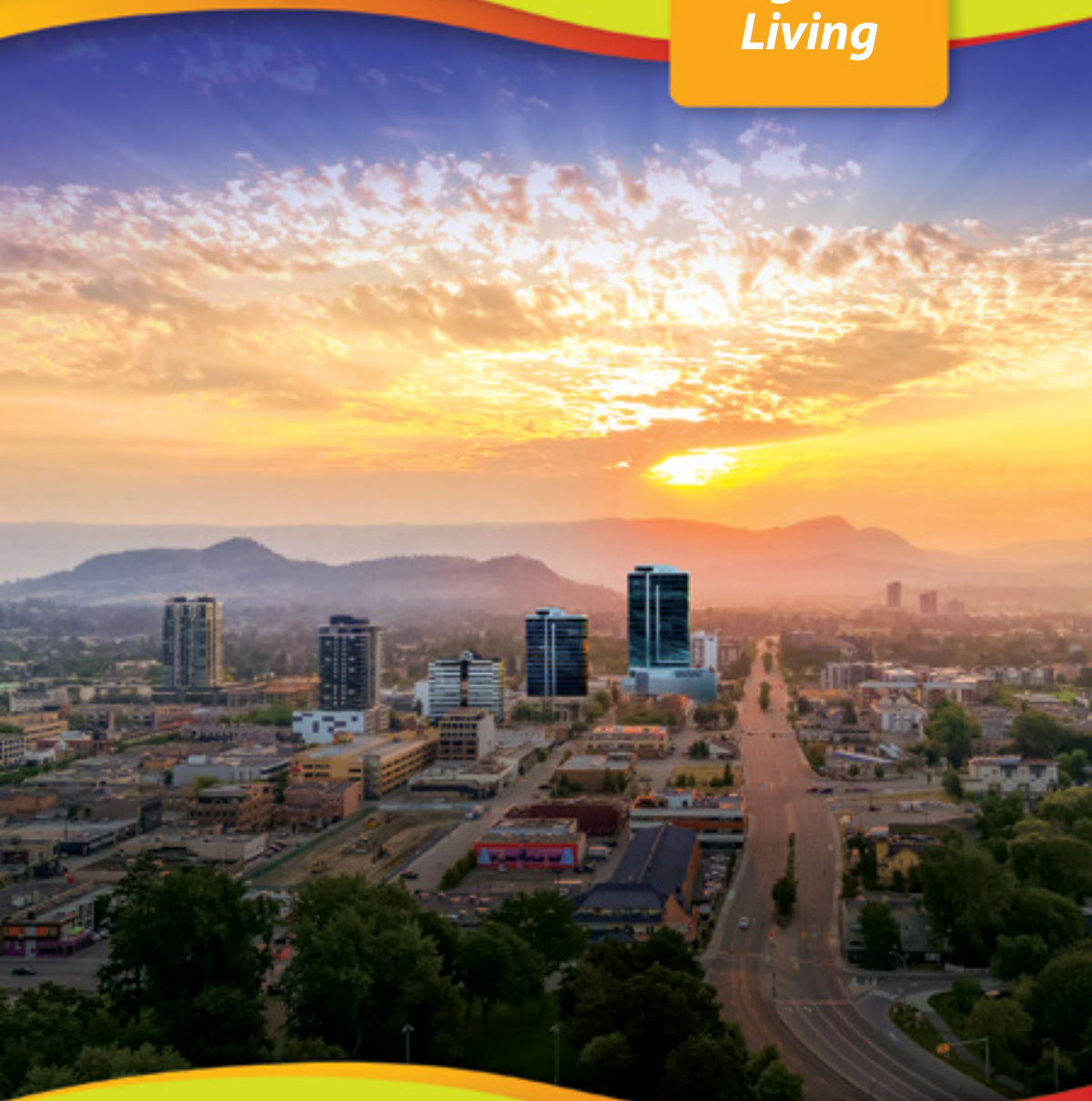


Community Guide
to Better Living

2025

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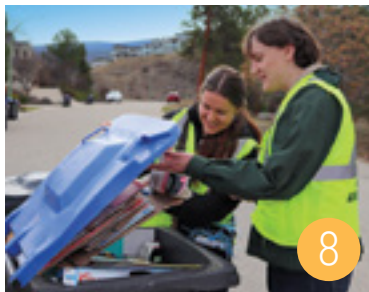


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Kelowna



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Greetings

from the
Mayor of Lake Country



Having grown up in the Central Okanagan, I recognize that we are truly fortunate to live in the best place to support healthy living. Lake Country, the “crown jewel of the Okanagan” absolutely personifies those ideals. From Okanagan Centre’s Beach trail, Spion Kop’s hike to an incredible view of our lakes, to the famous Okanagan Rail Trail with cycling and walking along

Wood Lake and Kalamalka Lake, one of the most beautiful rides in the world, Lake Country has it all! We keep adding to the walking and cycling trails throughout the community, keeping active transportation as a key goal.

Lake Country has so much to offer- beaches on Kalamalka, Wood and Okanagan Lake and all the activities that go with playing on the water. Kayaking, paddleboarding, sailing, boating of all types from waterskiing to wake surfing and foiling or just heading out on the water for a relaxing time, it all happens here. My wife and I are never found too far from the water in spring, summer, and fall! Let’s not forget winter, Lake Country is equidistant between two world class ski resorts, Big White and Silver Star, with fun and activity all winter long.

The art world is very active in Lake Country. In early September, the largest art show in the interior, ArtWalk, takes place over two days with thousands of attendees and an incredible collection of different artists and styles of art. There is something for everyone.

A feature of the Lake Country lifestyle that cannot be missed is the “Scenic Sip” - a wine tour to our great wineries and the “Farm Gate Trail”. Both lead to culinary adventures showcasing fresh produce, fruit, baked goods, preserves, wine, cider, beer and spirits abundantly available at local farms, orchards, wineries and restaurants. Fresh real food is the key to healthy living.

I welcome everyone to experience Lake Country, Life, The Okanagan Way!

Blair Ireland
Mayor



Experience

Central Okanagan

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Front page photo: Sunrise over
Landmark District of Kelowna

WE ARE GREEN!

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The War Amps Key Tag Service Helps Amputees Reach Their Goals



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

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

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



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

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

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

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



*You can help
amputees*

with a charitable estate donation in your will. Your gift provides amputees, including children, with essential artificial limbs and so much more.



The War Amps

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waramps.ca • 1 800 465-2677

Charitable Registration No.:
13196 9628 RR0001



A Message from the Regional
Waste Reduction Office

Know Before You Throw!



Did you know that not all items considered “recyclable” belong in your curbside cart? Some should be taken to depot (plastic bags, glass, Styrofoam), some can be donated (books or textiles), and some can be recycled at specialized depots (propane tanks, hazardous waste).

With all of those options, it’s important to “Know Before you throw”, make your recycling efforts count and keep contamination (items that don’t belong) out of recycling carts.

Contamination in recycling carts happens when material not accepted for recycling is put in recycling carts. It’s a major obstacle in the recycling process.

Common examples of contamination include:

- plastic bags or flexible plastics
- bagged recycling, instead of placing items loose in the cart
- unrinsed items and food residue
- Styrofoam packaging (depot only)
- electronics and glass (depot only)
- hazardous items such as batteries or propane cannisters

Why is Recycling Contamination a problem?

- Entire loads of recycling may be sent to landfill if contamination levels are too high.

- Plastic bags wrap around sorting equipment causing shutdowns and also act like paper on the sort line and end up in paper bales.
- Hazardous materials, glass, and food scraps are a safety concern to workers.
- Overall contamination can reduce the amount of items that get recycled and repurposed.
- Contamination can result in financial penalties to municipalities by Recycle BC and could increase costs to taxpayers.

How Can You Help Reduce Recycling Contamination?

- Know before you throw. Download the Recycle Coach app or check the list of acceptable materials at [RecycleBC.ca/Materials](https://www.recyclebc.ca/Materials) to learn what belongs in your recycling cart.
- Rinse your containers. Just a little warm water and drop of soap and a good shake will do the trick.
- Sort your items, especially depot only items such as flexible plastics, glass and Styrofoam.
- Do not bag your recyclables, always place them loose in the cart.

For more info on recycling, download the free Recycle Coach app, visit [rdco.com/recycle](https://www.rdco.com/recycle), or call the Regional Waste Reduction Office at 250.469.6250.



Recycling Guide

A Message from the Regional Waste Reduction Office

Good News! More items are now accepted for recycling.

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

To the curb by 7am

NO PLASTIC BAGS ALLOWED



Paper, envelopes, magazines, catalogues, paper bags



Cardboard and boxboard boxes



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



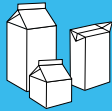
Single use items such as plastic straws, plastic cutlery, paper party decor, paper plates **NEW**



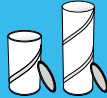
Paper and plastic drink cups and lids



Plastic packaging & food containers



Non beverage Gable-top and Tetra Pak cartons



Spiral-wound cans for chips, juice etc.



Frozen dessert boxes



Foil wrap, containers and plates



Metal cans and lids (with labels)



Empty aerosol cans (no paints, chemicals)



Plastic clamshells and trays

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



Styrofoam containers, trays, packaging



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



Non-refundable glass jars and bottles

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



NO Garbage



NO Hazardous Waste
Take to a Recycling Depot



NO electronics, appliances
Take to a Recycling Depot



NO soft or hard cover books
Donate to charity



NO hard plastic toys, tote bins, laundry baskets
Donate to charity



NO Tupperware containers
Donate to charity



NO clothes, textiles
Donate to charity



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

Scan Me for info!



Ebikes – Why You May Want to Consider Buying One...

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

Then along came ebikes...

They've been around for many years as add-on kits and with either a rear hub drive motor or a front hub drive motor. Ebikes have been very popular in many European countries for over 20 years. In North America it only started gaining popularity about 8 years ago when the larger manufacturers (Specialized, Giant, Trek, Norco, Devinci, Rocky Mountain, Cube, the list goes on) started offering mid-drive ebikes. They incorporated the motor into the lower frame providing a lower center of gravity and improving the bike handling. The time delay between putting pressure on the pedals and the motor assisting the rider had now disappeared and provided the rider with immediate electric assist. Since there was no longer a delay in the electric assist, there was no longer a need for a throttle to get them going when starting on an incline.

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

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

With the increase in types of ebikes available, the age of the cyclists expanded to include riders in their teens to riders over 80 years old! People recovering from various injuries were now often able to ride an ebike to better assist them in their recovery.

Ebikes come with different strengths of motor torque (measured in newton-meters) and different capacity of lithium ion batteries (measured in watt-hours). The higher the torque, the more power you have for those hills. Focussing on the wattage of the motor is not an accurate measurement of torque. Depending on the bike, torque can range from as low as 35nM to as high as 85nM. The larger the battery capacity, the further you can ride before having to recharge the battery. Battery capacity typically ranges from a low of 400Wh to over 800Wh. There are many commuter ebike models with a battery capacity capable of exceeding 100 kms on a single charge.

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

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

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

But no matter what your lifestyle or fitness level is, there is an ebike to suit you. The best way to determine which one to buy is to take a few for a test ride and determine which one best fits you and also has the features you're looking for,

And..... be ready to fall in love with them!

Garry Norkum
Cyclepath Kelowna Inc.





**Thinking about an e-bike? Come on in...
Check out our great selection.
Test rides encouraged!**

WWW.CYCLEPATHKELOWNA.COM
2169 Springfield Rd - Kelowna, BC. (250) 868-0122

Celebration of Artisan Production and Craftmanship

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

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

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



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

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

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

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



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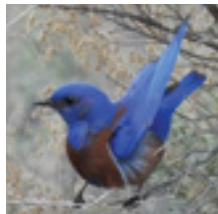
Denny's Kelowna | 2130 Harvey Ave | (250) 860-1133

Exploring Our Shared Natural Heritage



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

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



We are also keen to deliver outdoor, place-based educational field trips to hundreds of students each year, working with teachers to tie learning outcomes to BC's education curriculum.

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

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

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

By Jayme Friedt Executive Director, Osoyoos Desert Centre

The Osoyoos Desert Centre logo is on the left, featuring a stylized sun and landscape. In the center, a group of four people are walking on a paved trail through a desert landscape. On the right, the text "Explore Canada's Desert" is written in a large, orange, cursive font. At the bottom, an orange banner contains the phone number "250-495-2470" and the website "www.desert.org".

Growing Recreation & Support Services

In December 2023, two senior-serving organizations in Kelowna unified to enhance community services for older adults. As part of this merger, the Kelowna Senior Citizens' Society of British Columbia dissolved, and the Seniors Outreach & Resource Centre now manages the recreation programs at the downtown centre at 1353 Richter Street. Additionally, the charity provides a variety of social services from its office at 155 Asher Road in Rutland.

The combined organization envisions building a new seniors wellness centre, offering more opportunities for socializing, healthy meals, fitness, dancing, arts, and easy access to support services for life's challenges. While working towards this goal, they offer a variety of affordable and supportive programs:

Recreation Clubs: Volunteers lead activities like bridge, mahjong, bingo, dancing, and yoga. New programs are added based on members' interests. Annual membership is just \$5.

Rental Spaces: Affordable spaces with free parking are available for community groups to host their activities, and current users offer painting, calligraphy, stamp collecting, fiddling, dancing, and social meetings.

Subsidized Home Support Services: For seniors earning under \$45,000 annually, the centre offers discounted non-medical services like housekeeping, transportation, lawn mowing, and minor home repairs. Some may even qualify for free services, though there may be a short waitlist to become a registered participant.

Information & Navigation Supports: Whether you need help navigating community resources or just want to talk, staff are ready to offer support and guide you through life's challenges.

To learn more, visit <https://seniorsoutreach.ca>, email info@seniorsoutreach.ca, or call 250-861-6180.



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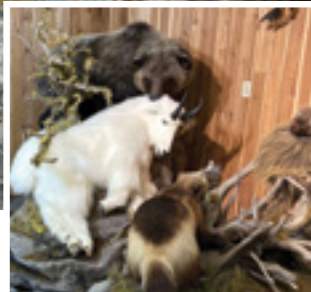
250-861-6180
info@seniorsoutreach.ca



— Visit www.seniorsoutreach.ca to learn more —

Canadian Wildlife Museum

An amazing educational experience that the entire family can enjoy



The Canadian Wildlife Museum is located just minutes north of the city of Vernon B.C., just off Highway 97. The vision for the Canadian Wildlife Museum started in October 1993. Master Taxidermist Ken Schultz worked on this project for 28 years. Some of the scenes in the museum took as much as six months full time labor to create and complete, for just one scene alone. Most of the larger mammal scenes took from one to two months labor to complete. The amazing artwork is not just in the mounted animals but also in the natural, detailed bases that the scenes are situated on. The setting is a rustic cedar wood atmosphere with natural bird and nature environmental background sounds. The excellence in taxidermy workmanship shows itself in the hundreds of outstanding wildlife displays that you will view in the museum. The museum is two floors of wildlife displays. There are over 350 mounted specimens including over 120 birds of prey and over 115 different species of Canadian wildlife. There are 45 viewing stations and

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

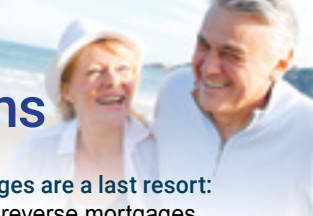
CANADIAN
WILDLIFE MUSEUM
& GIFT SHOP

canadianwildlifemuseum.com

250-545-9740

7774 Pleasant Valley Road,
Vernon, B.C.

Top Five Reverse Mortgage Myths



1. The bank will own my home. Not true!

You will always maintain ownership, freedom to pay down, get out of, sell or Port (transfer) the reverse mortgage to another property at any time.

2. High interest rates & fees. Not true! Not to be confused with American reverse mortgages.

In Canada reverse mortgages have evolved since their 1986 inception. Interest rates are not that much higher than regular mortgage rates. Furthermore, reverse mortgage providers often run promotions of reduced or no set up fees or appraisal fees.

3. I will owe more than my home is worth.

Not true! All three reverse mortgage lenders in Canada use a very conservative formula to calculate the percentage of equity each applicant can access. Over the last couple of years with the slowing of housing markets and subsequently lower property values the lenders have reduced the maximum percentage of your property value they will lend.

4. I heard reverse mortgages are a last resort:

Not true! In 1986 when reverse mortgages launched, they were. The big changes started in October 2009 when Home Equity Bank, the first reverse mortgage provider in Canada became a Schedule 1 Bank. This allowed them to offer competitive interest rates. The next turning point was in 2013 when Home Equity Bank launched more sophisticated products designed for long term retirement planning. Fast forward to today, homeowners across Canada have access to three competitive institutions. These institutions offer a diverse number of reverse mortgage products designed for homeowners looking for financing solutions to help fulfill their retirement.

5. I need Income to qualify. Not true! Some reverse mortgage products DO NOT require any proof of income.

If you have any questions or would like me to mail or email you informative information on reverse mortgages or any other type of mortgages don't hesitate to contact me grant@grantpowell.ca or 250-486-2959.

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Safety in the Home for Seniors

In years past, Safety in the Home for Seniors, was not as much of an issue as it is today. We all take our environment for granted because it is just what we have gotten used to in our everyday lives. Who would think that things like handlebars in the shower or bathtub would become necessary items as we age.



so we have something to hang on to in a wet tub?

There are many little things that we wouldn't even think would be harmful or dangerous, but there are. There are too many to mention here, however the good news is that there are companies that will provide care for our senior population, help them stay in their homes, and

Most seniors prefer the option of remaining in their own homes instead of the disruption of moving into a facility. Being more comfortable in an environment that they have created as opposed to a tiny apartment setting or even a single room where precious memories do not reside.

The downside of aging at home is that we need to be more vigilant in what is around us. Are there mats on the floor that once were beautiful additions and now are fall risks? Are the outlets covered and unsafe? Do we need to put bars beside the toilet to help us stand, and in the tub

know very well the dangers to look for.

These companies need to be vetted, insured and have bonded staff that are experienced in the care of seniors. They need to offer services from companions on up. They also need to be proud to be to offer 'Hospital to Home' services so that no one has to go home alone after a day surgery or a hospital stay.

Qualicare Home Care

Call for information on what we can do for you.

www.qualicare.com/vernon-kelowna-bc

Email: Azeng@qualicare.com

3315 Coldstream Avenue, Vernon, BC • 250-293-0773

Qualicare®

Home Care



Qualicare Vernon-Kelowna is your family's partner for personalized home care

We offer 360 degree home care support services via qualified home care aides and experienced nurses. Our goal is to close the current gap in home care services and help seniors retain their independence and stay connected to their community.

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“Qualicare changed everything. Mom loves her new companion, meanwhile Jack and I have peace of mind and more time to focus on the kids.”

Janette Aldermaine



Talk to a Care Expert (250) 293-0773



Healing with the help of a supportive and encouraging community

Physical activity is something I have always enjoyed and prioritized throughout my life, so I was devastated when I became disabled. I was in debilitating pain from my sciatica, fibromyalgia, and arthritis in my knees and lower back. I tried so hard to continue working, but in the end, I had to go on disability as the pain was just too much to continue with my job. I was suffering and it constantly felt like I had the flu.

The adjustment period was extremely hard on my mental wellbeing. I was suddenly very limited in what I could do physically and financially. I went swimming the odd time to keep active but couldn't afford much else.

I am normally a very positive person, but I sometimes found myself slipping into a dark place.

My friend encouraged me to try the Downtown Y with her. I knew I needed to get out of the house for my mental health, so I agreed to a free trial assuming it would be short lived. I knew it was what I desperately needed but assumed I wouldn't be able to afford an ongoing membership.

I absolutely loved the staff, atmosphere, and facility right away. The place had such a community feel to it and everyone was so friendly. It gave me a reason to get out of the house during this strange

continued on page 53...

Make these your brightest years.

Our specialty health and fitness programs help people of all mobility levels thrive.

- ▶ Health Coaching
- ▶ Chair Yoga
- ▶ Breathe Well
- ▶ Healthy Hearts
- ▶ Healthy Hips & Knees
- ▶ Health Assessments
- ▶ Low-Impact Options
- ▶ Aquatic Fitness Classes

Call us at **250-491-9622** to learn more!

Locations include:

Kelowna Downtown Y | 1011-505 Doyle Ave

Kelowna Family Y | 375 Hartman Road

H₂O Adventure + Fitness Centre | 4075 Gordon Drive

ymcasibc.ca





Everyone deserves to live in a safe community. Central Okanagan Crime Stoppers is a highly acclaimed, community-based program focused on solving crimes and making our neighborhoods safer. It operates in partnership with the public, media, RCMP, and the Regional District of Central Okanagan. The Crime Stoppers program covers the communities from Oyama to Peachland.

Our mission is to offer an anonymous platform enabling the public to provide tips to the RCMP that may result in solving a crime. Phone lines and IP addresses are untraceable, allowing tipsters to disclose information while keeping their identity protected. The public's anonymity is Crime Stopper's number one priority. This volunteer-driven non-profit society relies on fundraising to support community awareness and the rewards program. We pay up to \$2,000 for tips that lead to charges, an arrest or recovery of stolen property and drugs.

The website offers information on our programs, including:

- *Wanted - Mugshots of individuals currently wanted by RCMP*
- *Missing persons*
- *Unsolved Crimes*

We assist the RCMP in promoting a healthy and safe community, such as "The 9pm Routine" where we encourage you to do daily checks of your home to ensure doors and valuables are secure. We also provide brochures and tamper-proof stickers for one of our popular programs, Garage 529. A mobile app, project529.com/garage, is for registering your bicycle's information (such as serial number and photos) in case it is stolen. The program enables all your relevant information to be in one place so that you can readily forward it to the police if your bike is stolen.

Since 1986 Crime Stoppers has received over 32,900 tips, resulting in almost 3091 arrests, over \$5.2 million dollars worth of property recovered and almost \$89 million worth of drugs seized.

Crime Stoppers empowers regular people to fight back against crime. Anyone can submit an anonymous tip by using our tips line, and if that tip leads to an arrest, the individual will receive a reward for their efforts. We offer a toll-free line, 1-800-222-8477, for tipsters to call or they can leave an online tip via our website, www.crimestoppers.net.



Tips: 1-800-222-TIPS (8477)

Your tip will remain anonymous. You could receive a cash reward of up to \$2000 upon an arrest and charge.



If you know something, say something.

Discover Holiday Park Resort



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

Founded in 1983 by Saul Sigal and Jody LaFontaine, Holiday Park Resort has evolved from an empty field to a four-season destination for thousands of vacationers from around the world.

With 117 condos and 570 RV sites and units, the resort was purchased in 2024 by Dawn McLaughlan, an employee since 2006 in the accounting department and most recently, Controller of the operation. Dawn, the Management Team and a dedicated staff of employees and volunteers keep the resort running smoothly, with a number of positive changes currently being implemented and more planned for the near future.

The convenient location between the cities of Kelowna and Vernon, ten minutes from Kelowna International Airport and next to Winfield in Lake Country, ensures easy access to shopping, businesses, medical, senior centers, churches, entertainment and more, all nearby.

Along with 24/7 security, the resort features an array of amenities and facilities, including recreation centers, pools, hot tubs, laundry facilities, 6 hole executive golf course, an on site restaurant, sports

equipment rentals, woodworking/hobby shop, gym, and more. And we're pet friendly, with a fenced off-leash dog park!

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

Our full-time Recreation Coordinator organizes a variety of activities and events for all ages, along with our many volunteers. Social events, card clubs, exercise classes, pickleball, shuffleboard, library... the list is endless!

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

Visitors are welcome to drop in, drive through and see what we offer. Turn off Highway 97 on Commonwealth Road, just north of Kelowna International Airport. Come in and discover Holiday Park Resort!

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



Four Season RV & Condo Resort

Travel • Vacation • Retire







Special Seasonal Rates

- Fully serviced, landscaped RV sites
- Furnished, fully equipped condos
- Numerous amenities & facilities
- 24/7 licensed security patrol

Visit www.sweetlife.com
 Call Reservations: **1-800-752-9678**
 Email: reservations@sweetlife.com



Enduring Impact

Clare Mallow's Legacy

At the heart of Kelowna General Hospital's history stands Clare Mallow, whose service and dedication to health care span more than 50 years. Ever since retiring from her career with Interior Health, she has continued to volunteer to support the staff and patients at KGH.

She is well known with hospital staff, Foundation staff, and many patients, and is also known for leading the care for the beautiful and thriving gardens at JoeAnna's House.

Indeed, Clare has built quite the legacy through her volunteer work, but to further her impact, she

has also embraced future giving in her will. In memory of Clare's precious husband Jack and her mother Edna, the *Clare & Jack Mallow Supporting Endowment* and the *Edna Orr Supporting Endowment* will both be fulfilled through her estate. These bequests will ensure perpetual funding in support of advanced medical equipment at KGH and will continue to benefit the community Clare has spent so much of her life in service of.

Giving changes everything

Bequests and gifts in your lifetime help the KGH Foundation fund breakthrough treatments and technologies, attract top medical talent, and bring world-class health care close to home.

For more information about the KGH Foundation and to learn more about how you can contribute to excellence in health care as part of your legacy, visit kghfoundation.com/planned-giving.

Since 1978, the KGH Foundation has worked with a generous community to raise funds to support world-class healthcare close to home for a growing and diverse population in the interior of B.C. Today, the KGH Foundation is the lead fundraising organization for Kelowna General Hospital, JoeAnna's House, and Central Okanagan Hospice House, while also fundraising for vital community health care programs.

"I am so proud of the hospital that KGH has become over the years. Being part of the Kelowna Hospital Auxiliary and our KGH Foundation is my way of giving back for all the health care that I have received and the tender loving care of hospital volunteers over the years."
-Clare Mallow

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

kghfoundation.com | 250.862.4438

KGHFOUNDATION

Tai Chi is a top recommendation for health and wellness



Mental health, digestion, and Tai Chi go hand in hand. With the new studies on the gut/brain connection, you want a program that does it all! Enjoyed by millions around the world, Tai Chi provides you with the formula for aging successfully:

- Improved digestion, sleep, and breathing
- Whole body movement for strong posture, strength, and flexibility
- Deep breathing, relaxation, calmed emotions
- Mental clarity, focus, and awareness
- Community connection for wellbeing

Tai Chi is a top recommendation for health and wellness because of its gentle, movements that relax the connective tissue in the body and release the stress signals that can hold the body and organs tight. People with chronic challenges also discover significant changes in:

- Sleep
- Better breathing
- Pain release
- Joint mobility
- Posture alignment
- Improved Balance
- Circulation and feeling warm
- Improved lymphatic flow and decreased swelling
- Heart health

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

Their programs include:

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

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

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

**USE TAI CHI TO
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TAI CHI HELPS ALL AGES:

• Balance • Energy • Stress • Flexibility • Health • Circulation

ALL ABILITIES:

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Balance both Mentally & Physically with Tai Chi


• West Kelowna


www.winecountrytaichi.ca

Cell: 250.826.5987

778.755.0987

winecountrytaichi@gmail.com

 Tai Chi In The Okanagan

 YouTube Tai Chi Wellness and the Seated Form



Meals on Wheels: Delivering More Than Just a Meal

As our parents age, (gulp, or even as we age), maintaining independence and staying connected to the community are vital for overall well-being. That's where Meals on Wheels steps in—offering much more than just a nutritious meal. For those who may struggle with cooking or meal planning, this program ensures a healthy, balanced meal delivered right to their door.

But it's not just about food. Each delivery comes with a friendly visit from a caring volunteer, providing a regular check-in and human connection that's often the highlight of the day. These visits offer a lifeline, especially for those living alone, ensuring peace of mind for families and caregivers.

Whether you or a loved one could use a helping hand, Meals on Wheels is here to support health, dignity, and independence.

Join the countless others who have discovered how a little help goes a long way in staying active and engaged in life.

Meals can be set up to be delivered up to 3 times a week. In Kelowna, we deliver Monday, Wednesday, and Friday and in West Kelowna and Rutland, we deliver Tuesday, Thursday, and Saturday.

Meals on Wheels is a not-for-profit organization that, with its tremendous community support, makes a difference everyday. We are proud of our volunteers, funders, partners, and staff. A big "Thank You!" to everyone involved. We look forward to continuing to help those who need this kind of support in 2025.

For more information or to find out how you can get involved, visit www.mow-online.com or call 250-763-2424.

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

Affordable Hot or Cold Meals and/or Frozen Dinners@Home Delivered to your home

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

Be Happy, Healthy & Independent!



Give a Great Gift of Health!
Parents, Family Members
or Friends

**DONATIONS
GRATEFULLY ACCEPTED**

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

Registered Charity #883613119RR0001

Five Spa Treatments for Seniors

Spa treatments help people relax in mind and body, treat or identify underlying ailments and offer health benefits that last beyond the treatment itself. Here are some of the most popular treatments recommended for seniors.

Lymphatic Drainage

A properly functioning lymphatic system is essential for overall health as the fluid helps to remove waste and toxins from the body. Unlike a typical massage, a specially trained practitioner uses a series of gliding, compressing, stretching and cupping motions across your entire body to stimulate the lymphatic system without compressing the vessels.

Mud & Muscle

Fango (an Italian word for mud) consists of pure volcanic dust and water blended into a warm, buttery composition to detoxify skin and reinvigorate muscles. It is inspired by a method used since the Roman Empire to relieve joint discomfort, muscular tension and arthritic pain. This soothing and relaxing treatment consists of a mud wrap followed by a back massage to stimulate circulation and reduce inflammation.

Reflexology

Reflexology is based on the theory that certain points within our feet are connected to certain organs and body systems. Starting at the toes and working down the foot, a reflexologist uses many different techniques to work on all points of the feet. If they find any pain, congestion, or tightness during the session they will apply pressure to bring the body back into balance.

Canadian Glacial Clay Wrap

As your body's largest organ, your skin is subjected to chemicals, pollutants and environmental bacteria through daily life. Glacial clay's high absorption makes it ideal for drawing out impurities and toxins from the skin. The clay is antibacterial and has significant anti-aging skincare properties from over 60 natural minerals, micronutrients, and vitamins.

Experience it yourself

KurSpa at Sparkling Hill Resort embodies the European health spa philosophy. Learn more at <https://www.sparklinghill.com/kurspa>



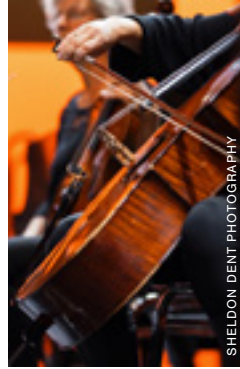

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& Rejuvenation**
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 residents enjoy exclusive
 offers & promotions.


 Learn more at
SPARKLINGHILL.COM

Your OSO – See It... Hear It... Love It...

The Okanagan Symphony Orchestra is a cultural mainstay in the Okanagan Valley, and in the 2024/2025 season, celebrates 65 years of sharing live orchestral music. Versatile as well as highly skilled, the OSO performs repertoire from Baroque to contemporary and has demonstrated strong commitment to women, Canadian, and Indigenous artists and composers.

The season ahead will be filled with excitement and anticipation, as we carry out the search for a new music director. Each of the four short-listed audition candidates will conduct one Mainstage Series concert: Nadège Foofat in October, James Sommerville in November, Grant Harville in February, and Julian Pellicano in April. A line-up of stellar Canadian soloists will thrill you, and beloved classical gems along with lighter, popular works will round out each program. Patrons at the Mainstage Series concerts will play a part in the search process: they'll have the opportunity to provide feedback on each audition candidate.



SHELDON DENT PHOTOGRAPHY

We are delighted to bring back the beloved December tradition, Handel's Messiah, for the first time since 2019. Guest conductor David Fallis and soloists Noémi Kiss (soprano), Simran Claire (mezzo-soprano), Jeremy Scinocca (tenor) and Gregory Dahl (bass),

along with the OSO Chorus, will create a fitting holiday celebration. Two other Celebration Series concerts, in March and May, will round out the season with musical light and laughter.

We love to share the power of live orchestral music – music that will move, thrill and inspire you. See It, Hear It, Love It! Experience your Okanagan Symphony Orchestra!

Visit okanagansymphony.com.



2024-2025

*Join us for
SEASON 65,
one filled with
excitement,
anticipation and
celebration!*

SEASON SPONSOR

PEAK CELLARS

SEE IT... HEAR IT... LOVE IT...
okanagansymphony.com

MAINSTAGE SERIES

Friday, Oct 18, 2024 | 7:30pm
HOLST & MOZART
DAVID FUNG PIANO

Friday, Nov 15, 2024 | 7:30pm
BEETHOVEN & SAINT-SAËNS
RACHEL MERCER CELLO

Friday, Feb 7, 2025 | 7:30pm
RACHMANINOFF & GLAZUNOV
ALLEN HARRINGTON SAXOPHONE

Friday, Apr 4, 2025 | 7:30pm
MENDELSSOHN & CHOPIN
JANINA FIALKOWSKA PIANO

CELEBRATION SERIES

Friday, Dec 20, 2024 | 7:30pm
MESSIAH

Friday, Mar 7, 2025 | 7:30pm
DANIEL LAPP (fiddle & trumpet) & THE OSO

Friday, May 9, 2025 | 7:30pm
LARA ST. JOHN (violin) PLAYS PIAZZOLLA

FULL SEASON INFO


Kelowna performances at the KELOWNA COMMUNITY THEATRE
Tickets at THEATRE.KELLOWNA.CA or call 250.469.8940



Stroke Recovery Association of BC

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

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

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

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

Education: learn practical and important information about stroke

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

See our listing under Support Groups in the Resources section

To speak with an After Stroke Coordinator or to register for our programs, please email afterstroke@marchofdimes.ca or call us at 1-888-540-6666



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Kelowna

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Housing

Kelowna

Abbeyfield Orchard City Society

Mandate is to provide affordable accommodation and companionship for lonely elders within their local community
<https://abbeyfield.ca/locations/british-columbia/>
1531 Bernard Avenue 250.763.5254

AgeCare Brandt's Creek Mews

Long term care. Admissions begin with a health care assessment through Interior Health
<https://www.agecare.ca>
2081 Cross Road 778.478.8800

Baptist Housing Enhanced Living Communities

Independent Living with support services. Subsidized Assisted Living, Subsidized Long-Term Care. 15 private pay long-term beds
<https://www.baptisthousing.org/kelowna>
250.860.2216 ext. 2121
See our ad on page 29

Borden Manor

Assisted living home in heart of Kelowna
<https://bordenmanorkelowna.com>
1035 Borden Avenue 250.763.1940

Brockton Manor

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

Brookside Residence

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

Buckland Manor Apartments

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

Burtches, The

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

Carmel Housing Society

50+ seniors housing
115-1450 Bertram Street 250.860.7481

Chartwell Chatsworth Retirement Residence

Independent supportive and assisted living services
<https://chartwell.com>
1831 Parkview Crescent at Leckie 778.738.0624

Columbian Centennial Housing Society

Affordable high quality, independent, low income rental housing, individuals, families
<https://www.cchs-housing.com>
1161 Sutherland Avenue 250.862.3206

Cristalina PARC

Award-winning independent living retirement residence.
<https://parcliving.ca/cristalina-parc/suites/>
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Enjoy freedom and peace of mind when you move to one of our independent living communities. Mill Creek, Sun Pointe and Smith Creek Villages welcome you to all-inclusive, worry free living. Enjoy home cooked meals, daily activities, weekly housekeeping, and the support of our dedicated team.

Arrange your personal Independent Living tour by calling Kevin at 250-860-2216, ext. 2121 today

www.baptisthousing.org/kelowna

Dorchester, The

A perfect blend of affordability & active living
Independent living, short-term & respite care

<https://www.renviliving.com/the-dorchester>

863 Leon Avenue 250.860.0725

Evangel Housing Societies

Operates 3 not-for-profit housing societies

<https://www.evhousing.ca>

100-969 Harvey Avenue 250.762.6225

- **Evangel Family Manor**

Affordable housing for families, individuals

969 Harvey Avenue (1,2,3 bdrm)

949 Harvey Avenue (new, 1,2,3, bdrm)

- **Evangel Senior Apartments**

Affordable one-bedroom apts. for 55+

1439 Bertram Street

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

Affordable studio, 1 & 2 bdrm rentals 50+

1319 KLO Road

Fairlane Court

Affordable, clean, spacious

<https://www.argusproperties.ca/residential>

1228 Lawrence Avenue 250.860.4836

Father Delestre Court

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<https://www.seniorsservicessociety.ca/location/father-delestre-court/>

720 Houghton Road 250.860.1128

Fraser Manor Apartments

1 and 2 bedroom apartments

<https://www.kelsongroup.com>

1922 Pandosy Street

778.721.5255

Glenmore Lodge Community

Long-Term Care community

<https://www.siennaliving.ca>

325 Drysdale Blvd. 236.420.1717

See our ad on page 35

Glenwood Homes

Supportive residential care

<https://www.seniorsservicessociety.ca/location/glenwood-homes/>

760-766 Glenwood Avenue

250.762.0028

Good Samaritan

Independent Living

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Enjoy care-free, independent living designed to meet your needs. Many choices include a variety of activities, cooking for yourself or enjoying a meal in the well-appointed dining room.

Let us tell you more about our Independent Living Life Lease Program. Call today!

Good Samaritan Mountainview Village

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250.469.6935

A department of



independentliving.gss.org

Happipad

All about matching two compatible people - a host and a renter, into a mutually beneficial living arrangement
<https://happipad.com/contact>
<https://happipad.com/partnership>
201-460 Doyle Avenue, Kelowna
1.888.882.5530

Harmony Living for Seniors

Supportive living
964 Laurier Avenue
250.300.3436

Hawthorn Park Retirement Community

Independent & assisted living, long-term care, respite stays
<https://verveseniorliving.com/hawthorn-park>
867 K.L.O. Road 250.861.6636
See our ad on this page

Highlands Retirement Residence, The
 Independent living, supportive services
<https://www.highlandsretirement.com>
400 Snowsell Street N. 250.763.7265

Ki-Low-Na Friendship Society

<https://www.facebook.com/i.spa.us.ki.low.na/>
 Affordable housing project in Central Green
442 Leon Avenue 250.763.4905

Lakeshore Place

Elegant and carefree retirement living
<https://www.lakeshore-place.com>
3200 Lakeshore Road 250.860.3223

Mill Creek Estates

High quality living ideal for seniors, professionals and families
<https://www.argusproperties.ca/residential>
1590/1588 Spall Road
250.860.4836 Mon-Fri 8am-4:30pm

Mill Creek Village

Independent Living with support services. Subsidized Assisted Living, Subsidized Long-Term Care. 14 private pay long-term beds
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1450 Sutherland Avenue
250.860.2216 ext. 2121
See our ad on page 29

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Retirement living can be active, inspiring, and fulfilling. We know this because we help make it a reality every day.

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Long Term Care

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

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

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






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

Want to help? Email our Volunteer Coordinator to get started!

[Courtney Clark](#)

comms@hfhokanagan.ca

HOW TO DONATE 101

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



every one deserves a safe and decent place to live.



ORCHARD GARDENS

SENIORS COMMUNITY



Because Seniors Deserve

our very best

Orchard Gardens offers quality, **independent living** for Kelowna's seniors. Enjoy inclusive services such as West coast home-style dining, weekly housekeeping, recreation calendars and on-site amenities, all included with your monthly private suite. Our caring staff, friendly residents, and stunning gardens will make you feel instantly at home!

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Independent living suites available now.

Schedule your private tour today.

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Mission Creek Landing

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<https://kaigo.ca/mission-creek-landing>
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250.860.2330

Mission Villas Pasadena Estates

The life you know. A home you'll love.
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<https://missionvillas.ca>
4433 Gordon Drive **250.764.8088**

Mountainview Village

The Good Samaritan Society
 Independent and assisted living, complex
 and dementia care
<https://gss.org/locations/mountainview-village/>
1540 KLO Road **250.469.6935**
See our ad on page 30

Okanagan Chateau Retirement Residence

Independent Living, Respite Care
<https://www.aspiralife.ca>
2100 Benvoulin Court **250.862.9088**

Orchard Gardens Seniors Community

Independent lifestyle for seniors,
 assisted living services available
<https://orchardgardens.ca>
295 Gerstmar Road
250.979.0600
See our ad on page 33

Pandosy Square Apartments

Bachelor, 1 & 2 bedroom units
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1855 Pandosy Street
778.721.5256

Regency Retirement Resorts

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

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1075 Barnes Avenue & Gordon Drive
250.860.9308
- **Northwood Retirement Resort**
1277 Gordon Drive **250.860.1122**
- **Sandalwood Retirement Resort**
580 Yates Road **250.717.1884**
- **Summerwood Retirement Resort**
1360 KLO Road **778.478.1736**

Rose Cottage

Supportive living seniors home
<https://seniorsservicessociety.ca/location/rose-cottage/>
453 Morrison Avenue **250.861.1000**

Society of Hope, The

Affordable family & seniors rental housing
 throughout the Central Okanagan from
 Lake Country to Peachland
<https://societyofhope.org>
101-2055 Benvoulin Court
778.478.7977

Sun Pointe Village

Independent Living with support services.
 Subsidized Assisted Living, Subsidized
 Long-Term Care
<https://www.baptisthousing.org/kelowna>
700 Rutland Road N.
250.860.2216 ext. 2121
See our ad on page 29

The Woods

Apartments at Willow Park Shopping Centre
<https://www.argusproperties.ca/residential/235-hollywood-road-n/>
235 Hollywood Road N. **250.860.4836**

Twin Maples

Assisted living
<http://www.twinmapleskelowna.com>
919 Guisachan Road **250.763.1940**

Vineyards Residence, The

Assisted Living, Memory Care. Support
 Alzheimer Society of Canada
<https://vineyardsresidence.ca>
726 Valley Road, Kelowna
236.361.0947

White Heather Manor

24-hour Residential & Mental Health
 Community, Referral through IH Mental
 Health Services, or a family physician
<https://whiteheathermanor.ca>
3728 Casorso Road
250.763.6554

Willow Park Manor

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



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Glenmore Lodge

Community

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- Offering meals, housekeeping, activities, onsite medical care and more.

Lake Country Lodge

Community & Retirement Living

10163 Kenschuh Rd. Lake Country

Call **250-766-3007**

- Independent Living (Retirement)
- Long Term Care - 24/7 care.
- Offering meals, housekeeping, activities, onsite medical care and more.

Lakeview Lodge

Community

2337 Butt Rd. West Kelowna

Call **250-768-3802**

- Long Term Care - 24/7 care.
- Offering meals, housekeeping, activities, onsite medical care and more.

siennialiving.ca

Lake Country

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

Lake Country Lodge Community
 Independent Living, Long-Term Care
<https://www.siennaliving.ca>
10163 Kenschuh Road 250.766.3007
 See our ad on page 35

Society of Hope, The
 Rental homes in Lake Country with a variety of subsidies designed to keep rents at an affordable rate for qualified tenants.
<https://societyofhope.org>
101-2055 Benvoulin Court, Kelowna 778.478.7977

Peachland

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

West Kelowna / Westbank

Heritage Retirement Residence, The
 Independent Living, Assisted Living, Respite Stays, Memory Care
<https://verveseniorliving.com/the-heritage>
3630 Brown Road 250.768.9926

Lakeview Lodge Community
 Long-term, Respite & Dementia Care
<https://www.siennaliving.ca>
2337 Butt Road 250.768.3802
 See our ad on page 35

Smith Creek Village
 Independent Living with support services. Subsidized Assisted Living, Subsidized Long-Term Care. 1 Private Pay Long-Term bed
<https://www.baptisthousing.org/kelowna>
2425 Orlin Rd W 250.860.2216 ext. 2121
 See our ad on page 29

Westbank Lions Seniors Housing Society
<https://seniorsservicessociety.ca/location/westbank-lions-seniors-housing/>
209-3715 Gellatly Road 250.768.9590

Westwood Retirement Resort (Regency)
 Okanagan's finest retirement residences
<https://www.regencyresorts.ca>
2505 Ingram Road, West Kelowna 250.768.2934

Housing Related

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

- BC Rebate for Accessible Home Adaptations**
 Get up to \$20,000 in rebates for safety & accessibility adaptations to your home
<https://www.bchousing.org/housing-assistance/BC-RAHA>
- SAFER Shelter Aid For Elderly Renters**
 Program provides cash assistance to lower income seniors who pay rent for their homes. Call for a SAFER brochure or application form - available online
<https://www.bchousing.org/housing-assistance/rental-assistance-programs/SAFER>
1.800.257.7756
- Licensing & Consumer Services**
 Home Owner Protection Act, Public Registry of Licensed Builders, New Home and Education Registry
<https://www.bchousing.org/licensing-consumer-services>
1.800.407.7757 Mon-Fri 8:30am-4:30pm

BC Seniors Living Association

A New Approach to Senior Living.
Reshaping the way senior living
communities are managed and operated
<https://www.bcsla.ca> **604.689.5949**

Canada Mortgage & Housing Corp.

National housing agency providing
mortgage loan insurance, mortgage-backed
securities, housing policy & programs,
housing research. First Nations programs &
assistance. <https://www.cmhc-schl.gc.ca>
1900-1111 W. Georgia St., Vancouver
1.800.668.2642 1.800.309.3388 TTY

**Condominium Home Owners
Association of BC, The**

Promotes understanding of strata living
and interests of strata property owners
<https://choa.bc.ca>

26-1873 Spall Road, Kelowna
250.868.1195 1.877.353.2462 ext. 4

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

Habitat for Humanity Okanagan

Working towards a world where everyone
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mobilizing volunteers and community
partners to build affordable housing and
promoting affordable homeownership as
a means to building strength, stability and
independence

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778.755.4346

<https://www.habitatforhumanityokanagan.ca>

- **ReStore:** Home decor & building
supply store - new & gently used items
 - **1793 Ross Road, West Kelowna**
 - **800-2092 Enterprise Way, Kelowna**
778.755.4346

See our ad and article on page 32

Home Owner Grant

Reduces the amount of property tax you
pay for your principal residence: Under
65, Senior, Veteran, Disabled, more. See
website for details. If you pay property
taxes to a First Nation, contact directly.
<https://www2.gov.bc.ca> - search above title
1.888.355.2700

Houzz

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

Independent Living BC Program

Subsidized, assisted living program that
provides housing with support services to
seniors, people with disabilities
<https://www.bchousing.org> Search for above title
1.800.257.7756

LiveSmart BC Partner Incentives

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

Residential Tenancy Branch

Provides landlords and tenants with
information regarding their rights
and responsibilities. Aid in resolving
disputes related to tenancy
<https://www2.gov.bc.ca> - search above title
1.800.665.8779 Mon-Fri 9 am-4 pm

Retirement Living Guide

Free downloadable eBooks. Sign up for
e-newsletter for tips and advice. Discover
what life in a retirement community is
really like, types of communities available,
downsizing tips, financial advice and more
<https://www.comfortlife.ca/ebooks/>

Tenant Resource & Advisory Centre

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



Home Improvements

Habitat for Humanity Okanagan

<https://www.habitatforhumanityokanagan.ca>

- **ReStore:** Home decor & building supply store - new & gently used items
- **1793 Ross Road, West Kelowna**
- **800-2092 Enterprise Way, Kelowna**
778.755.4346

See our ad and article on page 32

Phantom Screens Okanagan

Complete your home with Phantom retractable screens

<https://phantomscreensokanagan.com>

137-1889 Springfield Road, Kelowna
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See our ad on Outside Back Cover

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Rona Home & Garden

Seniors Day for those 55+ first Tuesday of every month. Check website for weekly promotions

<https://www.rona.ca>

1711 Springfield Road, Kelowna
250.762.7389

See our ad on Inside Back Cover

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See our ad on page 39





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Video: player.vimeo.com/video/764020652

Whether you have hearing loss or not, ask your hearing care professional how you can take advantage of this emerging technology!

Tosha R. Hodgson, BA, MCISc, Aud(C), RAUD, RHIP
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Health

Medical Organizations & Services

Advance Care Planning: My Voice

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

Alcohol & Drug Information & Referral Service

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

ALS Society of British Columbia

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

Alzheimer Society - Resource Centre

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

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

Arthritis Society

Committed to excellence and leadership in research, care, education and advocacy for persons with arthritis
<https://arthritis.ca>
895 W. 10th Ave., 3rd Floor, Vancouver
1.800.321.1433 Information Canada

BC Brain Injury Association

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

BC Cancer - Kelowna (Sindi Ahluwalia Hawkins Centre)

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

BC Cancer Foundation

We are raising \$500 million in the most ambitious health campaign in history of BC to advance cancer research and care
<https://bccancerfoundation.com/contact-us/>

• Screening Mammography Program

About 1 in 8 women will develop breast cancer. Mammograms can find breast cancer early-usually before it has spread
Check website for Clinic Locator
<http://www.bccancer.bc.ca/screening/breast/>
108-3330 Richter Street, Kelowna
250.861.7560
1.800.663.9203 Book your screening

BC Epilepsy Society

Provides information and referral, support services to people with epilepsy

<https://bcepilepsy.com>

604.875.6704 Vancouver

• Center for Epilepsy & Seizure Education
Providing support, education,

information for those with epilepsy

<https://esebc.org>

32868 Ventura Avenue, Abbotsford

604.853.7399 Mon-Thur 10am-4pm

BC Lung Foundation

Comprehensive information on chronic lung diseases - including COPD. Sign-up for Health Newsletter. Questions about your breathing? Call for advice. See listing-Support Groups COPD & Asthma Community

<https://www.lung.ca>

1.800.665.5864

BC Lupus Society

Dedicated to conquering one of the most unpredictable, devastating diseases; giving caring support to those who suffer

from its brutal impact. Anyone can get

lupus and there is no cure

<https://www.bclupus.org>

1.866.585.8787 Call for more information

BC Mental Health & Substance Use Services

Highly specialized treatment for people with severe mental health and substance use/addiction issues, people in custody, those that have been referred by the courts for assessment and treatment

310-6789 speak to crisis line worker 24/7

9-8-8 call or text to reach a trained responder

<http://www.bcmhsus.ca> -check for programs

BC Seniors' Guide

Compilation of information & resources to help us all plan for and live healthy lifestyles as we age. Sections on benefits, health, housing, transportation, finances, safety & security. Download/print, read it online, or order a hard copy. Order a free copy, contact Office of Seniors Advocate

continued on page 44...



Whitney Millsap R.D.T. ~ Stacey MacAulay RD ~ Jeanelle Delaurier RD



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www.KelownaDentureClinic.com

Treatment for Vertigo and Dizziness

The room spins, you feel uneasy. The dizziness seems to come out of nowhere. It's a common problem as we age. In fact, it has been reported that 80% of people over 65 have experienced dizziness, vertigo, and imbalance. Almost 1 in 4 emergency room visits includes a complaint of dizziness.

Fortunately, Physiotherapy can treat vertigo, dizziness, and imbalance. This area of focus is called Vestibular Therapy. The vestibular system, located in the inner ear, helps to provide input regarding your sense of movement, body orientation, and balance.

Dysfunctions, disorders, trauma, or viruses that affect the inner ear can be a potential cause of vertigo, dizziness, and decreased balance. A vestibular therapist can perform an assessment and provide treatment to help.

Common vestibular disorders include Benign Paroxysmal Positional Vertigo (BPPV), viral infections of the inner ear (labyrinthitis or vestibular neuritis), Meniere's, and injury to the inner ear caused by trauma.

BPPV is the most common cause of vertigo. People with BPPV report having episodes of

dizziness brought on with certain movements. Most commonly, with lying flat, rolling over in bed, getting up in the morning, looking up, or bending forward.

BPPV occurs when a calcium carbonate crystal becomes displaced within the inner ear. This displaced crystal overstimulates the hair cells that are responsible for relaying the message of movement to your brain, resulting in vertigo. BPPV is very responsive to treatment which involves your Physiotherapist performing a series of head movements directed at relocating the crystal within your inner ear.

It is important to note that not all causes of vertigo or dizziness are associated with problems in the inner ear. Cardiovascular disorders, medications, anxiety, migraines, neck disorders/injuries, and neurological conditions are just a few examples of potential causes. An assessment by a Physiotherapist can help determine the cause of your vertigo.

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

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Downtown Kelowna

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Glenmore

103-437 Glenmore Rd. • 250-762-6313

Lake Country

40-9522 Main St. • 250-766-2544

Lower Mission

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

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

motioncares.ca

BC Seniors' Guide --Continued from page 41
1.877.952.3181 M-F 8:30am-4:30pm
 Available in Chinese, English, Farsi, French, Hindi, Korean, Punjabi, Tagalog, Vietnamese. See also **BC Elders' Guide**
<https://www2.gov.bc.ca> - search above title

BrainTrust Canada

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

100-215 Lawrence Avenue, Kelowna
250.762.3233 Mon-Fri 9am-4pm
1.888.762.3233

CNIB Foundation

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

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

Canadian Cancer Society

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

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

Canadian Cancer Society Southern Interior Rotary Lodge

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

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

Canadian Celiac Association BC

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

1.877.736.2240 Toll Free in BC

Canadian Institute for Health Information (CIHI)

Better data. Better decisions. Healthier Canadians. Subscribe to news and updates
<https://www.cihi.ca>
250.220.4100 Victoria office

Canadian Liver Foundation

Dedicated to liver health and eliminating the over 100 forms of liver disease
<https://www.liver.ca>

1.800.856.7266 Vancouver
1.800.563.5483 National Help Line

Canadian Mental Health Association

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

504 Sutherland Avenue 250.861.3644
<https://cmha.bc.ca>
1.800.555.8222 BC Division
310.6789 Call if you need help now
9-8-8 Suicide Crisis Line 24/7. Dial/Text

Canadian Tai Chi Academy

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

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

- West Kelowna - see **Wine Country Tai Chi Society** article and ad on page 23

Central Okanagan Association for Cardiac Health (COACH)

Patient education, counselling and monitored exercise to encourage long lasting lifestyle changes to promote heart health after a cardiac event. Visit website to see list of programs available
<https://www.coachkelowna.com>

204-2622 Pandosy Street
250.763.3433



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Braces for Arthritic Knee Pain

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

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



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

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

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

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



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



Knee OA with bracing (space created between bones)

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

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

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

Submitted by Okaped Inc.
www.okaped.com



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How our Pedorthists can help you

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



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

Cerebral Palsy Association of BC

Mission is to create a *Life Without Limits* for people with CP, other disabilities
<https://www.bccerebralpalsy.com>
1.800.663.0004 Vancouver

Crohn's & Colitis Canada

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

1.800.513.8202 Info on Chapters - Teri

- **MyGut** is a free, easy-to-use app that enables you to track, understand and manage your journey with Crohn's disease or ulcerative colitis
<https://crohnsandcolitis.ca/Support-for-You/MyGut>

Dentist Association of British Columbia

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

Diabetes Canada

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

1.800.226.8464 Information & Support
 See our ad on page 79

Dietitian Services

Specializes in nutrition information, counselling and advice based on most current scientific sources by registered dietitians, 9 am-5 pm Mon-Fri. - leave message after hours. Translation services
<https://www.healthlinkbc.ca/healthy-eating-physical-activity>

Dial 8-1-1 For Health Advice 24/7

Dial 7-1-1 TTY

HealthLink BC

See website for medically-approved info on more than 5,000 health topics, symptoms, medications, and tips for maintaining a healthy lifestyle. Call to speak to a registered nurse 24/7. Speak to a dietitian about nutrition, healthy eating

and/or a qualified exercise professional
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Dial 8-1-1

Dial 7-1-1 TTY

Healthy Eating for Seniors Handbook

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

Dial 8-1-1

Dial 7-1-1 TTY

Heart & Stroke Foundation

Promotes health through research, education, services and advocacy
<https://www.heartandstroke.ca>

1.888.473.4636 Mon-Fri 8:30am-5pm

See our FAST ad on page 76

Kelowna Mental Health & Substance Use

Provides a range of services for all ages
505 Doyle Avenue

250.469.7070 M-F 8am-4:30pm

1.888.353.2273 Crisis Line 24/7

Kidney Foundation of Canada

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

1.800.567.8112 Burnaby

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

- Kidney Community Kitchen

Manage your renal diet - info, cookbook (meal plans, recipes, FAQs)

<https://www.kidneycommunitykitchen.ca>

Medic Alert Foundation

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

1.800.668.1507

Medical Services Plan of BC

Together with PharmaCare, provides medical & drug coverage to all eligible British Columbians; online services...

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

MS Society of Canada

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

<https://mscanada.ca>

1.844.859.6789 MS Support Programs
or email to: msnavigators@mscanada.ca

Muscular Dystrophy Canada

Mission to enhance the lives of those affected with neuromuscular disorders by providing ongoing support and resources while relentlessly searching for a cure through well-funded research

<https://muscle.ca> 1.800.567.2873

Okanagan Mental Health Services

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

<https://www.okanaganmentalhealth.com>

• Supported Housing Program

250.717.3368 Jennifer
• Therapeutic Work Program
112-2303 Leckie Road
250.717.3007 ext. 203

Osteoporosis Canada

At least 1 in 3 woman and 1 in 5 men will suffer from an osteoporotic fracture during their lifetime. Disease is often undiagnosed <https://osteoporosis.ca>
1.800.463.6842 Mon-Fri 6am-2pm PT

Pacific Blue Cross

Health benefits plans for individuals and families, small/large business, travel plans
<https://www.pac.bluecross.ca>
1.877.722.2583
1.855.550.5454 First Nation Client Line

Parkinson Society British Columbia

Address the personal and social consequences of Parkinson's Disease. Central Okanagan Support Groups - see listing in Support Groups section
<https://www.parkinson.bc.ca>
1.800.668.3330



Love your ears



“
I can experience normal life again and the world isn't silent anymore. I am so happy.”

Gary Byers - CFBH Recipient on how hearing aids has made his life better.*

When you're ready, purchase with confidence as we provide a **90-day money back guarantee.****

Experience the benefits of personalized hearing care and on-going support.

Get started with a **FREE** hearing test today!*

We're in your Neighbourhood
Kelowna and West Kelowna



1-888-446-2805

Mention code: **NSP-BKFD-EXMZ**

Book online HearingLife.ca/2100

HOLIDAY SAVINGS

UP TO \$2,100 OFF

your purchase of a pair of the latest hearing aids*

*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. Depending on the province you're located in, an administrative fee may apply if a copy of an Audiological Report is requested. This promotion is valid for select premium or advanced hearing aid models and cannot be combined with any other discount. Applies to private sales of premium or advanced hearing aids and discount is applied after any Government funding has been deducted. Some conditions apply, see clinic for details. Offer not valid in Quebec. Offer expires 12/31/2024. **90-Day Risk-Free Trial begins at the date of purchase. If you are not completely satisfied, you can return it within 90 days for a full refund or exchange. Trial period varies by province. If you are quoted a lower price on an identical hearing aid with the same features, options and services, HearingLife Canada Ltd. will match that price. [1] Source: Gary Byers is a Campaign recipient who benefited from the Campaign for Better Hearing Give Back program. Learn more at <https://campaignforbetterhearing.ca/blog/campaign-recipients>

PharmaCare

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

Prostate Cancer Foundation BC

Help individuals, their families understand, cope with prostate cancer, provide up to date medical info. and individual support.
<https://www.prostatecancer.ca>

1.877.840.9173

See listing under Support Groups

Spinal Cord Injury BC

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

<https://sci-bc.ca>

1.800.689.2477 BC InfoLine

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

Vision Loss Rehabilitation Canada

Provides rehabilitation therapy and health-care services for those with vision loss
<https://visionlossrehab.ca>

302-546 Leon Avenue, Kelowna

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

Westside Health Network Society

Seniors Information & Referral Service
 Enhance senior's wellness - volunteerism, education, referral and social programs, West Kelowna & Peachland areas. See

website for a complete list of programs including transportation, Better at Home
<https://www.westsidehealthnetwork.org>
100-3591 Elliott Road, West Kelowna
250.768.3305 Mon-Fri 8am-2pm

Dental Services

Kelowna Denture Clinic

Bringing unique smiles to life
<https://kelownadentureclinic.com>

102-1824 Gordon Drive

236.420.2581 **1.844.874.2848**

See our ad on page 41

Fitness

YMCA of Southern Interior BC

Take the best years of your life and make them even better. Healthy aging means finding activities you enjoy. Stay active, make friends and have fun with Y classes, Mingle Mondays and specialty health programs.

<https://www.ymcasibc.ca>

250.491.9622

- **Kelowna Family Y**
375 Hartman Road
- **H2O Adventure + Fitness Centre**
4075 Gordon Drive
- **Downtown Y**
1011-505 Doyle Avenue

See our ad and article on page 19

Dyck's Pharmacists

Your Pharmacy of Choice since 1955

Four locations to serve you

dyckspharmacists.com

info@dyckspharmacists.com

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

Senior's Day

10% OFF* Last Friday of every month



Foot Care

A1 Foot Care

Professional Foot Care, Kelowna,
Vernon & area

www.a1footcare.com

250.860.1005

See our ad and article on page 55

Hearing Clinics

HearingLife

Helping people with their hearing health.
Six locations to serve you in the Central
Okanagan

<https://hearinglife.ca>

See our ad on page 49

Pardon Me Hearing

The Hearing Aid Store

<https://pardonme.ca>

3-1551 Sutherland Drive, Kelowna

778-478-3277

See our ad on this page

Home Care

Kelowna Homecare Solutions

Get the support your loved ones need

<https://www.kelownahomecaresolutions.com>

270-2000 Spall Road 250.861.8315

See our ad on page 57

Qualicare Home Care

Home Care for Every Need. Vernon, Kelowna

3315 Coldstream Avenue, Vernon

<https://qualicare.com> **250.293.0773**

See our ad and article on page 18

Medical & Mobility Equipment

Canadian Red Cross

Health Equipment Loan Program: short
term mobility equipment to assist at-home
recovery from surgery, illness & injury.

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

Okanagan Service Area Office

124 Adams Road, Kelowna V1X 7R2

250.765.3465 Mon-Fri 9am-1pm

PARDON ME HEARING

**A Small, Canadian, Family-Owned Hearing Company
Making a Big Difference**

Before you commit to spend elsewhere,
STOP and check us out! **SEE** for yourself why
Pardon Me Hearing is the **SMART** choice.

 **Unbeatable Prices**

 **Unmatched Quality**

OUR PRICE MATCH GUARANTEE

We are the better price - **EVERY TIME, GUARANTEED!**

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Contact us today!

Kelowna 778-478-3277

Unit 3 1551 Sutherland Ave, Kelowna, BC V1Y 9M9

Book Online Now!



Vernon 778-475-4327

235 - 2306 Highway 6, Vernon

Medical Equipment & Supplies

Motion Kelowna

Make life accessible. Wide selection of medical equipment for purchase or rent
<https://motioncares.ca/location/kelowna>
103-171 Commercial Drive, Kelowna
250.765.7740

See our ad on page 43

Premium Mobility Products

Products designed to help those with limited mobility -live their lives to the fullest
<https://premiummobilityproducts.ca>
1747 Ross Road, West Kelowna
778.755.8230

See our ad on page 45

Orthotics, Bracing, Footwear Modification

Okaped Inc.

Supporting you at our Five locations in the Okanagan
<https://www.okaped.com>
 See our article page 46, ad on page 47

Pharmacies

Dyck's Pharmacists

Your Pharmacy of Choice Since 1955
 Four locations to serve you in Kelowna
<https://www.dycksparmacists.com>
 See our ad on page 50

Pharmasave

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

Rutland Medical Pharmacy

Local Leaders in Health Care
<https://www.rutlandmedicalpharmacy.com>
203-285 Aurora Crescent, Kelowna
778.753.7070
 See our ad on page 54

Physiotherapy

Sun City Physiotherapy

Dizziness & Vertigo - We Treat That.
 Four locations to serve you in the Central Okanagan
<https://suncityphysiotherapy.com>
 See our ad and article on page 42

Health Facilities

Interior Health

<https://www.interiorhealth.ca>

- Regional Administration Office
505 Doyle Avenue **250.469.7070**
- **May Bennett Wellness Centre**
135 Davie Road **250.980.1400**
- **Rutland Health Centre**
155 Gray Road **250.980.4825**
- **West Kelowna Health Centre**
160-2300 Carrington Road
250.980.5150
- **Kelowna General Hospital**
 Visiting hours: unrestricted. After 8pm, all family members & patient support visitors are to use the main Centennial Bldg. entrance and sign in with security.
 Emergency Hours / Services 24/7
2268 Pandosy Street
250.862.4000 Switchboard, Patient Room Enquiries, Volunteer Services
- **KGH Orthotic Services**
2288 Pandosy Street
250.862.4200
- **Interior Crisis Line**
<https://www.interiorcrisisline.com>
1.888.353.2273 24/7
- **Interior Crisis Chat**
<https://helpstartshere.gov.bc.ca/resource/crisis-centre-online-chat>
- **Interior Health Abuse or Neglect Reporting Line**
 Investigates reports of abuse, neglect, and self-neglect of vulnerable adults
1.844.870.4754 report or call for info.

continued from page 19...



time. I really didn't want my experience to end and was thankful to learn about their financial assistance program which made it possible for me to continue going past my trial period.

Now I come in three times a week and it's had substantial effects on my mental and physical health.

The Downtown Y is my happy place. It has provided me with a healthy routine, sense of community, and a safe place. I've been to many different gyms and the Downtown Y is

one of the nicest, friendliest, and cleanest I've been to.

Honestly, if I couldn't come to the Downtown Y, I would be in a very dark place.

As a local charity, the Y is here to help you shine – mentally, physically and emotionally. With safe spaces, a variety of classes, pool access and many speciality health programs specifically designed for the 50-plus community. Their health coaches will meet you where you're at and help you reach your fitness goals. If, like Hollis, you're seeking consistent habits and people who will encourage you in your healing journey, please send an email to hello@ymcasibc.ca or call 250-491-9622 to learn more.

Many of the Y's programs would not be possible without the generosity of donors, funders and community partners. Learn more about the YMCA of Southern Interior BC at ymcasibc.ca.



SPIRITLEAF

**LICENSED
CANNABIS AND
CBD RETAILER**

KELOWNA	WEST KELOWNA
Unit 1B, 1445 Harvey Avenue	104 - 1195 Industrial Rd.
Kelowna, BC V1Y 6E9	West Kelowna, BC V1Z 1G4
<i>Senior's Day is Tuesday</i>	<i>Senior's Day is Monday</i>

Senior's Day! 65+ save 10% on your purchase

Urgent & Primary Care Centres

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

- **Kelowna Urgent & Primary Care Centre**
1141 Harvey Avenue
250.469.6985
North end of Capri Mall parking lot
250.469.6985 9:30am-8:30pm daily
- **Rutland Urgent & Primary Care**
150 Highway 33 West
250.491.1100 9:30am-8:30pm daily
- **West Kelowna Urgent & Primary Care**
19-2484 Main Street, West Kelowna
Westridge Shopping Centre
250.469.6010 11:30am-8:30pm 7days/wk.

Patient Care Quality Office

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

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

Walk In Clinics

Hours correct as of October 2024.
For wait time and information for clinics on the Medimap system, go to <https://medimap.ca>

LAKE COUNTRY

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

KELOWNA

- **Academy Hill Medical Centre**
Mon-Thur 9am-4pm, Fri 9am-1pm
<https://academyhillmedical.com>
109-975 Academy Way
250.300.3284
- **Bluebird Medical Clinic**
Mon and Tue only. 9am-4pm
Phone clinic prior to coming in
<https://www.bluebirdmedical.ca>
302B-3975 Lakeshore Road
778.477.6390
- **Hillside Medical Clinic**
Monday to Friday 8:30am-4pm
<https://evolvealliedhealth.ca>
114-1920 Summit Drive
250.763.6322

continued on page 57



Rutland Medical Pharmacy

Free Delivery

Offering Virtual Doctor Appointments • Call for an appointment.



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

R&H HealthMed

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



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

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



Congratulations

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

What is the importance of foot care?

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

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

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

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

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

What is difference between a Foot Nurse and a Podiatrist

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

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

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

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

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

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

Professional Footcare

...is great for the Sole



- Promote Healthy Feet
- Minimizes Pain & Discomfort
- Prevent Foot & Nail Infection
- Relieves Foot Ailments
- Prevents Diabetic Foot Ulcers
- Helps Prevent Loss of Toes or Foot



A1 Foot Care

Kelowna/Vernon & Area

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

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

www.a1footcare.com | [f A1footcare](#)

Melanie Berg Clinical Director

Kelowna Hostesses



Kelowna Hostesses has been around for 43 years. It came into being in 1981 after the BC Summer Games. At that time, a group of women felt that Kelowna needed a presence of volunteers to help out in the community and the Kelowna Hostesses was born.

We are a group of 30 ladies dedicated to being "goodwill ambassadors" through our volunteer hours.

In representing the cities of Kelowna & West Kelowna, we are a non-profit group and help out for different events each year.

Some of the events we are asked to assist with are: Festivals Kelowna events; a number of Salvation Army events such as the Tiny Tim Breakfast at Christmas;

Victory Life Church "Back to School Bash", The Scare Crow Festival, Global School House, DKA Winter Street Market, Taste of Home, Seniors Safety Fair, Parks Alive, Bridge Tournaments in two different locations, Monster Bash, New Year's Eve, Max's Drive Thru Breakfast and many more.

We do welcome any ladies who are interested. Our requirement for groups wanting our service is early notification.

We are those extra pair of hands for any group who need our help at their upcoming event. Kelowna Hostesses are only a phone call away.

For more information, please contact:
Roberta Withers 250-763-7542

Walk In Clinics

continued

- **Lakeshore Medical Centre & Walk-In**
Monday to Saturday 9am-4pm
2280 Baron Road, Kelowna
250.764.8878
- **Lyte Medical Clinic**
Monday to Friday 8am-4pm
1550 Banks Road, Kelowna
236.766.1141
- **Orchard Medical Centre**
Mon-Fri 8am-3pm
104-1990 Cooper Road, Kelowna
250.861.3235
- **Spall Medical Clinic & Walk-In**
Mon-Fri 8:30am-2pm May close early
due to patient volumes.
150-1940 Harvey Avenue, Kelowna
236.420.006

WEST KELOWNA / WESTBANK

- **Lakepoint Medical Clinic**
Monday to Friday 9am-4pm
202-525 Highway 97S
778-755-0700
- **West Kelowna Walk-In**
Monday to Friday, 9am to noon
105-2231 Louie Drive, West Kelowna
250.768.6985



Helping you. Live your life.

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



www.kelownahomecaresolutions.com

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





Professional

Consumer

Better Business Bureau

Helps consumers find businesses and charities they can trust

<https://www.bbb.org>

500-1190 Melville St., Vancouver V6E 3W1

604.682.2711 Mon-Fri 9am-4pm

Canadian Anti-Fraud Centre

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

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

1.888.495.8501 Mon-Fri 7am-1:45pm PT

Consumer Protection BC

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

<https://www.consumerprotectionbc.ca>

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

National Do Not Call List

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

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

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

1.888.362.5889 TTY

Scams & Fraud

For information on common scams, go to the RCMP website, click on 'Scams and fraud' (Quick Links)

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

Financial

BC Assessment Authority

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

<https://bcassessment.ca>

300-1631 Dickson Avenue, Kelowna

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

BC Securities Commission Investor Education

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

<https://www.investright.org>

1.800.373.6393 Mon-Fri 8am-5pm

Credit Counselling Society

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

<https://nomoredebts.org>

375-1855 Kirschner Road, Kelowna

250.860.3000

1.888.527.8999

Insurance

HUB International Insurance Brokers

Buy your Personal Insurance with CHOICE. Rutland Plaza 33

51-301 Highway 33 W 250.765.4143

<https://www.hubinternational.com>

See our ad on page 27

ICBC Seniors Insurance

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

Johnston Meier Insurance Agencies

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

The Mortgage Centre

Think Outside Your Bank
grant@grantpowell.ca
250.486.2959 Grant Powell
 See our article and ad on page 17

Legal

Access Pro Bono Society of BC

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

<https://www.accessprobono.ca>
1.877.762.6664 Mon-Fri 9am-5pm

Canadian Bar Association, The

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

Clicklaw

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

Community Legal Assistance Society

For benefit of those who are physically, mentally, socially, economically or otherwise disadvantaged, or whose human rights need protection
<https://clasbc.net>
1.888.685.6222 Vancouver

Dial-a-Law

A library of scripts prepared by lawyers. Offers general information on a variety of topics on BC law but not legal advice. Free service available in English, Chinese and Punjabi via the Internet and by phone
<https://dialalaw.peopleslawschool.ca>
1.800.565.5297 24/7 Recorded Information



50 Johnston Meier Insurance Agencies Group
www.jmins.com

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

Visit our website for a location near you!

Autoplan
 Your Best Insurance is an Insurance Broker.

Legal

continued...

Lawyer Referral Service

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

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

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

Legal Services Society

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

<https://legalaid.bc.ca>

• Family LawLINE

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

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

1.866.577.2525

• My Law BC

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

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

People's Law School

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

<https://www.peopleslawschool.ca>

604.331.5400 Vancouver

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

Public Guardian & Trustee of BC

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

of deceased and missing persons

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

1345 St. Paul Street

Kelowna

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

Seniors First BC

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

<https://seniorsfirstbc.ca>

1.866.437.1940 (SAIL) Seniors Abuse & Information Line - weekdays 8am-8pm

Policing

Central Okanagan Crime Stoppers

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

<https://www.crimestoppers.net>

1.800.222.TIPS (8477)

1450 KLO Road

250.469.6309 Office

See our ad and article on page 20

Kelowna Regional RCMP

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

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

1190 Richter Street

250.762.3300 Mon-Fri 8am-5:30pm

RDCO Protective Services Department

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

- **RDCO Bylaw Services**
 Respond, investigate bylaw complaints within RDCO including Zoning, Noise, Invasive Weeds and Insects, and other bylaw offences
protective.services@rdco.com
4150 KLO Rd., Kelowna 250.469.6112
- **RDCO Crime Prevention Unit**
 West Kelowna: Citizens Patrol, Seniors' Contact, Stolen Auto Recovery, Traffic Watch, Fraud Awareness, Speed Watch, Business Watch, Block Watch.
 Volunteer opportunity
<https://www.westkelownacity.ca/en/our-community/police-rcmp.aspx>
250.768.2880 wkcp@shaw.ca
2390 Dobbin Rd. (RCMP) M-F 7:30-4:30
- **RDCO Dog Control**
 Officers ensure dogs are licensed to assist lost dogs reunite with owners. Also investigate complaints, work closely with SPCA, other animal care specialists
890 Weddell Place, Kelowna 250.469.6284
1.888.670.2417 After Hours Emergency
- **False Alarms Management**
 Program designed to alleviate, reduce false security alarms in order that police can respond to other emergency calls
1450 KLO Road, Kelowna 250.469.6123

Lake Country Community Policing

Speed Watch, Child ID, Block Watch, Seniors Safety & Security, Graffiti Eradication. Volunteers welcomed.
<https://www.lakecountry.bc.ca/en/living-in-our-community/police.aspx>
3231 Berry Road (RCMP) M-F 8-4 250.766.5400

Peachland Community Policing

Office closed to the public. Call West Kelowna detachment **250.768.2880**

Rutland Community Policing Office

Responds to routine enquiries, initiates non-emergency crime reports, advises re: available crime prevention programs
115 McIntosh Road 250.765.6355 9am-4:30pm

RCMP Victim Services

Aims to help lessen the impact of crime and trauma on victims, witnesses, and their friends and families - for Kelowna, Lake Country, Peachland, West Kelowna, Westbank First Nation
<https://www.rdco.com/en/living-here/victim-services.aspx>
1190 Richter Street, Kelowna 250.470.6242 Mon-Fri 8am-6pm

RCMP Detachments

- <https://www.rcmp-grc.gc.ca>
Emergency only: dial 9-1-1
- **Kelowna Regional Detachment.**
1190 Richter Street 250.762.3300 Mon-Fri 8am-5:30pm
 - **3231 Berry Road, Lake Country 250.766.2288** Mon-Fri 8am-4pm
 - **2390 Dobbin Road, West Kelowna 250.768.2880** Mon-Fri 8am-4:30pm
 - **5375 Big White Rd., Big White Policing 250.765.3549**

Community Crime Prevention

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

Seniors Guidebook to Safety & Security

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





Leisure Travel

Arts & Culture

Central Okanagan Performing Arts

Annual festival provides opportunities for amateur performers to demonstrate their achievements in music, dance, speech
<https://copafestival.com> **778.215.7418**

City of Kelowna

Arts, Culture & Heritage. Subscribe to our monthly e-newsletter
<https://www.kelowna.ca/culture>

Friends of Fintry Provincial Park Society

Research, restoration of buildings and grounds, building archives, fund raising. Campground, boat launch. Summer weekend tours, self-guided tours
<https://www.finity.ca> **250.542.4031**
1.800.689.9025 Campground Reservations

Kelowna & District Genealogical Society

KDGS supports those interested in discovering their family history. Featuring over 3,000 print resources and a 'Genealogist in Residence' schedule at the Okanagan Regional Library
Downtown Kelowna branch, 2nd Floor
1380 Ellis Street
250.762.2800 Reference desk
<https://kdgs.ca> info@kdgs.ca

Kelowna Art Gallery

Engage, inspire, enrich the greater community through exhibition, collection, interpretation of visual art
<https://kelownaartgallery.com>
1315 Water Street **250.762.2226**

Kelowna Community Theatre

View upcoming Calendar of Events at...
<https://theatre.kelowna.ca>

1375 Water Street

250.469.8944 Mon-Sat 9am-4pm

250.469.8940 Box Office Mon-Sat 10-4

Kettle Valley Steam Railway

Dedicated to preserving Okanagan and BC Railway Heritage
<https://www.kettlevalleyrail.org>

18404 Bathville Road, Summerland

250.494.8422

1.877.494.8424

Museums

Canadian Wildlife Museum

Over 220 scenes of wildlife in action, 350 mounted wildlife specimens including 120 Canadian birds of prey, 115 different Canadian species. Check website for summer hours, special tours available. Master Taxidermist Ken Schultz. Follow us on Facebook and Instagram
<https://canadianwildlifemuseum.com>
7774 Pleasant Valley Road, Vernon
250.545.9740 Seniors discount
See our article and ad on page 16

Kelowna Museums

• Okanagan Heritage Museum

Wonderful objects and surprising stories that reveal the natural and cultural history of the region. Home of Kelowna Public Archives, Central Okanagan Hall of Fame
470 Queensway Avenue
250.763.2417
<https://www.kelownamuseums.ca>

- **Okanagan Military Museum**

Discover the role Okanagan men and women played in the world theatre. Packed with fascinating artefacts, one of the best firearms collections in Canada.
<https://www.kelownamuseums.ca>
1424 Ellis Street 250.763.9292

- **Okanagan Wine & Orchard Museum**

In the Laurel Packinghouse. Sample the industries that shaped Kelowna, shop for made-in Okanagan gifts
1304 Ellis Street 778.478.0325
<https://www.kelownamuseums.ca>

Lake Country Museum and Archives

Presenting our Past. Illuminating our Future
<https://lakecountrymuseum.com>
11255 Okanagan Centre Road West 250.766.0111

Peachland Museum, The

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

Sncēwīps Heritage Museum

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

Westbank Museum & Visitors Centre

Working model of Gorman Bros. sawmill
<https://westbankmuseum.com>

2376 Dobbin Road, West Kelowna 250.768.0110 Check website for hours
250.768.2712 Visitor Centre

Okanagan Historical Society

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

Okanagan Symphony Orchestra

Concert events in Vernon, Kelowna, Penticton. See website for 2024-25 performances, locations, dates
<https://okanagansymphony.com>
250.763.7544
See our ad and article on page 26

Rotary Centre for the Arts

Multidisciplinary visual and performing arts centre. Consider a donation to support.
<https://rotarycentreforthearts.com>
421 Cawston Avenue, Kelowna 250.717.5304 Box Office M-F 9am-5pm

Leisure

Big White Ski Resort

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

BC Fishing Licences

Basic annual licence for 65+ \$5.50
 Basic annual licence for disabled \$1.10
<https://www2.gov.bc.ca> - search for Freshwater Fishing. See License Vendors



Visit

SNCĒWĪPS
HERITAGE MUSEUM

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

BC Old Time Fiddlers' Association

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

BC Parks

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

1.800.689.9025 Call Centre

• BC Senior Camping Discount

<https://bcparks.ca/reservations/camping-fees/senior-discount/>

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 Nanaimo Sept. 9-13, 2025
<https://55plusbcgames.org>
778.426.2940

Beta Sigma Phi - Kelowna

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

Central Okanagan Naturalists' Club

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

City of Kelowna Parks & Recreation

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

• Parkinson Recreation Centre

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

Farmers' Markets (BC Association of)
<https://bcfarmersmarket.org>

• Kelowna Farmers' & Crafters' Market

BC's largest farmers' market. Landmark District, **1631 Dickson Ave.** Wed & Sat 8am-1pm. April-October. Kerry Park Downtown Satellite market Sunday 9am-3pm June-Sept. Winter market-check web
<https://www.kelownafarmersandcraftersmarket.com>
250.878.5029 778.215.4498

• Lake Country Farmers Market

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

• Peachland Farmers & Crafters Market

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

• Westbank Farmers' Market

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

Kelowna Community Chorus

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

Kelowna Newcomers Club

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

Kelowna Rockets Hockey Club

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

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

Okanagan Wine Festivals
 Naturally Fun Festivals for All Seasons!
 Check website for programs and events
<https://www.thewinefestivals.com>
250.864.4139

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

RV Owners Lifestyle Seminar
 An annual event at Okanagan College Kelowna Campus, 1000 KLO Road
 Opportunity for new, or seasoned or wannabe RV owners to gain valuable knowledge on RV operations. Also travel tips, health on the road, destinations, full-time RV living and much more. See website for 2025 Seminar dates
<https://rvda.bc.ca>
778.574.4522 MJ Higgins - RVDA

Spiritleaf
 Cannabis & Accessories Available
<https://spiritleaf.ca/pages/store-locator>
 • Unit 1B, 1455 Harvey Avenue, Kelowna
 • 104-1195 Industrial Ave., West Kelowna
 See our ad on page 53

Travel

BC Ferries
 BC Seniors 65+ travel free on most

Mekong Lunch Special Buffet



1030 Harvey Ave
 Kelowna, BC
 250-763-8000

\$21.95 + VIP off

Tuesday to Sunday
 11:30 AM to 2:30 PM
 Combo TOGO \$16.95
 + VIP off

BC Ferries Mon-Thur except holidays.
 Passenger fares only - with valid I.D.
<https://www.bcferries.com>
1.888.223.3779 Reservations
 Mon-Fri 7am-10pm, Sat/Sun 7am-7pm

Friendship Force International

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

Kelowna International Airport (YLW)

Contact airlines directly for flight reservations and questions. Airport services info is available at <https://ylw.kelowna.ca>
250.807.4300 Airport Administration
250.765.5612 Valet Parking

National Geographic Expeditions

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

Road Scholar

Not-for-profit world's largest, most innovative creator of experiential learning opportunities. Unsurpassed offerings
<https://www.road scholar.org>
1.800.454.5768 M-F 6am-3:30pm PT

Super, Natural British Columbia

Experience a wide range of events celebrating food, drink, culture, the arts.

All about BC, places to go, things to do, trip ideas, accommodation, transportation, maps, travel deals. Need to Know - key travel information, accessibility, more...
<https://www.hellobc.com>

Senior Discovery Tours

Amazing Adventures for travellers 55+
<https://seniordiscoverytours.ca>
1.800.268.3492
 See our ad on page 67

Traveller Information System

Road and weather conditions, webcams, plan your route, mobile traveller information, prepare for driving, more...
<https://www.drivebc.ca>
1.800.550.4997 BC Highways Conditions

Worldwide Quest

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

Activity Centres

East Kelowna Community Hall

Weddings, banquets, parties, festivals, arts & craft shows, fitness, sports, more
<https://eastkelownahall.com>
2704 East Kelowna Road 250.860.2746

City of Kelowna Activity Centres

A variety of programs and services are available for those 50+ including fitness and sport, crafts and hobbies, music and dance, health and wellness, computers,

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*Excludes red tag items. 60+ years of age.

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



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valuevillage.ca

art, games and general learning. See the Active Living Guide for 50+, go to <https://www.kelowna.ca/recreation>

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

Seniors Activity Centre

Seniors 55+ are invited to participate in friendly social recreation programs
<https://seniorsoutreach.ca/programs-and-services/seniors-activity-centre/>
1353 Richter Street 250.861.6180

Lakeview Heights Community Hall

Being updated as part of Fire Hall #32 replacement project. New pickleball courts, new playground area open fall 2025. Learn more at ourwk.ca/firehall32
860 Anders Road, West Kelowna

Lake Country Seniors' Activity Centre

Cribbage Tournaments, Sewing, Tai Chi, Fitness Class, Power Yoga, Art Groups, Euchre/Hearts, Bridge, Quilting, Scrabble, Mahjong. Tuesday Lunch \$9 members, \$12 non-members, Frozen meals \$7
lakecountryseniorscentre@gmail.com
9830B Bottom Wood Lake Road 250.766.4220

Okanagan Mission Community Hall

Heritage building has been centre for community events for decades.
<https://www.okmissionhall.net>
4409 Lakeshore Road 250.764.7477

Peachland 50 Plus Activity Centre

Extensive weekly activities, special events. Event calendar. Provides a setting where those 50+ are able to use their talents.
<https://www.peachland50plusactivitycentre.ca>
5672 Beach Avenue, Peachland 250.767.9133 Office hours M-W-F 10-noon

Peachland Wellness Centre (PWC)

Programs and services to enhance wellbeing and enjoyment of life in the community. See website for list of programs, services, events, monthly calendar, fund raising
<https://www.peachlandwellnesscentre.ca>
4475 4 Street, Peachland 250.767.0141 Mon-Fri 9am-3pm

Westbank Lions Community Centre

Updated, perfect facility to host a banquet, wedding, meetings, community events
<https://www.westkelownacity.ca>
2466 Main Street 778.797.2240

Westside Senior Citizens Service Association 50+ Activity Centre

For those 50+, greater West Kelowna residents, looking to stay active, stay fit, have fun and stay sharp. See website for activities for 2024-25, contact information
<https://www.westkelownacity.ca>
3661 Old Okanagan Highway West Kelowna 250.768.4004



Amazing adventures for travellers 55+
We manage the details – you enjoy the destination!
Offering 100+ destinations worldwide and 8 tour styles, your only challenge is choosing where to go next!



CPBC Licence #3292



Book today! 1.800.268.3492 SeniorDiscoveryTours.ca

Request a brochure



Resources

Charities, Foundations

Before You Give...

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

BC Cancer Foundation

Make a gift in memory to honour the life of a loved one, friend, family member
<https://bccancerfoundation.com>
399 Royal Avenue, Kelowna V1Y 5L3
250.878.5490 1.866.230.9988

BC SPCA

Registered charity dedicated to protecting and enhancing the quality of life for domestic, farm and wild animals
<https://spca.bc.ca/donate/leave-money-in-your-will/>
1.855.622.7722 Call to make a donation
See our ad on page 69
1.855.622.7722 Animal Helpline
• Kelowna Branch - Tue-Sat Noon-4:00pm
<https://spca.bc.ca/locations/kelowna/>
3785 Casorso Road V1W 4M7
250.861.7722 Closed Stat Holidays

Canadian Cancer Society

Make a One-time Gift, Monthly Gift, Honour Gift, Memorial Gift
<https://cancer.ca> Click on 'donate'
330 Strathcona Ave., Kelowna V1Y 5K7
250.762.6381 1.800.268.8874

Canadian Red Cross

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

Central Okanagan Hospice Association

Offering compassionate care, comfort, support and learning to those who are dying or grieving within our community
<https://hospicecoha.org>
200-1890 Cooper Rd., Kelowna V1Y 8B7
250.763.5511
• COHA Foundation
To generate sustainable funding to solely support the vision and mission of the Central Okanagan Hospice Association
<https://hospicecoha.org-foundation/about/>

Central Okanagan Foundation

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

Connect Counselling & Therapy

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

ElderDog Canada

Dedicated to ageing people, ageing dogs, the important connection they enjoy. Call if you know someone who needs our help
<https://elderdog.ca> **1.855.336.4226**

Heart & Stroke Foundation

In Memoriam, In Honour, general donations
<https://www.heartandstroke.ca>
 778.372.8000 1.888.473.4636
 See our ad on page 76

KGH Foundation

Giving **Changes** Everything.
 Building a healthier future, together
<https://www.kghfoundation.com>
2312 Pandosy St., Kelowna, BC V1Y 1T2
250.862.4438 Mon-Fri 8am-4pm
 See our ad and article on page 22

Kelowna Women's Shelter

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

Shine Foundation

A Brighter Future for Youth with Disabilities

<https://www.shinefoundation.ca>
21-1100 Dearness Drive
London, ON N6E 1N9
519.642.0990

Terry Fox Foundation, The

Working together to outrun cancer
<https://terryfox.org/ways-to-give>
150-8960 University High Street
Burnaby, BC V5A 4Y6
1.877.363.2467

United Way Southern Interior BC

Helping British Columbians tackle critical social issues, though local love
<https://uwbc.ca>
B-1525 Gordon Ave., Kelowna VIY 3G6
250.549.1346

Variety-the Children's Charity

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



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 cnorbury@sPCA.bc.ca
 1.855.622.7722
 (ext. 6059)

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foreverguardian.ca

The War Amps

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

<https://www.waramps.ca>

2827 Riverside Drive

Ottawa, ON K1V 0C4

1.800.250.3030

See our ad and article on page 7

Education

CAA Road Safety Program

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

Justice Institute of BC (JIBC)

Educating and training those who make communities safer, Canada's leader in justice and public safety education
<https://www.jibc.ca>

825 Walrod Street, Kelowna

250.469.6020

1.888.865.7764

Project Literacy Central Okanagan Society

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

1635 Bertram Street

250.762.2163

Simon Fraser University

Liberal Arts and 55+ Program
Opportunity to learn for the joy of learning, enhance your creativity, sharpen your critical thinking skills. See website for programs and details. 55+ discount
<https://www.sfu.ca/liberal-arts>

1.844.782.8877

Society for Learning in Retirement SLR **Curiosity Never Retires!**

Continuing education, intellectual stimulation, social connections for mature adults

<https://www.slrkelowna.ca>

1434 Graham Street

250.448.1203

Thompson Rivers University

Open Learning offers distance learning for everyone. You can complete online & distance courses and programs anytime, anywhere to accommodate your active lifestyle and diverse interest

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

1.800.663.9711 *See our ad on page 71*

Library Services

Okanagan Regional Library

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

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

250.860.4033 Admin. Office Kelowna

Meal & Food Programs

FOOD BANKS

• Central Okanagan Food Bank

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

<https://cofoodbank.com>

- Kelowna Branch

2310 Enterprise Way

250.763.7161 Office M-F 8:30-3:30

- West Kelowna Branch

3711 Elliott Road, West Kelowna

250.768.1559 Mon-Fri 9am-3pm

• Lake Country Food Bank

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

<https://www.lakecountryfoodbank.org>

9830C Bottom Wood Lake Road

Lake Country

250.766.0125

• Peachland Food Bank

Open 9-11:30 am every 2nd Saturday of the month. Also every Friday 12:30-2:30pm. Facebook

4475 4 Street, Peachland

250.767.3312 Judy

Community Gardens (Central Okanagan)

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

Click on 'Gardens' tab for area gardens

250.869.1745 Georgiann

Lake Country Health

A Nourishing Path for Seniors. Frozen Food Delivery Program for low-income seniors. Range of delicious, nutritious frozen meals at reduced prices. Elevate your dining, stay within your budget

778.215.5247

Lake Country Seniors Activity Centre

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

9830B Bottom Wood Lake Road

250.766.4220

May Bennett Meal Program

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

Operated by Interior Health Food Services

<http://www.okmeals.info>

May Bennett Wellness Centre

135 Davie Road

250.860.3378

Meals On Wheels & Dinners @ Home

"Serving our Community for 55 Years!"

Home delivery of affordable, nutritious & delicious hot and cold meals (entrees with side & dessert) and/or frozen entrees up to 3 times a week in Kelowna, West Kelowna, Peachland. Veteran Affairs assistance may be available. Delivery only. Special diet meals can be accommodated. Volunteers welcome.

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

250.763.2424

See our ad and article on page 24

Project Literacy

Food Literacy - Community Care Garden Program (Fresh Food for Families)

14 garden boxes located around the outside of the KCR Community Resources building. Vegetables provided to families in need as identified by KCR

<https://projectliteracy.ca/programs/the-community-care-garden-program-fresh-food-for-families>

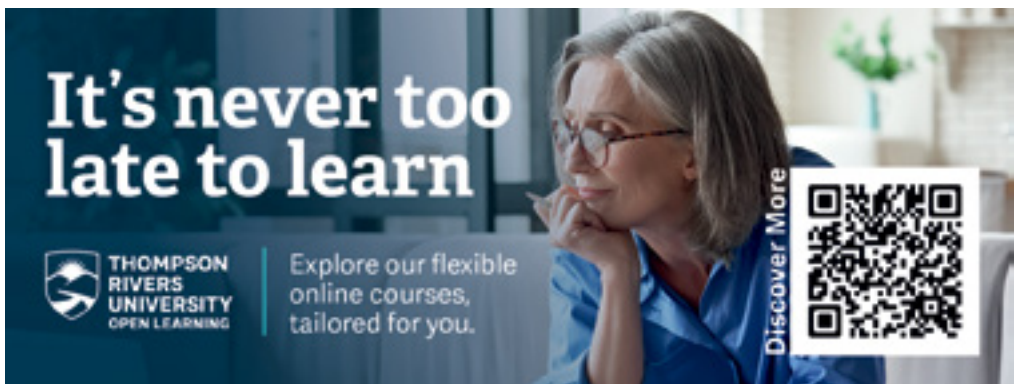
Programs & Groups

Adult Day Services

Offers supportive community programs for those at risk of losing their independence. Joining ADS requires a phone call to Home Health. We will help you access the services you need. Call yourself, or have a family member or friend, or your doctor call on your behalf.

1.800.707.8550

or visit <https://www.interiorhealth.ca/services/adult-day-services>




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THOMPSON RIVERS UNIVERSITY
OPEN LEARNING

Explore our flexible online courses, tailored for you.

Discover More



Better At Home

Provides non-medical home support for seniors 65+ who live independently.

<https://betterathome.ca>

- Seniors Outreach & Resource Centre
<https://seniorsoutreach.ca/better-at-home/>
250.861.6180 x6 Kelowna (Lead Agency)
- Lake Country Health
<https://www.lakecountryhealth.ca>
778.215.5247
- Peachland Wellness Centre
<https://www.peachlandwellnesscentre.ca>
250.767.0141 Mon-Fri 9am-3pm
- Westside Health Network Society
<https://www.westsidehealthnetwork.org>
250.768.3305 West Kelowna M-F 8-2

Canadian Federation of University Women

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

Community Living BC

Support those with a developmental disability, with autism, FASD, daily support
100-2045 Enterprise Way, Kelowna
250.712.3610

Emergency Management BC

Advisories of active emergencies, disaster readiness and recovery, fire safety and death investigation

<https://www2.gov.bc.ca/gov/content/safety/emergency-management>

1.800.663.3456 [report disaster/emergency](#)

Friends of the South Slopes Society

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

Kelowna Calligraphers Guild

Formed in 1990 to allow Okanagan calligraphers to share their expertise.

Meets Sept to May on last Monday of month. Visit website for further information
<https://kelownacalligraphy.ca>

Kelowna Hostesses

Goodwill ambassadors representing the City of Kelowna. Provides volunteers for community activities
250.763.7542 Roberta
See our article on page 56

Ki-Low-Na Friendship Society

Provide for the mental, emotional, physical and spiritual well-being via community-based services. See website for complete list of programs and services.

8:30am-4:30pm Mon-Fri. Closed 12-1pm

<http://www.kfs.bc.ca>

442 Leon Avenue

250.763.4905

Okanagan Men's Sheds Association

"Where men get together to do guy things"

We meet for coffee, camaraderie Fridays, 10am-noon at Deli City, 1889 Springfield.

Our new shop "The Barn", 1749 Byrnes Rd

Open Tue & Thur 10am-2pm. Email for

further info - okmenshed@gmail.com

<https://mensshed.ca>

United Empire Loyalists

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

250.469.8348 call for info - Marie

250.838.9652 President Sandra

VictimLink BC

Confidential multilingual 24/7 telephone help line for victims of family and sexual violence, all other crimes. See website for details of services offered - 150 languages including many Aboriginal languages
email: 211-VictimLinkBC@uwbc.ca
<https://www2.gov.bc.ca> Search for VictimLink BC

1.800.563.0808 24/7 Call or text

Wine Country Tai Chi Society

Tai Chi, at your pace, for your ability to improve and maximize your health and vitality. Sitting form for those with mobility limitations. Check website for beginner and ongoing classes
<https://www.winecountrytaichi.ca>
778.755.0987 Yvonne, West Kelowna
See our ad and article on page 23

Resource Centres

Lake Country Health

Provides resources, advocacy and referral support regarding health & social services. Better at Home, Volunteer Driving & Visiting programs. Caregiver Support. Seniors Fitness
<https://www.lakecountryhealth.ca>
778.215.5247

KCR Community Resources

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

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

620 Leon Avenue 250.763.8008
1.888.353.2273 Interior Crisis Line
9.8.8 - Suicide Crisis Helpline 24/7

Peachland Wellness Centre

We link people to services, information, and other people. Bereavement, Wellness Circle, Computer Literacy, Transportation Service, Better at Home, Outreach - see website for list of Programs & Services
<https://www.peachlandwellnesscentre.ca>
4475 4 Street, Peachland
250.767.0141 Mon-Fri 9am-3pm

Seniors Outreach & Resource Centre

Providing social services and linking seniors to needed services, we help vulnerable older adults to maintain their dignity, independence, stay connected
<https://seniorsoutreach.ca>
155 Asher Road, Kelowna
250.861.6180 Mon-Fri 9am-4pm
See our ad and article on page 15

VISIT YOUR LOCAL COMMUNITY BLENZ

Blenz at Bernard & Water St
 297 Bernard Ave, Kelowna

Blenz in Innovation Centre
 460 Doyle Ave, Kelowna

Blenz in Orchard Park Centre
 2271 Harvey Ave, Kelowna

Blenz in Pandosy Village
 2823 Pandosy St, Kelowna

Blenz in Westbank Centre
 3645 Gosset Rd, West Kelowna

Blenz in Penticton
 284 Main St, Penticton

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

Blenz in Vernon - Downtown
 2706 30th Ave, Vernon

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

Never Automated.
 Always Handcrafted.



TRY OUR CAFÉ LATTES
 Hot / Iced



Service Organizations

BC Partners for Mental Health and Substance Use Information

We are here to help you find quality information, learn new skills, connect with key resources. Find the information you need to manage mental health and substance problems, support a loved one
<https://www.heretohelp.bc.ca>

310.6789 BC Mental Health Support Line
 Free & available 24/7. Call for information - or if you just need someone to talk to
1.800.784.2433 Call 24/7 if you are in distress or worried about someone else
1.800.661.2121 - order publications

Big Brothers Big Sisters

Mission to support and enhance the well-being of young people through positive mentoring relationships
<https://centralsoutherninteriorbc.bigbrothersbigsisters.ca>

102-151 Commercial Drive, Kelowna
1.800.404.4483

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

CARP

Aim for higher health: Let's fix health care now. Canada's largest advocacy association promoting equitable access to health care, financial security, freedom from ageism
<https://www.carp.ca> **1.888.363.2279**

Canadian Blood Services

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

Central Okanagan Elizabeth Fry Society

Supporting survivors of abuse since 1972. Community Based Victim Services, Sexual Assault Counselling, Indigenous Victim Services, Peer Support
<https://www.efryokanagan.com>

649 Leon Avenue, Kelowna
250.763.4613 Mon-Fri 8:30am-4:30pm

Council of Senior Citizens' Organizations of BC (COSCO)

Purpose is to advance the social and physical welfare of all BC elder citizens
<https://coscobc.org>

604.630.4201 Leslie Gaudette, President
 • **Health & Wellness Workshops**
 45-60 minute workshops available free of charge to any seniors group 10 or more
<https://seniorshelpingseniors.ca>

Kelowna Women's Shelter

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

250.763.1040 24 Hour Help Line
<https://www.kelownawomensshelter.com/thrift-store>

• Thrift Store - Kelowna Women's Shelter
6-368 Industrial Avenue
250.762.8561 Mon-Sat 10am-4:30pm
 Thrift store proceeds support Shelter services

Mothers Against Drunk Driving

No alcohol. No drugs. No victims.

Stop Impaired Driving!

<https://madd.ca>

1.800.665.6233 Victim Support Line
 • Western Region Chapter Services Manager
1.877.676.6233 Tracy Crawford
 • MADD Central Okanagan
<https://maddchapters.ca/centralokanagan>
<https://www.facebook.com/maddokanagan>
1.800.665.6233 ext. 373

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

23-1720 Ethel Street **250.861.3302**

Royal Canadian Legion

The Legion's 145 branches in BC/Yukon Command provides various support services to veterans

continued...

<https://legionbcyukon.ca>

- **1317 Ethel St.** - moving here early 2025
<https://www.kelownalegion.ca>
250.762.4117
- **15712 Oyama Rd, Oyama 250.548.3521**
- **4407 2 Street, Peachland**
https://www.facebook.com/RCL69/?ref=py_c
250.767.9404
- **6-2525 Dobbin Road, Westbank**
<https://www.Facebook.com/RCL288Westbank/>
250.768.4330

Salvation Army Okanagan Central Community Church & Ministries

<https://kelownasalvationarmy.ca>

- **Kelowna Community Church**
Sundays 10:30-11:30am
1480 Sutherland Ave. 250.860.2329
- **Community Life Centre**
Assisting those in transition to brighter future. Call for an appointment
200 Rutland Rd. South 250.765.3450
- Thrift Store
200 Rutland Road S.
778.478.7000 Mon-Sat 10am-5pm

St. John Ambulance

First aid training, volunteer community services. Course calendar on website
<https://bc.sjatraining.ca>

1941 Kent Road
250.762.2840

Support Groups / Self Help

Al-Anon Family Groups

A fellowship for people whose lives have been affected by someone else's drinking. See website for meeting information
<https://www.bcyukon-al-anon.org>
<https://al-anon.org/al-anon-meetings/find-an-anon-meeting/>

Alcoholics Anonymous (AA Central Okanagan)

Membership open to anyone who wants to do something about their drinking problem. Kelowna, Lake Country, Peachland, West Kelowna
<https://www.aakelowna.org>
1.800.735.7520 Local Hotline Anytime

Alliance for Equality of Blind Canadians

Dedicated to promoting the increased inclusion of blind, deaf-blind and partially sighted in all aspects of social life
<https://www.blindcanadians.ca>
1.800.561.4774 Central Okan. Chapter

BC Association of Community Response Networks

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

BC Lung Foundation

Better Breathers is now COPD & Asthma Community. For meeting info, send an email to betterbreathers@bc.lung.ca
<https://bclung.ca/peer-support>
1.800.665.5864

BC Responsible & Problem Gambling

When gambling isn't fun anymore, help is available all day, every day. See website for free, confidential, individual, and/or group counselling for problem gamblers, their families.
<https://www.bcreponsiblegambling.ca>
1.888.795.6111 24 hour Helpline

Caregiver Support Group

For people providing support (caring for a loved one at home or in a facility), Interior Health offers a number of Support Programs. Referral to Community Care necessary. Call Central Intake for information on education sessions and other services offered.
1.800.707.8550 Interior Health

Compassionate Friends of Canada, The

Support group for parents who have experienced the death of a child, any age, any cause. Call for meeting information
<https://tcfcanada.net>
250.718.7039 Kelowna Chapter

Crohn's & Colitis Canada

Check website for Kelowna Community page. See listing in Health section
<https://crohnsandcolitis.ca>
1.800.513.8202

Gamblers Anonymous

Open meetings every Thursday, 6-7 pm
 Kalano Club
2108 Vasile Road, Kelowna
<https://www.gabc.ca/kelowna>
250.801.9943
1.855.222.5542 Hotline 24/7

Kelowna Prostate Cancer Support & Awareness Group

Meets 2nd Saturday of the month at 9 am except July & August. 2nd Floor. Books, videos lending library. No costs for services
 The Harvest Room, Trinity Baptist Church
Springfield & Spall (South entrance)
<https://www.kelownaprostate.com>
250.762.0607 Bren Witt

Kelowna Women's Shelter

Whether you need a place to stay in our Shelter, or just want to meet with a support worker to discuss a safety plan, we have a program or service to meet your needs
<https://www.kelownawomensshelter.com>
250.763.1040 24/7 Help Line

Lake Country Health Caregiver Group

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

Mental Illness Family Support Centre

BC Schizophrenia Society
 Check web for family support groups
<https://www.bcscs.org>
203-347 Leon Avenue, Kelowna
250.868.3119
250.464.5159 Interior Regional Manager

**Heart&Stroke™**

Learn the signs of stroke

Face is it drooping?

Arms can you raise both?

Speech is it slurred or jumbled?

Time to call 9-1-1 right away.

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

Mesothelioma.net

Cancer support group dedicated to providing all the latest in research and aid. Has compiled fact-checked and physician approved information regarding this disease, how it affects the body, and how it can be treated

<https://mesothelioma.net>

1.800.692.8608

Mood Disorders Association of BC

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

<https://mdabc.net>

604.873.0103 Mon-Fri 9am-4:30pm

Narcotics Anonymous

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

<https://www.bcna.ca>

1.877.604.7613 Central Okan. Help Line

Parkinson Society British Columbia

See website for information for Okanagan Support / Caregivers Groups

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

1.800.668.3330 ext 228 Provincial Office

QuitNow

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

<https://quitnow.ca>

1.877.455.2233 Get Help Now

Self-Management BC

Programs give people the knowledge, skills, confidence needed to successfully manage chronic health conditions. Check website for a program near you

<https://www.selfmanagementbc.ca>

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

Stroke Recovery Association of BC

Is here to support you and your family. We will work to understand your needs and goals, and connect you to people, resources, services in your community. Our weekly virtual Stroke Recovery Program runs Fridays 11am-12:30pm. Our Kelowna In-Person Program runs Thursdays 11:30am-1:30pm. To speak to an After Stroke Coordinator, or to register for our programs, please email or call...

afterstroke@marchofdimes.ca

1.888.540.6666

See our ad/article on page 27

Transportation**Accessible Parking Permits Program**

Application (and info) available on website Complete and return to City Hall, Revenue Branch. \$24 Fee. **1435 Water St.**, Kelowna

<https://www.kelowna.ca> Click on 'Roads & Transportation', then 'Parking', then 'Parking Permits'

250.469.8400

BC Bus Pass Program

Affordable transportation on all BC transit systems (except HandyDART) for low-income seniors and persons with disabilities. See website for eligibility, cost, and contact options

<https://www2.gov.bc.ca> Bus Pass Program

1.866.866.0800 Mon-Fri 9am-4pm

Disability Parking Permits -SPARC BC

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

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

1.888.718.7794 Mon-Fri 9am-4:30pm

Ebus

Daily passenger service between Kamloops, Kelowna, Vancouver, Vernon, Salmon Arm. Seat belts, Free WiFi, Wheel chair accessible. Discount for on-line booking. Mandatory Gov't Issued photo I.D.

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

Transportation

continued...

Hope Air

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

<https://hopeair.ca>

1.877.346.4673 General Inquiry Line
Mon-Fri 6am to 4:30pm

Kelowna Regional Transit System

<https://bctransit.com/kelowna>

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

Travel Assistance Program

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

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

> Search for Travel Assistance Program

1.800.661.2668 Automated application service

1.800.663.7100 Health Insurance BC

VIA Rail Canada

CAA exclusive price offered. 33% discount to Indigenous communities across Canada

<https://www.viarail.ca>

1.888.842.7245 **1.800.268.9503** TTY
Mon-Sun 5am-6pm PT

Volunteer Drivers

• Canadian Cancer Society Wheels of Hope Program

Connects people who need transportation to cancer treatments with volunteer drivers. Call an information specialist at **1.888.939.3333**

<https://cancer.ca/en/living-with-cancer/how-we-can-help/transportation>

• Gizeh Shriners of BC & Yukon

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

<https://bcshriners.com>

1.800.661.KIDS Mon-Fri 9:30am-2pm

• Lake Country Health - Volunteer Rides

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

<https://www.lakecountryhealth.ca>

778.215.5247

• Westside Health Network Society

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

<https://www.westsidehealthnetwork.org/programs>

250.768.3305 Mon-Fri 8am-2pm

Web Resources

bc211 - United Way British Columbia

Information and referral services for community and government programs, including 211, VictimLink, Responsible and Problem Gambling Program

<https://uwbc.ca/helpline-services/>

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

email: 211-info@uwbc.ca

BC Transplant

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

www.transplant.bc.ca

1.800.663.6189 for more information

Canadian Institute of Stress

Science of Stress, Change and Productive Wellbeing.

<https://stresscanada.org>

Great Senior Living

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

Seniors BC

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

Seniors Canada

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

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

Mark Twain”



HELP CHANGE LIVES

Every 3 minutes someone in Canada is diagnosed with diabetes and chances are you know someone affected. Explore a wide variety of educational resources, volunteer opportunities, and exciting events with Diabetes Canada. Let's make a positive impact together.

Learn more at
diabetes.ca

**DIABETES
CANADA**



Government

Municipal, Regional

City of Kelowna

<https://www.kelowna.ca>

- **City Hall: 1435 Water Street**
250.469.8500 Mon-Fri 8am-4pm
 - Services & Requests
<https://www.kelowna.ca/city-hall/contact-us>
- **Civic Operation Action Line**
250.469.8600
- **Graffiti Hotline**
250.469.8600 Option 6
- **Fire Department**
2255 Enterprise Way
250.469.8801
Emergency Calls Only 9-1-1
- **Arts, Culture & Heritage**
<https://www.kelowna.ca/culture>
- **Kelowna International Airport YLW**
Call individual airlines for reservations
Airport Services info is available at...
<https://ylw.kelowna.ca>
250.807.4300
- **Parks & Recreation**
See Active Living for Adults 50+
<https://www.kelowna.ca/recreation>
250.469.8800
- **Kelowna Regional Transit System**
<https://www.bctransit.com/kelowna>
250.860.8160 Information
handyDART Information
250.762.3278 Mon-Fri 8am-4:30pm

Major sport and recreation facilities:

- **MNP Place**
<https://mnpplace.com>
4105 Gordon Drive
250.764.6288
 - **YMCA of Southern Interior BC**
<https://www.ymcasibc.ca> 250.491.9622
 - **Kelowna Family Y**
375 Hartman Road
 - **Downtown Y**
1011-505 Doyle Avenue
 - **H2O Adventure + Fitness Centre**
4075 Gordon Drive
See our ad and article on page 19
 - **Memorial Arena**
1424 Ellis Street 250.469.8939
 - **Parkinson Recreation Centre**
<https://www.kelowna.ca/recreation>
1800 Parkinson Way 250.469.8800
 - **Prospera Place**
<https://prosperaplace.com>
1223 Water Street 250.764.6236
 - **Rutland Twin Arena**
645 Dodd Road 250.469.8857
- ### Activity Centres:
- **Okanagan Mission Activity Centre**
4398 Hobson Road
250.469.8957
 - **Parkinson Activity Centre**
<https://parkinsonseniors.com>
1700 Parkinson Way 250.762.4108
 - **Rutland Activity Centre**
<https://rutlandseniors.com>
765 Dodd Road 250.765.3723

City of West Kelowna

<https://www.westkelownacity.ca>

3731 Old Okanagan Highway

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

• Parks, Recreation & Culture

778.797.8800

Mt. Boucherie Recreation Complex

- Royal LePage Place & Jim Lind Arena
2760 Cameron Road 778.797.8800
- Johnson Bentley Memorial Aquatic Centre - Check Recreation Guide
3737 Old Okanagan Highway 778.797.7665
- Parks and Trails
Manages more than 125 parks and trails
778.797.8849
- Westside Senior Citizens' Activity Centre
250.768.4004

Central Okanagan, Regional District of

<https://www.rdco.com>

1450 KLO Road, Kelowna

250.763.4918 Mon-Fri 8am-4pm

30 Regional Parks from Lake Country to Peachland

Regional Waste Reduction Office

See our article 'Know Before You Throw!' pg. 8, *Recycling Guide* pg. 9

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

250.469.6250 Mon-Fri 8am-4pm

Lake Country, District of

Oyama, Winfield, Carr's Landing,

Okanagan Centre

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

10150 Bottom Wood Lake Road

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

250.766.5650 Parks & Facilities Services

- Winfield Memorial Hall
<https://www.winfieldmemorialhall.com>
10130 Bottom Wood Lake Road 250.766.4131
- Winfield Arena
See Public Skating schedule
9830 Bottom Wood Lake Rd 250.766.3030
- Lake Country Seniors Activity Centre
<https://www.lakecountry.bc.ca/our-community/community-centres/seniors-centre>
9830 Bottom Wood Lake Rd 250.766.4220
- Creekside Theatre

<https://www.lakecountry.bc.ca/parks-recreation-culture/creekside-theatre>

10241 Bottom Wood Lake Road

250.766.9309 Box Office

Peachland, District of

<https://www.peachland.ca>

• 5806 Beach Avenue

250.767.2647 Mon-Fri 8 am-4 pm

• Peachland Community Centre

4450 6 Street 250.767.2133

• Fire and Rescue 250.767.2841

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

• Peachland Museum & Historical Society

<https://peachlandhistory.ca>

5890 Beach Avenue 250.767.3441

• 50 Plus Activity Centre

<https://www.peachland50plusactivitycentre.ca>

5672 Beach Avenue 250.767.9133

First Nations**Okanagan Indian Band**

Ensuring the future through cultural, social and economic development

<https://www.okib.ca>

12420 Westside Road, Vernon

250.542.4328

250.542.5094 Health & Social Development

Okanagan Nation Alliance

Alliance of eight Okanagan bands

We Are Beautiful, We Are Okanagan,

Because Our Land is Beautiful

<https://syilx.org>

101-3535 Old Okanagan Hwy., Westbank

250.707.0095

1.866.662.9609

Westbank First Nation

The syilx people are a division of the

Interior Salish, speak the nsyilxcen

language, and have inhabited the valley

for thousands of years

<https://www.wfn.ca>

515 Highway 97 South

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

- Community Services Building
1900 Quail Lane 250.768.0227
- Elders Hall
3255D Shannon Lake Road, Westbank 250.768.0292

Provincial

Address Change

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

BC Climate Action Tax Credit

Tax-free quarterly payment that helps low income individuals and families with the carbon taxes they pay
<https://www2.gov.bc.ca/gov/content/taxes/income-taxes/personal/credits/climate-action>

Climate Change

Climate change is being felt across BC. Timely action is critical to protect our communities, health and the environment. Learn how CleanBC puts BC on a path to a cleaner, better future
<https://www2.gov.bc.ca/> Search for Climate Change
1.800.663.7867 Service BC

Environment Protection & Sustainability

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

Forest Fire Reporting

BC Wildfire Service

Nearly one-third of all BC wildfires are reported by the public resulting in immeasurable savings: property, forests
<https://www.facebook.com/BCForestFireInfo>
<https://www2.gov.bc.ca/gov/content/safety/wildfire-status>
1.800.663.5555 Report a wildfire
***5555** toll free on most cell networks

Office of the Seniors Advocate

Has scope to examine & advocate for seniors on issues related to health care, personal care, transportation, housing, income supports, and make

2024/25

OLD AGE SECURITY & CANADA PENSION CHEQUE DATES

- **Nov. 27, 2024**
- **Dec. 20, 2024**
- **Jan. 29, 2025**
- **Feb. 26, 2025**
- **Mar. 27, 2025**
- **Apr. 28, 2025**
- **May 28, 2025**
- **Jun. 26, 2025**
- **Jul. 29, 2025**
- **Aug. 27, 2025**
- **Sep. 25, 2025**
- **Oct. 29, 2025**

INFORMATION ON PAYMENTS

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

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

recommendations. Latest reports on web. Information/referral specialists available to help find seniors' programs and services. Sign up for newsletter
<https://www.seniorsadvocatebc.ca/reports/>
1.877.952.3181 M-F 8:30am-4:30pm

Members of Legislative Assembly

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

Full MLA contact information following the October 19, 2024 provincial election not available at press time. To find your MLA information, [go to...](#)

<https://www.leg.bc.ca/members/mla-by-community>

- **Kelowna Centre**
Kristina Loewen
- **Kelowna-Mission**
Gavin Dew
- **Kelowna-Lake Country-Coldstream**
Tara Armstrong
- **West Kelowna-Peachland**
Macklin McCall

Ombudsperson, The Office of
 BC's Independent Voice for Fairness
 Receives enquiries and complaints about practice and services of public agencies within its jurisdiction. Translation services. Advancing a decolonial approach in our work with First Nations, Metis, Inuit, and urban indigenous people & communities
<https://bcombudsperson.ca>
1.800.567.3247 M-T-T-F 9am-4pm
 Wed 9am-12:30pm

Service BC

Your source for frontline government services and information. Check web for available services at each location
<https://www2.gov.bc.ca/gov/content/home>
1.800.663.7867 Mon-Fri 7:30am-5pm

• **Vital Statistics Agency**

Birth Registration/Certificate, Adoption, Death, Marriage license, Legal changes of Name, wills, registry information.
<https://www2.gov.bc.ca/gov/content/life-events>
305-478 Bernard Avenue, Kelowna
250.861.7500 Mon-Fri 9am-4:30pm
1.888.876.1633

Federal

Canada Border Services Agency

General border services information. For in-depth information, speak to an agent
 Mon-Fri 8am-4pm PT
<https://www.cbsa-asfc.gc.ca> current wait times
1.800.461.9999
1.866.335.3237 TTY

Canadian Heritage

We work with national cultural institutions to promote culture, the arts, heritage, official languages, citizenship and participation, as well as Aboriginal, youth and sport initiatives. Agents available to answer questions M-F 4:30am-3:30pm PT
<https://www.canada.ca/en/canadian-heritage.html>
1.866.811.0055
1.888.997.3123 TTY

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- Canada flags & pins
- Celebratory greetings & certificates

It has been a privilege standing up for our seniors on issues like:

- inflation,
- tax increases, and
- safety from crime.

Please don't hesitate to reach out to my office if you need information or assistance with federal benefits or programs.

1420 St. Paul Street, Suite 102, Kelowna BC, V1Y 2E6 | 250-479-5075 | TracyGrayMP.ca | Tracy.Gray@parl.gc.ca

Health Canada

Responsible for helping Canadians maintain, improve health while respecting individual choices, circumstances
<https://www.canada.ca/en/health-canada.html>
1.866.225.0709
1.800.465.7735 TTY Service Canada

Immigration Refugees & Citizenship

Apply to visit, study, work or immigrate to Canada, apply for citizenship, a permanent resident card or refugee protection, check application status
<https://www.canada.ca/en/services.html>
1.888.242.2100 call centre agents Monday to Friday, 8am-4pm

Income Security Programs

Canada Pension Plan, Old Age Security, Guaranteed Income Supplement
<https://www2.gov.bc.ca> > search for above title
1.800.277.9914
1.800.255.4786 TTY

Indigenous & Northern Affairs Services

- **Indigenous Services**
- **Crown Indigenous Relations & Northern Affairs**

Arts, Culture, Heritage. Acts, Agreements, Treaties/Land Claims, Benefits & Rights, Education, Employment, Social programs, Infrastructure and Housing, and more...
<https://www.canada.ca/en/indigenous-northern-affairs.html>
1.800.567.9604 Mon-Fri 6am-3pm PT

Parks Canada

National parks protect representative natural areas of Canadian significance for public understanding, appreciation, enjoyment. Travel tips, pet friendly places. Camping & Accommodations. Camping 101 - essential for new campers, tips on how to book your campsite.
<https://www.pc.gc.ca>
1.888.773.8888 Information services
1.877.737.3783 Reservation service
<https://reservation.pc.gc.ca>

Members of Parliament

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

Passport Canada

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

Service Canada

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

Travel & Tourism

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

Veterans' Affairs Canada

If you are a current or former member of the CAF or RCMP, or a family member, we have targeted services and benefits to improve your well-being. Check our website for find a list of benefits and services tailored for you
<https://www.veterans.gc.ca>
313-471 Queensway Avenue, Kelowna
1.866.522.2122 Mon-Fri 8:30am-4:30pm

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

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

Weather Information

Environment Canada Weather Service Weather, Alerts, Marine, Air Quality, Analyses and Modelling, Past Weather, About Weather, Canadian Centre for Climate Services. Alert table available for an alternative view for all active alerts
<https://www.weather.gc.ca>

- Consultations services are available
1.844.505.2525 for Marine Weather

Weather Information - One-on-One

Telephone consultation service with an Environment Canada professional. Weekdays 5am-9pm, Weekends and Holidays 6am-6pm
1.888.292.2222

Weather Information - Plan Your Trip
<https://www.hellobc.com/plan-your-trip/climate-weather>

Know what to expect when you travel Local conditions, forecast, air quality
 • **1.833.794.3556** Enter Code **08048** for Kelowna weather information



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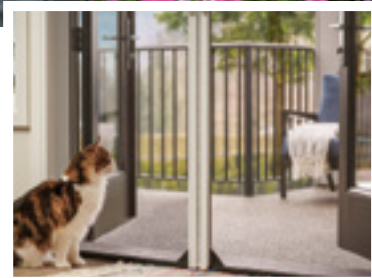
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