8 ET, Sat 10-6 ET

Penticton Regional Airport (YYF)

Gateway to the South Okanagan
<https://yyf.penticton.ca>
109-3000 Airport Road
250.770.4422

RV Owners Lifestyle Seminar

An annual event at Okanagan College
 Kelowna Campus, 1000 KLO Road
 Opportunity for new, or seasoned or
 wannabe RV owners to gain valuable
 knowledge on RV operations. Also travel
 tips, health on the road, destinations,
 full-time RV living and much more. See
 website for 2024 Seminar dates
<https://rvda.bc.ca>
778.574.4522 MJ Higgins - RVDA

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,
 accommodations, travel deals
<https://www.hellobc.com>

Traveller Information System

Road and weather conditions, webcams,
 plan your route, mobile traveller info
<https://www.drivebc.ca>
1.800.550.4997 BC Highway Conditions

Worldwide Quest

Enriching lives through travel since 1970
 Expert-led small group tours in nature,
 culture and the arts
<https://www.worldwidequest.com>
1.800.387.1483 M-F 6am-2pm PT

Activity Centres

Hedley Centre

Morning coffee Tue-Thur 7:30-8:30am,
 Exercise classes Tues & Thurs., Pancake
 breakfast 2nd Sunday of the month.
 Wed lunch noon-3pm Sept-April. New
 members, new volunteers, and donations
 always welcome
<https://www.facebook.com/hedleycentre/>
789 Scott Avenue, Hedley
250.292.8209

Keremeos Senior's Centre Society

Activities include ladies pool, cards
 (bridge, crib), snooker & pool, bingo, chair
 exercises, carpet bowling, jam sessions,
 two Friday lunches per month, board
 games, jigsaws, Mexican Train Dominoes
<https://ksc094.wixsite.com/keremeos seniorscenter/about>
421 7th Avenue, Keremeos
250.499.2977 Mon-Fri noon to 4pm

Naramata Friendship Club

Meets Mon-Fri for coffee 9-10am, Monthly Potluck Sept-June. Weekly programs - Yoga, Cribbage, Cards, Bridge, Painting Artist Group

**310 Ritchie Avenue, Naramata
403.463.0022** Ian

Okanagan Falls Seniors Activity Centre

Weekly activities include Monday Canasta, Tues Bingo, evening pool, carpet bowling. Thursday Bridge, Cribbage. Pancake breakfast 1st Sat., Drop-In Bingo 3rd Sat., Annual June BBQ, Jam Sessions 2nd & 3rd Sundays, Potluck dinners 4th Sat. Spring & Fall flea markets with Silent Auction, White Elephant, Bake table, Books & Puzzles, local vendors, coffee & lunch all day.

**1128 Willow Street, Okanagan Falls
250.497.8199** Centre
250.497.7089 Dave & Dianna

Oliver Senior Centre Society

Oliver Senior Centre Volunteer Band plays Saturday morning 10-noon. Wednesday Jam Sessions 10-3pm - participate, listen or dance! See Calendar page for drop-in and scheduled activities. Also click on 'Activities' tab for annual events
<https://oliverseniorcentre.com>

5876 Airport Street 250.498.6142

Osoyoos Activity Centre

Activities include line dancing, crafts, exercise class, euchre, bingo, bridge, whist, pool, crib, Tai Chi, line dancing, carpet bowling, Chi Kung, open music sessions, Winter dances. Check online Activity Calendar
<https://www.facebook.com/OSCAOsoyoos>
17 Park Place, Osoyoos 250.495.6921

Penticton Community Centre

Fitness classes: Tai Chi, Zumba Gold, Yoga and more. Fitness Room: Orientations, Accessible equipment Drop-in sports: Badminton, Pickleball, Volleyball. Pool: Steam Room, Hot Tub, Sauna, Accessible Pools, Aquafit.
www.penticton.ca/recreation

325 Power Street 250.490.2426

See our article and ad on page 21

The Centre

Penticton Seniors Drop-In Centre Recreation-Education-Wellness for 50+ Membership open to everyone 50+ Bingo, Card games, Carpet Bowling, Chair Yoga, Computer assistance, Crafts, Line Dancing, Mah Jong, Pilates, Pool Tables, Scrabble, Social Dancing, Yoga (mat & chair), Chair Dance, Ukulele, French & Spanish, Conversation, Tuesday Lunches, Monthly Dinners Sept-June, Craft store. WiFi. Sunday Concerts Open Monday to Friday 9 am to 4 pm - drop-in and socialize. Multiple copies of **Experience 50+ Living** available here.
<https://pentictonseniors.ca>
2965 South Main St. 250.493.2111
See our article on page 12

Princeton Senior Citizens Branch #30

Activities include cards, bingo, crafts, pool, Wed exercise class with qualified instructor. Open Sept-June 9am-1:30pm Mon-Fri; July-Aug 9am-noon Mon-Fri, Lunch available. Coffee & pool Mon-Fri
Facebook: Princeton-seniors-association
**162 Angela Avenue
250.295.7515**

Summerland Community Centre

Activities include Monday bingo, Tai Chi, Aikido for all levels, Karate, Bridge, Texas Hold'em, snooker, Strummers, Shuffleboard, Crib, Women's Fitness, Snooker, Mah Jong. NeighbourLink noon monthly Soup Socials. Check website for event dates
<https://summerlandcommunitycentre.ca>
**9710 Brown Street, Summerland
250.494.9377**



Everyone I know is looking for solace, hope and a tasty snack

Maira Kalman



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 **1.888.906.2873**

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 69
1.855.622.7722 Animal Helpline
• South Okanagan/Similkameen Branch
<https://www.facebook.com/bcspca.southok>
2200 Dartmouth Dr., Penticton V2A 4C2
250.493.0136 Tue-Sat Noon to 3pm

Brain Injury Society

Leave a lasting legacy by donation to support brain injury & stroke recovery in the South Okanagan. Donate online www.sosbis.com
2-996 Main Street, Penticton V2A 5E4
250.490.0613
See our ad and article on pages 22, 23

Canadian Cancer Society

Make a one-time gift, monthly gift, honour gift, memorial gift
<https://cancer.ca> Click on 'Donate'
330 Strathcona Ave., Kelowna V1Y 5K7
1.800.268.8874 Donate

Canadian Mental Health Association

South Okanagan Similkameen branch
Mental health, substance use and addictive behaviour are within our scope.
<https://sos.cmha.bc.ca>
102-1873 Main St., Penticton V2A 5H2
250.493.8999

Canadian Red Cross

Donate online, by mail, by phone, monthly giving, gifts of stock, planned giving - legacy, RRSPs
<https://www.redcross.ca>
124 Adams Road, Kelowna V1X 7R2
250.491.8443 Mon-Fri 9am-1pm
1.800.418.1111 Donate by phone

Community Foundation of the South Okanagan Similkameen

Enriching quality of life by supporting a broad range of charitable agencies
<https://www.cfso.net>
390 Main Street, Penticton V2A 5C3
250.493.9311

Habitat for Humanity Okanagan

Non-profit housing organization. We rely on gifts to help families in need of decent and affordable housing in the Okanagan
<https://www.habitatforhumanityokanagan.ca>
1793 Ross Rd., West Kelowna V1Z 3E7
778.755.4346

Charities, Foundations *continued***Heart & Stroke Foundation**

In Memoriam, In Honour, or general donations

<https://www.heartandstroke.ca>

200-885 Dunsmuir Street

Vancouver, BC V6C 1N5

778.372.8000

1.888.473.4636

Penticton Art Gallery

Registered not-for-profit charity.

Tue-Fri - 10am-5pm, Sat -11am-4pm

<https://www.pentictonartgallery.com>

199 Marina Way, Penticton V2A 1H5

250.493.2928

See our article and ad on page 8

S.S. Sicamous Marine Heritage Society

Working together to protect the marine heritage of the Okanagan. Museum, Wedding and Venue rentals. Volunteer opportunities

<https://www.sssicamous.ca>

1099 Lakeshore Drive W.

Penticton V2A 1B7

250.492.0403

See our ad and article on page 26

Salvation Army Penticton & South Okanagan

You can donate online, by mail, by phone, give monthly or by leaving an estate or by planned giving. Talk to us and we can help!

<https://www.pentictonsa.ca>

2469 South Main Street, Penticton

250.492.6494

See our article on page 17

South Okanagan Similkameen Medical Foundation

Donors can designate their gift to Critical Needs or other campaigns at Penticton Regional Hospital, or any other health care facility we serve in Penticton, Oliver, Summerland, Princeton, Keremeos

<https://sosmedicalfoundation.com>

550 Carmi Avenue

Penticton V2A 3G6

250.492.9027

1.866.771.0994

Shine Foundation

Dreams for Kids since 1987

<https://www.shinefoundation.ca>

21-1100 Dearness Drive

London, ON N6E 1N9

519.642.0990

Terry Fox Foundation

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

<https://uwbc.ca/>

B-1525 Gordon Drive

Kelowna V1Y 3G6

250.860.2356

Variety-the Children's Charity of BC

Transforming the lives of BC kids with special needs, every day

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

4300 Still Creek Drive

Burnaby, BC V5C 6C6

Toll Free: **310.KIDS (5437)**

The War Amps

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

<https://www.waramps.ca>

2827 Riverside Drive

Ottawa, ON K1V 0C4

1.800.250.3030

See our article and ad on page 5

Education**CAA Road Safety Program**

Seniors Driving: How aging can affect driving, assess & maintain your driving skills, renewing your driver's license, driving skills review, medications and driving, fitness & driving, signs that driving habits should change - alternatives to driving

<https://www.caa.ca/driving-safely/senior-drivers/>

Canadian Mental Health Association
 South Okanagan Similkameen branch.
 Offers a variety of programs & workshops
 to members and the general public
<https://sos.cmha.bc.ca>
102-1873 Main St., Penticton V2A 5H2
250.493.8999

Justice Institute of BC (JIBC)
 Educating and training those who
 make communities safer, Canada's leader
 in justice and public safety educator
<https://www.jibc.ca/jibc-campuses/jibc-okanagan>
825 Walrod Street, Kelowna
250.469.6020
1.888.865.7764

Naramata Centre Society
 A beautiful place for retreat, reflection and
 growth. See website for programs offered.
 Accommodation available
<https://www.naramatacentresociety.org>
460 Ellis Street, Naramata
250.496.5751

Okanagan College
<https://www.okanagan.bc.ca>
Penticton Campus
583 Duncan Avenue West
250.492.4305 **1.866.510.8899**

- Volunteer Literacy Tutoring Program
 Free adult tutoring for reading, writing,
 speaking, listening, and basic math skills
 by trained volunteer tutors. Continuous
 intake from September to April. Offered
 in Penticton and Summerland
<https://www.okanagan.bc.ca/upgrading/volunteer-literacy-tutoring>
250.492.4305 Brianne
See our article on page 66
- Oliver Centre
339 Fairview Road, Oliver
250.498.6264
 South Okanagan Community Adult
 Literacy Program as per above. Oliver,
 Osoyoos, Okanagan Falls. Free and
 continuous intake from Sept. to April
250.492.4305 Liane

VISIT YOUR LOCAL COMMUNITY BLENZ

Blenz in Penticton
 284 Main St, Penticton

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

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 Vernon - Downtown
 2706 30th Ave, Vernon

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



BLENZ Stores Are
Locally Owned & Operated



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 courses **1.844.782.8877**
<https://www.sfu.ca/liberal-arts>

St. John Ambulance

Courses & Training, First Aid Kits and Supplies, Community Services: First Aid & Emergency response, Therapy dog services
<https://www.sja.ca>

120-316 Dawson Avenue, Penticton
1.866.321.2651 ext. 3377

Thompson Rivers University

Open Learning offers distance learning for everyone. You can complete online & distance courses and programs anytime, anywhere to accommodate your active lifestyle and diverse interest
<https://www.tru.ca/distance>

Library Services

Okanagan Regional Libraries

Books, movies, music and more
<https://www.orl.bc.ca/hours-locations>
250.860.4033 Admin. Office Kelowna

Penticton Public Library

Free Book Delivery Service - for any Penticton resident unable to come to the library due to illness, disability or hospitalization. For more information...

250.770.7781 Ask for Lindsey
<https://www.pentictonlibrary.ca>
785 Main Street, Penticton
250.770.7782 Information Desk
250.770.7786 Adult Programs-Stephanie
See our ad and article on page 32

Meal & Food Programs

Meals On Wheels

• Keremeos Meals on Wheels

Serving Keremeos, Cawston, Olalla
Warm & Tasty noon meal, \$5, Mon-Fri
250.499.2352 Mon-Fri 8am-noon

• Oliver Meals on Wheels

Volunteers deliver hot noon meals to the homebound in Oliver - Mon to Sat
<https://mealsonwheelsoliver.org>
250.809.2383 Mon-Sat 9am-4pm

• Penticton Meals on Wheels

Delivers fresh and/or frozen nutritious noon meals, Mon-Wed-Fri (including holidays) in Penticton, Naramata, Okanagan Falls, Kaleden to those unable to cook. Volunteers welcomed.

No Age Restrictions

email: pentictonmow@shawbiz.ca
www.mealsonwheelspenticton.org

550 Carmi Avenue

250.492.9095 See our ad on page 79

• Princeton Meals on Wheels

Home-delivered meals to support the nutritional needs of seniors, the disabled, those recovering from surgery or illness. Princeton & District Community Services Society **250.295.6666**

• Summerland Meals on Wheels

Hot meals delivered 11:15-12:30 Monday, Wednesday and Friday by volunteers. Service of the Rotary Club
250.494.1173 Charlotte
778.516.1973 Gavin

Oliver Food Bank

Serving Oliver, Ok. Falls. Wed 9-11am - check website for dates of operation
<https://www.oliverfoodbank.com>
6047 Station Street **250.535.0566**

Osoyoos Food Bank

Osoyoos Baptist Church, Lower Hall
6210 97 Street 2nd Thursdays 5:30-7pm.
www.facebook.com/osoyoosfoodbank/
Foodmesh - Tue & Thur 10-11:30am
<https://osoyoosbaptist.ca/food-bank>
250.495.6581 Tue-Fri 9am-noon

Penticton Frozen Meals

Frozen, tasty, nutritious meals. Affordable soups and/or meals cooked in house.

Available for pick-up at

The Centre (PSDICS)

2965 South Main
250.493.2111

Salvation Army Community & Family Services

- Emergency food hampers, clothing, household items to those in need - by appointment
 - Daily Grab & Go bags - no registration or appointment necessary
 - Daily Devotions online at <https://www.pentictonsa.ca>
- 2399 South Main Street, Penticton**
 Also **Keremeos/Cawson Food Bank,**
 Seventh-Day Adventist Church
250.492.4788

See our article page 17

Summerland Food Bank

Emergency food service, school lunch, also information & referral service for those in need. Mon to Fri 9 am-4 pm
<https://summerlandfoodbank.org>
 Summerland United Church
13204 Henry Avenue 778.516.0015

St. Vincent De Paul Society

Supplying food & emergency help for families with social & economic problems. Weekly Hamper Program - two days advance notice - call, leave name, phone
250.492.2082 Penticton message service

Programs & Groups

Advocacy Access Program

Disability Alliance BC. Provincial cross-disability voice, whose mission is to

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

Better at Home

United Way sponsored program to help seniors remain independent at home

- **OneSky Community Resources**
330 Ellis Street
250.487.3376

<https://oneskycommunity.com/community-support/seniors-services/>
 See Better at Home article on page 81

- **Desert Sun Counselling & Resource Centre**

<https://www.desertsuncounselling.ca>,
 Search Programs, then Support for Seniors, then Better at Home
250.495.6925 Osoyoos
250.498.2538 Oliver

- **Lower Similkameen Community Services Society**

Keremeos, Cawston, Olalla, Hedley
 Assist seniors with light housekeeping duties, Hourly fees based on income
250.499.2352 volunteercoord@lscss.com

- **Princeton & District Community Services Society**

Social visits/check-ins, light house-keeping, laundry, light yard work, grocery shopping, prescription pick-up, transportation, admin. assistance
250.295.6666 Denise



Penticton Regional Hospital Auxiliary
Meals on Wheels
 Fresh and/or Frozen Healthy & Nutritious
 Meals delivered to your home
 Monday, Wednesday & Friday!
 To become a client, volunteer,
 or a sponsor, please call...
250-492-9095

BC OAPO

Old Age Pensioner Organization promotes best interest of elder citizens in all matters pertaining to their welfare
<https://bcoapo.ca>

- Princeton Similkameen. Meets 2nd Fri of month at 11am at The Copper Pit
250.295.6024 Chris Goodfellow

Canadian Mental Health Association

South Okanagan Similkameen branch. Offers confidential support, info & advocacy to those struggling with a mental illness
102-1873 Main Street, Penticton
<https://sos.cmha.bc.ca>

250.493.8999 Mon-Fri 8am-4pm

Need Help Now? Call 310.6789

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

Ooknakane Friendship Centre

Aboriginal not-for-profit society committed to providing holistic, culturally driven programs & services to support, educate, strengthen people of all nations
<https://www.friendshipcentre.ca>

146 Ellis Street, Penticton

250.490.3504 Mon-Fri 8:30am-4pm

Penticton & Area Access Society

Services include disability advocacy, tax assistance, legal advocacy, tenancy landlord issues, men's counselling, outreach, RISE program. Call ahead to book an appointment. Support is available for people in need in Keremeos, Oliver, Osoyoos, Penticton, Princeton, Summerland
<https://accesscentre.org>

209-304 Martin Street

250.493.6822

1.866.493.6822

Penticton Concert Band

Inspiring Music. Performance Art. Homegrown Sound. Intermediate to

advanced musicians welcomed, variety of music styles, available for bookings all year round. Visit website for details
<https://www.facebook.com/PentictonConcertBand>
778.931.0975 Music Director

Penticton Newcomers Club

Variety of social activities for those who moved here (Penticton, Naramata, Summerland, Kaleden, OK Falls) in past two years. Meets at Penticton Seniors' Drop-In Centre,

2965 South Main Street

<https://www.pentictonnewcomers.com>

email: penticton.newcomers@gmail.com

Silver Song Group

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

- Kelowna

Okanagan Mission Activity Centre

4398 Hobson Road. Mondays (not stat holidays) 10-11:30am to end May 2024

250.717.7969 Margaret - call for info

- West Kelowna

Heritage Retirement Residence

3630 Brown Road Wednesdays 10-11:30am to end May 2024

250.764.0567 Stella - call for info

The Centre (PSDICS)

Where you are only a stranger on your first visit. Mon-Fri 9 am-4 pm. See our listing on page 70 for additional info

<https://www.pentictonseniors.ca>

2965 South Main Street, Penticton

250.493.2111 See our article on page 12

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 Farynu

Better at Home

Better at Home is a program that helps seniors across BC live in their own homes by providing simple non-medical support services delivered by local non-profit organizations using a mix of paid workers, contractors, and volunteers. The program is funded by the BC Ministry of Health and managed by United Way BC, Healthy Aging.

Help through the Better at Home program may include friendly visiting; light housekeeping; transportation to appointments; basic yard maintenance; grocery shopping; simple home repairs; and snow shoveling. Registration is required, as fees are based on income, on a sliding scale. Not all services will be available in every location, and some services may be waitlisted because of limited resources.

In the South Okanagan Similkameen, there are Better at Home programs in most communities. In Penticton and Summerland

contact OneSky Community Resources at 250-487-3376; in Okanagan Falls, Oliver & Osoyoos contact Desert Sun Counselling and Resource Centre at 250-495-6925; in Keremeos, Cawston, Olalla and Hedley contact Lower Similkameen Community Services at 250-499-2352; in Princeton contact Princeton & District Community Services at 250-295-6666.

Together, we can offer support and connection for the older members of our communities. You can help by offering your time as a volunteer or donating to these valuable programs.

<https://betterathome.ca/>



United Way helping seniors remain independent.

Resource Centres

Canadian Mental Health Association

South Okanagan Similkameen. Provides mental health promotion and mental illness recovery-focused programs and services for people of all ages, their families
<https://sos.cmha.bc.ca>

102-1873 Main Street, Penticton
250.493.8999 Mon-Fri 8am-4pm

Desert Sun Counselling & Resource Centre

(Charitable, Non-Profit) Better at Home program, Counselling, Crisis Help, Affordable Housing, Men's Shed, Computer Tutor, Support for Seniors. See website for services offered
<https://www.desertsuncounselling.ca>

- **762 Fairview Road, Oliver**
250.498.2538
- **8701 Main Street, Osoyoos**
250.495.6925

1.877.723.3911 Crisis Line

Lower Similkameen Community Services Society

Affordable housing for seniors, people with disabilities & families, Meals on Wheels, Better at Home, Volunteer Drivers, Legal Aid, Friendly Visitors, Community Outreach, Family Support, Income Tax Prep., Stopping the Violence Women's Counselling, Victim Services program See website for complete list of services
<https://www.lscss.com>

715 7 Street, Keremeos
250.499.2352 Mon-Fri 8 am-noon

OneSky Community Resources

A way forward for everyone. Home for Seniors Wellness. Extensive Adult and Senior Services - including Better at Home program
<https://oneskycommunity.com>

330 Ellis St., Penticton
250.492.5814

See our articles on pages 10,24,34
See our ad on page 11

Princeton & District Community Services Society

Better at Home, Bus, Low Income Housing, Activities for Seniors and Persons with Disabilities, Police Victim assistance, Meals on Wheels
<https://pdcss.ca>

120 Veterans Blvd., Princeton
 250.295.6666

SOWINS - South Okanagan Women in Need Society

Offers programs and services to provide shelter, safety, counselling, victim services and harm reduction. SOWINS assists individuals in recognizing, understanding and overcoming the impacts of abuse
<https://sowins.com>

102-1027 Westminster Ave. W, Penticton
 250.493.4366

24 Hour Crisis Line & Emergency Shelter..

1.800.814.2033 or 250.493.7233

See our ad and article on page 31

South Okanagan Immigrant & Community Services

Providing language instruction and Employment services for newcomers. See website for extensive list of Programs and Resources

<https://www.soics.ca>

340 Ellis St., Penticton

250.492.6299

Summerland Food Bank & Resource Centre

Information & referral service for Summerland residents. Mon-Fri 9am-4 pm. See website for complete list of services and resources

<https://summerlandfoodbank.org>

Summerland United Church

13204 Henry Avenue

778.516.0015

Service Organizations

Air Force Association of Canada

<http://rcfassociation.ca>

126 Dakota Avenue

Penticton

250.492.3151

Big Brothers Big Sisters

We believe that unlocking a child's true potential creates a future where anything is possible.

<https://centralsoutherninteriorbc.bigbrothersbigsisters.ca>

<https://centralsoutherninteriorbc.bigbrothersbigsisters.ca>

1.800.404.4483

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**

• The Centre (Penticton Seniors DIC)
2965 South Main Street, Penticton

CARP A New Vision of Aging. Canada's largest advocacy association promoting equitable access to health care, financial security, freedom from ageism

<https://www.carp.ca>

1.833.211.2277 Mon-Fri 8am-5pm ET

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**

60-90 minute workshops available free of charge to any seniors group 10 or more

<https://seniorshelpingseniors.ca>

Fraternal Order of Eagles FOE 4281

'People Helping People' and having fun in the process - Internationally since 1898.

www.facebook.com/pentictoneagles/

1197 Main St., Penticton 250.490.0211

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

<https://maddchapters.ca/centralokanagan>

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

1.800.665.6233 ext. 373

National Association of Federal Retirees

South Okanagan Branch. Non-profit organization for active & retired members of federal public service, Canadian armed forces, RCMP, federally appointed judges, honorably discharged non-pensioned veterans, their partners and survivors. Advocates for the financial security, health & well-being of all retired Canadians. To join, contact <https://www.federalretirees.ca> For branch information, send email to s.okanagan@federalretirees.ca

696 Main St., Penticton 250.493.6799

Royal Canadian Legion

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

- **257 Brunswick Street, Penticton**
<https://www.facebook.com/thelegionlounge/>
250.492.3074
- **510 Veterans Avenue, Keremeos**
<https://www.keremeoslegion.com>
250.499.5634
- **5009 Veterans Way, Okanagan Falls**
<https://www.facebook.com/LegionBranch227>
250.497.8338
- **6417 Main Street, Oliver**
<https://www.oliverlegion97.ca>
250.498.3868
- **8310 78 Avenue, Osoyoos**
<https://www.facebook.com/profile.php?id=100076476921873>
250.495.7447 K. Knudston #173
- **170 Bridge Street, Princeton**
<https://www.facebook.com/rc156georgepearkes/>
250.295.6060
- **14205 Rosedale Avenue, Summerland**
<https://SummerlandLegion.com>
250.494.9781 Canteen

Summerland NeighbourLink

We are a volunteer organization whose purpose is to help people in our community. If you need help and don't know where to find it, please call us. Our dedicated volunteers can help with transportation to appointments, minor help at home.

<https://neighbourlinksummerland.org>
<https://www.facebook.com/nlinksummerland/>
250.404.4673 Summerland only

SOS Volunteer Centre

Registered non-profit society, charity providing access to resources & support services for volunteers, and volunteer based community organizations
<https://www.volunteercentre.info>

**110-1475 Fairview Road
Penticton
1.888.576.5661**

Seniors Wellness at OneSky

Offering various social services for seniors in partnership with OneSky Community Resources
<https://www.seniorswellnesssociety.com>
**330 Ellis Street, Penticton
250.487.7455** Mon-Fri 8:30am-4:30 pm
See article on page 10

The Salvation Army Penticton

- South Main Thrift Store, Community and Family Ministries (Food Bank)
**2399 South Main Street, Penticton
250.492.4788**
<https://www.pentictonsa.ca>
- Ellis Thrift Store: **318 Ellis Street
250.492.3946**
*See our Thrift Stores ad on page 17
See our article on page 17*
- Church: **2469 South Main Street**
- Cawston/Keremeos Food Bank
250.492.4788

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

A fellowship for people whose lives have been affected by someone else's drinking. See website for meeting information throughout the Okanagan
<https://afghelp.org/find-a-meeting>
250.826.5135 Jeaneen

Alcoholics Anonymous

Support, information for individuals with alcohol related problems. See website for meeting information throughout BC
<https://bcyukonaa.org/meetings/>

Alzheimer Resource Centre

Family Caregiver Support & Tele-Support Groups throughout the SOS. See website for list of programs and services

<https://alzheimer.ca>

104-35 Backstreet Blvd., Penticton

250.493.8182 1.888.318.1122

1.800.936.6033 First Link Dementia

Helpline 9am-8pm Mon-Fri

BC Association of Community Response Networks

Diverse group of concerned community members who come together to create a coordinated response to adult abuse, neglect, and self-neglect. See website for contact information <https://bccrns.ca>

BC Lung Foundation

BC Lung COPD & Asthma Community Support groups for those with chronic lung disease including COPD, bronchiectasis, asthma, pulmonary fibrosis, visit...

<https://bclung.ca/peer-support>

1.800.665.5864

BC Mental Health & Addiction Services

HeretoHelp is a project of BC Partners for Mental Health & Substance Use- info to manage mental health, substance use <https://www.heretohelp.bc.ca>

1.800.663.1441 Referral service

310.6789 Toll Free Support Line 24/7

BC Responsible & Problem Gambling

When gambling isn't fun anymore, help is available all day, every day. See website for free, confidential, individual, and/or group counselling for problem gamblers, their families.

<https://www.bcreponsiblegambling.ca>

1.888.795.6111 24 hour Helpline

Brain Injury Society

Services for individuals with acquired brain injury, including stroke. Education and prevention, helmet awareness

www.sosbis.com

2-996 Main Street, Penticton

250.490.0613

See our ad and article on pages 22, 23

Canadian Mental Health Association

South Okanagan Similkameen branch. Helping those who struggle with mental illness to develop better coping skills

<https://sos.cmha.bc.ca>

250.493.8999 Mon-Fri 8am-4pm

102-1873 Main St., Penticton V2A 5H2

Compassionate Friends of Canada, The

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

<https://www.tcfcanada.net>

250.718.7039 Kelowna Chapter

1.866.823.0141 Chapter assistance

Crohn's & Colitis Canada

Okanagan Region. We aim to find a cure for IBD, and improve the lives of those affected by Crohn's and Colitis

www.facebook.com/getgutsykelowna/

1.800.513-8202

Desert Valley Hospice Society

Supporting excellence in delivery of hospice palliative care, bereavement support, and end-of-life services Oliver, Osoyoos, Okanagan Falls

<http://www.desertvalleyhospice.org>

22 Jonagold Place, Osoyoos

250.495.1590 Mon-Thur 10am-3pm

Gamblers Anonymous

See website for Kelowna meeting info, virtual and phone in meetings info

<https://www.gabc.ca>

1.855.222.5542 24/7

Kelowna Prostate Cancer Support Awareness Group

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

The Harvest Room, Trinity Baptist Church **Springfield & Spall** (South entrance)

<https://www.kelownaprostate.com>

250.762.0607 Bren Witt

Mesothelioma.net

Cancer support group dedicated to providing all the latest in research and aid. Has compiled fact-checked and physician approved information regarding this

disease, how it affects the body, and how it can be treated

<https://mesothelioma.net>

1.800.692.8608

Mood Disorders Association of BC

Self-help support & education for people with depression, bipolar disorder, other mental illness, and their families. Check website for Interior Support Groups

<https://mdabc.net>

604.873.0103 Mon-Fri 9am-4:30pm

Narcotics Anonymous

Vision that every addict has the chance to experience our message in his/her own language & culture, find the opportunity for a new way of life. See website for BC meeting information

<https://www.bcrna.ca>

1.855.852.5687 Helpline, meeting info

Parkinson Society British Columbia

See website for South Okanagan Support Group. Meeting over Zoom

<https://www.parkinson.bc.ca/resources-services/support-groups/>

1.800.668.3330 Vancouver

Penticton & District Hospice Society

Stewards of Moog & Friends
Hospice House

We provide end of life care and support to families and residents of Moog & Friends Hospice House. Our palliative care program supports those who wish to stay home with family on this end-of-life journey

www.pentictonhospice.com

502 Ellis Street **250.490.1107**

See our article on page 25

- Visit our Thrift Store - The Care Closet
574 Main Street **250-493-8115**

QuitNow

Free, quit smoking program delivered by the BC Lung Foundation to help you to quit smoking or reduce tobacco and e-cigarette use. QuitNow has all the support services you need

<https://quitnow.ca>

1.877.455.2233 Start Your Quit Journey

Robert Bateman House

Adult community support, short-term assessment & treatment, geriatric programs, crisis intervention, day and outpatient programs, addiction counselling, group therapy, peer support, after-hours mental health support

<https://www.interiorhealth.ca/locations/robert-bateman-house>

538 Fairview Road, Oliver
250.485.0043

Self-Management BC

Offers free health programs for adults of all ages with one or more health conditions. Offered in person, virtually, online, by telephone, or by mail for adults living in BC. Check website for a program near you

<https://www.selfmanagementbc.ca>

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

South Okanagan Similkameen Mental Wellness Society

Check website for programs and services, upcoming events

<https://sosmws.com>

118-246 Martin Street, Penticton
250.493.7338 Mon-Fri 10am-2pm

Stroke Recovery Support Group

Education and support for individuals who have experienced a stroke, and their caregivers in the South Okanagan

• **Brain Injury Society**

www.sosbis.com/support

2-996 Main Street, Penticton
250.490.0613

See our article and ad on pages 22, 23

Transportation

Air Canada

Services for customers with disabilities. Identify special needs when booking

<https://www.aircanada.com>

<https://flyjazz.ca>

1.888.247.2262

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

Bus Passes for Seniors

10 for \$20.25. Monthly senior unlimited rides \$35. Penticton City Hall cashier

250.490.2487

Disability Parking Permits

SPARC BC. Parking permits for those with disabilities. Apply/renew online
<https://www.sparc.bc.ca/parking-permits>

1.888.718.7794 Mon-Fri 9am-4:30pm

Ebus

Daily passenger service between Kamloops, Kelowna, Vancouver, Vernon, Salmon Arm. Seat belts, Free WiFi, Wheel chair accessible - book 48 hours in advance.

Save 5% online <https://www.myebus.ca>
1.877.769.3287

Hope Air

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

1.877.346.4673 Mon-Fri 6am to 4:30pm

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 Courtesy Shuttle Services
778.753.3735 Valet Parking

South Okanagan-Similkameen Transit System

See website for schedules, fares, rider info

<https://www.bctransit.com/south-okanagan-similkameen/home>

1.844.442.2212

Servicing Penticton, Princeton, Naramata Okanagan Falls, Osoyoos, Summerland See web for fares, schedules, rider info

- **HandyDART** Penticton. On-request door to door service subject to availability for Osoyoos, Princeton, Summerland. Service hours 7am-5pm M-F. To register, and book a trip, call 8am-5pm Mon-Fri
1.844.442.2212 press 2

Summerland Transit System

<https://www.summerland.ca/city-services/transit>

- **On Request (HandyDART)**

Door to door service for medical and specialist appointments for seniors, those with permanent disabilities. Service within Summerland, also to Penticton. Limited seating, must be booked in advance. Tickets sold by bus driver and at Municipal Hall

1.844.442.2212

- **Taxi Saver Coupons - handyPASS**

50% subsidy toward cost of rides for seniors, those with permanent disabilities with Summerland Taxi, HandyPASS application must be completed at District of Summerland Municipal Hall

13211 Henry Avenue

250.494.6451

Travel Assistance Program

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

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

> Search for Travel Assistance Program

1.800.661.2668 Automated service 24/7

1.800.663.7100 Health Insurance BC

Volunteer Drivers**Better at Home**

Program provides transportation for registered seniors (fee based on income). Oliver, Osoyoos, Penticton, Princeton, Summerland

See listing under 'Programs & Groups' on page 79. See our article on page 81

- 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>
- Keremeos Volunteer Driver Program**
 Lower Similkameen Community Services Society. Transportation to residents of Keremeos, Cawston, Hedley, Olalla, Hedley who are not able to travel independently. For local and out of town medical appointments and local shopping for your well being. 48 hour minimum advance notice required. Donation to cover costs directly to driver
<https://lscss.com/lscss-programs/volunteer-driver>
250.499.2352 Mon-Fri. 8am-noon
- Gizeh Shriners of BC & Yukon**
 Shriners Care For Kids
 For BC children requiring specialized procedures, accommodation, transportation, associated medical treatment. See website for details
<https://bcshriners.com>
1.800.661.KIDS Mon-Fri 9:30am-2pm

VIA Rail Canada

Travellers 60+ save 10%, also exclusive price CAA members <https://www.viarail.ca>
1.888.842.7245 **1.800.268.9503** TTY

Web Resources

bc211 - United Way British Columbia
 Information and referral services for community and government programs, including 211, VictimLink, Responsible and Problem Gambling Program
<https://bc211.ca>
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 & offer hope

through organ donation, transplant and research. Online registration. Living donor kidney program. Register your decision - one organ donor can save up to eight lives
<http://www.transplant.bc.ca>
1.800.663.6189 for more information

Great Senior Living

Living Options, Health & Wellness, numerous articles on abundance of topics. Making fitness a part of your daily routine. Recommended guidelines for exercise for seniors, types of senior exercise including balance, endurance, flexibility, more
<https://www.greatseniorliving.com/health-wellness/senior-exercise>

Seniors BC

A website for all older adults in the province to find resources for planning and living a healthy and active life as they age. Senior's families and caregivers will find great information here also. Healthy Aging, Financial & Legal Matters, Elder Abuse Prevention, Fall Prevention, Health & Safety, Housing, Seniors' Guide, Transportation, Advance Care Planning, Home/Comm. Care
<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors>

Seniors Canada

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

Part of the secret of success in life is to eat what you like and let the food fight it out inside.

Mark Twain



Government

Municipal, Regional, First Nations

Penticton, City of

snpinktn - A Place to Stay Forever

<https://www.penticton.ca>

171 Main Street 250.490.2400

Monday to Friday, 9am-4pm

- After Hours Emergencies 250.490.2324
- Museum, 785 Main Street 250.490.2451
- Library, 785 Main Street 250.770.7781
- Art Gallery, 199 Marina Way 250.493.2928
- Community Centre & Pool
325 Power Street 250.490.2426
- RCMP, 1168 Main Street 250.492.4300
- Transit Information 250.492.5602

Hedley, Town of

Heart of the Similkameen

<https://www.travel-british-columbia.com/thompson-okanagan/simiilkameen-valley/hedley>

Keremeos, Village of

Healthy Living, Naturally

<https://www.keremeos.ca>

702 4th Street, Keremeos 250.499.2711

Okanagan Falls

• Regional District of Okanagan-Similkameen

<https://okfalls.ca>

1109 Willow Street 778.515.5520

• Okanagan Falls Visitor Information Centre

Mon-Fri 9am-3pm www.visitokfalls.com

1109 Willow Street 778.515.5520

• Okanagan Falls Parks & Recreation

www.okfalls.net

1141 Cedar Street 250.497.8188

Naramata, Village of

<https://discovernamaramata.com>

Spirit Park - Pickleball and tennis courts

Oliver, Town of

<https://www.oliver.ca>

Canada's Wine Capital

6150 Main Street 250.485.6200

- Library, 1400-5955 Main St. 250.498.2242
- Oliver & Dist.Recreation, Community Centre, Pool, Fitness Room - Adult, Senior Rates
Oliver Community Pool, Arena - Public Skating
<https://oliverrecreation.ca>
6359 Park Drive 250.498.4985

Princeton, Town of

<https://princeton.ca>

Where Rivers & Friends Meet

151 Vermilion Avenue 250.295.3135

- Library, 107 Vermilion Ave. 250.295.6495
- RCMP Non-Emergency 250.295.6911
- Parks & Recreation 250.295.6067
- Princeton Museum 250.295.7588

Summerland, District of

A Magical Place to Live or Visit!

<https://www.summerland.ca>

13211 Henry Avenue 250.494.6451

- Parks & Recreation / Aquatic & Fitness
13205 Kelly Avenue 250.494.0447
- Arena Complex & Curling Club
8820 Jubilee Road E. 250.494.0447
- Centre Stage Theatre, Summerland S.S.
9518 Main Street 250.494.0447
- Summerland Arts, 9525 Wharton 250.494.4494
<http://summerlandarts.com>
- Museum, 9521 Wharton St. 250.494.9395
<https://www.summerlandmuseum.org>
- Library, 9533 Main Street 250.494.5591
- RCMP Non-Emergency 250.494.7416
- Bottleneck Drive - Peaceful meander to member wineries, breweries, cideries, distilleries
<https://www.bottleneckdrive.com>

Osoyoos, Town of

Canada's Warmest Welcome

<https://www.osoyoos.ca>

8707 Main Street 250.495.6515

- **Fire Department**
9901 74 Avenue
250.495.4600
- **Sun Bowl Arena**
9301 Hummingbird Lane 250.495.7919
- **Community Services, Parks & Recreation**
Sonora Community Centre
8505 68 Avenue 250.495.6562
- **Library, 8505 68 Avenue 250.495.7637**
- **DestinationOsoyoos.com 9912 Hwy. 3
250.495.5070**

Regional District of Okanagan-Similkameen

Garbage, Recycling, Water, Sewer, Cemetery, Animal Control, Recreation, Wildlife, Emergency Management, Regional Economic Development

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

**101 Martin Street, Penticton V2A 5J9
250.492.0237 1.877.610.3737**

- Parks & Recreation. Click, Hike & Bike Trail Inventory, access to Trails maps

Penticton Indian Band

One of seven communities of Okanagan (Syilx) Nation, member of Okanagan Nation Alliance. Chief Greg Gabriel

<https://pib.ca>

**841 Westhills Drive, Penticton
250.493.0048 1.877.493.0048**

- **250.493.0048 x216** Housing Dept.
- **250.493.7799** Health Centre
- **250.493.7799 x101** Community Nurse

Lower Similkameen Indian Band

The Nsyilxcen language is considered endangered; mission to promote the use, preservation, and revitalization of Nsyilxcen language in the Similkameen
Chief Keith Crow <https://www.lsib.net>

**1420 Highway 3, Cawston
250.499.5528**

Osoyoos Indian Band

Achieve self-reliance through economic development; preserve the first nation culture through the creation of jobs on our lands for future generations

Chief Clarence Louie <http://oib.ca>
**1155 SenPokChin Blvd., Oliver
250.498.3444 1.888.498.3444
250.498.6935** Resource Centre

Upper Similkameen Indian Band (Upper Smelqmix)

Chief Bonnie Jacobsen
Thriving community of over 200 members
<https://usib.ca>

Mascot Mines Heritage Building
**161 Snaza'ist Drive, Hedley
250.292.8733**

Okanagan Nation Alliance

Alliance of eight Okanagan (Syilx people) bands which occupy about 69,000 square kilometres. Grand Chief Clarence Louie
<https://www.syilx.org>

**101-3535 Old Okan. Hwy., Westbank
250.707.0095 1.866.662.9609**

- Hatchery Tours Nov to June. Book appt.
<https://www.syilx.org/events/hatchery-tours/>
**155 En'owkin Trail, Penticton
250.707.0095 ext 161 or ext 351**

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 government organizations
<https://www.addresschange.gov.bc.ca>
1.800.663.7867 Service BC

Climate Change

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

Environment Protection & Sustainability

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

Provincial

continued...

Forest Fire Reporting

BC Wildfire Service

Nearly one-third of all BC wildfires are reported by the public resulting in immeasurable savings: property, forests
<https://www2.gov.bc.ca/gov/content/safety/wildfire-status>

www.facebook.com/BCForestFireInfo

1.800.663.5555 Report a wildfire

***5555** toll free on most cell networks

Members of Legislative Assembly

• Dan Ashton, MLA *Penticton*

Dan.Ashton.MLA@leg.bc.ca

210-300 Riverside Drive, Penticton

250.487.4400

1.866.487.4402

• Roly Russell, MLA

Boundary-Similkameen

Roly.Russell.MLA@leg.bc.ca

PO Box 1592, Grand Forks V0H 1H0

250.498.5122

Office of the Seniors Advocate

Has scope to examine & advocate for seniors on issues related to health care, personal care, transportation, housing, income supports, and make recommendations. Latest reports on web. Information/referral specialists available to help find seniors' programs and services. Subscribe to newsletter

<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 & 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 website for available services at each location

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

1.800.663.7867 Mon-Fri 7:30am-5pm

continued...

2024-25

OLD AGE SECURITY & CANADA PENSION CHEQUE DATES

- | | | |
|-----------------|-----------------|-----------------|
| ■ Mar. 26, 2024 | ■ Apr. 26, 2024 | ■ May 29, 2024 |
| ■ Jun. 26, 2024 | ■ Jul. 29, 2024 | ■ Aug. 28, 2024 |
| ■ Sep. 26, 2024 | ■ Oct. 29, 2024 | ■ Nov. 27, 2024 |
| ■ Dec. 20, 2024 | ■ Jan. 29, 2025 | ■ Feb. 26, 2025 |

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.

- **583 Fairview Road, Oliver**
250.498.3818
- **40 Calgary Avenue, Penticton**
250.487.4200
- **10-136 Taptan Avenue, Princeton**
250.295.4600
- **Vital Statistics Agency**
Birth Registration/Certificate, Adoption,
Death, Marriage license, Legal changes
of Name, wills, registry information.
www2.gov.bc.ca/gov/content/life-events
305-478 Bernard Avenue, Kelowna
250.861.7500 Mon-Fri 9am-4:30pm
1.888.876.1633

Federal

BC Climate Action Tax Credit

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

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits.html>

Canada Border Services Agency

General border services information; for in-depth information, speak to an officer M-F 7am-8pm ET, Sat/Sun/Stats 10-6 ET
<https://www.cbsa-asfc.gc.ca>
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 and improve their health while respecting individual choices, circumstances. It ensures that high-quality health services are accessible, and works to reduce health risks. *continued...*



Seniors are a foundation of vibrant communities; I am working hard to keep our seniors, safe, secure, healthy, and engaged.

My team and I are always happy to hear from you to help, whether it's housing, community support, health care, or anything else might be top of mind!

(ph) 250-498-5122
(em) Roly.Russell.MLA@leg.bc.ca
Box 1592, Grand Forks, BC, VOH1H0

Roly Russell, MLA
BOUNDARY - SIMILKAMEEN



Dan Ashton, MLA Penticton.
Office 250-487-4400
Toll Free 1-866-487-4402
Email Dan.Ashton.MLA@leg.bc.ca.

It is an honour to represent you in Victoria and throughout our area.

If we can provide any guidance for government services including:

- Health Care
- Public Safety
- Housing
- Senior's issues

Please give our office a call or email and we would be pleased to help assist you.

<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 Mon-Fri 8am-4pm

Income Security Programs

Canada Pension Plan, Old Age Security, Guaranteed Income Supplement

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

1.800.277.9914 **1.800.255.4786** TTY

Indigenous Services Canada

• Crown-Indigenous Relations

• Northern Affairs Canada

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

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

1.800.567.9604 Mon-Fri 6am-3pm PT

Members of Parliament

• Richard Cannings, MP

South Okanagan-West Kootenay

Richard.Cannings@parl.gc.ca

202-301 Main Street

Penticton V2A 5B7

250.770.4480

250.365.2792 Castlegar

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

www.danalbas.com

2562B Main Street

West Kelowna V4T 2N5

1.800.665.8711

Parks Canada

National parks protect representative natural areas of Canadian significance for public understanding, appreciation and enjoyment. Travel tips, ideas, pet friendly

places to stay

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

1.888.773.8888 Information Services

1.877.737.3783 Reservation service

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

Passport Canada

106-471 Queensway, Kelowna

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

1.800.567.6868 M-F 8:30am-4pm

1.866.255.7655 TTY

Service Canada

Full service centres offering a mix of information and transactional services

101-386 Ellis Street, Penticton

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

1.800.622.6232 Information on

government services and programs

1.800.926.9105 TTY

Travel & Tourism

Information on how to have a safe and enjoyable journey whether you are travelling in Canada or abroad. Website evolving to offer an ever growing wealth of information on destinations, travel documents, travel health, returning to Canada, much more. See website for links to a wide range of travel topics

<https://travel.gc.ca>

Veterans' Affairs Canada

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

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

• 313-471 Queensway Ave., Kelowna

1.866.522.2122 Mon-Fri 8:30-4:30

• 60 Nanaimo Ave. W., Penticton

1.866.522.2122 Mon-Fri 8:30-4:30

• VAC Assistance Line: 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/](https://www.hellobc.com/plan-your-trip/climate-weather/)

- **Hello Weather** Weather Information
Local conditions, forecast, air quality
1.833.794.3556 Enter Codes for weather
information for Penticton **08084**, for
Princeton **08041**, for Osoyoos **08069**

50+ Living
Experience™

Experience 50+ Living

Visit our website to view Housing
options in our other three editions

<https://www.experiencegroup.ca>

- **Central Okanagan**
- **North Okanagan Shuswap**
- **Thompson Nicola**

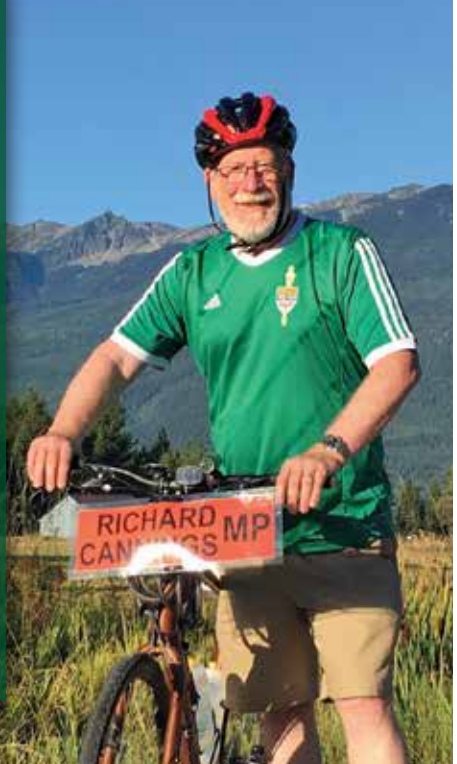


Richard Cannings,



your Member of Parliament for
the South Okanagan-West
Kootenay, riding the riding,
meeting with constituents
where they live and discussing
issues of concern to us all.

Suite 202 – 301 Main Street
Penticton, BC V2A 5B7
Tel: 250-770-4480
Fax: 250-770-4484
Toll free: 1-844-241-0018
Richard.Cannings.C1@parl.gc.ca



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