



CSI Kamloops

2023

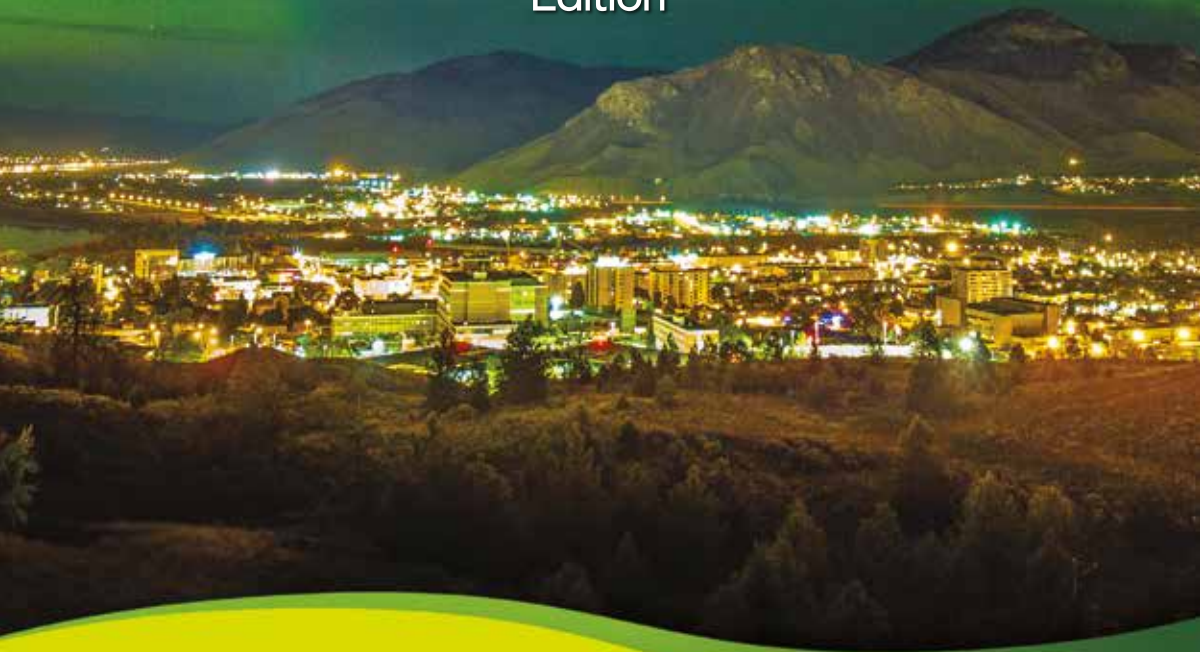
Experience™

50+
Living

Community Guide to Better Living

10th
2013
2023
Anniversary
Edition

Aurora Borealis over Kamloops



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Kelly Funk Photography

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A warm welcome from CSI Kamloops



I am pleased to introduce the 2022/2023 edition of *Experience 50+ Living*. Our Community Guide to Better Living is filled with valuable information and resources geared towards our aging population. The Thompson Nicola area has ample opportunities and resources for our 50+ generation. This edition will ensure you have the all the up-to-date information you need.

The Centre for Seniors Information (CSI Kamloops) is a registered charity with the vision to ensure our senior population have the opportunity to remain active and connected to the community through services that ensure quality of life, dignity and choice. We provide services and referrals to support programs and resources that are available to seniors, designed to protect their physical, emotional, financial health and well-being. Some of our core services include prepared meals, (Take & Bake) housing, one on one assistance, support, income tax service, advocacy, and activity centre. CSI has recently teamed up with BC housing to provide affordable housing in a 55+ setting. Sunrise centre is conveniently located in the heart of downtown Kamloops.

CSI has an amazing and dedicated volunteer base that has been the key to success within our society. We would like to thank everyone for their support during these unprecedented times and making it possible for us to continue to support our seniors throughout the pandemic. We are always welcoming new volunteers, to find out more about volunteer opportunities please contact us.

Experience 50+ Living is made possible through the dedication and support of our advertisers. We appreciate them for recognizing the value of this highly professional and accurate publication. We would also like to acknowledge that all of this is made possible through the hard work and dedication of Robert Herring and the team at RRH & Associates.

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CSI Kamloops



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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.

WE ARE GREEN!

Experience, Community Guide to Better Living, is printed with vegetable based inks. Recycled paper was not available for this edition.





- CSI Kamloops -

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Music is a Universal Language

Music is a universal language, connecting us with other people. It makes us sing, it makes us dance, and it inspires us. If you keep your ears open, you'll find that music is a key part of every important event in life: ceremonies, parties, weddings, and funerals.

Audience members of the Kamloops Symphony can experience it all. Our captivating and innovative music director Dina Gilbert has put together a programme for our 2022-23 Season that is filled with exquisite melodies, evocative orchestrations, and stimulating experiences.

One of the basic principles of music composition is that of "tension and release". Chords and melodies interact with each other to create a feeling of tension, and then they progress towards a resolution of that tension. Now that we are progressing towards the release of the tension from COVID-19, we look forward to the end of this current composition and starting the next, bringing something completely new and creative.

Health benefits of music

Studies have shown that listening to music promotes positive overall health, with benefits including a better night's sleep, improved memory recall, increased mobility and coordination, and increased cognitive abilities overall. Listening to music has also been shown to reduce pain and improve recovery time.

Studies on music and its relation to the elderly have demonstrated noteworthy psychological

benefits as well, including a happier outlook on life, improved social interaction, increased positive emotions, improved relaxation and self-esteem, reduced tension and anxiety, and improved communication in dementia and Alzheimer's patients.

Music lessons after retirement

The Kamloops Symphony Music School offers music lessons for students of all ages, walks of life, and skill levels. The school has many adult students partaking in lessons, with everyone from fresh beginners to people returning to music-making to people who have been playing all their lives and wish to continue learning and improving.

Whether they are following a dream of learning a new instrument or want to improve their skills to join one of the many musical groups in our community and play together with others, as adults, they are now able to dedicate the time to lessons.

Lessons at the Kamloops Symphony Music School work well for adults because we can accommodate a flexible schedule. Lifelong learning is part of a healthy lifestyle, and we are quite happy to set up a lesson schedule that accommodates the needs of active adults who have travel plans and other commitments.

There are so many benefits to music, whether it is learning music, making music, or listening to it. Music connects us with the people around us, and it enriches our lives every day.



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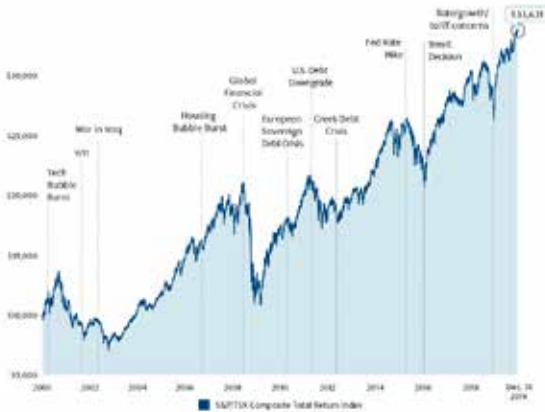
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Crisis or opportunity?

Staying invested over time has its rewards

The growth of \$10,000 from January 2000 to December 2019



The growth of \$10,000 since January 2000. An investment cannot be made directly in an index. Graph does not reflect transaction costs, investment management fees or taxes. If such costs and fees were reflected, returns would be lower. Past performance is not a guarantee of future results. Performance data as of December 31, 2019. Source: RBC Global Asset Management Inc.

To learn more, please contact me today.

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BC Interior Community Foundation HERE FOR GOOD

A donation to BC Interior Community Foundation will provide sustainable funding for the community and causes you love – forever.

Lately it seems like no aspect of our lives can be taken for certain – but the one thing that holds steadfast and true is the growth of the endowed funds held by BC Interior Community Foundation (BCICF).

The extreme weather and health events have left no community untouched and that is why we are proud to report this year the foundation will be able to give more than ever before back to their communities.

“This year we will be returning \$600,000 of annual interest income into the Thompson, Nicola and South Cariboo regions.

The money will be disbursed among various grants, scholarships and bursaries. This is a significant increase over last year, when we gave back just shy of \$490,000!”

For almost 40 years BCICF has helped thousands of donors make a positive difference in their communities, and in the lives of the people who live there. It's because of you they are able to provide

support to the communities in our region.

From health and the environment, to youth and education, seniors, families, arts and culture - your donation champions community vitality!

One of the ways BCICF remains future focused is by creating and growing endowment (permanent) funds. Although the needs of our communities will change, the importance of addressing those needs will remain constant. An endowed fund is a permanent resource that can adapt to changing circumstances. The capital of the endowment remains untouched and the income is used for ongoing community programs and services.

One of the key features of the continued success of BCICF is our competitive value for service. Each endowed fund is assessed a very modest administration fee of just 1%.

For more information, visit our website at www.bcicf.ca. Let's work together to create your lasting legacy.



THE POWER OF MANY

When you establish a fund, or donate to the BC Interior Community Foundation, your money is pooled with their \$10-million endowment fund.

You become a part of a circle of giving, where every dollar granted back to the community is because many people just like you, cared.



Your legacy. Their future.

Every single person can make a lasting impact in their community.

If you stop for a minute and think about the future—what will outlast your life?

Every single person, regardless of how much money or property they have, can leave a meaningful legacy and be remembered for the good they have done, long after they are gone.

In 1984, caring members of our communities had a vision - to create a organization to support hard-working charities, community projects and volunteer programs. They created an endowment-based public foundation,

where gifts are pooled and invested forever and the annual earnings are given back to the community yearly.

Now, nearly 40 years later, that “Here for Good” vision still holds true.

Regardless of your age, or the size of your gift, we are here to make your giving experience simple and rewarding. Donate to one of our existing funds, create your own legacy fund, make a charitable bequest through your Will or you can name BCICF as a beneficiary on a life insurance policy, RRSP or RRIF.

Contact us today to see how you can make a difference.



www.bcicf.ca | info@bcicf.ca | 250.434.6995

Benefits of Walk-In Tubs

As we age and begin to lose our mobility and sense of balance, bathing can not only become difficult but also a cause of additional stress and anxiety. Fear of falling and a fear of not being able to get out of the tub are two of the most common occurrences with many of our seniors today. Walk-in tubs have become extremely popular in the last decade and estimates show that people who go ahead and install a walk-in tub in their homes today, will be able to *live independently for an additional five years*.

Walk-in tubs are exactly what the name implies, tubs that have large doors that open, and you simply walk in and sit down on a 17-inch-high seat. You close and lock the door and the tub fills rapidly while you are sitting comfortably and safely inside. All the taps and controls are easily accessible at your fingertips. Once you are done your bath, turn the dial and the tub quickly drains and you simply open the door and walk out of the tub. The various models all have numerous grab bars and nonslip surfaces making getting in and out worry free. Walk-in tubs are designed for an aging population who desire to *remain independent for many years to come*.

Manufacturers have optional tub designs accommodating every shape and size of person and bathroom. There is a tub size that will fit in the space where your existing tub or shower is. Walk-in tubs can be as basic as a soaker tub to as deluxe as your own personal spa. Offering numerous options such as heated back, multi-speed warm air jets, water jets, ozone, light therapy, aromatherapy, and more.

The benefits of a walk-in tub are numerous. Many people crave being able to confidently have a bath again and find relief by just soaking in a warm tub. Owners say they believe they sleep better after a soothing bath. The warm air or water jets give a deep massage and help to stimulate circulation,

thus carrying additional healing oxygen throughout the body to the hands and feet. This has shown positive results *increasing mobility and helping to relieve the pain and symptoms of such conditions as arthritis, chronic back pain, fibromyalgia, diabetic and peripheral neuropathy*, as well as various other acute and chronic conditions.

“

Perhaps, one of the best decisions I've made is when I decided to go ahead and put a walk-in tub in my house. I no longer have a fear of falling and this will help me live in my home for many more years to come.

Jean S.

”

The Canadian Government website states that 1 in 4 seniors fall every year, and 25% of these falls are serious, leaving the victims permanently disabled and bedridden. A large percentage of these falls take place in the bathroom. Aside from all the pain and suffering it also ends up costing the Canadian medical system two billion dollars annually. Therefore, the British Columbia and Federal Governments are helping many people who decide to purchase a walk-in tub now. The help comes in the forms of a tax credit, a Provincial Sales Tax waiver, and in certain qualifying cases a \$7,500 Government Grant. As we all age and the years fly by, *many seniors are faced with the reality that taking proactive steps today and deciding to retrofit their homes with a walk-in tub is one of the best investments they can make to help them age in place, comfortably and independently in the home they love.*



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Much of the paper and packaging we throw away every day can be recycled, it just needs to be put in the proper place so it doesn't contaminate other recyclables.

Reach out to the TNRD or the Recycle Council of BC for more;
rcbc.ca/recyclepedia or call **1-800-667-4321**

Be sure to follow us for all the latest information

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COMPOSTING 101

WHAT IS COMPOSTING?

Whether you want a garden filled with summer flowers or you want to grow fruits and vegetables, composting is the gift that keeps on giving! Composting is a great way to recycle organic waste such as food scraps & garden waste to create rich fertilizer for the soil and plants.

This makes it an efficient and cost effective way to grow a nutritious garden right in your backyard!

BENEFITS OF COMPOSTING

When you compost you reduce your household waste by 30% - 50%. This means less trash is going into our landfills and your carbon footprint is reduced. Through composting the soil is enriched organically thus providing it with many nutrients and eliminating the need for chemical fertilizers.

A FEW TIPS

Choosing the right composter for you. There are plenty options of composters for you to choose from, depending on

where you live or how much time you have, there is a composter out there for you. You could decide to purchase or DIY a compost bin. Types of composters include, Backyard Composters, Worm Composters and Green Cone Digesters.

HOW TO COMPOST

Remember, 'brown + green + water = compost'. The 'browns' are for carbon, which help feed the decomposers to easily break down organic waste. The 'greens' are for nitrogen which help grow and reproduce the decomposers faster. Make sure your proportions are balanced and you aerate often to prevent odor.

WHAT GOES IN AND WHAT DOESN'T

This depends on the composter. In general, composters accept fruit and vegetable waste, garden waste and shredded newspaper. Be sure to look at the instructions of each composter to see what is accepted and what is not. For additional information on the different composter functions, the set up, and where to purchase one, be sure to visit our website www.tnrd.ca/compost or contact the TNRD directly at **1-877-377-8673** or recycleright@tnrd.ca.

The local TNRD libraries have additional resources on composting.



THOMPSON-NICOLA
REGIONAL DISTRICT

WHY RECYCLE

We live in a world where resources are finite. According to the United Nations, consumer demand is growing at a faster rate than population growth. Together, these factors are putting extreme pressure on the environment. When done properly, recycling is an easy way to help reduce the pressure on the environment.

Recycling diverts waste from landfills, conserves energy and resources, funds a green economy, and reduces pollution. Landfills are important assets to our community, and we can extend their life by recycling our waste. As our global population grows, this increases the demands on our planet's finite resources. Recycling keeps our resources in circulation, and the economy and uses less energy than extracting raw materials from the earth. Recycling creates local jobs, funds a green economy, and is healthier overall for our planet.

Recycling only works when done properly. Recycling put in the wrong place is not recycling, it's contamination, it will end up costing the recycler more time and money to sort it out, and it will eventually end up in a landfill. Spend a little time setting up your systems, learn how to properly recycle, and purchase recycling-friendly items.

- 1** Set up your system. Place recycling bins in convenient locations in your home. When your indoor bins fill up, take them to larger bins outside, in a shed, or in a garage until they are ready to be emptied or taken to a depot.
- 2** Learn what goes where. Over 100 items are accepted in curbside recycling. If you are not sure, the City's Waste Wise app has a sorting game and a database with hundreds of materials you can search. Take some time and learn where to recycle the things you normally buy.
- 3** Purchase recycling-friendly alternatives. If something you buy is difficult to recycle or can't be recycled, look for alternatives that can be recycled. For example, some coffee pod brands are easier to recycle than others and plastic-lined paper bags can't be recycled. Switch to alternatives that come in recyclable packaging.





It keeps plastic out of the environment.

Responsible plastic management provides social, economic, and environmental benefits, allowing plastics to be used to make new products and packaging, which contributes to a circular economy.

Creates local jobs.

Almost all of the plastic collected is processed in BC. What can't be recycled is turned into engineered fuel that is a direct replacement for traditional non-renewable resources such as coal. This means jobs that are kept in BC and locally.

Over 90% of collected materials are recycled.

That means all of this waste stays out of our landfills and environment. In 2020, 90% of collected material was managed by recycling, 4% was managed by recovery and produced into engineered fuel, and the remaining material—contamination that isn't accepted in the recycling stream—was managed by disposal.

It's easy.

Recycle BC has an accepted material list that is one of the most comprehensive in Canada. This material list continues to grow and includes a wide range of items, including plant pots, coffee cups, plastic bags, flexible plastic packaging (like chip bags and stand-up, zipper-lock pouches), spiral wound cans, aerosol cans for beauty products, and empty coffee pods, either in curbside bins or for some materials, like soft plastics, only at depots.



Canada's Tournament Capital

What Story Will Your Gift Tell?

Born 1922 in Tilburg, Holland, Catharina Anna Humphrey (nee Bruers) witnessed WWII first-hand as a teenager and young adult. The horrendous experiences and memories, of seeing young Dutch men die and German soldiers bullying her father in his grocery shop made a lasting impression on her. Her hardships most likely helped in developing her kind heart as for the rest of her days she led a life of trust in God and giving back to the community in which she lived.



In 1945, Catharina's life would change significantly after meeting her future husband, Bill, during his army service in Holland. They married just a few short months after meeting and as a war bride in 1946; Catharina left her family and home behind to travel by ship to her new country of Canada. She and Bill settled in Chase Creek Valley, where Bill had grown up. It was rough living at first as they had only cold water and had to cut wood for heat in the winter. Catharina was tough and over the next 41 years, she and Bill ranched, logged and built a wonderful life together. The couple had no children but they kept in touch over the years with the many nieces and nephews in Holland.

Bill and Catharina eventually gave up the demands of farming and ranching and after living in Del Oro for a while, retired to Kamloops. After Bill passed away in 2003 from heart issues, Catharina moved within the Dufferin area where she loved walking in

Kenna Cartwright Park. There is now a bench in her memory on Saskatoon Trail. Catharina passed away in 2018 at Royal Inland Hospital. Given that Catharina and Bill had both depended very much on the hospital over the years, they wished to leave their estate as a legacy gift to the hospital.

Both Catherina and Bill experienced heart complications later in life. Through their experience with receiving cardiac care at Royal Inland Hospital, they witnessed the

value of having trained professionals and the proper equipment necessary to deliver this essential type of care. Their legacy gift enabled 275 cardiac (heart) monitors to be purchased and used across the Interior Health region, improving patient access to important diagnostic testing and providing better access for physicians to these reports. A cardiac (or Holter) monitor is a diagnostic test that monitors cardiac rhythms via continuous electrocardiogram (ECG) tracing over 24 hours.

This legacy gift provided all sites with new equipment to replace older monitors and scanning software. The impact of their thoughtful gift expands beyond the reaches of Kamloops to the entire Interior Health region and offers efficient diagnosis for cardiac patients in a variety of communities, in their moment of greatest need. Thank you Catharina and Bill for your generosity, your love of community and support of Royal Inland Hospital.



What story will your gift tell?

For over 100 years, Royal Inland Hospital has grown with our city, providing specialized and advanced care. When you leave a gift in your will to the RIH Foundation, you help ensure the continued success of the hospital and create a legacy of life-saving care for every child, adult and senior in our community.

For more information on legacy gifts, please contact:

Kristy Buchner - Director of Donor Relations
Royal Inland Hospital Foundation
250-682-4232 or Kristy.Buchner@interiorhealth.ca
www.RIHfoundation.ca





Kelly Funk Photography

WELCOME TO THE KAMLOOPS MUSEUM AND ARCHIVES

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

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

architectural drawings contributed by our community.

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

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

KAMLOOPS MUSEUM AND ARCHIVES | 207 SEYMOUR STREET | 250-828-3576

MUSEUM OPEN TUESDAY TO SATURDAY | 9:30AM-4:30PM

ARCHIVES OPEN TUESDAY TO FRIDAY | 1:15PM-4:00PM

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The ONE TO ONE Children's Literacy Program gives students the opportunity to practice their reading skills with a caring, patient adult. This one-on-one time increases their self confidence, their reading fluency and comprehension, and their chance of meeting with success at school and in life.

Tutors read with 3 students for 30 minutes each at a local elementary school once a week, either morning or afternoon, for 12 weeks. They develop a relationship with their students and see them grow as readers. What a rewarding volunteer experience!



To register for a Training Session (held in September and January) or for more information, contact Cami at one2one.kamloops@gmail.com or 250.573.1785



Al

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1-855-RONA-123

rona.ca/install

www.rona.ca

Enjoy the Sport of Curling

At the McArthur Island Curling Club our goal is to promote Curling and provide a welcoming facility where all people can enjoy the sport. Curling can be played by people of any age and ability and is an excellent way to make new friends and have a good time while keeping active and healthy. While most of our leagues are open to all people of all levels of experience, we have a few leagues specifically for seniors as well.

Our Tuesday/Thursday Seniors league is perfect way to be active, social and meet new friends. The McArthur Island Seniors Curling Club Curl every Tuesday and Thursday morning. New players are always welcome and there's no Curling experience necessary to join. There are currently between 60-70 players in the league. Every session the teams are shuffled so you have an opportunity to meet and play with more people from the league.

This season we will be introducing a Stick Curling League. This version of Curling has teams of two players delivering the stones

with specialized push sticks. The games are quicker than a regular Curling game but the fun is the same!

Every season the McArthur Island Curling Club offers two sessions of its very popular Learn to Curl Program. This is an 8 week program which covers the rules and basic techniques needed to get out and enjoy the sport of Curling. Learn to Curl classes are held Wednesday evenings from 7:00-9:00pm. The fall session runs from Wednesday October 12 to November 30, 2022. The Winter session will run from January 11 to March 1, 2023. The program cost is \$99.00 plus GST and includes all coaching and necessary equipment.

Our rink is also available for private bookings and special events.

To register or for more information about the many programs and events offered at the McArthur Island Curling Club please email micc1@telus.net, call 250 554 1911 or visit mcarthurislandcurlingclub.com



FALL + WINTER PROGRAMS!

Ages: 19-99
No curling experience is necessary!

GET CURLING

Learn to Curl: An 8 week introduction to the sport of Curling. The cost is only \$99.00 plus GST and includes all rental equipment.
Fall 2022: October 12 – November 30
Winter 2023: January 11 – March 1, 2023

Tuesday/Thursday Seniors League: An excellent way to stay fit and make friends. Have fun Curling every Tuesday and Thursday morning.

Stick Curling League: Please contact MICC to sign up and for more information!

Wednesday Super Seniors: Our more competitive seniors league. Play against the best every Wednesday morning



For information on these and our other leagues and events please call 250.554.1911, email micc1@telus.net or visit mcarthurislandcurlingclub.com

Endless Opportunities for Julian, Thanks to War Amps!

What began as an Association to assist war amputee veterans returning from the First World War has expanded its programs over the years to support all amputees, including Julian Telfer Wan, of British Columbia.

Julian was born a left hand amputee and grew up with The War Amps Child Amputee (CHAMP) Program, which provides financial assistance for artificial limbs and adaptive devices, as well as peer support. He also attended regional CHAMP seminars where “Champs” and their parents learn about the latest in artificial limbs, dealing with teasing and bullying, and parenting an amputee child.



Julian at a War Amps CHAMP Seminar in 2006 (left) and today (right).



“The War Amps support has meant that I’ve been fitted with devices so that I can take part in a variety of activities, such as riding my bike, kayaking, weightlifting and playing the trombone,” says Julian. “They’ve also given me encouragement and the confidence to succeed.”

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



Jeanne

Leave a lasting gift

with a charitable estate donation in your will. Your support provides essential artificial limbs to amputees of all ages.



The War Amps

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

CRIME STOPPERS

KAMLOOPS & DISTRICT

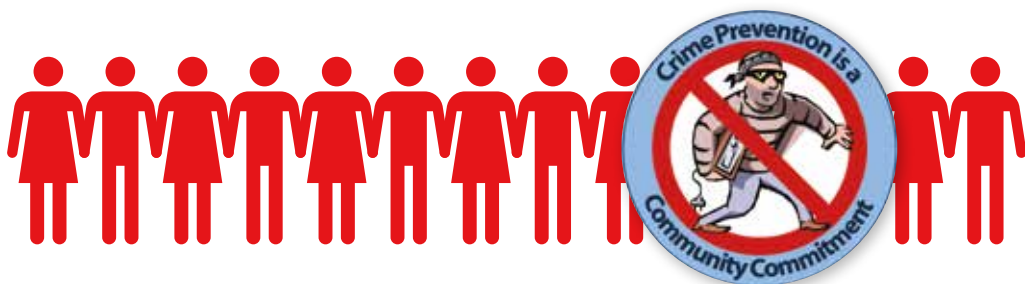
Kamloops & District Crime Stoppers is a non-profit organization that has proudly served this area since 1984! Our number one goal is to receive information from the public anonymously to assist with law enforcement. Our motto is “call law enforcement directly if you see crime happening in real time.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

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

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

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

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



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



CSI Kamloops



- Housing Information
- Personal Assistance and Support
- Community Volunteer Income Tax Program
- Information and Referral
- Advocacy and Mentoring
- Fraud Awareness
- Elder Abuse Awareness
- Take & Bake Meals Program

Three Locations Serving Residents of the Thompson Nicola Region

Brock Shopping Centre
Activity Centre
9A - 1800 Tranquille Road
778.470.6000

Northhills Mall
Information & Referral
25 - 700 Tanquille Road
250.554.4145

Sunrise Centre
(Housing)
167 6 Avenue
236.476.4250

Helping to Find Answers to Questions and Solutions to Concerns
www.csikamloops.ca

Email: info@csikamloops.ca



Like us on Facebook!



The Art *of the* Scam

A scam has a certain art to it, a social science that is deeply rooted in people that they don't even realize is there. I'll take you through some of the science used by scammers.

1. Fear/Confusion

This is the most common exploit. Once they have you scared or confused the chances increase significantly that you will make a mistake. It's one instinct that they know they can use every single time. Confusion with technology is beyond common, and not just the older population; I have seen people of all ages and walks of life get scammed.

2. The "helpful" voice on the line

This is the next step, making you believe that they truly want to help you. They'll do everything for you if you just trust them. Trust should be earned, not given freely. Would you let a random person on the street dig through your purse or wallet? Of course not! Treat your computer with the same level of security.

3. The "if you don't help me, I'll get into trouble" scam

This is truly classic and preys on something most people don't realize is so deeply rooted in our subconscious that

it's actually very easy to exploit. We want to help people. Our parents teach us this since we're born. This is especially true of people in positions of authority, we want to help them. Again, it goes back to trust, a title does not make someone trustworthy. Many will even throw out that it's their first day or week working and they don't want to get fired.

These are just a few of the tricks used in a scam, if you wrap them up into a single call with the right person they are the ultimate combination of deception. Most scammers will ask you for gift cards. I've had to deal with the CRA and I can promise you they do not take Google gift cards. Microsoft or a subcontractor will never, ever call you out of the blue. Check out canada.ca/be-scam-smart for more tips. If you do get scammed, talk to the police as soon as possible. Talk to your friends and family, I know it's embarrassing, but scammers thrive on silence. If it can happen to you, it can happen to anyone. Share your story with anyone who will listen. Finally get a tech professional into your home to make sure no backdoors have been put into your systems. Trust is fine, but always balance it with skepticism. It never hurts, and if it sounds too good to be true then it probably is.

Jeffrey Reade

Owner/Operator
That Tech Guy IT Services
<https://bctechguy.ca/>
250-318-7977





Legion Membership Benefits Veterans

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

When you join the Legion, you support the many services we offer to Veterans, serving military, RCMP, and their families. Veterans put their lives on the line for their country; becoming a member of the Legion is the ultimate way to show your appreciation for that service.

Legion membership also helps provide essential services within our communities, including seniors support services, housing and care for the elderly, drop-in centres, Cadets, youth and sport programs, and much more. If you're currently serving, or retired, as an RCMP officer or in the Canadian Armed Forces, you're eligible for a one-year free membership in the Legion, a one-year subscription to Legion Magazine and access to member benefits.

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

Although the primary mandate of the Legion is its programs and services in support of veterans and their families, many other groups benefit from Legion donations to programs for youth sports, disabled adults, and organizations that focus on the wellbeing of seniors.

Like other Branches, Kamloops Legion supports students with their tuition for university. Branch 52 is fortunate to provide bursaries to the children, grandchildren or great-grandchildren of veterans who have served their country.

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

After more than 90 years in Kamloops, the Royal Canadian Legion continues to serve veterans and to contribute in positive ways in the community. For further information, contact secretary@kamloopslegion.com.

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

Legion



BRITISH COLUMBIA/YUKON
COMMAND

Lounge Hours:

Open Thursday - Sunday 1 pm - 7 pm

Meat Draws Sat & Sun at 2:30 pm

Thursdays: Crib 1 pm. Dinner 5 pm.

Rental Enquiries: secretary@kamloopslegion.com

www.facebook.com/KamloopsLegion/

www.kamloopslegion.com



ROYAL CANADIAN LEGION
BRANCH 52 KAMLOOPS, BC
425 LANSDOWNE STREET
250-374-1742


LEGION

New Kamloops Theme Park Open Now!



KHR Volunteers

exposure to railway artifacts and the delivery of railway history by our guides.

Guided tours that provide information on rail cars and the steam locomotive can be prebooked and special events can be booked utilizing all or part of our facility.

School tours are available for classes from kindergarten to grade eight and can be modified to address requested specific topics.

We are in the process of creating a mini train that hopefully will haul passengers this summer from Pioneer Park to the Sandman Centre and back.

The society is working with theatre groups, car clubs, and other groups and attractions throughout Kamloops area to deliver

a variety of experiences at our location.

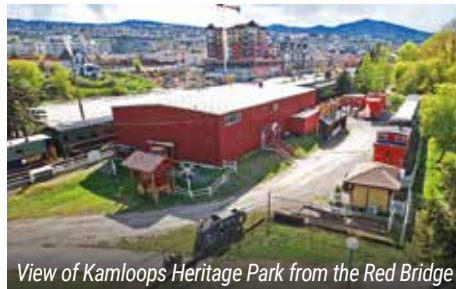
Please come and visit us as we embark on this new endeavour.

Norman Glass, President
Kamloops Heritage Railway Society
250-374-2141 • Info@kamrail.com

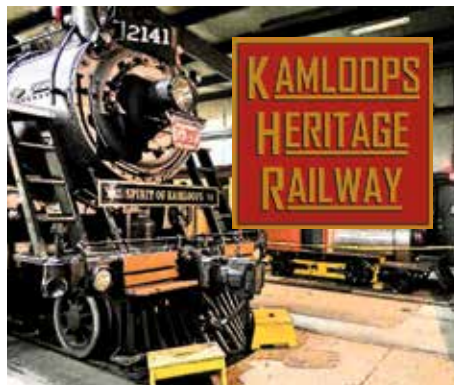
Kamloops Heritage Railway Society is developing a Heritage Rail Park in downtown Kamloops. Located at 40 Mount Paul Way, it is accessible through Pioneer Park and west of the Red Bridge.

This transition from an operating rail experience to the theme park is due partly to our inability to access running time on the CN rail line.

The new Heritage Park will educate, enlighten and entertain the residents of Kamloops and visitors through a first-hand



View of Kamloops Heritage Park from the Red Bridge



Kamloops Heritage Railway Park

40 Mount Paul Way

Hours of operation 10am-4 pm Tuesday to Sunday

May till September

Info@kamrail.com • 250-374-2141

Scheduled Public Guided Tours available.

\$10 per adult, children age 3 to 12 - \$5.

Scheduled School Tours available.

\$100 for classes up to 25 - plus two instructors.

Special event rentals requests accepted.

Reduced hours October to December

TRU Community Legal Clinic Services

By Ted Murray

Since 2016, the TRU Community Legal Clinic has provided free legal services to low-income clients in Kamloops and the surrounding area. These services include representation, drafting of documents, and written summary advice.

The clinic was established both to address the access to justice issues in the community and to provide students at the TRU Faculty of Law with opportunities to gain practical experience by working with real-life clients with real-life legal problems.

The TRU Community Legal Clinic has steadily expanded its services over the past few years and is now able to assist clients with a wider range of legal issues.

Clients must meet financial eligibility requirements, and their issue must fall within an area of law in which TRU Community Legal Clinic is allowed to operate.

Clients are interviewed by student clinicians, who then meet with one of the clinic's supervising lawyers to determine whether we will be able to represent the client. The students complete their legal work under the supervision of our team of lawyers.

Common legal issues TRU CLC can help with include:

Residential tenancy

Employment standards

Small Claims (civil claims under \$35,000 only)

Human rights claims

Simple wills where the estate is worth less than \$25,000 and does not contain real property

Drafting certain documents for family law cases including financial statements and the documents for uncontested divorces.



TRU Community Legal Clinic

Do you need legal advice?

TRU CLC assists low-income clients in a range of legal areas, including residential tenancy proceedings, small claims matters, small wills, representation agreements, and powers of attorney.

Location

204-246 2nd Avenue, Kamloops, BC | 778-471-8490



TRU CLC is funded by the Law Foundation of British Columbia.

tru.ca/law/legalclinic

MCI123553

Stroke Recovery Association of BC

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

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

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

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

Education: learn practical and important information about stroke

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

See our listing under Support Groups in the Resources section

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



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OF BRITISH COLUMBIA



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2823 Pandosy St, Kelowna

Blenz in Orchard Park Centre
2271 Harvey Ave, Kelowna

Blenz in Innovation Centre
460 Doyle Ave, Kelowna

Blenz in Vernon - Downtown
2706 30th Ave, Vernon

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

Blenz in Penticton
284 Main St, Penticton



**Kamloops
Community
YMCA-YWCA**

The Kamloops YMCA-YWCA is committed to promoting the healthy development of spirit, mind and body by encouraging healthy lifestyles, personal growth and service to people within our community in all stages of life. We are proud to offer many programs and

services geared for the active ager! Both our Downtown YMCA facility and the John Tod Centre Y, offer a variety of fitness classes where you not only get the opportunity to improve your health and fitness, but also your social networks.

Programs include but are not limited to....

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

Low cost programs and financial assistance available.

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



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

JOIN TODAY!

Kamloops Community YMCA-YWCA
Downtown Y
400 Battle St.

kamloopsy.ca



Housing

Kamloops

ASSISTED LIVING / EXTENDED CARE

Bedford Manor

Subsidized assisted living, referral through IHA, operated by John Howard Society
100-529 Seymour Street
250.851.7900 Home & Community Care

Berwick on the Park

Independent and assisted living
www.berwickretirement.com/bop
60 Whiteshield Crescent South
250.377.7275
1.866.377.7275
See our ad on Outside Back Cover
See our article on page 36

Brocklehurst Gemstone Care Centre

Long-term Care, Alzheimer's/Dementia Care, Palliative & End-of-Life Care, Recreation & Therapy services
www.brockgemstone.ca
1955 Tranquille Road **778.470.2596**

Chartwell Kamloops Retirement Residence

Independent and Assisted Living
www.chartwell.com
628 Tranquille Road **778.376.2000**

Hamlets at Westsyde, The

Assisted living, long-term care
www.thehamletsatwestsyde.com
3255 Overlander Drive **250.579.9061**
See our ad on page 39

Kamloops Seniors Village

Independent and Assisted living, Complex care
www.retirementconcepts.com
1220 Hugh Allan Drive
250.571.1800
See our ad on page 35

Pine Grove Seniors Community

Premier long-term care facility
www.parkplaceseniorsliving.com
313 McGowan Avenue
250.376.5701 ext. 501

Ridgeview Lodge

Long-term care
www.siennaliving.ca
920 Desmond Street
250.376.3131

Westsyde Care Residences

Residential care, complex care
2980 Westsyde Road
250.579.7675

INDEPENDENT LIVING

Berwick on the Park

Independent and assisted living
www.berwickretirement.com/bop
60 Whiteshield Crescent South
250.377.7275
1.866.377.7275
See our ad on Outside Back Cover
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KAMLOOPS SENIORS VILLAGE

An Independent Living, Assisted Living and Complex Care Community



**Let us help you reach your
retirement goals today**

Call now to book a tour!

**Contact our community specialist today and find
out about our great move-in bonus.**

Retirementconcepts.com

So Nice to Come Home To

ksv.info@retirementconcepts.com | (250) 571-1800

1220 Hugh Allan Drive, Kamloops, BC, V1S 2B3

Ask yourself - Is my current living situation everything I want and need it to be?



Be mindful and cautious as you work your way through the process. What is the cost of in-home support today? What is the availability of this service? What additional services may be needed and what will they cost? What would these services cost in an alternate setting like a retirement or assisted living community? Do you have a plan for addressing unexpected health changes? Which option will provide the most comprehensive health services in the safest environment? The answers

If it is not meeting all of your wants and needs then you must ask yourself “what is the next step?”

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

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

to these questions are crucial to matching the best option to meet your needs.

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

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



Erin Currie,
Community Relations Manager
Berwick on the Park Retirement Community
60 Whiteshield Crescent S., Kamloops, BC
250-377-7275
www.BerwickRetirement.com

Carmel Place

55+ independent living residence
376 Tranquille Road
250.851.9310

Chartwell Kamloops Retirement Residence

Independent supportive living
www.chartwell.com
628 Tranquille Road
778.376.2000

Chartwell Ridgepointe Retirement Residence

Independent and Supportive lifestyle
www.chartwell.com
1789 Primrose Court
778.376.2002

Copperview Suites

55+ Independent Living
www.copperviewsuites.com
941 7 Street, Kamloops
250.574.0562 Patty

Cottonwood Manor

Independent living suites for rent or purchase, some with SAFER subsidy.
 55+ Adult Complex
www.cottonwoodmanor.ca
 • **NorKam Seniors Housing Cooperative Association**
307-730 Cottonwood Ave., Kamloops
250.376.4777
See our ad on this page

Golden Vista Suites

55+ Geared to income rentals
375 Cherry Avenue
 Office: **651 Victoria Street**
250.374.0440 ext. 206

Kamloops Seniors Village

Independent & Assisted Living
www.retirementconcepts.com
1220 Hugh Allan Drive
250.571.1800
See our ad on page 35



1 & 2 bedroom suites available
55+ Adult Complex
Call 250-376-4777 to view

Independent Living with a Sense of Community

NorKam Seniors Housing Cooperative Association

730 Cottonwood Ave, Kamloops BC V2B 8M6

www.cottonwoodmanor.ca

Phone: **250-376-4777**

Fax: **250-376-4792**

info@cottonwoodmanor.ca

Mayfair Manor

Oncore Seniors Society.
Assists seniors to live independently in a safe affordable environment
www.riverbendandmayfair.ca
755 Mayfair Street 778.471.7600

The Residence at Orchards Walk

Retirement Living Re-imagined
www.theresidencekamloops.com
3300 Valleyview Drive 778.362.9525

RiverBend Manor

Oncore Seniors Society.
Assists seniors to live independently in a safe affordable environment
www.riverbendandmayfair.ca
760 Mayfair Street 250.376.6536

Rosethorn House

Supportive housing. Six units dedicated to those with disabilities. Health & wellness support
259 West Victoria Street 236.425.2003

Shores Retirement Residence, The

Independent living, short term respite care
www.siennaliving.ca
870 Westminster Avenue 250.376.0315

Silvercrest Suites

55+ Independent Living
154 Vernon Avenue 250.376.6536 Oncore Seniors Services

The Willows

Seniors Co-op next to Northhills Centre
Office hours Tuesdays 5pm-8pm
105-120 Vernon Avenue 250.376.5800

APARTMENT RENTALS**Aberdeen Apartments**

One and two bedroom apartments
www.kelsongroup.com
949,1051,1103 Hugh Allen Drive 250.299.8740

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Adult oriented, close to hospital, shopping, entertainment, banking
343 Nicola Street 250.828.2231

ASK Wellness Society

Housing outreach and crisis funding, Supportive and transitional housing. Affordable and/or 55+ Housing tenant development info@askwellness.ca
www.askwellness.ca
433 Tranquille Road, Kamloops 250.376.7558

CSI Sunrise Centre

55+ Independent Living
167 6 Avenue 236.476.4250
778.470.6000 Centre for Seniors Information

Carma Court

Senior friendly apartment
1565 & 1585 Tranquille Rd 250.376.1485

Catalina Court

Hot water included, cat friendly
www.kelsongroup.com
642 Fortune Drive 250.554.4590

Central Apartments

Hot water included, cat friendly, elevator
www.kelsongroup.com
209 Nelson Avenue 250.554.4590

Columbia Manor

1 & 2 bedroom units, hardwood floors, covered parking
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1336 Columbia Street 250.851.2826

Edgewater Terrace

Apartment and townhouse complex
www.kelsongroup.com
150 Kitchener Crescent 250.314.4490 Jillian

Interior Community Services

Affordable housing, see website for details, application process
www.interiorcommunityservices.bc.ca
765 Tranquille Road 250.554.3134

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



A Community where
Health & Happiness are a Way of Life

Assisted Living | Long Term Care | Acquired Brain Injury

To book a tour or learn more about our community, please call us directly



**The Hamlets
at Westsyde**

3255 Overlander Drive
Kamloops, BC V2B 0A5

250-579-9061



**The Hamlets
at Vernon**

3050 29th Avenue
Vernon BC V1T 9Y9

236-426-1488



**The Hamlets
at Penticton**

103 Duncan Ave West
Penticton, BC V2A 2Y3

250-490-8503

www.thehamlets.ca

APARTMENT RENTALS / STRATAS**Jason Adam Manor**

Seniors, no smoking, heat, hot water included, elevator, cat friendly
www.kelsongroup.com

845 Tranquille Road
250.554.4590

Kelly Adam Manor

Heat, hot water, elevator, cat friendly
www.kelsongroup.com

1370 Tranquille Road
778.765.5343

Lejeune Manor

Affordable 55+ apartments, no smoking
www.lhsbc.ca

289 Maple Street
250.376.3653

See our ad on page 41

The Lightwell

Residential apartments, mix of strata ownership and rentals
www.thelightwell.ca

444 St. Paul Street **250.372.5550**

Lilac Manor

Personalized room & board, specializing in elderly & mental health
[Facebook.com/pg/LilacManorKamloops](https://www.facebook.com/pg/LilacManorKamloops)

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250.554.5459

Marquess of Lorne, The

Exceptional condos downtown Kamloops
www.themarquessofof.lorne.ca

586 Lorne Street
250.318.2938

Nelson Manor

Hot water included, cat friendly
www.kelsongroup.com

688 Fortune Drive **250.554.4590**

Northland North Kamloops Apartments

Adult oriented apartments
www.northlandmanagement.ca

250.376.1427

Northland South Kamloops Apartments

Apartment complex
www.northlandmanagement.ca

250.314.1135

PA & JM Gaglardi Senior Citizens Society

Affordable independent living for 60+
174 St. Paul Street

250.374.1616

Peterson Landing

In-suite laundry, granite counters, A/C, stainless steel appliances
www.petersonlanding.com

1430 Summit Drive
778.765.5349

Ponderosa Place Apartments

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

250.372.7483

Rembrandt Apartments

Two bedroom townhouses, 1 & 2 bedroom apartments

www.kelsongroup.com
293 Arrowstone Drive
250.819.3691

Ronald Adam Manor Apartments

www.kelsongroup.com
1015 Tranquille Road
778.765.5343

Thompson Villa

Adult oriented, no smoking, no pets
520 Battle Street

250.319.2542 Linda

Valleyview Manor

Senior, elevator, covered parking
www.kelsongroup.com

174 Oriole Road **250.851.2826**

Viscount Villa

Senior, elevator, heat and hot water
www.kelsongroup.com

277 Arrowstone Drive
250.819.3691

Ashcroft

Thompson View Manor & Lodge

Independent and assisted living

710 Elm Street, Ashcroft

250.453.9223 Manor - Independent

Living, low income seniors

250.453.0085 Lodge - Assisted Living

Barriere

Terry's Place

Six bed residence for adults with developmental disabilities. Funded by Community Living BC **250.672.9470**

Enquire: Interior Community Services

765 Tranquille Road, Kamloops

250.554.3134

Yellowhead Pioneer Residence Society

Hospitality, personal, assistant services

4557 Barriere Town Road, Barriere

250.672.9707 Home/Community Care

Chase

Parkside Community

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

www.ParksideCommunity.ca

743 Okanagan Avenue, Chase

250.679.1512

250.320.0400 **1.866.930.3572**

Shuswap Illahee Lodge

Seniors 55+; individuals with a disability

333 Wilson Street, Chase

Enquire: Interior Community Services

765 Tranquille Rd, Kamloops

250.554.3134

Sun Valley Estates, Chase

Affordable housing for the active over 50

www.chasesunvalleyestates.com

317 Shepherd Road

250.679.8059

Clearwater

Evergreen Acres Senior Housing Society

55+ Independent Living

[Facebook.com/Evergreen-Acres-Senior-Housing-Society-607687859422950](https://www.facebook.com/Evergreen-Acres-Senior-Housing-Society-607687859422950)

2-144 Evergreen Place **250.674.0099**

Logan Lake

Meadow Creek Vista

Rental housing for those 55+, people with disabilities. For more information, contact Canadian Mental Health Association

250.374.0440 ext. 206

Merritt

ASK Wellness Society

Assists with housing issues: rental crisis funds, damage deposit assistance, short term rent subsidies www.askwellness.ca



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www.lhsbc.ca admin@lhsbc.ca

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250.315.0098

Nicola Apartments

www.columbiaproperty.ca
1703 Menzies Street, Merritt
250.315.5097

Nicola Meadows

Independent & Assisted living
Facebook.com/NicolaMeadowsMerritt
2670 Garcia Street 250.378.4254

Phelan Seniors 55+ Complex

Nicola Valley Senior Citizens Housing Society
2336 Jackson Avenue
250.378.2555

The Florentine

Independent and assisted living
www.theflorentine.ca
4100 Belshaw Street
250.378.5300

Salmon Arm

Lakeside Manor Retirement Residence

Retirement living for active independent seniors with spectacular lake views
www.lakesidemanor.ca
681 Harbourfront Dr. NE, Salmon Arm
250.832.0653
1.844.832.0653

Housing Related / Home Services

BC Housing

Provincial agency that delivers a range of housing programs including managing and delivering subsidized and supportive housing, financial assistance for home adaptations for people with disabilities, assisting low-income eligible seniors with rent payments in private market. For more info and to see if you may be eligible, visit www.bchousing.org/programfinder
1.800.407.7757 Mon-Fri 8:30am-4:30pm
continued...

- **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

- **Seniors Housing Programs**

Offered by BC Housing and include Home Adaptations for Independence (HAFI), Supportive Housing, Rental housing and assistance, Subsidized Housing
www.bchousing.org/housing-assistance
See our ads on page 43

- **Licensing & Consumer Services**

Home Owner Protection Act, Public Registry of Licensed Builders, New Home and Education Registry
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
www.bcscla.ca **1.888.402.2722**

Canada Mortgage & Housing Corp.

National housing agency providing mortgage loan insurance, mortgage-backed securities, housing policy & programs, housing research.
 First Nations programs & assistance
www.cmhc.ca
2000-1111 W. Georgia St., Vancouver
1.800.668.2642
1.800.309.3388 TTY

Condominium Home Owners Association of BC, The

Promotes understanding of strata living and interests of strata property owners
www.choa.bc.ca

26-1873 Spall Road, Kelowna

250.868.1195 ext. 4

1.877.353.2462

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



Need adaptations to increase safety and accessibility?
Get up to **\$17,500** in rebates for adaptations to your home.

Learn more at bchousing.org/BC-RAHA



Make your rent more affordable



The Shelter Aid for Elderly Renters provides eligible seniors with monthly assistance to help with their monthly rent payments.

To discover if you are eligible, call **1-800-257-7756** or go to www.bchousing.org/calculator

For eligibility requirements and information on how to apply www.bchousing.org/safer



Habitat For Humanity Kamloops

Registered charity, not for profit that builds houses for low-income families, seniors and special needs persons

<https://habitatkamloops.com>

800 Fortune Drive

250.828.7867

- **Habitat for Humanity Kamloops Restore**

Help us build houses by donating your new and used furniture, home decor, building supplies, tools and more. We accept donations at the centre or call us for pick-up information.

800 Fortune Drive

250.828.7867

See our article on page 45

Home Owner Grant

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

www.gov.bc.ca/homeownergrant

1.800.663.7867 Mon-Fri 7:30am-5pm

Houzz

The new way to design your home. Decorating and remodeling ideas and inspiration. Kitchen, bathroom, bedroom, outdoor design. Find local pros.

www.houzz.com

Independent Living BC

Affordable assisted living apartments for seniors & people with disabilities through Independent Living BC program

www.bchousing.org/Initiatives/Creating/ILBC

1.800.257.7756

Kamloops Native Housing Society

Subsidized housing, housing support

742 Mount Paul Way

250.374.1728

LiveSmart BC Partner Incentives

Check website for current rebates/offers

- www.fortisbc.com/offers

- www.bchydro.com/powersmart.html

Residential Tenancy Office

Provides landlords and tenants with information regarding their rights and responsibilities. Aid in resolving disputes related to tenancy

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

1.800.665.8779 Mon-Fri 9am-4pm

Tenant Resource & Advisory Centre

TRAC - Promotes the legal protection of residential tenants by providing information, education, support, and research on tenancy matters-including dispute resolution. Offers webinars and in-person workshops to tenants and advocates across BC

www.tenants.bc.ca

604.255.3099 ext. **225** request workshop

1.800.665.1185 InfoLine Mon-Tue-Thur-Fri 1pm-5pm, Wed 5:30pm-8:30 pm

Retirement Living Guide

Free downloadable eBooks. Sign up for e-newsletter for tips and advice. Discover what life in a retirement community is really like, types of communities available, downsizing tips, financial advice, more.

www.comfortlife.ca/ebooks/

Home Improvements**Rona Kamloops**

Check website for weekly promotions

www.rona.ca

416 Mount Paul Way

250.372.2236

See our ad on page 23

Walk-In Tubs BC

Western Canadian Health Products Ltd

Designed to accommodate every size of person and bathroom

www.walkintubsbcc.com

250.682.4932

See our ads pgs 54, 55. Article page 12

What's in store at the NEW ReStore Store!



we are the only outlet that also accepts donations from building contractors, plumbers, electricians, hotel owners, realtors, and other manufacturing suppliers on a larger scale.” Miller’s initial introduction to the Restore Store was through donating his own excess building materials, back in the day. “I was hooked on the ReStore and what Habitat stood for. The ReStore is essentially the retail outlet and the

As many may know, Habitat Kamloops was founded in 2000 as a non – profit charitable society. Habitat recognizes the increased need for more attainable housing. Habitat Kamloops is committed to developing diverse housing options that will provide solutions across a spectrum of affordability. Bringing communities together to help families, veterans, seniors, single parents, special needs groups, and indigenous peoples. Based in Kamloops, British Columbia, we serve communities in four regional districts in the central & northern interior including: Thompson-Nicola, Cariboo, Columbia- Shuswap and Fraser-Fort George.

Habitat Kamloops ReStore Grand Opening was held May 14th, 2022 at there new location, 800 Fortune Drive, Kamloops - which was the previous Penny Pinchers location on the North Shore.

Executive Director, Bill Miller was joined by his team, and other dignitaries at the grand opening to celebrate this event. “It was a long time coming as we searched for the perfect location,” said Miller. “There are many, many, second hand stores in the city these days, all supporting other worthy causes. Although, we accept housewares, including furniture and appliances too,

fundraising companion that supports the Habitat for Humanity cause. With the need for affordable housing in crisis, Kamloops Habitat for Humanity is currently completing two First Nations homes in Neskonlith, four single family homes are currently under construction in Blind Bay, a 21 residential project in the planning process in Salmon Arm, an expansion of the Sorrento Lions Senior Manor and 6 single-family homes in Merritt, BC. Bill Miller is quick to confirm, “All of these projects are directed for deserving families in need in their community.

” How can you help? Come visit the new Restore Store! Donate good quality household items, appliance or furniture. If you’re a contractor, donate your excess supplies.

Support of Classic Car Raffle by purchasing a ticket(s) to win a 1968 Camaro SS Convertible, in the Classic Car Raffle. It’s because of people like you and help our organization make a difference in people’s lives.

Every one - needs a place to call home



Habitat For Humanity Kamloops
www.habitatkamloops.com
 800 Fortune Drive
 250.828.7867



Health

Medical Organizations & Services

Advance Care Planning: My Voice

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

Alcohol & Drug Information & Referral Service

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

ALS Society of British Columbia

Amyotrophic Lateral Sclerosis
To meet physical & emotional needs of ALS patients and their caregivers
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>
Alzheimer Resource Centre
405-235 1st Avenue, Kamloops
250.377.8200 **1.800.886.6946**
1.800.936.6033 First Link Dementia
Helpline Mon-Fri 9am-8pm English

Arthritis Society

Committed to excellence and leadership in research, care, education and advocacy for persons with arthritis
www.arthritis.ca
895 W. 10th Ave., 3rd Floor, Vancouver
1.800.321.1433 Info/Donate M-F 9am-5pm

BC Brain Injury Association

Providing leadership for developing, driving, implementing a provincial strategy to improve the lives of people who live with acquired brain injury
www.brainstreams.ca

BC Cancer Agency

Cancer care program for people of BC
www.bccancer.bc.ca
• **399 Royal Avenue, Kelowna**
250.712.3900
1.888.563.7773

• Royal Inland Hospital Cancer Centre

In partnership with BC Cancer Agency
311 Columbia Street
250.314.2734 Mon-Fri 8:30am-3:40pm

• Screening Mammography

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

BC Epilepsy Society

Provides information and referral, support services to people with epilepsy

www.bcepilepsy.com

604.875.6704 Vancouver

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

<https://esebc.org>

112-32868 Ventura Avenue, Abbotsford

1.866.374.5377 Mon-Fri 10am-4pm

www.bclupus.org

1.866.585.8787 Call for more information

BC Schizophrenia Society

We provide support and education for families who have a loved one with serious mental illness. Also available for community education and presentations. See Support Group info on page 81

www.bcscs.org

250.571.6955 Rosanne, BCSS Educator
email: thompsonnicola@bcscs.org

BC Lung Foundation

Check 'Support for You' (Patient Support) on their website. Questions about your breathing? Call for advice **1.800.665.5864**
<https://bc.lung.ca>

BC Lupus Society

Dedicated to conquering one of the most unpredictable, devastating diseases; giving caring support to those who suffer from its brutal impact. Anyone can get lupus and there is no cure *continued...*

BC Seniors' Guide

Compilation of information & resources to help us all plan for and live healthy lifestyles as we age. Info on federal & provincial programs. Sections on benefits, health, housing, transportation, finances, safety & security. You can down-load/print, read it online, or order a hard copy. To order, contact the Office of the Seniors Advocate. www.gov.bc.ca/seniorsguide
1.877.952.3181 M-F 8:30am-4:30pm

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Ask the Denturist

Do I need a referral?

No, you do not need a referral. Denturists are denture specialists and work very closely with your dentist or dental specialist to provide you with personalized and custom dental work that fits each individual's needs. All of our work is done on the premise, ensuring quality control and care. Our services include complete and partial dentures, immediate dentures, dentures over implants, partials over implants, relines, rebases, and repairs.

How long are dentures supposed to last?

Many people believe that dentures last forever. However, dentures should be checked on an annual basis. Wearing an ill-fitting denture without having them regularly checked, can cause damage to your mouth that may require surgery. Once the oral cavity has been damaged, it makes wearing dentures very difficult and painful. A regular visit with your denturist allows for problems to be prevented and your dentures to be professionally cleaned.

What are the indications for having dentures checked?

Your body is constantly changing, including your mouth, however, your denture does not change. Here are some indications that your dentures should be checked:

- 1) dentures that fall out when speaking, eating or laughing

- 2) sore spots that go away and come back again
- 3) problems with eating
- 4) changes in facial features including wrinkles
- 5) dentures that are rarely worn

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

What are immediate dentures?

Immediate dentures are placed directly after your natural teeth have been extracted. They require extra care and adjustment; however they allow the patient to not have to go without teeth. Visit your denturist for a consultation to formulate a treatment plan that suits your needs.

What is a reline/rebase?

Reline or rebase is required when bone and tissue have changed due to shrinkage. A reline/rebase adds material to your denture to make up for this difference.

Can my denture be repaired if it is broken?

Yes, in most cases a repair is possible if the denture is in relatively good condition. Your denturist will be able to assist with same day repairs for your convenience.



Robby Jaroudi

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www.kamloopsdenturist.ca



Natural Smiles

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Kamloops, BC | 250-374-9443

www.kamloopsdenturist.ca

10-2025 Granite Avenue

Merritt, BC | 1-888-374-9443

www.merrittdenturist.ca

BrainTrust Canada

Community rehabilitation and support for persons with brain injury, as well as a strong focus on education & prevention
www.braintrustcanada.com

11-368 Industrial Avenue, Kelowna
250.762.3233 1.888.762.3233

Canadian Cancer Society

Information, resources, support for cancer patients & their families
www.cancer.ca

- **1.800.403.8222** Interior Regional Office
- **1.888.939.3333** Information Services
- **1.866.786.3934** TTY

Canadian Cancer Society

Southern Interior Rotary Lodge
 A home away from home facility for cancer patients while accessing treatment at Kelowna Cancer Centre

2251 Abbott Street, Kelowna
250.712.2203 1.866.786.3934 TTY

Canadian Celiac Association

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

1.877.736.2240 Toll Free in BC

Canadian Institute for Health Information (CIHI)

Better Data. Better Decisions. Healthier Canadians. Subscribe to newsletter
www.cihi.ca

250.220.4100 Victoria office

Canadian Liver Foundation

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

1.800.856.7266 Vancouver
1.800.563.5483 Here to Help

Canadian Mental Health Association

National charity that helps maintain and improve mental health for all Canadians. Promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness

www.kamloops.cmha.bc.ca

651 Victoria Street
250.374.0440

1.888.674.0440
www.cmha.bc.ca

1.800.555.8222 BC Division
310.6789 Need Help Now? Support Line

CNIB Foundation

Addresses important issues that are facing those who are blind or partially sighted - with program and services. Includes families, friends, and caregivers

www.cnib.ca
106-460 Doyle Avenue, Kelowna
250.763.1191
1.800.563.2642

Cerebral Palsy Association of BC

Mission to making a *Life Without Limits* for people with CP, other disabilities
www.bccerebralpalsy.com

1.800.663.0004 Vancouver M-F 9am-5pm

Crohn's & Colitis Canada

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

- **MyGut** is a free, easy-to-use app that enables you to track, understand and manage your journey with Crohn's disease or ulcerative colitis
<https://crohnsandcolitis.ca/Support-for-You/MyGut>
- Kamloops Chapter on Facebook
[@getgutsykamloops](https://www.facebook.com/getgutsykamloops)
1.800.513.8202

Denturist Association of BC

Everything you want to know about dentures, where to find a local denturist
www.denturist.bc.ca

604.886.1705

Diabetes Canada BC & Yukon

Promotes the health of Canadians through research, education, services, advocacy. Diabetes Canada is stepping up to rally Canadians together to end diabetes
www.diabetes.ca

1.800.226.8464 Information Line

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 www.healthlinkbc.ca/healthy-eating-physical-activity

Dial 8-1-1**Dial 7-1-1 TTY****HealthLink BC**

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

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

Includes recipes, menu plans, information on good nutrition. Find online or order a free copy by calling HealthLink BC English, French, Chinese, Punjabi www2.gov.bc.ca - search for above title

Dial 8-1-1**Dial 7-1-1 TTY****HealthyFamiliesBC**

Health promotion plan to encourage healthier choices. Food & Nutrition, Activity & Lifestyle, Aging Well. Online blog www.HealthyFamiliesBC.ca

Heart & Stroke Foundation

Promotes health through research, education, services and advocacy www.heartandstroke.ca

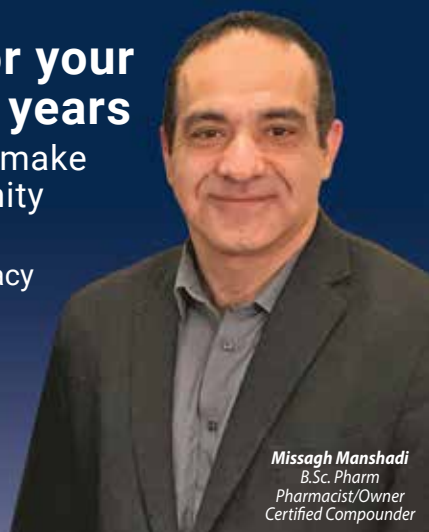
200-885 Dunsmuir Street**Vancouver, BC V6C 1N5****778.372.8000****1.888.473.4636**

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Kidney Foundation of Canada BC

Volunteer organization committed to reducing the burden of kidney disease.

<https://kidney.ca>

1.800.567.8112

- Kidney Community Kitchen
Manage your renal diet - info, cookbook (meal plans, recipes, FAQs)
www.kidneycommunitykitchen.ca
- Kamloops Support Group - see meeting info on pg. 81 - office closed during Covid
www.kidney.ca/britishcolumbia/kamloops
250.376.6361 Edna

Kamloops Mental Health & Substance Use

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

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250.377.6500 Mon-Fri 8:30am-5pm

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Adult programs include Fitness classes, CPR, First Aid, Better at Home, Yoga, Osteofit, Nutrition and Wellness

<https://www.loganlakewhy.ca>

1 Opal Drive 250.523.6229

Medic Alert Foundation

Emergency medical info services. One of three Canadians have a condition paramedics need to know about

www.medicalert.ca

1.800.668.1507

Medical Services Plan of BC

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www2.gov.bc.ca > click on 'Health'

1.800.663.7100 Mon-Fri 8 am-4:30 pm

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MS Society of Canada

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

1.800.268.7582 Peer Support Program

- **604.424.0126** Laurie, Comm. Services Coordinator. Call ahead for appointment

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

www.muscle.ca

1.800.567.2873

Osteoporosis Canada

At least 1 in 3 woman and 1 in 5 men will suffer from an osteoporotic fracture during their lifetime. Disease is often undiagnosed

www.osteoporosis.ca

1.800.463.6842 Mon-Fri 9am-5pm ET

Pacific Blue Cross

Health benefits plans for individuals and families, small/large business, travel plans

www.pac.bluecross.ca **1.800.873.2583**

Parkinson Society British Columbia

Address the personal and social consequences of Parkinson's Disease.

See pg. 81 for Support Group mtg. info

www.parkinson.bc.ca **1.800.668.3330**

PharmaCare

Helps BC residents with the cost of eligible prescription drugs, and certain medical supplies and pharmacy services

www2.gov.bc.ca > search for 'PharmaCare'

1.800.663.7100 M-F 8am-8pm, Sat 8-4

Prostate Cancer Foundation BC

Help individuals, their families understand and cope with prostate cancer, provide up to date medical information and individual support. Check website for Kamloops PC Support Group or call

250.376.4011 Larry Reynolds

www.prostatecancerbc.ca

1.877.840.9173

Spinal Cord Injury BC

We help people with spinal cord injuries adjust, adapt, and thrive. We are the best information on living well with a spinal cord injury in BC

www.sci-bc.ca

1.800.689.2477 BC InfoLine M-F 9-5

Tyler Tingle, Kamloops Volunteer Peer

Mentor tingle@sci.bc.ca

Vascular Improvement Program

Healthy Heart Program, Cardiac Rehab
 Focuses on ways to prevent heart disease. Physician referral necessary.
 Clinical Services Building **311 Columbia Street, Level 2**
250.314.2727

Vision Loss Rehabilitation Canada

Provides rehabilitation therapy and health-care services for those with vision loss
<https://visionlossrehab.ca>
190-546 St. Paul Street, Kamloops
1.844.887.8572 M-F 8:30-4:30 by appt.

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250.374.9443
- **10-2025 Granite Avenue, Merritt**
www.merrittdenturist.ca
1.888.374.9443

See our article & ad on pages 48, 49

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Medical Alarm Systems**Thompson Lifeline**

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1.888.339.6598
See our ad on page 61



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When it comes to Walk-in Tubs across British Columbia, we take pride in our position as one of the best options with only the highest quality products affordably priced. Our walk-in tubs and materials come from a Canadian manufacturing company that has been in business since 1992; they are well-established in the field and have a wonderful track record of success. That gives you the reassurance that parts will continue to be available and warranties are backed up with integrity.

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Okanagan Service Area office, Kelowna
250.765.3465 Mon-Fri 9am-1pm

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16-700 Tranquille Road
250.373.1075 Northhills Shopping Centre
 See our ad on page 57

National Seating & Mobility

Provider of complex rehabilitation seating, mobility and positioning systems
www.nsm-seating.ca

25A-1967 East Trans Canada Hwy.
236.425.1235
 See our ad on page 59

Pharmacies

Kipp-Mallery IDA Pharmacy

Pharmacy & Home Health Care
www.kippmallery.ca

- **273 Victoria Street, Kamloops**
250.372.2531 **1.800.482.0134**
 - **102-5170 Dallas Drive** **778.469.5271**
 - **207-755 McGill Road** **236.425.0025**
- See our ad on Inside Back Cover

Manshadi Pharmacy

Trusted Advice, Wholesome Care

- **374 Tranquille Road**
250.434.2526
 - **477 St. Paul Street** **250.372.2223**
- See our ad on page 51

Pharmasave

Visit one of our **Live Well Pharmacists** for all your health and wellness needs. Three participating locations to serve you
www.pharmasave.com
 See our ad on page 5

Shoppers Drug Mart

Earn rewards with your PC Optimum card
www.shoppersdrugmart.ca

- **1800 Tranquille Rd.**, Brock Centre
250.376.5611
- **1210 Summit Drive**, Columbia Place
250.374.0477
- **700 Tranquille Rd.**, Northhills Centre
250.376.9010
- **2121 TC Hwy E.**, Valleyview Square
250.374.3131

See our ad on Inside Front Cover

Walk-In Tubs

Walk-In Tubs BC

Western Canadian Health Products Ltd

Enjoy the safety and benefits -- especially for those with mobility issues
www.walkintubsbc.com

250.682.4932
 See our ads pgs. 54, 55, article pg. 12

X-Ray Clinics

Downtown X-Ray Clinic

All requisitions accepted. Lower level
 Lansdowne Mall

downtownxray@gmail.com
107-450 Lansdowne Street
250.377.0773

See our ad on page 47

Health Facilities

Interior Health Authority

www.interiorhealth.ca

- **Interior Health Crisis Line**
1.888.353.2273 available 24/7

Safe at Home by



**Special
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POWER LIFT RECLINERS

20% OFF*

- Lowers and raises user with ease
- Available in a wide range of sizes & styles
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MOBILITY SCOOTERS

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Motion Kamloops
Northhills Shopping Centre
700 Tranquille Rd., Unit 16
(250) 373-1075
kamloops@motioncares.ca

www.motioncares.ca/safeathome

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

• **Interior Crisis Chat**

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

• **Interior Health Vulnerable & Incapable Adults Reporting Line**

Investigates reports of abuse, neglect, and self-neglect of vulnerable adults
1.844.870.4754 report or call for info

• **Patient Care Quality Office**

We welcome your comments. If we have not met your expectations, we are committed to working with you to find a reasonable solution. Your feedback is our chance to improve the care or services we provide.
505 Doyle Avenue, Kelowna, 5th Floor
patient.concerns@interiorhealth.ca
1.877.442.2001 Mon-Fri 8:30am-4:30pm

Chase Primary Health Care Clinic
825 Thompson Avenue 250.679.1400

Clearwater Community Health
Call to verify hours of operation
640 Park Drive 250.674.314

Kamloops Home & Community Care
Offers a variety of at-home and community services for people with acute, chronic, palliative, personal care, or rehabilitative health care needs

37-450 Lansdowne Street Lower Level
250.851.7900 8am-9pm 7 days a week
250.851.7940 Kamloops Community Clinic

Kamloops Primary Care Clinic
Primary Health
36-450 Lansdowne Street
250.851.7954 Mon-Fri 8:30am-4:30pm

Kamloops Public Health Unit
519 Columbia Street
250.851.7300 Mon-Fri 8:30am-4:30pm
1.866.847.4372

Kamloops Urgent Primary Care
Mon-Sun 10am to 10pm (7 days/week)
Service is for patients who require medical attention, but not in an emergency. For less serious injuries. Patients will be seen by a physician, physiotherapist, nurse, social worker or other clinician
311 Columbia Street (street level - front of Royal Inland Hospital)
250.314.2256 Call to book same day appointment - no walk-ins.

Logan Lake Health Centre
5 Beryl Drive 250.523.9414

North Shuswap Health Centre
2-3874 Squilax Anglemont Road
Scotch Creek
<https://www.nshealthcentre.ca>
250.955.0660 Mon-Thur 9am-4pm. Fri 9am-2pm. Check online calendar, call for appointment. Foot care, Public Health, bi-weekly Lab services - blood, ECG's

North Shore Primary Care Centre
Access to General & Nurse Practitioners.
Call 8-1-1 to register on a wait list
103-376 Tranquille Road
250.312.3288 Mon-Sat 8am to 8pm

Overlander Residential Care
Access via IHA case mgr., Assisted Living
953 Southill Street, Kamloops



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As seniors ourselves, we value knowledgeable advice and fair prices!

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- We carry the exclusive Canadian Health First line of supplements
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Open 10am - 5pm Tuesday to Saturday
Located in Sahali Mall **250-828-6680**

Ponderosa Lodge

Short term services to allow residents to return home, or while waiting for a permanent bed in residential care. Long term care. Respite rooms. Contact Home & Community Care to determine eligibility
425 Columbia Street 250.374.5671

Kamloops Seniors Health & Wellness Centre, Lab Services

Patient referral by family doctor, nurse practitioner, or specialist
61-700 Tranquille Road (Northhills Centre) 250.312.3290 Mon-Fri 8:00am-4pm

Q'wemtsin Health Society

Advances holistic health by providing programs, services, education - see web www.qwemtsin.org

130 Chilcotin Road, Kamloops 250.314.6732 Mon-Fri 8:30am-4pm

Scw'exmx Community Health Services

Serving area bands of Coldwater, Nooaitch and Shackan *continued...*

<http://schss.com>

103-2090 Coutlee Avenue, Merritt 250.378.9745 Mon-Fri 8am-4:30pm

Sun Peaks Community Health Centre

Summer - mid-April to November
 Winter - most wkends for virtual visits only
www.sunpeakshealth.com

3115 Creekside Way, Sun Peaks 778.644.0635 Check online calendar, call for appointment

Urban Aboriginal Health Centre

201-376 Tranquille Road Kamloops (above Manshadi) 250.376.1991 Mon-Fri 9am-4pm

HOSPITALS**Ashcroft Hospital and Community**

Health Care Centre M-F 8am-6pm.
 Hospital Emergency hours 6 pm Fri to 8 am Mon. Closed stat holidays

700 Ash-Cache Creek Highway 250.453.2211 1.877.499.6599



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 Crutches | Bathroom Safety | Hospital Beds**

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 8:30 a.m. to 5:00 p.m.

www.nsm-seating.ca

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 Easy Rent-to-Own
 Free In-Home Demos



HOSPITALS... continued...**Dr. Helmcken Memorial Hospital**

Visiting hours 2 pm-8 pm daily

24/7 Emergency Services**640 Park Dr., Clearwater 250.674.2244****Nicola Valley Hospital & Health Centre**

24/7 Emergency Services, Rehab & Physiotherapy, Public & Mental Health, Home & Community Care Nursing & Home Support, Lab (book online) and X-ray. Out-patient services Mon-Fri 7:30am-3pm

3451 Voght Street, Merritt**250.378.2242 Hospital****Royal Inland Hospital**Unrestricted visiting hours. After 8 pm, use main entrance, sign in with Security. Parking \$1.50/hour, up to \$6 per visit
Emergency Services 24/7. Parking \$1.50/hour, 3 hour maximum**311 Columbia Street 250.374.511****Walk In Clinics**Hours correct as of May 2022. For wait time and information for clinics on the Medimap system, go to www.medimap.ca**Virtual Walk In Clinics**

- **iMedicine Canada Landmark Centre**
Kipp-Mallery Pharmacy
207-755 McGill Road
236.425.0025 ext 4 M-F 9am-5pm
- **iMedicine Clinic @ Kleo's Pharmacy**
90B-1967 Trans-Canada Hwy.
778.765.1444 ext. 2 M-F 9am-3pm
- **Kinetic Energy Healthcare & Wellness**
Same-day booking & patient registration by phone starting at 7am Mon-Fri.
www.kamloopskineticenergy.com/walk-in-clinic
207-450 Lansdowne Street
250.828.6637

**Become a Volunteer Driver Today!**

Did you know that the simple act of driving your car can help cancer patients? Help people with cancer in your community get to and from treatment.

Find the volunteer opportunities in your area.

Register now at cancervolunteer.ca
or call
1-888-939-3333.



Canadian
Cancer
Society

**WHEELS
OF HOPE**

Tips for seniors to lead a healthier lifestyle



Make your home safer

Start by reviewing your home for common tripping or falling hazards:

- Remove telephone cords from walkways and stow safely behind furniture.
- Secure or remove throw rugs or securing them using double sided tape.
- Replace loose bathmats with non-slip ones.

Keep moving and feel better

Be cautious and consult with a physician if you haven't exercised in a while.

- Incorporate some exercise every day even if it is only a couple of minutes to start.
- Walk the hallways of your building or home if you are not comfortable walking outside.
- Visit www.lifeline.ca (Tools & Tips for Senior Safety section) to see Fitness Tips or request a brochure by calling the number below.

Exercise your brain

Keep sharp with these entertaining activities:

- Work on a jigsaw puzzle, crossword, or Sudoku for a great brain workout.
- Tap into your creative side with adult colouring books, painting/sketching, or writing.
- Visit www.lifeline.ca to see some more Brain Games.

Eat properly and make nutrition a priority

A well balanced diet is key but our needs change as we age:

- Select foods rich in vitamins, protein, iron, calcium etc.
- Ask your doctor if you may need a multi-vitamin or specific vitamin supplements.
- Make eating enjoyable by eating with other when possible.

Take medications properly

Be sure to talk with your doctor or pharmacist about your medications (including prescription, over the counter and vitamins). Here are some questions to consider:

- For how long should I take this medicine?
- When should I take this medicine? (e.g. morning? evening?) and how should I take it (e.g. with food? water?)
- Are there side effects I should know about?
- Are there foods or drinks I should avoid with this medicine

Prepare for the unexpected

A fall or medical emergency could happen at any time:

- Ask: If I were to fall, how would I get help if I couldn't reach the phone?
- A medical alarm is a great option if you spend time alone; manage a chronic condition; live independently and want to feel more confident.

For more information about a medical alarm or copies of helpful resources contact:

Rhandean Lacktin

Lifeline Community Representative, Thompson Region Lifeline

250-374-3540 or 1-888-339-6588 • www.lifeline.ca

Sources: <https://www.lifeline.ca/en/resources/tools-tips-for-seniors-safety/>

Lifeline

Falls can happen at any time.

Lifeline with AutoAlert can automatically detect a fall and call for help.¹

Call Today :

THOMPSON LIFELINE

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

Mention **code 1355** and receive a **Free Month Trial**²

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





Professional

Computer Service/Repair

That Tech Guy IT Services

Professional Technology Assistance

<https://bctechguy.ca>

250.318.7977

See my ad on pg. 63, article on pg. 28

Consumer

Better Business Bureau

Promotes marketplace fairness, honesty

www.bbb.org

404-788 Beatty St., Vancouver V6B 2M1

604.682.2711 Mon-Fri 9am-5pm

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

www.antifraudcentre.ca

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

Consumer Protection Authority

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

www.consumerprotectionbc.ca

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

National Do Not Call List

Gives consumers a choice to reduce the number of telemarketing calls by registering your residential, wireless, fax

or VoIP telephone number

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

1.866.580.3625 Mon-Fri 8:30-4:30

1.888.362.5889 TTY

Scams & Fraud

For information on common scams, go to the RCMP website, click on 'Scams and fraud' (Quick Links) www.rcmp-grc.gc.ca

Financial

BC Assessment

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

www.bccassessment.ca

805 Renfrew Avenue, Kamloops

1.866.825.8322

BC Securities Commission Investor Education

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

www.investright.org

1.800.373.6393 Mon-Fri 8am-5pm

RBC Dominion Securities

Norman Cooper

Investment & Wealth Advisor

www.normancooper.ca

186 Victoria Street, Suite 402

250.434.4733

See our ad and article on page 9

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.
www.icbc.com/insurance/costs/pages/discounts-and-savings.aspx

Legal

Access Pro Bono Society of BC

To advance access to justice by developing, facilitating opportunities for the effective provision of high-quality pro bono legal services to people and non-profit organizations of limited means
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
www.cbabc.org **1.888.687.3404**

Clicklaw

Provides legal information, education and help for British Columbians. Solve legal problems - understand your rights; common legal questions. Learn about laws and the legal system. Find help. The public window to legal reform, innovation
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
www.clasbc.net
1.888.685.6222 Vancouver

Dial-a-Law

A library of scripts prepared by lawyers. It offers general information on a variety of topics on law in BC, but not legal advice. Free service available in English, Chinese and Punjabi via the Internet and by phone
<https://dialalaw.peopleslawschool.ca>
1.800.565.5297 Recorded Information

Franca Muraca Notary Public

Being of service and connecting with people are what I am most passionate about
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301-619 Victoria Street
778-696-4LAW
 See our ad on page 65

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Lawyer Referral Service

Access Pro Bono enable members of the public to consult with a lawyer for 30 minutes at no charge

www.lrsbc.org

1.800.663.1919 Mon-Fri 8:30am-5pm

Legal Services Society

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

www.legalaid.bc.ca

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

- Louise Richards, Barrister & Solicitor
702-235 1st Avenue, Kamloops
Mon to Thur 8:30am-12 noon, 1-4:30pm
250.314.1900
- Louise Richards, Barrister & Solicitor
Kamloops Courthouse
2nd Floor, 455 Columbia Street
Mon-Wed-Thur 9am-11:30am
- **Family Law In BC**
LawLINE lawyers give brief 'next stop' advice about family law issues such as parenting, child/spousal support, property division, family agreements, adoption and court procedures.
Mon-Tue-Thur-Fri 9am-3 pm, Wed 9-2:30
<https://familylaw.lss.bc.ca/call/family-lawline>
1.866.577.2525
- **My Law BC** Action plan to your legal issue. Choose a pathway, answer questions, and get your action plan.
<https://mylawbc.com>

People's Law School

Provides public legal education and information. Work out your everyday legal problem on a good number of topics. Q&A on website - Frequently asked questions
www.peopleslawschool.ca

604.331.5400 Vancouver

- Wikibooks Law School booklets available: Being an Executor, Writing your Will, Power of Attorney and others

Public Guardian and Trustee of BC

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

www.trustee.bc.ca

1345 St. Paul Street, Kelowna

Interior-North Regional Office

250.712.7576

Seniors First BC

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

www.seniorsfirstbc.ca

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

1.855.306.1443 TTY

Thompson Rivers University

Community Legal Clinic (TRU CLC)

Students from the TRU Faculty of Law assist low-income clients in a broad range of legal areas. Services include representation in residential tenancy proceedings and drafting documents such as powers of attorney and small wills for estates less than \$25,000

www.tru.ca/law/legalclinic

204-246 2nd Avenue

778.471.8490

See our ad and article on page 31



Policing

Crime Stoppers Kamloops & District

Cash awards (up to \$2,000) for information leading to an arrest. See web for details www.kamloopscrimestoppers.ca
1.800.222.8477 Anonymous Tip Line
See our ad & article on page 26

North Shore Community Police Office

The Crime Prevention Unit is operated out the Community Policing office. The programs include Speed/Cell Watch, Lock Out Auto Crime, Business Watch, Restorative Justice, Victim Services, and Community Crime Prevention. Visit www.kamloops.ca/crimeprevention - for requests, volunteerism, more information
915 7th Street
250.376.5099

Merritt Community Policing

Crime Prevention Office works with community partners to identify the roots causes of crime-strives to prevent/reduce crime through education, awareness. Volunteer opportunity-see web for details <https://www.merritt.ca/city-services/community-policing>
2026 Granite Avenue
250.378.3955

RCMP Victim Services

Offering service to victims and witnesses of crime & trauma. Assistance includes

crisis intervention, emotional support, information regarding police investigation/ court processes, court orientation/ accompaniment services, safety planning and community referrals. To access services, please call...or attend...

- **Kamloops RCMP Victim Services**
250.828.3223 Mon-Fri 8:30am-4:30pm
915 7 Street, North Shore Community Policing office
- **Chase RCMP Victim Services**
226 Shuswap Avenue
250.679.8638 24/7
- **Clearwater RCMP Victim Services**
205 Dutch Lake Road
250.674.2577 or **250.674.7963**
- **Merritt RCMP Victim Services**
2999 Voght Street
250.378.5699

Royal Canadian Mounted Police

www.rcmp-grc.gc.ca
 Non-emergency online crime reporting...
www.kamloops.ca/rcmp
 Non-emergency: **250-828-3000**
Emergency only: dial 9-1-1

Seniors Guidebook to Safety & Security

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



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- ◆ Power of Attorneys
- ◆ Representation Agreements



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Arts and Culture

Chase & District Museum & Archives

Preserve & Present. Gift shop, Art gallery
<https://www.chasemuseum.com>

1042 Shuswap Avenue, Chase
250.679.8847

Kamloops Art Council

The art and soul of our community
www.kamloopsarts.ca

Office and KAC Main Gallery
Tue-Fri 10-5, Sat 10-4, closed 12-1 daily
7 Seymour Street West
250.372.7323

Kamloops Art Gallery

Engages minds to realize a vibrant
community

www.kag.bc.ca

101-465 Victoria Street 250.377.2400

• The Gallery Store

www.facebook.com/TheGalleryStore

Tuesday to Saturday 10am-5pm

250.377.2400

Kamloops Family History Society

Promotes and encourages the study of
Family History and Genealogy. See web
site for programs and meeting schedule
www.kfhs.org

Kamloops Festival of the Performing Arts

See website for 2022 Trophy, Plaque &
Scholarship recipients, other information

www.kfpa.ca

250.312.0400

Kamloops Live! Box Office

Tickets: Kamloops Symphony, Pavilion
Theatre, Sagebrush Theatre, Western
Canada Theatre, other events
Mon-Sat Noon-5pm. Purchase online 24/7
www.kamloopslive.ca

1025 Lorne Street

250.374.5483

1.866.374.5483

Kamloops Museum & Archives (KMA)

Tue-Sat 9:30am-4:30pm

Archives: Tue-Fri 1:15-4pm.

www.kamloops.ca/museum

207 Seymour Street 250.828.3576

250.828.3611 Arts, Culture, Heritage

See our article and ad on pages 20, 21

Kamloops Players Society

Your oldest local community theatre,
always welcoming of fans, new members

www.kamloopsplayers.com

Stage House Theatre

422 Tranquille Road

250.572.4265

Kamloops Symphony

Live orchestral music performances,
music education, related music services.

See website for ticket information

www.kamloopssymphony.com

6-510 Lorne Street

250.372.5000 Mon-Fri 9am-5pm

See our ad and article on page 8

Nicola Valley Museum & Archives

Visit the past without a time machine!

www.nicolavalleymuseum.org

1675 Tutill Court, Merritt

250.378.4145

Sagebrush Theatre

Home to Western Canada Theatre,
Kamloops Symphony, road house for
many local and national performances
www.sagebrushtheatre.ca
1300 9 Avenue (purchase online)
250.374.5483 Kamloops Live! Box Office

Secwepemc Museum & Heritage Park

Preserving the language, history and
culture of the Secwepemc people
<https://secwepemcmuseum.ca>
200-330 Chief Alex Thomas Way
250.828.9749 Closed TFN

The Kamloopa Powwow

One of largest celebrations of First
Nation's culture and heritage in Western
Canada. July 29-31, 2022. Free
admission: Elders/Seniors 65+, & disabled
Kamloopa Powwow Society
www.facebook.com/kamloopapowwow
200-330 Chief Alex Thomas Way
250.828.9700

Western Canada Theatre

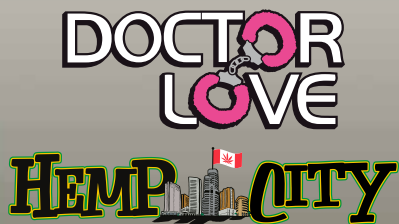
Sagebrush Theatre, Pavilion Theatre
Kamloops' own, producing high-quality
professional theatre www.wctlive.ca
1025 Lorne Street **250.372.3216**
• **Kamloops Live! Box Office**
www.kamloopslive.ca 24/7
250.374.5483 **1.866.374.5483**
See our ad on page 71

Leisure**BC Fishing Licences**

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

BC Parks

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day after Labour Day to June 14 of

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7 Days a Week

shadesofgreencannabis.ca

236-425-1842

519 Victoria Street,
Kamloops, BC

BC Parks continued...

following year for frontcountry campsites

www.discovercamping.ca

<http://bcparks.ca>

1.800.689.9025 Call Centre

- **Campsite Fees for Seniors**

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

BC Old Time Fiddlers' Association

Encouraging & promoting the art of Old

Time Fiddling & Violin playing. See web

site for details, branches around BC

www.bcfiddlers.com/kamloops

250.376.2330 Florence

BC Seniors Games Society

55+ BC Games are one way to help

those 55+ enrich their lives, get active,

keep fit. Although competition is an

important aspect, active participation in

sport, recreation and culture is the goal.

See website for Zone 5 contacts. Games

in Greater Victoria, Sept. 13-17, 2022

www.55plusbcgames.org

778.426.2940 Sydney, BC

BC Wildlife Park

Wildlife park and rehabilitation centre for

orphaned and injured wildlife

www.bcwildlife.org

9077 Dallas Drive, Kamloops

250.573.3242

Farmers' Markets (BC Association of)

www.bcfarmersmarket.org

- **Barriere Farmers' Market**

Thursday, May 5 to Oct. 27 10am-1pm

Sam's Pizza/Ribs, Yellowhead Hwy. S

Winter Market, Every other Sat 10-1,

November to April at Senior Centre

www.Facebook.com/Barriere-Farmers-Market

250.319-1640 Jayne

- **Celista Hall Farmer's Market**

Wed 9am-1pm June 29-Sept 14. North

Shuswap Community Hall grounds.

Produce, crafts, baking, live music,

ready-to-eat food

www.Facebook.com/CelistaHallFarmersMarket

250.955.6483 Diane

- **Chase Farm & Craft Market**

Fridays 10am-2pm May to October 7

200 Shuswap Avenue

[Facebook.com/chasefarmandcraftmarket](https://www.facebook.com/chasefarmandcraftmarket)

- **Clearwater Farmer's Market**

Every Saturday May to Thanksgiving

Dutch Lake Community Centre field

[Facebook.com/clearwaterfarmersmarket](https://www.facebook.com/clearwaterfarmersmarket)

250.674.3530 Dianna

- **Desert Hills Ranch Farm Market**

Large variety of farm grown produce

April to November. 9am-5pm

<http://deserthillsranch.com>

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

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

Desert Hills Taco Stand

250.453.9878

- **Kamloops Farmers' Market**

www.kamloopsfarmersmarket.com

250.682.7975 Greg

- Sat. April 23 - Oct 29 8:30am-12:30pm

200 Block of St. Paul Street

- Wed. May 4 - Oct 26 8am-1:30pm

400 Block of Victoria Street

- **Nicola Valley Farmers' Market**

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

[Facebook.com/nicolavalleyfarmersmarket](https://www.facebook.com/nicolavalleyfarmersmarket)

Voght Street at Merritt Avenue, Merritt

250.378.9703 Diana

- **Scotch Creek Farm & Craft Market**

Sundays - late June to Labour Day

9:30am-1:30pm. Local produce/crafts.

The Hub field

4113 Squilax-Anglemont Road

250.679.2166 Connie

- **Sun Peaks Market Day**

Sundays-June 19-Oct 19, 9:30-1:30pm

Products: local farmers, ranchers and

artisans

www.sunpeaksresort.com

250.578.5386

Hat Creek Ranch

Historic Ranch from the 1870's, Open May

to Sept. Explore life during BC's Gold Rush

days. Tours, Camping, cabins, restaurant

www.historichatcreek.ca

250.457.9722

1.800.782.0922

Kamloops Blazers Hockey Club

Seniors 65+ discount seasons tickets

www.blazerhockey.com**300 Lorne Street****250.828.1144** Ticket info**Kamloops Heritage Railway**

New Heritage Rail Park in DT Kamloops

www.kamrail.com**40 Mount Paul Way****250.374.2141***See our ad and article on page 30***Kamloops Recreation Services**Register for courses in Active Living, Aquatics, Cooking, Dancing, Fitness in Motion, Gardening & Landscapes, Yoga and much more kamloops.ca/tcc• **Tournament Capital Centre****910 McGill Road 250.828.3500***See our ad on this page***McArthur Island Curling Club**Seniors, Men's, Ladies Leagues, Learn to Curl program-fall and winter sessions www.mcarthurislandcurlingclub.com**1665 Island Parkway, Kamloops****250.554.1911***See our ad and article on page 24***Probus Clubs**

The purpose of a Probus (Professional Business) Club is to bring together retired and semi retired persons who have backgrounds of responsibility.

Check website for meeting info for

Kamloops, Kamloops Grasslands, Kamloops Desert Hills and Thompson Rivers clubs

www.probus.org**Tourism Kamloops**Planning your visit to Kamloops? For the latest on events, activities, restaurants, visit our website or follow us on Facebook www.tourismkamloops.com**250.372.8000** Mon-Fri 8:30am-4:30pm**RV Owners Lifestyle Seminar**An annual event at Okanagan College Kelowna Campus, **1000 KLO Road** Opportunity for new, or seasoned or wannabe RV owners to gain valuable knowledge on RV operations, maintenance and safety. Also travel tips, health on the road, destinations, full-time RV living. Lifestyle Seminar dates are June 17-20, 2022www.rvda.bc.ca/rv-owners-lifestyle-seminars**778.574.4522** Mon-Fri 8:30am-4:30pm**Sun Peaks Resort**Canada's second largest ski area - 4,270 acres across three skiable peaks. Over 37 km. of groomed and track set Nordic trail. Award-winning skiing, snowboarding, golf, mountain biking, lodging, dining www.sunpeaksresort.com**1280 Alpine Road, Sun Peaks****250.578.5542** Activities Desk**250.578.5380** Member Services**250.578.7232** Snow Report**Stay active at any age or stage of life!**

Get a Fieldhouse Pass* for the Tournament Capital Centre for only \$21.40/month.

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



Canada's Tournament Capital

For information on senior services, visit Kamloops.ca/Seniors

Travel

Air Canada

Services for customers with disabilities. Identify special needs when booking
www.aircanada.ca www.flyjazz.ca
1.888.247.2262

BC Ferries

BC seniors 65+ travel free on most BC Ferries Mon-Thur except holidays. Passenger fares only - with valid I.D.
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
www.thefriendshipforce.org

Kamloops Airport at Fulton Field

(YKA) For flight reservations, call your air carrier. For flight information, ground transportation, airport services, check web site or your PC or mobile device
www.kamloopsairport.com
250.376.3613 Mon-Fri 8am-4pm

National Geographic Expeditions

World wide travel - with boundless chances to be surrounded by natural wonders and exotic wildlife. Trips that match your interest - whether you are a foodie, hiker, birder or archaeology buff.
www.nationalgeographic.com/expeditions
1.888.966.8687

Road Scholar

Not-for-profit world's largest, most innovative creator of experiential learning opportunities. Unsurpassed offerings
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
www.hellobc.com

Traveller Information System

Road, weather conditions, webcams, plan your route, mobile traveller info
www.drivebc.ca
1.800.550.4997 BC Highway Conditions

Worldwide Quest

Experiential travel since 1970
Expert-led small group tours in nature, culture and the arts
www.worldwidequest.com
1.800.387.1483 M-F 6am-2:30pm PT

Activity Centres

Ashcroft-Cache Creek Senior Society

Friendship, learning and joy have returned. Carpet Bowling, Cards, Pool, Bridge, Rimmoli, Bingo, Strawberry Tea, Fall Bazaar
601 Bancroft Street, Ashcroft
250.453.8943

Ashcroft HUB

Contribute to the vitality of the community and satisfy the needs of our residents through wellness, recreation and the arts. Variety of activities & events to connect with the community. Full-service fitness centre and fitness classes. Visit for a tour
<https://ashcrofthub.ca>
711 Hill Street, Ashcroft
250.453.9177 Mon-Thur 8am-8pm, Friday 8am-4pm

Barriere & District Seniors Society

Bingo, Carpet Bowling, Adult Day Program (Interior Health), Fun Cards, Community Paramedic, Monthly breakfast & dinners, Winter Farmers Market
barriereseniorssociety@gmail.com
4431 Barriere Town Road, Barriere
250.672.0025 Seniors Hall

Chase Creekside Seniors

Canasta, Carpet Bowling, Guys & Gals Exercise, Crib, Snooker, Wood Carving, Wist, Wed Night Jam sessions, WiFi
Chase Seniors Centre
542 Shuswap Avenue **250.679.8522**

CSI Kamloops

Connecting individuals in Kamloops and district with services and resources to help them address life changes
www.csikamloops.ca

- **CSI Information Centre**
25-700 Tranquille Road 250.554.4145
 Northhills Shopping Centre
- **CSI Activity Centre**
9A-1800 Tranquille Road 778.470.6000
See our ads on pages 7, 27

Evergreen Acres Seniors Centre

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

Falkland Seniors Branch 95

Social activities, monthly lunches, bake sales. Hall rental with kitchen \$50
5706 Highway 97, Falkland
250.308.2562 Janice, President

Kamloops Aboriginal Friendship Society

Provide and promote culturally based, inclusive programs, supports & activities to enhance holistic well-being and pride in Urban Aboriginal Peoples. See website for Programs & Services, more
<https://www.kafs.ca>
125 Palm Street 250.376.1296

Lakeview Community Centre Society

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

Little Fort Recreation Society

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



WCT
 WESTERN CANADA
THEATRE

World-class professional live theatre serving Kamloops and region for over 45 years!

Offering classic musicals, family entertainment, poignant plays, new Canadian and Indigenous work, and more.

Learn more at wctlive.ca

The Wizard of Oz CAST (2022) | Director JAMES MacDONALD | Choreographer TRACEY POWER | Set Design NARDA McCARROLL | Costume Design STEPHANIE KONG | Lighting Design JOHN WEBBER | Scenic Painter HANS SAEFKOW | Photo by BARBARA ZIMONICK

Logan Lake Seniors 50+

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

Logan Lake Wellness, Health & Youth

Society. Connect-Educate-Empower
Healthier Lifestyles for a Stronger
Community. Classes, programs and drop-
in fitness for all ages!

<https://loganlakewhy.ca>

1 Opal Drive, Logan Lake 250.523.6229

Merritt Senior Centre

Pool, Cribbage, Whist, Rumolli, Bingo,
Exercise, Floor Curling, Shuffleboard,
Friday Luncheon
Merritt Seniors Association

1675 Tutill Court, Merritt 250.378.3763

North Shore Community Centre Society

Purpose is to relieve loneliness, improve
mobility & fitness for North Shore seniors.
Provides recreation, education, cultural
activities, other programs. Check website
for activities and calendar of events.

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

Savona and Area 50+

Weight Loss Club, Exercise, Carpet
Bowling, Crib, Canasta, Darts
Savona Seniors OAPO Branch 129
Savona Seniors Centre

6605 Buie Street
250.373.2555 Yvonne

Royal Canadian Legion Branch #52

Darts, Crib, Meat Draws, Hospital
Outreach, various support services.
Bursary Program, Veteran assistance,
Poppy Campaign, Cadet Liaison. Hall
rental available www.kamloopslegion.com
[www.Facebook.com/KamloopsLegion](https://www.facebook.com/KamloopsLegion)
425 Lansdowne Street 250.374.1742
See our ad and article on page 29

Seniors' Community Centre at Desert

Gardens Hosts a variety of programs
for seniors and the general public. Wide
variety of activities promoting fitness,
social interaction and education.

www.desertgardens.ca

540 Seymour Street, Kamloops
250.372.5110

Sorrento Drop-In Society

Goal is to support friendship and well
being through activity and information. A
place to socialize and become part of the
community. See website for Upcoming
Events & Events Calendar. Sunday Church

1148 Passchendaele Road
250.675.5358 www.sdis.ca

Wells Gray Country Seniors Society

Carpet Bowling, Men's Shed Drop-in, Sit &
Be Fit, Drop-In Crib, Writers' Circle, Book
Club, Hiking Group, Meat Draw, Legion
Dinner. Dutch Lake Community Centre

209 Dutch Lake Road, Clearwater
250.674.8185 Lynne

www.districtofclearwater.com/seniors/seniors-activities/



Mr Shades Media

LIVE Streaming  &  LIVE

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

GIVE US  SUBSCRIBE ON 

Resources



Charities, Foundations

Before You Give...

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

BC Cancer Foundation

Make a gift in memory to honour the life of a loved one, friend, family member
www.bccancerfoundation.com
399 Royal Avenue, Kelowna V1Y 5L3
250.712.3921 **1.866.230.9988**

BC Interior Community Foundation

Donate & help Create Community in our Thompson Nicola & South Cariboo region
www.bcicf.ca
2-219 Victoria St., Kamloops V2C 2A1
250.434.6995 Tue, Wed, Thur 9am-1pm
See our ad and article on pages 10, 11

BC SPCA

Registered charity dedicated to protecting and enhancing the quality of life for domestic, farm and wild animals
www.foreverguardian.ca - for estate gifts
1.855.622.7722 Call to make a donation
See our ad on page 75

• Kamloops Branch

www.sPCA.bc.ca/branches/kamloops/
2816 Tranquille Road V2B 0H9
250.376.7722

Canadian Cancer Society

Make a one-time gift, monthly gift, honour gift, memorial gift
www.cancer.ca - Click on 'Donate'
330 Strathcona Avenue
Kelowna, BC V1Y 5K7
1.800.403.8222

Canadian Red Cross

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

CSI Kamloops

Registered Charity; helps seniors with advocacy, Thank you for helping us help others: legacy funding, planned giving or individual donations - online, mail, phone, or in person
www.csikamloops.ca
9A-1800 Tranquille Road
Kamloops V2B 3H4
778.470.6000
See our ads on pages 7, 27

Chase & District Health Services Foundation

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

Charities, Foundations *cont'd***Clearwater & District Hospice Society**

Provides trained volunteers to support families and their loved ones with bereavement and end of life care, at home, or in the Dr. Helmcken Memorial Hospital in Clearwater

**249D Glen Rd., Clearwater V0E 1N2
778.208.0137**

Habitat for Humanity Kamloops Society

Registered charity, not for profit that builds homes for families in need
<https://habitatkamloops.com>

**800 Fortune Drive
Kamloops, BC V2B 2L5 250.828.7867**
See our article on page 45

Heart & Stroke Foundation

In Memoriam, In Honour, or general donations.

www.heartandstroke.ca
**200-885 Dunsmuir St., Vancouver V6C1N5
778.372.8000 1.888.473.4636**

Kamloops Art Gallery

Registered charity, not-for-profit society
www.kag.bc.ca

**101-465 Victoria Street V2C 2A9
250.377.2400**

Kamloops Hospice Association

Supporting families and loved ones with end of life compassionate care since 1981. Offering a 12 bed Hospice House and Cooper Community Resource Centre
www.kamloopshospice.com

**72 Whiteshield Crescent S.
Kamloops V2E 2S9 250.372.1336**

• **Flutter Buys Thrift Store**

Brock Shopping Centre
**14-1800 Tranquille Road
250.376.1335 Mon-Sat 9am-5pm**

Kidney Foundation of Canada BC

Donation options: General, Tribute-In Honour, Tribute-In Memory, Planned Giving
1.800.567.8112
<https://kidney.ca/Get-Involved/Make-a-Gift>

Logan Lake Wellness, Health & Youth Society.

A non-profit organization that promotes health of mind and body by encouraging a balanced lifestyle and personal growth while providing services to all ages in our community. Donate online, by mail or by phone

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

Nicola Valley Health Care Endowment Foundation

Enhancing Health Care in Nicola Valley since 1984 www.nvhcef.com/donations

**PO Box 1423, Merritt, BC V1K 1B8
250.315.1832**

Royal Inland Hospital Foundation

Your donations do amazing things
www.rihfoundation.ca

**311 Columbia St., Kamloops V2C 2T1
250.314.2325**

See our ad and article on pages 18, 19

Sunshine Foundation of Canada

Dreams for Kids since 1987

www.sunshine.ca
**100-300 Wellington Street
London, ON N6B 2L5
1.800.461.7935**

Terry Fox Foundation, The

Working together to outrun cancer

www.terryfox.org

**160-8960 University High Street
Burnaby, BC V5A 4Y6
1.888.836.9786**

Thompson Nicola Cariboo United Way

Help change lives in your community

www.unitedwaytnc.ca

**286 Tranquille Rd., Kamloops V2C 1Z4
250.372.9933 1.855.372.9933**

Thompson Rivers University Foundation

Provides funds for the financial support of students, research and infrastructure at TRU. A gift is an investment in the future of higher education <https://tru.ca/foundation.html>

250.828.5264

Variety-the Children's Charity

Learn how to leave a legacy gift to Variety
www.variety.bc.ca
4300 Still Creek Drive
Burnaby, BC V5C 6C6
604.268.4038 310-KIDS (5437)

The War Amps

Committed to improving the quality of life for Canadian amputees, including children in the Child Amputee (CHAMP) program
www.waramps.ca
2827 Riverside Dr., Ottawa, ON K1V 0C4
1.800.250.3030
See our ad and article on page 25

Education

CAA Road Safety Program

Seniors Driving: How aging can affect driving, assess & maintain your driving skills, adjusting driving habits, renewing

your driver's license, good vision, driving at night, medications and driving, fitness & driving, signs that driving habits should change - declining skills, alternatives to driving, online videos, tools, and more
<https://www.caa.ca/driving-safely/senior-drivers/>

Kamloops Adult Learners Society

Lifelong learning for adults in the day-time. See website for course calendar Mon-Fri 9am-4pm. Closed 12-1pm
www.kals.ca
1550 Island Parkway 250.376.1525

Literacy In Kamloops (LinK)

Literacy helps us participate fully in family, work and community
<https://sites.google.com/view/literacyinkamloops>

c/o Henry Grube Education Centre

245 Kitchener Crescent, Kamloops
250.319.9653 Outreach Coordinator



Your everlasting love will always protect them.

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

Charitable Number: 11881 9036 RR0001

BCSPCA
 SPEAKING FOR ANIMALS

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



foreverguardian.ca

Nicola Valley Institute of Technology
 BC's Indigenous Public Post-Secondary
 Institute
www.nvit.ca
4155 Belshaw Street, Merritt
250.378.3300 1.877.682.3300

ONE TO ONE Children's Literacy Program
 Become a volunteer tutor and open the
 world of reading to a child!
one2one.kamloops@gmail.com
250.573.1785
See our article on page 22

St. John Ambulance
 Courses & Training, CPR and First Aid.
 See web for Online Training Programs
<https://bc.sjatrainng.ca>
627 Victoria Street
250.372.3853

Simon Fraser University
Liberal Arts and 55+ Program
 Opportunity to learn for the joy of learning,
 enhance your creativity, sharpen your
 critical thinking skills. See website for
 programs and details
www.sfu.ca/liberal-arts
1.844.782.8877

Thompson Rivers University
 Liberal Arts and 55+ Program. Tuition
 discount for those 55+. Open Learning
 offers distance learning You can complete
 online & distance courses and programs
 anytime, anywhere.
<https://www.tru.ca/distance>
1.800.663.9711

Library Services

Okanagan Regional Library
 Books, movies, music and more
www.orl.bc.ca/hours-locations
250.860.4033 Kelowna Admin Office

Thompson-Nicola Regional Library
 Computer classes, adult programs,
 ebooks and traditional collections. Check

online monthly calendar for programs
 across the system. Mobile library
www.tnrl.ca
100-465 Victoria Street, Kamloops
250.372.5145

Meal & Food Programs

CSI Kamloops
 Take & Bake Meals - Entrees, Soups,
 Desserts. Single portions starting at
 \$3.00. Pick up at all three locations
www.csikamloops.ca/takeandbake.htm
 • **9A-1800 Tranquille Road**
 • **25-700 Tranquille Road, Northhills Mall**
 • **Sunrise Centre**
167 6 Avenue
See our ad on page 7

Kamloops Food Bank
 Sharing food. Feeding hope. Strengthening
 community. You can donate at bins at
 local grocery stores - check website for
 client services, hours and requirements.
 Volunteer opportunity
<http://kamloopsfoodbank.org>
171 Wilson Street 250.376.2252

Mount Paul Community Food Centre
 A welcome space where people come
 together to grow, cook, share, and
 advocate good food.
236.421.1011
140 Laburnum Street
[www.interiorcommunityservices.bc.ca/
 programs/food-security](http://www.interiorcommunityservices.bc.ca/programs/food-security)
www.kamloopscares.ca - register here
 • **Community Meals** Dine-in service,
 Monday & Thursday noon to 1pm
 • **Grocery Shopping for Seniors** - orders
 and deliveries. Tue, Wed, Thur.
Phone 2-1-1
 • **Food Hamper Deliveries for Seniors**
 Once a month. Contact Better at Home
250.828.0600
 • **Meals on Wheels** Paid menu selected
 meal delivery. Tuesday & Thursday by a
 dedicated volunteer. Standard meals and
 frozen meals available. Monthly invoicing
250.376.3660

Programs & Groups

Advocacy Access Program

Disability Alliance BC

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

Better at Home

United Way helping seniors remain independent
www.betterathome.ca

- Logan Lake Wellness Health & Youth
www.loganlakewhy.ca/better-at-home
1 Opal Drive, Logan Lake
250.320.3676 Amanda
- Interior Community Services
www.interiorcommunityservices.bc.ca/programs/seniors
765 Tranquille Road, Kamloops
 • **250.828.0600** Kamloops
 • **250.457.1019** Ashcroft, Cache Creek
 • **250.280.3015** Nicola Valley

CanGo Grannies Kamloops

Support African grandmothers to raise and educate their AIDS orphaned grandchildren through funding for Stephen Lewis Foundation. New members welcome
<http://cangogrannies.weebly.com/>
 Membership-Nancy njkillick@hotmail.com

City of Kamloops: Seniors Services

Our site provides links to volunteer/ community-based seniors' programs such as the Snow Angels and Yard Waste Pick-up programs, as well as links to other community seniors' resources
www.kamloops.ca/seniors
910 McGill Road
250.828.3582 See our ad on page 69

Elizabeth Fry Society

Kamloops & District

Active community based non-profit agency offering programs, services in the areas of housing and community justice. Focus on women and youth. Legal Services.
<https://kamloopsefry.com>
702-235 1st Avenue Office
250.374.2119 call for appointment

Emergency Management BC

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

Gamblers Anonymous

A fellowship of men and women who share their experience, strength and hope. Meetings every Thursday 7pm to 8 pm Desert Garden boardroom
554 Seymour Street (far right door)
www.gabc.ca/kamloops
1.855.222.5542 Toll Free Hotline



Not sure what goes where?

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



Visit Kamloops.ca/WasteWise

Gardengate Horticulture Program

Promotes healthy eating and active living for persons with addictions, mental health conditions.. Workshops. Volunteer opportunities. Managed by Open Door Group www.opendoorgroup.org
915 Southill Street 250.554.9453

Kamloops Brain Injury Association

We advocate for and provide specialized programs for survivors of acquired brain injuries. Facilitate education and awareness in the community. Every year 160,000 people experience brain injury
www.kbia.ca

408 Victoria Street 250.372.1799

Kamloops Immigrant Services

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

448 Tranquille Road
778.470.6101 Mon-Fri 8:30am-4:30pm
1.866.672.0855

Kamloops Sexual Assault Counselling Centre.

Community-based victim services, Counselling services for all ages
www.ksacc.ca

- **601-235 First Avenue, Kamloops**
250.372.0179 M-F 8:30-4:30, closed 12 noon to 1 pm
- **830 Thompson Avenue, Chase**
250.299.8792 Call for appointment
- **5 Beryl Drive, Logan Lake...and...**
601 Bancroft, Ashcroft
250.682.4380 Call for appointment
- **1.888.974.7278** Crisis Line 24/7

Kamloops Society for Community Inclusion

Dedicated to enriching the lives of adults with diverse abilities, and promoting... community inclusion in every form
<https://inclusionkamloops.ca>

521 Seymour Street
250.374.3245 Mon-Fri 8am-4pm

- Simply The Best Thrift Store
 Facebook: [simplythebestthriftstore](https://www.facebook.com/simplythebestthriftstore)
662 Seymour Street
250.377.8335 Mon-Sat 9:30am-4pm

Kamloops White Cane Club

If you have visual impairment, and want to get to know others with low or no vision, this is a friendly place to be
www.facebook.com/whitecaneclub4U
250.376.4900

United Empire Loyalists

Organization promoting Canadian history. Everyone welcome
<https://uelac-thompsonokanagan.com>
250.469.8348 call for info - Marie
250.838.9652 President Sandra Farynuk

VictimLink BC

Confidential multilingual 24/7 telephone help line for victims of family and sexual violence, all other crimes. See website for details of services offered
 email: VictimLinkBC@bc211.ca
www.victimlinkbc.ca
1.800.563.0808 24/7 Call or text

Volunteer Kamloops

Engaging a Community that Volunteers
www.volunteerkamloops.org
705 Seymour Street
250.372.8313 Tue-Fri 9am-4pm

Resource Centres**ASK Wellness Society**

Resources to assist people on the journey from streets to homes to health, to employment. Public phone, computer, fax, street-shower/laundry, food/clothes
www.askwellness.ca

433 Tranquille Road, Kamloops
250.376.7558 Mon-Fri 8:30am-4:30pm
1-2196 Quilchena Avenue, Merritt
250.315.0098 Mon-Fri 8:30am-4:30pm

CSI Kamloops

CSI Offers Advocacy, Elder Abuse Education & Support, Resource Library, Information and referral, Year-round CRA Income Tax Return, Fraud Awareness, Government Forms & Facts, Lunch program, socialization & activities. Large

rental space for community events, special occasions, celebrations of life.
 Take & Bake Meals www.csikamloops.ca
 • **9A-1800 Tranquille Road**
778.470.6000
See our ad on page 27
See our Take & Bake Meals ad on pg. 7

Service Organizations

Army, Navy & Air Force Veterans

Standing shoulder to shoulder for over 150 years. Drop-in ANAVets 290 by the River. We welcome everyone
www.facebook.com/anavets290/
9-177 Tranquille Road, Kamloops
250.554.2455

BC Mental Health & Addiction Services

HeretoHelp is a project of the BC Partners for Mental Health and Addictions Information. Mental health, substance use information you can trust
www.heretohelp.bc.ca
1.800.661.2121 Information Line
310.6789 Toll Free Support Line 24/7

BC OAPO

Old Age Pensioner Organization
 Celebrating 90 years serving seniors' issues
www.bcoapo.org
 • Savona Branch #129
250.373.2555 Yvonne
 • Vernon Seniors Branch #168
250.545.0384 Margaret

Big Brothers Big Sisters

Mission to support and enhance the well-being of young people and help them reach their full potential.
<https://centralsoutherninteriorbc.bigbrothersbigsisters.ca>
8-1390 Hillside Dr. (by appointment only)
1.800.404.4483
 • **Renew Crew**

Donate clothing, small household items
 Why, What, How to Donate - check web
www.clothingdonations.ca
1.800.404.4483 Call for free home pick-up/general enquiries. Mon-Fri 9am-3pm

CARP

We work to uphold the rights and improve lives of Canadians as we age
www.carp.ca **1.888.363.2279**

Canadian Blood Services

Provides lifesaving products & services in transfusion & transplantation, safeguard life essentials in blood, plasma, stem cells, and organ tissues. Click on 'Book Now' to find a location near you
www.blood.ca **1.888.236.6283**

Canadian Mental Health Association

Strives to promote mentally healthy people in a healthy society
www.kamloops.cmha.bc.ca
1.800.555.8222 Vancouver
310.6789 Need Help Now? Call
 • **651 Victoria Street, Kamloops**
250.374.0440 **1.888.674.0440**

CSI Kamloops

Connecting individuals in Kamloops and district with services and resources to help them address life changes
www.csikamloops.ca
 • **CSI Information Centre**
25-700 Tranquille Road
 Northhills Shopping Centre
250.554.4145
 • **CSI Activity Centre**
9A-1800 Tranquille Road
778.470.6000
See our ads on pages 7, 27

Community Living BC

Working to create communities where people with developmental disabilities have more choices about how they live, work, and contribute
www.communitylivingbc.ca
45-450 Lansdowne Street, Kamloops
250.377.4444 **1.877.377.4433**
1.877.660.2522 Call for Help

Council of Senior Citizens' Organizations of BC (COSCO)

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

www.coscobc.org

604.630.4201 Leslie Gaudet, President

• **Health & Wellness Workshops**

45-60 minute workshops available free of charge to any seniors group -10 or more
<https://seniorshelpingseniors.ca>

Independent Order of Odd Fellows

(I.O.O.F) Fraternal Organization. We believe that Friendship, Love, Truth are basic guidelines. 120+ years in Kamloops
423 Tranquille Road, Kamloops
250.371.3289 Marilyn

Interior Community Services

“Enriching Lives” Programs include...

- Administration & Counselling
765 Tranquille Road, Kamloops
250.376.3660
- Family Programming
396 Tranquille Road 250.554.3134
- **Mount Paul Community Food Centre**
Food security programs open to any community member: Food Skills, Food Access, Education and engagement
140 Laburnam Street 236.421.1011
- ICS Merritt
2187A Coutlee Avenue 250.378.9676
www.interiorcommunityservices.bc.ca

Kamloops Aboriginal Friendship Society

To provide and promote culturally based, inclusive programs, supports and activities to enhance holistic well-being and pride in Urban Aboriginal Peoples
<https://www.kafs.ca>

125 Palm Street

250.376.1296 or **250.376.1617**

- Urban Aboriginal Health Centre
201-376 Tranquille Road, Kamloops
250.376.1991 Mon-Fri 9am-4:30pm

Mothers Against Drunk Driving

No alcohol. No drugs. No victims.

www.madd.ca

- West. Region Chapter Services Manager
1.877.676.6233 Tracy Crawford
- **MADD Kamloops Community Leader**
<https://maddchapters.ca/kamloops>
250.819.7812 Roxanne
Stop Impaired Driving!

The Mustard Seed-New Life Community

Bringing hope to the hungry, hurting and homeless since 1980. Residential programs, dental & health services, hair salon, outreach centre

Thrift Shop - Mon-Fri 9:30am-5pm

<https://giving.theseed.ca/kamloops>

181 West Victoria Street

250.372.9898 Tue-Sat 11am-7pm

250.434.9898 Outreach Centre

People in Motion

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

www.peopleinmotion.org

182B Tranquille Road

250.376.7878

1.877.414.4241

Royal Canadian Legion

Legion's 145 branches in BC/Yukon Command provides various support services to veterans. To find a Thompson Nicola region branch, go to...

www.legionbc yukon.ca/find-a-branch

• **Kamloops Branch 52**

www.kamloopslegion.com

425 Lansdowne Street 250.374.1742

See our article & ad on page 29

The Salvation Army Kamloops Church and Community Ministries

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

For updates and more information, visit

www.kamloopssalvationarmy.ca

[Facebook.com/kamloopssalvationarmy/](https://www.facebook.com/kamloopssalvationarmy/)

Admin. and Community Ministries hours:

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

344 Poplar Street

250.554.1611

Support Groups / Self Help

AI-Anon Family Groups

Help and Hope for families and friends of

alcoholics. See website for area meetings
www.bcyukon-al-anon.org
1.888.425.2666 Meeting information
1.800.727.7710 Kamloops & District Info

Alcoholics Anonymous

Assistance, information and fellowship for those with alcohol related problems
 See website for meeting information throughout the Thompson Nicola region
www.bcyukonaa.org
<http://district62aa.org>
1.800.727.7710 24/7 Hotline

Alzheimer Society of BC

First Link Dementia Support connects people with dementia and their care partners to support services, education and information at any stage of the journey
www.alzheimerbc.org
 Alzheimer Resource Centre
405-235 1st Avenue, Kamloops
250.377.8200 M-F 8:30am-4:30pm
1.800.886.6946
1.800.936.6033 First Link Dementia Helpline, Monday to Friday 9am to 8pm

Anxiety Canada

Small registered charity that provides self-help resources on anxiety
www.anxietycanada.com
604.620.0744

BC Association of Community Response Networks

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

BC Lung Foundation

Expect that in-person Better Breathers' meetings will resume autumn 2022
<https://bclung.ca/peer-support>
1.800.665.5864

BC Responsible & Problem Gambling

When gambling isn't fun anymore, help is available 24/7. Call 24 hour Helpline
1.888.795.6111. See web for individual,

confidential, and/or group counselling for problem gamblers, their families. Self-Assessment. Support Options. Learn More
 Free prevention, treatment, support
www.bcresponsiblegambling.ca

BC Schizophrenia Society

Family Support Group meetings 4th Monday of the month, Kamloops and area
www.bcscs.org
250.571.6955 call Rosanne to register or email: thompsonnicola@bcscs.org
310.6789 Call for help now

Compassionate Friends of Canada

Kamloops support group for parents who have experienced the death of a child, any age, any cause. Call for mtg. information
www.tcfcanada.net **250.374.6030**
250.675.3793 Salmon Arm

Kamloops Parkinson's Support Group

Meets 3rd Wed of each month 1 to 2:30pm
 Contact Ross kamloopspd@outlook.com
www.parkinson.bc.ca/resources-services/support-groups/

Kidney Foundation of Canada, The

Kamloops Support Group
 Meetings discontinued during COVID-19 - call for updates
<https://kidney.ca/>
250.376.6361 Edna
250.573.2988 Dorothy

Mood Disorder Association of BC

Self-help support & education for people with depression, bipolar disorder, other mental illness, and their families. Check website for Interior Support Groups
www.mdabc.net
604.873.0103 Mon, Tue, Wed, Fri
 9am-5pm, Thur 9am-8pm

Narcotics Anonymous

Self-help, support, information for those recovering from a drug problem. See web site for area meeting information
www.bcrna.ca
1.855.349.2722 Kamloops Area Help Line

Prostate Cancer Foundation BC

See website for Kamloops PC Support Group meeting info (maybe video chats)
250.376.4011 Larry Reynolds
www.prostatecancerbc.ca/home/support-groups/
1.877.840.9173

Quit Now

Free, quit smoking program delivered by the BC Lung Association to help you to quit smoking - your way, in your own time. QuitNow has all the support services you need - from online community to one-on-one counselling, we have you covered.
www.quitnow.ca
1.877.455.2233 Get Help Now

Stroke Recovery Association of BC

After Stroke BC is here to support you and your family. We will work with you to understand your needs and goals and connect you to the people, resources and services in your community. Our weekly virtual Stroke Recovery Program runs Fridays from 11am-12:30pm. We are hopeful to recommence in-person meetings in Kamloops prior to summer 2022. To speak with an After Stroke Coordinator or to register for our programs, send an email to afterstrokebc@marchofdimes.ca or call us at **1.888.313.3377** ext. **6201**
See our article on page 32

Self-Management BC

Tasks that an individual must undertake to live well with one or more chronic conditions. See website for details and upcoming workshops in your region
www.selfmanagementbc.ca
1.866.902.3767 Mon-Fri 8:30am-4:30pm

Y Women's Emergency Shelter

Provides safe supportive refuge for women and children, who have experienced or are at risk of abuse, threats or violence. See web site for information on intervention and support services
www.kamloopsy.org/vawiss.htm
250.374.6162 24/7 support, referrals
250.682.7931 Text

Transportation

BC Bus Pass Program

Affordable transportation on all BC transit systems (except HandyDART) for low-income seniors and persons with disabilities. See website for eligibility, cost, and contact options
www2.gov.bc.ca Search: Bus Pass Program
1.866.866.0800 Mon-Fri 9am-4pm - Press option 2, then 2, then 1

Ebus

Daily passenger service between Kamloops, Kelowna, Vancouver, Vernon, Salmon Arm. Seat belts, Free WiFi, Wheel chair accessible. Priority seating for seniors and disabled persons. Book online or call
www.myebus.ca **1.877.769.3287**

Disability Parking Permits

• People in Motion

Temporary and permanent permits
www.peopleinmotion.org
182B Tranquille Road
250.376.7878 Mon-Thur 9am-3:30pm

• SPARC BC

Parking permits for people with disabilities
www.sparc.bc.ca
1.888.718.7794 Mon-Fri 9am-4:30pm

Canadian Cancer Society

Become a Volunteer Driver Today!
 The simple act of driving your car can help cancer patients. Register at cancervolunteer.ca or call...
1.888.939.3333
See our ad on page 60

Freemason Volunteer Drivers provide transportation to Kelowna Cancer Centre Monday to Friday. Pick up from Thompson Hotel, **650 Victoria Street**
<http://freemasonry.bcy.ca/textfiles/cancer.html>
1.800.299.0188 24 hour notice required

Gizeh Shriners of BC & Yukon

Shriners Care For Kids
 For BC children requiring specialized

procedures, accommodation, transportation, associated medical treatment. See website for details
www.bcshriners.com
1.800.661.5437 Mon-Fri 9:30am-2pm

Regional Transit System

Transit and handyDART information, Taxi Saver & Supplement Programs
www.bctransit.com

1.855.359.3935 Ashcroft-Clinton M-F 8-4:30

250.674.3935 Clearwater M-F 8:30-4:30

250.376.1216 Kamloops M-F 7:30am-6pm, Saturday 9-noon, 12:30-3:30

250.378.4080 Merritt M-F 9-4

- **handyDART Kamloops**

To book a trip, call Mon-Fri 7:30 am to 6pm, Sat 9am-noon, 12:30-3:30 pm. For assured service, call two days in advance. Bookings can be made up to 14 days in advance

250.376.7525 Office M-F 8am-4:30pm

- **Health Connections**

Accessible transportation options to non-emergency medical appointments to and from Kamloops from Logan Lake, Merritt, Chase
<http://bctransit.com/kamloops/schedules-and-maps/health-connections>

1.888.376.7525 Book a Trip - two business days advance notice

Travel Assistance Program

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

www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc

1.800.661.2668 Automated service 24/7

VIA Rail Canada

Travellers 60+ save 10%, save another 10% with your CAA card
www.viarail.ca

1.888.842.7245

1.800.268.9503 TTY

Web Resources

bc211

Specializes in providing information and referral regarding community, gov't. & social services in BC. Online chat - 8am-11pm. Mon-Sun. Info on addiction services, problem gambling, VictimLink BC, Emergency & Crisis, Counselling, Health Care, Mental Health, more...
www.bc211.ca

Dial 2-1-1 information and referral

604.875.6431

604.875.0885 TTY

BC Transplant

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

1.800.663.6189 for more information

Great Senior Living

Living Options, Health & Wellness, numerous articles on abundance of topics. Making fitness a part of your daily routine. Beneficial exercise and activities exist for every age group and health & fitness level
<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.
www.seniorsbc.ca

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



Government

Municipal, Regional

City of Kamloops

Canada's Tournament Capital
www.kamloops.ca

City Hall - 7 Victoria Street West

May to September 8:30 am-3:30 pm
September to May 9:00 am-4:00 pm
250.828.3311

City of Kamloops: Seniors Services

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

City of Kamloops Recycling

See our ads & article on pages 16,17,77
Kamloops.ca/WasteWise

Kamloops Fire Rescue

Proudly serving Kamloops since 1884
www.kamloops.ca/public-safety/kamloops-fire-rescue/

1205 Summit Drive 250.372.5131
Emergency Calls Only 9-1-1

Tournament Capital Centre

Recreation Services. Register for courses in Active Living, Aquatics, Cooking, Dancing, Fitness in Motion, Gardening & Landscapes, Yoga and much more. Search/register online...

www.kamloops.ca/recreation
910 McGill Road kamloops.ca/tcc
250.828.3500 See our ad on page 69

City of Merritt

Flourish Under the Sun
www.merritt.ca

2185 Voght Street, Merritt

250.378.4224 M-F 8:30-noon, 1-4:30 pm

District of Barriere

A Beautiful Place to Call Home
www.barriere.ca

4936 Barriere Town Road, Barriere

250.672.9751 M-F 8:30-noon, 1:30-4:30

District of Clearwater

Adventure Starts Here
www.districtofclearwater.com

209 Dutch Lake Road, Clearwater

250.674.2257 Mon-Fri 8:30am-4:30pm
250.674.3015 After Hour Emergencies

District of Logan Lake

Discover our Nature
www.loganlake.ca

#1 Opal Drive, Logan Lake

250.523.6225 M-F 8:30am-12:30, 1-4pm

Town of Falkland

Home of the largest Canadian flag, one of Canada's oldest rodeos. Check web for dates
www.facebook.com/oneofcanadasoldest
<http://hp.bccna.bc.ca/Community/Falkland/>

Village of Ashcroft

Wellness Awaits You www.ashcroftbc.ca
601 Bancroft Street 250.453.9161

Village of Cache Creek

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

Village of Chase

A Shuswap Experience

www.chasebc.ca**826 Okanagan Avenue, Chase****250.679.3238** Mon-Fri 9am-4pm**Savona**

Originally Savona's Ferry. On traditional territory of the Skeetchestn Indian Band

www.savona.ca

Facebook - Fun Times in Savona

Sun Peaks Mountain Resort**Municipality**<http://sunpeaksmunicipality.ca>**106-3270 Village Way, Sun Peaks****250.578.2020****Thompson-Nicola Regional District**

11 Municipalities. Over 115 Services Including Development & Environmental

Services, Emergency Management, Film Commission, Library System, Solid Waste & Recycling, Utilities/Water & Sewer. See website for details

www.tnrd.ca**300-465 Victoria Street, Kamloops****250.377.8673** Mon-Fri 8:30am-4:30pm**1.877.377.8673**

See our ad on page 14. See our article 'Composting 101' on page 15

• Bonaparte First Nationwww.bonapartefirstnation.ca**2689A Sage Hill Road, Cache Creek****250.457.9624** Mon-Fri 8am-4pm**• Neskonlith Indian Band**<https://neskonlith.net>**743 Chief Neskonlith Drive, Chase****250.679.3295** Mon-Fri 8:30am-4:30pm**• Simpcw First Nation**

People of the Rivers

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

Inform. Impact. Inspire.

www.tkemlups.ca**200-330 Chief Alex Thomas Way****250.828.9700****• Whispering Pines/Canton Indian Band**www.wpcib.com**615 Whispering Pines Dr., Kamloops****250.579.5772****Little Shuswap Lake Indian Band, The**www.islb.ca**1886 Little Shuswap Lake Rd., Chase****250.679.3203****First Nations****Shuswap Nation Tribal Council**

Formed in 1980 as an effort of Secwepemc Chiefs to advance issues of aboriginal rights. Development of self-government and settlement of aboriginal land title question

<http://shuswapnation.org>**680 West Athabasca Street, Kamloops****778.471.8200** Mon-Fri 8:30-noon, 1-4:30**Secwepemc Nation Bands****• Adams Lake Indian Band**www.adamslakeband.org**6453 Hillcrest Road, Chase****250.679.8841** M-F 8am-noon, 1-4:30pm**Scw'exmx Tribal Council**

Communities are located in Nicola Valley

www.scwexmxtribal.com**2090 Coutlee Ave., Merritt****250.378.4235****• Coldwater Indian Band**www.coldwaterband.com**2249 Quilchena Avenue, Merritt****250.378.6174****• Nooaitch Indian Band**www.facebook.com/nooaitchindianband**2954 Shackelly Road, Merritt****250.378.6141****• Shackan Indian Band**www.shackan.ca**2099 Granite Avenue, Merritt****250.378.5410**

- **Upper Nicola Band**
www.uppernicola.com
2225 Village Road, Douglas Lake
250.350.3342 Mon-Fri 8am-4:30pm
- **Lower Nicola Indian Band**
www.lnib.net
181 Nawishaskin Lane, Merritt
250.378.5157 **1.888.447.1744**

Nlaka'pamux Nation Tribal Council

www.nntc.ca

1632 St. Georges Road, Lytton

250.455.2711

1.866.455.2711

- **Oregon Jack Creek Band, Ashcroft**

<https://www2.gov.bc.ca/gov/content/safety/wildfire-status>

1.800.663.5555 Report a wildfire

***5555** Toll Free on a cell

Office of the Seniors Advocate

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

www.seniorsadvocatebc.ca/reports/

Provincial

Address Change

If you are moving within BC, you can use this electronic service to update your personal and/or business records with provincial and local gov't organizations
<https://www.addresschange.gov.bc.ca>
1.800.663.7867 Service BC

BC Air Quality

Air quality advisories & current data, Air Quality Health & Ventilation Indexes, more
www2.gov.bc.ca/gov/content/environment/air-land-water/air

1.887.952.7277 RAPP Line - report all polluters and poachers. 24/7 Hotline

Climate Change

Climate change is being felt across BC. Timely action is critical to protect our communities, health and the environment. Learn how CleanBC puts BC on a path to a cleaner, better future
www2.gov.bc.ca/gov/content/environment/climate-change

1.800.663.7867 Service BC

Forest Fire Reporting

BC Wildfire Service

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

Members of Legislative Assembly

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

• **Fraser-Nicola**

Jackie Tegart, MLA

Jackie.Tegart.mla@leg.bc.ca

• **405 Railway Avenue, Ashcroft**

250.453.9726 M-W-F 11am-4pm

1.877.378.4802

• **2-2152 Quilchena Avenue, Merritt**

250.378.8831 Tue 11am-4pm

• **Kamloops-North Thompson**

Peter Milobar, MLA

Peter.Milobar.mla@leg.bc.ca

618B Tranquille Road, Kamloops

250.554.5413

1.888.299.0805

• **Kamloops-South Thompson**

Todd Stone, MLA

Todd.Stone.mla@leg.bc.ca

446 Victoria Street, Kamloops

250.374.2880

1.855.474.2880

Ombusperson, The Office of

BC's Independent Voice for Fairness
 Receives enquiries and complaints about practice and services of public agencies within its jurisdiction. Report Reprisal, Report Wrongdoing, Make a Complaint
www.bcombudsperson.ca

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

Service BC

Basic information on gov't programs, toll free transfers to provincial offices
www.servicebc.gov.bc.ca

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

Federal

BC Climate Action Tax Credit

Tax-free quarterly payment that helps low income individuals and families with the carbon taxes they pay
www.canada.ca/en/revenue-agency/services/child-family-benefits.html

Canada Border Services Agency

General border services information; for in-depth information, speak to an agent M-F 10am-5pm, Sat/Sun/Stat Holidays 7am-3pm PT
www.cbsa.gc.ca > current wait times
1.800.461.9999 **1.866.335.3237** TTY

Canadian Heritage

We work with national cultural institutions to promote culture, the arts, heritage, official languages, citizenship & participation, as well as Aboriginal, youth and sport initiatives. Agents available to answer questions M-F 5:30am to 2pm PT
www.canada.ca/en/canadian-heritage.html
1.866.811.0055 M-F 5:30am-2pm PT
1.888.997.3123 TTY

Health Canada

Responsible for helping Canadians maintain and improve their health while respecting individual choices, circumstances. It ensures that high-quality

Our Seniors, Our Priority – every day.

As your MLAs, we can provide you with information on provincial government services and to connect you to the resources you need to live a healthy, active, and engaged lifestyle. For more information on health, safety, caregivers and much more please visit www.SeniorsBC.ca.



Todd Stone

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

📞 **250.374.2880**

Toll Free: 1.855.474.2880

📱 @ToddGStone/

Peter Milobar

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

📞 **250.554.5413**

Toll Free: 1.888.299.0805

📱 @PeterMilobarKNT/

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

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

www.canada.ca/en/services.html

1.888.242.2100

Income Security Programs

Canada Pension Plan, Old Age Security, Guaranteed Income Supplement

www2.gov.bc.ca > Click on 'Family & Social Supports', then 'Seniors', then

'Financial & Legal Matters', then 'Income & Securities Programs'

1.800.277.9914 **1.800.255.4786** TTY

Indigenous & Northern Affairs Services

• Indigenous Services

• Crown Indigenous Relations & Northern Affairs

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

www.aadnc-aandc.gc.ca

1.800.567.9604 Mon-Fri 7am-3pm

1.866.553.0554 TTY

Parks Canada

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

www.pc.gc.ca

1.888.773.8888 Information Services

1.877.737.3783 Reservation service

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

Members of Parliament

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

www.danalbas.com

2562-B Main Street

West Kelowna V4T 2N5

1.800.665.8711

• Frank Caputo, MP

Kamloops-Thompson-Cariboo

frank.caputo@parl.gc.ca

6-275 Seymour Street

Kamloops V2C 2E7

250.851.4991

1.877.619.3332

Passport Canada

• Service Canada Centre

Passport services: validates proof of Canadian citizenship for passport application

520 Seymour Street, Kamloops

1.800.567.6868 M-F 7:30am-8m ET

1.866.255.7655 TTY

2022-23

OLD AGE SECURITY & CANADA PENSION CHEQUE DATES

- | | | |
|-----------------|-----------------|-----------------|
| ■ Jun. 28, 2022 | ■ Jul. 27, 2022 | ■ Aug. 29, 2022 |
| ■ Sep. 28, 2022 | ■ Oct. 27, 2022 | ■ Nov. 28, 2022 |
| ■ Dec. 21, 2022 | ■ Jan. 27, 2023 | ■ Feb. 23, 2023 |
| ■ Mar. 29, 2023 | ■ Apr. 26, 2023 | ■ May 29, 2023 |

INFORMATION ON PAYMENTS

Old Age Security & Canada Pension Plan payments are automatically deposited in Canada on the above dates.

If you have not requested payment by automatic deposit, your payment will arrive at your home address by mail during the last three business days of each month.

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

Service Canada

Check website for available information and transactional services. Complete an online request form - receive call back with two business days

1.800.622.6232 1.800.926.9105 TTY

Information on gov't. services, programs
www.servicecanada.gc.ca

- **520 Seymour Street, Kamloops**
 Monday-Friday 8:30am-4pm

Travel & Tourism

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

Veterans' Affairs Canada

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

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

- VAC Assistance Service provides free

and confidential psychological support that is available 24/7, 365 days a year. Service is for all Veterans, former RCMP members, their families, and caregivers
 Reach a mental health professional 24/7
1.800.268.7708 1.800.567.5803 TTY

- Bureau of Pensions Advocate - free legal aid help for people who are not satisfied with decision for their claims for disability benefits
1.877.228.2250

Weather Information

Environment Canada Weather Service
 Weather, Alerts, Marine, Air Quality, Analyses and Modelling, Past Weather, About Weather, Canadian Centre for Climate Services

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

www.hellobc.com/plan-your-trip/climate-weather

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



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778-469-5271

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