

Community Guide  
to Better Living

2022

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Shuswap**

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Armstrong, Chase, Cherryville, Enderby, Falkland,  
Lake Country, Lumby, Sicamous, Sorrento

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# Contents



## FEATURES

War Amps Key Tags Service Celebrates 75 Years	7
A Compassionate Community Approach to Care	8
Habitat for Humanity Okanagan	9
Braces Can Be the Key to Keeping You Active	10
Future Giving Is All About Planning	12
Habitat for Humanity Kamloops	14
Senior's Mental Health: Myths & Opportunities	15
The Schubert Centre - Join Our Community!	17
Halina Activity Centre Has Been Active for 48 Years	18
Helping Seniors Is What We Do	20
Real History - Good Food - Hands-On Activities	22
The Village Cheese Company Story	24
Fresh, High-Antioxidant Extra Virgin Oil is Healthy	26
Have No Fear of the Aging Process	36
Finding the Perfect Mastectomy Bra	49
Heat, Moisture, Hearing Aids Are Not a Good Mix!	51
Travelling With Hearing Loss	53
How to Reduce Your Risk of Falling: Stay on Your Feet	56
Think Fun! Noodlelegs Health & Fitness	57
Stroke Recovery Association	58
Extensive Programs for Women in Transition	64

## HOUSING

28

Armstrong, Chase, Enderby, Lake Country, Lumby	28, 29
Revelstoke, Salmon Arm/Sicamous/Sorrento	30
Vernon / Coldstream	32
Housing Related / Home Services	38
Home Improvements	42

## HEALTH

44

Medical Organizations & Services	44
Dental Services, Health & Fitness	50
Home Care Services, Hearing Clinics, Medical Supplies, Equipment	52
Medical Alarm Systems, Orthotics, Pharmacies	52
Health Facilities, Walk In Clinics	54, 55

## PROFESSIONAL

59

Consumer, Financial, Insurance, Legal	59, 60
Policing	62

## LEISURE & TRAVEL

65

Arts & Culture	65
Leisure	66
Travel, Activity Centres	71, 72

## RESOURCES

74

Charities / Foundations	74
Education, Library Services, Meal & Food Programs	76, 77
Program & Groups, Resource Centres	78, 80
Service Organizations, Support Groups / Self Help	82, 84
Transportation, Web Resources	85, 87

## GOVERNMENT

88

Municipal, Regional	88
First Nations, Provincial, Federal	90, 92

## ADVERTISER INDEX

94





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# Greetings

from the

## Vernon-Monashee MLA



Hello from the North Okanagan! I am excited to be included in this incredible resource for the people living in our region. As the relatively new MLA for Vernon-Monashee, any chance I have to connect with people in our communities is a fantastic opportunity.

We are all so fortunate to live in our beautiful part of the world. There are plenty of indoor and outdoor activity options for people of all levels, incredible community festivals and events to partake in, and some of the best local food anywhere in the world.

As a nurse, I am also very proud of the healthcare that is available to people in our area. We have all-important infrastructure to keep people healthy, but what really makes it special is the hardworking and caring healthcare professionals who go above and beyond every day to support their communities.

Everyone has done their part to keep one another safe during the COVID-19 pandemic, and now we have the end of these challenges in sight. As we recover and rebuild our economy, I look forward to being able to meet as many of you in-person as possible to discuss your concerns, priorities, and ambitions.

I want to thank each and every one of you for making the North Okanagan such an incredible place to live, work, and play. When people care deeply about their community, it gives us as elected officials a clear and defined path to follow.

It is my honour and privilege to serve you in the Legislature. My office is open to help support with any issues and answer questions you may have on provincial issues.

Do not hesitate to contact us if there is anything we can do, we are here for you.

**Harwinder Sandhu**

MLA for Vernon-Monashee

[Harwinder.Sandhu.MLA@leg.bc.ca](mailto:Harwinder.Sandhu.MLA@leg.bc.ca)

250-503-3600



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**Experience**

**North Okanagan Shuswap**

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

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

*Thank you!*

Front Page background photo of Enderby Cliffs reflecting in the Shuswap River, Enderby

**WE ARE GREEN!**

Experience 50+ Living, Community Guide to Better Living, is printed on recycled paper with vegetable based inks.



# War Amps Key Tag Service Celebrates 75 Years

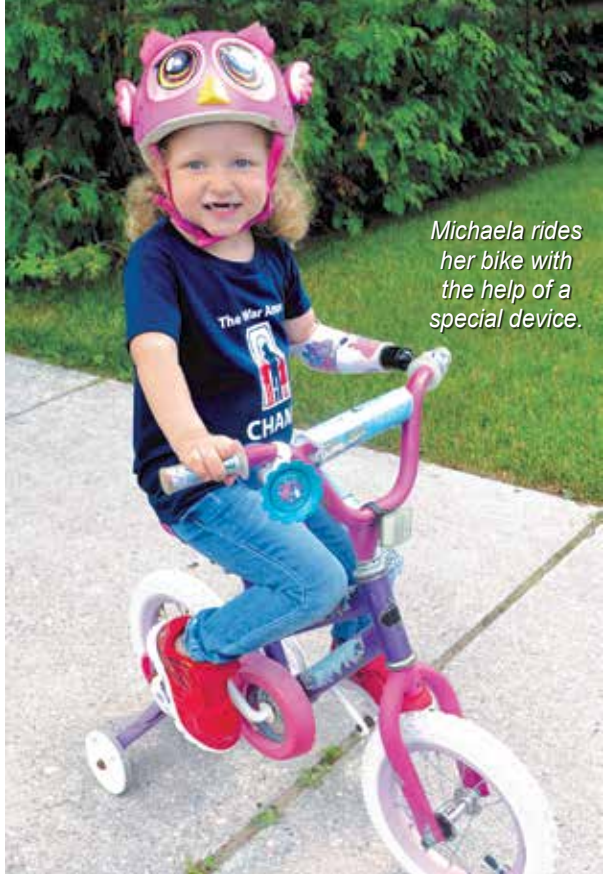
The War Amps 2021 key tags are now being mail to Canadian residents with the theme “You Are a Part of What We Do,” marking the 75th anniversary of the Association’s Key Tag Service and paying tribute to the public for helping make it a success.

In the letter accompanying the key tags, parents Tracie and Jeremy describe how The War Amps has supported their family, from the day their daughter, Michaela Blakslee, 6, was born missing part of her left arm, as well as some fingers and toes.

As a member of The War Amps Child Amputee (CHAMP) Program, Michaela receives financial assistance for artificial limbs and devices and also attends regional seminars where Champs and their parents learn about the latest in artificial limbs, dealing with teasing and staring, and parenting an amputee child.

Michaela’s artificial arms, which she calls her “helper hands”, include one for everyday use and another that she uses for activities like bike riding. “Without the funding from The War Amps, it would be very difficult for us to get her any prosthetics at all,” says Tracie and Jeremy. “Whatever isn’t covered through our workplace insurance and the government, The War Amps steps in so she has these devices to help her through daily life.”

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, including CHAMP. The Key Tag Service continues to employ amputees



*Michaela rides her bike with the help of a special device.*

and people with disabilities and has returned more than 1.5 million sets of lost keys to their owners.

Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox in Canada, and The War Amps will return them to you by courier, free of charge.

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



For more information, or to order key tags, visit [waramps.ca](http://waramps.ca) or call toll-free 1 800 250-3030.

## Wellness Centre Focused on Emotional, Physical, and Spiritual Wellbeing

Shuswap Hospice & Palliative Care Resource Centre provides a variety of programs and services to families throughout the Shuswap Region. We are a Wellness Centre focused on emotional, physical, and spiritual wellbeing.

### Why what we do is important...

We provide an environment where we honour and respect personal health care decisions and offer psychological, emotional, and spiritual support for families. Our work also focuses on grief, either anticipatory or for the loss of a loved one. Grief comes in many forms and expressions, and we recognise them all. Our aim is to empower people to continue finding their reason for being, their joie de vivre for life. Through actively listening, hearing their concerns, and helping them navigate this impactful phase of their life we guide them on their journey of reconnection and healing. We help clients discover the necessary tools to have the conversations with their loved ones that are so vitally important while we support loved ones to acknowledge and understand end of life wishes. We lend a hand to achieve living well and dying well with dignity and compassion, humor and laughter and some tears.

**Quality - Compassion - Dignity ...  
What everyone deserves.**

**We are not just about end of life;  
we are about quality of life.**

Programs offered include Caregiver Support Groups - Bereavement Support – Companion Program – One-on-One Grief Support – Nav-CARE - Advance Care Planning - Walk & Talk Groups - Touch Therapy. New programs include Youth, Grief and Loss, Children's Room providing support for children of all ages and the Wig and Prosthesis Lending Bank where we offer free wigs and breast accessory service, fittings, and support. You will also find an extensive Lending Library for those who may find comfort in reading.

We are a non-profit, volunteer-based organization that depends on donations and support from community. All of our services and programs are offered free of charge.

Community caring for community

To learn more, contact us at:

Shuswap Hospice Society  
Suite 4 – 781 Marine Park Drive  
Salmon Arm, B.C. V1E 2W9 • 250-832-7099  
[www.shuswaphospice.ca](http://www.shuswaphospice.ca)  
[info@shuswaphospice.ca](mailto:info@shuswaphospice.ca)



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## Kitchen Salvage

So, you are putting a new kitchen into your home, congratulations! Now is the time to think about what you are going to do with your old kitchen. Consider donating it to Habitat for Humanity Vernon ReStore and in return, you will receive a taxable receipt for our resale value plus you are keeping good usable items out of our local landfill. Monies raised through the ReStore support Habitat for Humanity Okanagan homebuilding initiatives locally.

What do you have to do? Easy. Contact us BEFORE taking out your existing kitchen to allow us to evaluate it. We will schedule a date



and carefully remove your old kitchen cabinets and take them away. It really is that easy! Call 778-755-4346 extension 213.

Kitchen removal is easy, and you will receive a tax receipt!

## Habitat for Humanity ReStores



Habitat for Humanity Okanagan operates four decor and building supply ReStores with locations in Vernon, Kelowna, West Kelowna, and Penticton. The stores sell new and gently used items for your home and garden. From lighting to flooring, furniture to major

appliances, one of a kinds and antiques. If you need it or want it, you can likely find it at a ReStore at a great price. Restores help keep material out of the landfill and the proceeds from the sales help support Habitat for Humanity Okanagan's building program here in the Okanagan. Our inventory is 100% donated by local and corporate businesses and by individuals like you. Donations are greatly appreciated. Thank you! If you are interested in volunteering contact [comms@hfhokanagan.ca](mailto:comms@hfhokanagan.ca).

The Vernon ReStore has both a build centre and furniture and home décor store located at 2707C and 2709C 43rd Avenue, Vernon Questions? Email Lesley Phoenix, ReStore manager at [lesley.phoenix@restoreokanagan.ca](mailto:lesley.phoenix@restoreokanagan.ca).

## Lake Country Build Update

Our Lake Country build is well underway! The first phase of this project includes eight homes, comprised of two triplexes and a duplex. The first triplex is up, with the next breaking ground shortly. Twelve eligible families in need have been selected and are excited to move into their new homes.

As the building continues, we need your support to reach the \$1 million still needed to complete this project. Help us build strength, stability, and independence through affordable homeownership. Donate today at [www.habitatforhumanityokanagan.ca/lake-country-build/](http://www.habitatforhumanityokanagan.ca/lake-country-build/).



For more information contact  
Danielle Smith  
Director of Resource Development  
778-755-4346 ext. 210  
[resourcedevelopment@hfhokanagan.ca](mailto:resourcedevelopment@hfhokanagan.ca)

## Braces can be the key to keeping you active in the Beautiful Okanagan!



Will a brace weaken my joints or muscles? No. You obviously don't worry about those big plastic ski boots with reinforced steel buckles weakening your feet or ankles, do you? A brace assists you to return to activities that you would otherwise not be able to do. If a brace helps you to ski, hike, run, walk or just perform daily tasks, these activities will strengthen you! Why consider a brace? A few reasons would include previous unresolved knee injuries, chronic instability, arthritis or if you were already directed by your physician / health care provider to try a brace. Seeing a bracing professional is your next step to be fit for the proper brace. Book yourself an appointment to have a discussion about which type of knee brace is appropriate.

Braces are secured to the body by either a sleeve, rigid frame or in some cases semi-rigid frames built into sleeves. Almost all are tightened by Velcro closures. Braces are very light so they should not slow you down due to weight! What can braces do? Some are designed for compression to reduce swelling, while hinged braces provide

support to reduce the risk of unwanted motion. It all depends on what the person needs to get them back to being active and healthy. Addressing the injury can be accomplished by choosing a brace with the appropriate amount of support, having it fit appropriately, and being educated on how to apply it properly. A proper fitting brace is crucial to ensure their effectiveness. Gapping about the brace, wrong sized support pieces, or simply an improper fit can all negate the effectiveness of the braces.

OKAPED has fit patients in the Okanagan since 1997 and carries a full line of products to help with your bracing needs. We search out the best products available for our patients recognizing that brands fit and function differently and often uniquely.

Clinics located in Penticton, Kelowna, West Kelowna and Vernon.  
Visit [www.okaped.com](http://www.okaped.com) for more info.





**OKAPED**<sup>®</sup>  
Supporting You

**Pedorthic and Bracing Specialists helping keep the Okanagan active since 1997**

## **How OKAPED can help you**

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



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

Our **Vernon** clinic is located #101, 3605 31 Street.  
Clinics are also located in **Penticton**, on Westlake Road in **West Kelowna**,  
and Ambrosi Road and Pandosy Street in **Kelowna**.

# Future Giving

## is all about planning

by Community Foundation North Okanagan



Sattu Mahapatra, an advisor with IG Wealth Management in Vernon describes conversations with clients that surround charitable giving as a “no brainer approach”.

“After reviewing tax efficient investments & cash flow options in retirement planning, you have a clear picture of how much money you can give to charity while still achieving your other goals.” Sattu says, “It’s not about thinking I have enough so I can probably make a donation. It’s about knowing you have a plan that works and that you can give this amount. And it’s a tax benefit!”

We often hear that to achieve a goal we must start with a plan. If you’ve spoken with a financial advisor lately, they are probably saying the same thing about retirement plans.

The Community Foundation North Okanagan (CFNO) has worked alongside many local financial advisors to assist in establishing their clients’ charitable giving plans. Some of our donors have established giving plans that allow them to make donations throughout different stages of their life as a way to take advantage of tax savings, but also so they can see a cause close to their heart receive the benefit. Many other donors are able to make the most impact by creating their future giving plan through a gift in their will or by naming the CFNO as the beneficiary of their life insurance policy.

When it comes to philanthropy, many local financial advisors are recommending the Community Foundation North Okanagan because we offer a flexible yet structured approach to charitable giving. We provide investment vehicles and community expertise to help you make informed decisions. We also offer options for you to support a wide variety of social, cultural, educational, and environmental needs surrounding issue areas that are specific to our North Okanagan region.

The Community Foundation has been leading

**Whether your plan is to give now, or to give later, establishing a future giving plan ensures that the legacy you wish to create is realized.**



the **Vital Signs** program in our region, to compile and track local data over time. This report allows us to measure the vitality of our North Okanagan communities and provides critical data for us to convene community-led organizations and inspire action around our most critical local issues.

“We have a growing population, close to 90,000 citizens in the North Okanagan region. As more people call this area home it becomes important for us to understand how individuals and families are being affected by the increased rental & housing costs and the changing economy & aging workforce.”  
Leanne Hammond, Executive Director, CFNO, says “We know the organizations representing a large variety of causes in our region and we can introduce you to the programs and initiatives they are working on.”

The Vital Signs report also serves as a starting point to engage in meaningful conversation

surrounding your giving interests. We can offer advice and help whether you have a personal charitable vision or if you would like to support an emerging community issue area.

### The Power of Many

When you establish a fund or make a donation with the Community Foundation North Okanagan your money is pooled with our **\$18 million endowment fund**. You become part of a circle of giving, where every dollar granted to a charity, is because many people just like you - cared.

Regardless of your age or the size of your gift, we are here to make your **giving experience simple and rewarding**.

To find out more call Leanne Hammond today at 250-542-8655 or email [leanne@cfno.org](mailto:leanne@cfno.org).  
[www.cfno.org](http://www.cfno.org)



**Create a lasting legacy  
with a future giving plan.**



Leanne Hammond,  
Executive Director

Mike Nolan,  
Board Chair

Make the most of your giving. Contact Leanne today.  
[www.cfno.org](http://www.cfno.org) • [leanne@cfno.org](mailto:leanne@cfno.org) • 250-542-8655



## Building Attainable Housing in Salmon Arm BC.

Habitat for Humanity Kamloops recognises the demographic shift and the increasing need for more housing units for low & moderate-income seniors, low-income families & veterans in the communities we serve.

Salmon Arm Residences has been designed to provide independent living with universal mobility and aging-in-place features including the elimination of stairs; open-concept plans with fewer hallways & fewer – larger doors; larger bathrooms with curbless showers; the main floor features a meeting & sitting area: kitchen, washroom, health room for service providers and an administration office.



For more information on the application process please contact Executive Director, Bill Miller at: [bill@habitatkamloops.com](mailto:bill@habitatkamloops.com)



Habitat for Humanity Kamloops is excited to announce a partnership with the Sorrento & District Housing Society for the development of additional seniors & family housing in Sorrento.

The proposed project will be located at the Sorrento Lions Manor site and may include seniors & supportive housing as well as family housing units. The number of residential suites and unit mix will be determined in the preliminary design process.

Habitat Kamloops has received funding from the Shuswap Community Foundation to be used for pre-development expenses, site analysis, and residential concepts design alternatives. More information will be posted on Habitat Kamloops' website as the project progresses.

### Habitat for Humanity Kamloops opens a new ReStore location!

Habitat for Humanity Kamloops officially opened their brand new ReStore location in Salmon Arm on Saturday, May 1st, 2021.



Board Chair, Gail Wichmann & Executive Director, Bill Miller cut the ribbon and declared the store "Open for Business!"

We would like to say a special "Thank You" to residents as well as the business community in Salmon Arm & the surrounding area for a very warm welcome into their community.

*Our new Salmon Arm ReStore is located at:*  
1160 Trans Canada Hwy, SW.

*Hours of operation are:*  
Mon to Sat: 9am to 5pm.

*Donation Drop off:*  
Mon to Sat: 9am to 4pm.

If you are interested in volunteering at the Salmon Arm ReStore please contact GM, John Rose at: [john@salmonarmrestore.com](mailto:john@salmonarmrestore.com)

# SENIOR'S MENTAL HEALTH: Myths & Opportunities

Growing older presents a unique set of mental health challenges. If you're a senior, you might be asking: Will I lose my memory? Will I become depressed and/or anxious and have to take medication? How will the loss of loved ones affect me? And what if I become isolated or chronically ill?

## Rethink your expectations

While recognizing that each person's aging experience is unique, experts agree that cognitive and emotional decline are not inevitable, especially if you sleep enough, eat well, exercise regularly, and maintain loving relationships. Whether you're a younger or older senior, the resilience built from these healthy habits can enrich and extend your life.

You might be surprised to learn that of all those lifestyle choices, sustaining social connection is likely the most significant. For instance, emerging research shows that COVID-driven isolation and loneliness among seniors are at epidemic proportions, and are causing rapid increases in depression, anxiety, substance use, and suicidal ideation.

## Connect with your "peeps"

The best prescription? Human connection with family, friends, and other people who share similar interests (e.g., gardening, walking, cooking). Volunteering and interacting with youth are also great ways to cultivate and conserve good mental health.



## Boost your mental health literacy

To learn more about your mental health, check out the Fresh Outlook Foundation's HEADS UP! Community Mental Health program at [freshoutlookfoundation.org](https://freshoutlookfoundation.org).

FOF's acclaimed HEADS UP virtual summits and podcasts explore a variety of mental health issues with people from all sectors, ages, ethnicities, cultures, abilities, and genders.

In a format proven to inform, inspire, and mobilize audiences, HEADS UP combines science with storytelling, with each episode addressing a specific issue and its impacts on individuals, families, workplaces, and communities.

## Have a listen

Check out FOF's recent podcast on seniors' mental health, featuring a geriatric psychiatrist, seniors' health consultant, and caregiver/seniors' health care advocate.

FOF founder, Jo de Vries (a senior herself) says "these women's passions and insights are profound and will change lives."

[freshoutlookfoundation.org/podcasts](https://freshoutlookfoundation.org/podcasts)

## Help us keep our HEADS UP for community mental health!

*The **Fresh Outlook Foundation**, a registered charity in the North Okanagan, hosts events and programs to inspire community conversations for sustainable change. With help from granting organizations, sponsors, and donors, FOF produces the highly acclaimed HEADS UP! Community Mental Health Podcasts & Virtual Summits.*

**Please support FOF's valuable work. Visit [freshoutlookfoundation.org/donations](https://freshoutlookfoundation.org/donations).**



# Welcome to The Schubert Centre



**Catering & Events**  
CHEF DRIVEN ★ INSPIRED FOOD AND SERVICE

## Make Memories at Schubert Centre

We love to create beautiful atmospheres for your weddings, graduations, reunions, conventions, trade shows, business meetings and more!  
Contact us today to book your event  
- world-class service with a family atmosphere.

## We Love our Volunteers!



Join the Schubert Centre family by volunteering in one of our many service departments:

- Membership and Member Services
- Coffee Shop
- Tour Office
- Kitchen and Nutrition Team
- Schubert Welcome Ambassadors
- Thrift Shop Attendants
- Meals on Wheels -  
*Volunteer Staff and Drivers Catering and Event Ambassadors*

MEALS  WHEELS

**PROGRAM &  
ACTIVITIES**

Hot Lunches  
**COFFEE TALK**  
★ Friendly Conversation ★

Schubert Centre  
**Bus Tours**

always   
**something**  
thrift store

 **Schubert  
Centre**  
Vernon, B.C.

250 549 4201  
[schubertcentre.com](http://schubertcentre.com)



# Schubert Centre - Join our Community!

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

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

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



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

We are proud to expand our service delivery to offer even more to our seniors and community- ageing-in-place initiatives, therapeutic assistance and physiotherapy equipment, cognitive-therapy based activities and events for all age groups, and more. At Schubert Centre, our mission is to ensure that our seniors get the most out of their golden years, and that our community continues to be served by our exemplary volunteers for decades to come.

**Clyde MacGregor**, *Manager, Schubert Centre*  
[manager@schubertcentre.com](mailto:manager@schubertcentre.com) • 250-549-4201



*Halina Activity Centre  
is a charitable,  
non-profit organization.  
We are collecting funds to make  
improvements to our centre.  
All monetary and useful items  
donations are appreciated*

## Halina Activity Centre has been active for 48 years.

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

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

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

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

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

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

On-Line choices now includes e-commerce Craft Shop, online classes, and Bingo. See 'Bingo' information on Home page of HalinaCentre.com

There are so many affordable social, recreational and educational choices at the Halina Activity Centre. Come, find what you can enjoy. Bring a friend, make friends, join our Bus Trips. Visit our craft store, try our home cooking in our Centre Cafe, check out our newly renovated "Billiard Room". Or, if you want to consider joining our organization and becoming a volunteer, our volunteers will gladly show you the ropes and explain what the centre means to them.

There is ample parking by our easily accessible centre. We have Wi-Fi and our

Halina Room has a hearing loop, donated by Rockwell Audiology. This helps clarify selected sounds for those with hearing aids.

Having recently undergone renovations, the Halina Activity Centre is proud of its updated look and is moving towards offering more activities for the residents of the Okanagan who have reached the 50+ plateau.

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

The **Halina Activity Centre** is Vernon's First Seniors Centre. It has been active for more than 48 years.

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

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

[halinaseniors@telus.net](mailto:halinaseniors@telus.net)

[www.halinacentre.com](http://www.halinacentre.com)

[www.facebook.com/halinaseniorscentre/](https://www.facebook.com/halinaseniorscentre/)

*Come  
find us hidden  
in the Vernon  
Rec Centre*



**We offer:**

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

**Regular Activities:**

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

**Special Events:**

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



*Our very special thanks for the wonderful support...*



# Helping Seniors Is What We Do



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

NexusBC is a non-profit organization serving the North Okanagan. They assist seniors, their families, caregivers and the community to access services which empower seniors to maintain their independence and improve their quality of life. The range of services includes information on housing, transportation, home support and more. As well, NexusBC's large resource databank can direct seniors to community organizations for help with legal, tenancy and elder abuse issues. Volunteers and coordinators are available to help with filling out applications

for Shelter Aid For Elderly Renters (SAFER), Canada Pension Plan, Old Age Security, the Guaranteed Income Supplement and more. During tax season, volunteers provide free basic tax returns for low-income seniors thereby preserving their benefits and financial entitlements for yet another year.

For seniors living in their own home and needing some assistance, the North Okanagan Better At Home Program is a highly valued resource. Services through this program include transportation, grocery shopping, minor home repair, yard work, light housekeeping and telephone social activities. Service fees are assessed on a sliding scale in order to help seniors afford the services.

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





# nexus BC

Community Resource Centre

*Helping older adults  
live their very best lives.*



NexusBC's **CONNECT Program** and the **Better At Home Program** are happy to help seniors 60+ with the following:

- ▶ Assistance with CPP, OAS and GIS pension applications
- ▶ Assistance with Shelter Aid for Elderly Renters (SAFER) applications
- ▶ Information on seniors housing
- ▶ Directory of affordable services for seniors including home support and out-of-town rides to medical appointments
- ▶ Free income tax returns for low income seniors
- ▶ Transportation to appointments and for grocery shopping
- ▶ Light housekeeping
- ▶ Minor home repair and light yard work
- ▶ Friendly visits and social activities by phone

Located at:

**102 - 3201 30th Street, Vernon BC**

Phone: **250.545.0585**

Visit us online at **NexusBC.ca**



**Better  
at Home**

United Way helping seniors  
remain independent.

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



# The Shuswap's most popular heritage attraction opens for the 2022 season!

## Real History – Good Food – Hands-On Activities

R.J. Haney Heritage Village & Museum, located at 751-Highway 97B, will open for the 2022 season on May 11. The Heritage Village offers a unique and authentic experience for visitors who can explore firsthand the rich history of Salmon Arm and the Shuswap. Set on 40 acres of the prettiest farmland in the Shuswap, the Heritage Village features 24 relocated and replicated buildings, with over 30 exhibits to discover, including the original 1910 Haney House.

The Village and Museum are open Wednesday to Sunday from 10:00 am - 5:00 pm and during July and August are open seven days a week. Your admission to the Village includes all hands-on activities, a guided tour of the Haney House and access to the Village, Museum and trails.

There's something shiny and new in the Village! The Children's Museum and Discovery Centre is an exciting place of discovery aimed at little to middle children. Located in the Broadview School House on the main level in the heart of the Village, the Discovery Centre is themed around the natural elements at the Heritage Village, the water of the Shuswap and our early settlers. The hands-on exhibits are designed for children and their grown-ups to learn and play together.



If you are looking for a unique lunch experience, the Sprig of Heather Restaurant is open Wednesday – Sunday, 10 am – 4 pm. Enjoy indoor or outdoor patio seating for up to 145 people with views of the Village from every table. The menu includes a daily special. Sandwiches are made with in-house baked bread, fresh fillings, and greens served with your choice of our homemade signature soups or garden salad with homemade dressings. There is always a variety of baked goodies on hand. For more info, visit <https://www.salmonarmmuseum.org/sprig-of-heather.htm>

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

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

### R.J. Haney

Heritage Village & Museum



**SMALL CITY,  
BIG MUSEUM**  
SALMON ARM



**Discover the Shuswap's largest heritage attraction!**

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

[www.salmonarmmuseum.org](http://www.salmonarmmuseum.org)

751 Highway 97 B Salmon Arm  
250-832-5243

Check our website for hours of operation & rates

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# [www.rona.ca](http://www.rona.ca)



## The Village Cheese Company Story

The Village Cheese Company is a small family owned business, it was founded in 1998 by Dwight and Linda Johnson after Armstrong Cheese was sold to Saputo and its cheese plant shut down. Wanting to keep quality traditional cheese making in Armstrong alive, Dwight and Linda created Village Cheese with Hubert Besner and Ivan Matte, some of Canada's best cheese makers. Hubert and Ivan worked for the Armstrong cheese prior to it being sold to Saputo; and with Hubert's extensive knowledge and experience he has been the main designer of the cheese plant

### Today

Since 1998 many great cheeses have been made and eaten; awards have been – and are still being won. We continue to make handcrafted cheeses from old fashioned methods and traditional recipes. Our cheeses range from an exclusive selection of cheddar cheeses to new recipes where we use the best from the Okanagan, British Columbia and Canada to ensure the best cheese possible.

### The Milk

Good cheese starts with good milk and much care and attention is taken into purchasing high quality milk; only whole milk from the Okanagan is used in our cheese making. The milk has a short transportation time and is fresh when put in the VAT.

### Tours

You can do a short self guided tour with an eight minute video that explains the cheese making process and sampling. There are also big viewing windows to see into the factory to see our employees at work making cheese.

### The Village Cheese Company

Armstrong, BC  
250.546.8651 or 250.309.8476  
Villagecheese.com

*In Loving Memory of Hubert Besner,  
March 2019*



3475 SMITH DRIVE, ARMSTRONG, BC 1.888.633.8899 [www.villagecheese.com](http://www.villagecheese.com)



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# Diabetes is successful at taking over the country.

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[www.parnells.ca](http://www.parnells.ca)

## Research shows that fresh, high-antioxidant Extra Virgin Olive Oil (EVOO) is healthy, but what are those health benefits and how do you choose an oil in the store?



### **Firstly, what is EVOO?**

EVOO is made from the first crush of the olive and requires no chemical or heat extraction (unlike pure, light, and extra-light olive oils). You can think of EVOO as the juice of the olive: the fresher, the better!

### **What are the health benefits?**

Fresh, early harvest olives are packed with health promoting compounds called phenols that protect the oil. These phenols also protect us! They have antioxidant (fights damage to cells), antimicrobial (prevents harmful invaders), and anti-inflammatory (reduces inflammation) properties.<sup>1</sup> Further benefits are shown through EVOOs main role in the Mediterranean diet, which has been shown to reduce the risk of cardiovascular diseases, heart attack, cancer, and diabetes among other chronic diseases.<sup>2</sup>

### **How do I find a fresh EVOO year-round?**

Like wine, many countries in the world produce fantastic olive oil! Since the Northern

and Southern hemispheres have opposite growing seasons, there's a fresh harvest of EVOO every 6 months from countries such as Spain, Portugal, USA, and Greece in the North, and Chile and Australia in the South. Look for the crush date of your olive oil rather than the expiry date and aim for one that is no more than one year old.

### **What happens if my EVOO is old?**

All unrefined oils will degrade over time, causing rancidity (smells like 'old lipstick/ crayons') and lowered health benefits. A step you can take to combat this is to look for EVOO in a dark colored bottle and store it in a cool, dark cupboard away from the stove.

### **Lastly, can I cook with EVOO?**

Yes! You can sauté, fry, roast, and bake with quality EVOO! Recent research has shown fresh, high-antioxidant EVOO to be the most stable oil when heated compared to other common cooking oils.<sup>3</sup>

For additional resources visit:

<https://olive wellnessinstitute.org/>

*Written by Bailey Morin. Bailey is a UBC BSc. student in Food, Nutrition, and Health.*

### **References**

1. Cicerale S, Lucas L, Keast R. Antimicrobial, antioxidant and anti-inflammatory phenolic activities in extra virgin olive oil. *Current opinion in biotechnology*. 2011;20(12):129-135.
2. Dinu M, Pagliai G, Casini A, Sofi F. Mediterranean diet and multiple health outcomes: an umbrella review of meta-analyses of observational studies and randomised trials. *EUROPEAN JOURNAL OF CLINICAL NUTRITION*. 2018;72:30-43.
3. Guillaume C, De Alzaa F, Ravetti L. Evaluation of Chemical and Physical Changes in Different Commercial Oils during Heating. *ASNH*. 2018; 2.6: 02-11.



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[www.baptisthousing.org](http://www.baptisthousing.org)

**2805 Smith Drive  
250.833.9158**

### Heather Heights

**2315 Heather Avenue**  
[www.armstronglegion.org/housing](http://www.armstronglegion.org/housing)  
Low cost seniors housing, no pets, 55+ Spallumcheen Housing Society, contact Legion Office, Marilyn Wittner  
**250.546.8455** 8am-2pm except holidays

### Heaton Place

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250.546.3353 1.877.546.3353**

### Pioneer Square

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250.549.9550**

*See our ad on page 29*

## Pleasant Valley Manor

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250.546.4752** Interior Health, Home and Community Care

## Chase

### Parkside Community

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[www.ParksideCommunity.ca](http://www.ParksideCommunity.ca)

**743 Okanagan Avenue, Chase  
250.679.1512  
250.320.0400**

*See our ad on page 40*

### Sun Valley Estates

Affordable housing for active over 50  
[www.chasesunvalleyestates.com](http://www.chasesunvalleyestates.com)  
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## Enderby

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[www.enderbymemorialtower.com](http://www.enderbymemorialtower.com)

Enderby Seniors Housing Society  
**250.838.6794** Office M-F 8:30-4:30

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250.546.4752** Interior Health, Home and Community Care

**Pioneer Place Society**

55+ garden-style apartment buildings. No smoking, no pets  
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**250.766.1660**

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**Andover Terrace Seniors Community**

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[www.andoverterrace.ca](http://www.andoverterrace.ca)  
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**250.832.6686**  
*See our ad on page 33*

**Arbor Lodge Retirement Living**

Affordable Independent Group Home for Active Seniors and Singles 60+  
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**Hillside Village**, Good Samaritan Society  
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See our ad on page 31

**Landers' Lodge Retirement Living**

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See our ad on page 37

**Piccadilly Seniors Community**

Long-term care facility, dementia support  
[www.parkplaceseniorsliving.com/piccadilly](http://www.parkplaceseniorsliving.com/piccadilly)  
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**250.804.1676**

**Pioneer Lodge**

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[www.canterburycourt.ca](http://www.canterburycourt.ca)

**3011 Gateby Place 250.503.2054**

**Catherine Gardens at Schubert Centre**

A smarter lifestyle for mature, active, independent adults 55+

[www.catherinegardens.ca](http://www.catherinegardens.ca)

**3010 35 Street 250.549.4201**

**Century Manor Apartments**

Close to Schubert Centre, bus stop, no smoking, no pets, under cover parking

<https://Impmgmt.ca/properties/century/>

**3614 30 Avenue 250.308.2485 Larry**

**Chartwell Carrington Place Retirement Residence**

Offering independent supportive and assisted living lifestyles

[www.chartwell.com](http://www.chartwell.com)

**4651 23 Street, Vernon 236.600.5985**

**Coldstream Meadows**

Independent, Supportive, Assisted Living

[www.coldstreammeadows.com](http://www.coldstreammeadows.com)

**9104 Mackie Drive, Coldstream  
250.542.5661**

**Columbia Apartments**

Close to downtown, senior oriented

[www.jabs.ca/residential/vernon/](http://www.jabs.ca/residential/vernon/)

**3005 37 Street 250.545.1519 Charlie**

**Columbus Court**

Columbus 1 - low to moderate income  
Columbus 2 - for seniors 65+ with low to moderate income

Close to Schubert Centre, all amenities

**3003 Gateby Place 250.545.5388**

**Creekside Landing**

Independent Living, Assisted Living,  
Long Term Care

[www.kaigo.ca](http://www.kaigo.ca)

**6190 Okanagan Landing Road  
250.549.9550**

*See our ad on page 29*

**Creekside Village**

Seniors 55+. Independent living, affordable housing, close to downtown

**3502 27 Avenue 250.545.6475 Kara**

**Desert Cove Estates**

Deluxe adult community next to

Spallumcheen Golf Course

[www.desertcove.ca](http://www.desertcove.ca)

**250.808.8842 1.866.542.5774**

**Embers Apartments**

Close to Schubert, bus stop, no smoking, no pets. Senior-oriented

<https://Impmgmt.ca/properties/embers/>

**3618 30 Avenue 250.308.2485 Larry**

**Hamlets at Vernon, The**

Assisted living, complex care

[www.thehamletsatvernon.com](http://www.thehamletsatvernon.com)

**3050 29 Avenue 236.426.1488**

*See our ad on page 35*

**Heritage Square**

Long term care, assisted living options

[www.kaigo.ca](http://www.kaigo.ca)

**3904 27 Street**

**250.545.2060**

*See our ad on page 29*

**Hearthstone Manor**

Long-term care, respite, residential care

[www.hearthstonevernon.ca](http://www.hearthstonevernon.ca)

**2800 40 Street**

**250.309.2051** Call for appointment

**Heron Grove**

Good Samaritan Society

Assisted living suites, dementia care

cottages, independent living apartments

[www.gss.org](http://www.gss.org)

**4900 20 Street, Vernon**

**250.469.6935**

*See our ad on page 41*

**Hillside Terrace Apartments**

Adult oriented. Across from Rec Centre, secured parking, no pets, no smoking

<https://Impmgmt.ca/properties/hillside-terrace>

**3405 39 Avenue**

**250.550.0243**



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*at Vernon*

A Community  
where Health &  
Happiness are  
a Way of Life

- Assisted Living Suites (studios, 1 bedrooms and 2 bedrooms)
- Long Term Care Suites
- Modern décor and urban downtown Vernon location
- Secure entrance and underground parking



For more information or to book a tour contact us at 236-426-1488  
[info@thehamletsatvernon.com](mailto:info@thehamletsatvernon.com)

3050 29th Avenue, Vernon BC V1T 9Y9  
[www.thehamletsatvernon.ca](http://www.thehamletsatvernon.ca)

# Have no fear of the aging process

While I am watching out of the window into my garden with the abundance of flowers, birds and insects my mind wanders off to what the future has to offer when I will retire. Do I like to live alone in my home on a four acres property? How long will I be able to maintain my work with the seniors, animals and my gardens? I would love to see my grandchildren more often, have more freedom in my daily events. Visiting the Maritimes, biking, hiking, and skiing are also high on my bucket list. Volunteering in the community and having a purpose keeps me busy, connected, and healthy.

These are thoughts which come into my mind as I reach the third chapter of my life. There is still so much what life has to offer and to explore. I would love to enjoy the golden years and don't worry about the next chapter in my life. I will have choices to make in order to feel good for the body, mind and spirit.

To start thinking about my future will give me options regarding my financial needs, my life style, and maintaining healthy relationships. I have come to the conclusion that I would like to share my home developing a respectful



living arrangement with like-minded people. Cooperative living is a creative idea for independent living; fostering friendships, socializing, supporting each other, and enjoying an affordable future. "Thriving better by living together".

We are social beings and living alone is not healthy for most people. Feeling lonely can lead to depression and giving up on life. It is important to engage with life as long as we can; to have friends and family to laugh with and to cry with, to share stories, and to support each other. Wisdom comes with life experience and as we get older our journey becomes more and more interesting.

There is no reason to fear the aging process. In our senior years we have still so much to offer to others and the younger generation. As long as we recognize our limitations, be honest with ourselves and others, and accept life on life terms.

For more information or sharing your thoughts:

**Ria van Zeeland**

E: [ria@ackerviewguesthouse.com](mailto:ria@ackerviewguesthouse.com)

P: 250-833-0445 / C: 250-833-6752



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- Wholesome Farm-fresh Meals

**Ria Van Zeeland**  
250.833.0445 • 250.833.6752 cell

1531-60th Street SE  
Salmon Arm, BC V1E 1W5

[ria@ackerviewguesthouse.com](mailto:ria@ackerviewguesthouse.com)  
[www.ackerviewguesthouse.com](http://www.ackerviewguesthouse.com)

**McCulloch Court**

Vernon Pensioners. 55+ low income,  
independent living high rise  
**3400 Coldstream Avenue, Vernon**  
**250.542.1154** Leslie

**Northland Apartments**

Secure adult building, fee for parking  
**4203 32 Street**  
**250.260.1162** Debbie

**Orchard Valley Retirement Residence**

Independent living, respite care  
[www.siennaliving.ca](http://www.siennaliving.ca)  
**2829 34 Street**  
**250.545.0455**  
*See our ad page 27*

**Regency Parkwood Retirement Resort**

Enjoy luxury cruise ship living  
[www.regencyresorts.ca](http://www.regencyresorts.ca)  
**1800 58 Avenue**  
**250.558.0232**

**Rickford Manor**

Close to downtown, bus stop. no dogs, no  
smoking. Parking. Adult oriented  
**3800 27 Avenue** **250.549.5254** Dave

**Royal Anne Apartments**

55+, no smoking, small pets negotiable  
**3600 30 Avenue** **250.503.7999** Val

**Sharon's Place**

Assisted Living **6125 Silver Star Road**  
**250.545.3367** or **250.550.4597**

**Silver Springs Seniors Community**

Active independent seniors residence  
[www.silverspringsvernon.ca](http://www.silverspringsvernon.ca)  
**3309 39 Avenue**  
**250.545.3351**  
*See our ad on page 33*

**The Village**

Affordable 40+, capable of self-care. No  
smoking, small pets only  
**1507 35 Avenue** **250.558.9656** Cheryl

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**Piccadilly**  
**Terrace**

250.803.0060 *locally owned & operated*  
*Salmon Arm's Premier Retirement Residence*

**Vernon Native Housing Society**

Low cost housing for low-income families and individuals - both aboriginal and non aboriginal descent

[www.vernonnativehousing.ca](http://www.vernonnativehousing.ca)

**41-4305 19 Avenue 250.542.2834**

**Vernon Restholm**

Supportive living for seniors

[www.vernonrestholm.com](http://www.vernonrestholm.com)

**2808 35 Street 250.542.7636**

**Victorian Retirement Residence**

Independent living, supportive services

[www.victorianvernon.com](http://www.victorianvernon.com)

**3306 22 Street 250.545.0470**

**Housing Related / Home Services****BC Housing**

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

- **BC Rebate for Accessible Home Adaptations**

Get up to \$17,500 in rebates for safety & accessibility adaptations to your home [www.bchousing.org/BC-RAHA](http://www.bchousing.org/BC-RAHA)

See our ad on page 39

- **SAFER Shelter Aid For Elderly Renters**

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

**1.800.257.7756** See our ad on page 39

- **Licensing & Consumer Services**

Home Owner Protection Act, Public Registry of Licensed Builders, New Home and Education Registry [www.bchousing.org/licensing-consumer-services](http://www.bchousing.org/licensing-consumer-services)

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

**BC Senior Living Association**

A New Approach to Senior Living.

Reshaping the way senior living communities are managed and operated

[www.bcsla.ca](http://www.bcsla.ca)

**300-3665 Kingsway, Vancouver 604.689.5949**

**Canada Mortgage & Housing Corp.**

National housing agency providing mortgage loan insurance, mortgage-backed securities, housing policy & programs, housing research. First Nations programs & assistance

[www.cmhc.ca](http://www.cmhc.ca)

**2000-1111 W. Georgia St., Vancouver**

**1.800.668.2642**

**1.800.309.3388 TTY**

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

A consumer based non-profit association that promotes the understanding of strata property living and the interests of strata property owners

[www.choa.bc.ca](http://www.choa.bc.ca)

**26-1873 Spall Road, Kelowna**

**250.868.1195**

**1.877.353.2462 ext. 4**

- Living in and operating a strata [www2.gov.bc.ca](http://www2.gov.bc.ca) > Search for housing+tenancy+strata

**Habitat For Humanity Kamloops**

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

[www.habitatkamloops.com](http://www.habitatkamloops.com)

**28-1425 Cariboo Place**

**250.314.6783**

- **Habitat for Humanity Kamloops Restore**

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

**Unit 28, 1425 Cariboo Place**

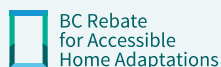
**250.314.6783**

See our ad and article on page 14



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

Learn more at [bchousing.org/BC-RAHA](http://bchousing.org/BC-RAHA)



## Make your rent more affordable



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

To discover if you are eligible, call **1-800-257-7756** or go to [www.bchousing.org/calculator](http://www.bchousing.org/calculator)

For eligibility requirements and information on how to apply [www.bchousing.org/safer](http://www.bchousing.org/safer)



### Habitat for Humanity Okanagan

Working towards a world where everyone has a safe and decent place to live – by mobilizing volunteers and community partners to build affordable housing and promoting affordable homeownership as a means to building strength, stability and independence [www.hfhokanagan.ca](http://www.hfhokanagan.ca)  
**778.755.4346**

- **ReStore:** Home decor and building supply stores-new & gently used items
  - **1793 Ross Road, West Kelowna**
  - **800-2092 Enterprise Way, Kelowna**
  - **Unit C, 2707 43 Avenue, Vernon**
- 1.888.630.1458** Mon-Sat 9am-5pm

See our ad and article on page 9

### Home Owner Grant

Reduces the amount of property tax you pay for your principal residence: Under 65, Senior, Veteran, Disabled, etc. See web site for details

[www.gov.bc.ca/homeownergrant](http://www.gov.bc.ca/homeownergrant)

**1.800.663.7867** Mon-Fri 7:30am-5pm

### Houzz

The new way to design your home. Decorating and remodeling ideas and inspiration. Kitchen, bathroom, bedroom, outdoor design. Find local pros.  
[www.houzz.com](http://www.houzz.com)

### Independent Living BC

Affordable assisted living apartments for seniors and people with disabilities via the Independent Living BC program  
[www.bchousing.org/Initiatives/Creating/ILBC](http://www.bchousing.org/Initiatives/Creating/ILBC)

**1.800.257.7756**

### Kindale Development Association

Affordable, sustainable housing in the North Okanagan. Call for details  
[www.kindale.net](http://www.kindale.net)

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

- Thrift Store Armstrong  
**2725 Patterson Avenue**  
**250.546.3005 ext. 5007** 9:30-4:30  
 Monday to Saturday

## Affordable Seniors Living In Chase BC

Our seniors residence in the beautiful, lakeside community of Chase is just steps away from shopping and services including a medical clinic, drugstore, grocery, banks and the library. The conveniences of a larger centre are right here in the neighbourhood.

Private suites, all meals, weekly housekeeping, 24/7 security and a social calendar are all included in your monthly fee.

Parkside Community also offers licensed assisted living services for those requiring personal care services. Whether upon move in or at a later date, access to various levels of support in accordance to your needs means just one move.

*Ease of living, it's all here at Parkside Community!*

Call for your tour today!  
 Phone: 250-679-1512



743 Okanagan Ave, Chase | email: [live@parksidecommunity.ca](mailto:live@parksidecommunity.ca) | [www.parksidecommunity.ca](http://www.parksidecommunity.ca)



- Kindale Thrift Store Vernon  
**2814 44 Avenue**  
**250.309.9097** 9:30am-4:30pm Tue-Sat

### LiveSmart BC Partner Incentives

Check web site for current rebates/offers  
[www.fortisbc.com/offers](http://www.fortisbc.com/offers)  
[www.bchydro.com/powersmart.html](http://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 9am-4pm

### Tenant Resource & Advisory Centre

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

in-person workshops to tenants and advocates across BC  
[www.tenants.bc.ca](http://www.tenants.bc.ca)  
**604.255.3099** ext. **225** request workshop  
**1.800.665.1185** InfoLine Mon-Tue-Thur-Fri 1pm-5pm, Wed 5:30pm-8:30pm

### Retirement Living Guides

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

### The Vernon & District Community Land Trust

Non-profit society working to provide affordable housing in the North Okanagan  
The Land Trust has identified minimum wage & entry level working individuals and families as the "forgotten population"  
[www.communitylandtrust.ca](http://www.communitylandtrust.ca)  
**250.503.7974** Cindy

Good Samaritan  
**Independent Living**

heart.  
home.  
harmony.

[independentliving.gss.org](http://independentliving.gss.org)

Enjoy the benefits of our  
**Independent Living Life Lease Program.** Call **250-469-6935** today!

A department of



### Good Samaritan Heron Grove

is located at **4900 — 20 Street** in **Vernon, BC**, and also has one bedroom suites available as part of our **Private Assisted Living Program**. For more information about this flexible program, call **250-542-6101** or visit [www.gss.org](http://www.gss.org).

Good Samaritan  
*Private Assisted Living*

**Home Improvements**

**Nu-Look HomeWorks**

Complete renovations. Basements, kitchens, baths. Framing to flooring  
[www.nulookhomeworks.ca](http://www.nulookhomeworks.ca)

**250.309.0435** Ron

*See our ad on this page*

**Habitat for Humanity**

• Kamloops Restore  
**28-1425 Cariboo Place**  
**Kamloops**  
**250.314.6783**

*See our ad and article on page 14*

• Okanagan Restore  
**Unit C, 2707 43 Avenue**  
**Vernon**

**1.888.630.1458** Mon-Sat 9am-5pm

*See our ad and article on page 9*

**Pro-Painters**

You'll love our work...we guarantee it.  
 Interior. Exterior. Residential. Commercial  
[www.pro-painters.ca](http://www.pro-painters.ca)

**250.826.8288**

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**Rona Vernon**

Check website for weekly promotion  
[www.rona.ca](http://www.rona.ca)

**2201 58 Avenue**

**250-545-3332**

*See our ad on page 23*

**Sun Dial Lighting**

Brighten up your home with more lights.  
 Extensive selection, expert advice  
[www.sundiallighting.ca](http://www.sundiallighting.ca)

**2801 44 Avenue, Vernon**

**250.545.7370**

*See our ad on page 43*

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# Learn the signs of stroke

**F**ace is it drooping?

**A**rms can you raise both?

**S**peech is it slurred or jumbled?

**T**ime to call 9-1-1 right away.

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

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# Health

## Medical Organizations & Services

### Advance Care Planning: My Voice

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

### ALS Society of British Columbia

Amotrophic Lateral Sclerosis  
To meet physical and emotional needs of ALS patients and their caregivers  
[www.alsbc.ca](http://www.alsbc.ca) Donate online  
**1.800.708.3228** Richmond

### Alcohol, Drug Information & Referral Service

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

- Mental Health & Substance Use
  - **250.549.5737** Vernon M-F 8am-4:30pm closed noon to 1pm
  - **250.833.4103** Salmon Arm M-F 8am-4:30pm. Closed 11:45am-12:45pm
  - **250.814.2241** 1200 Newlands Road, Revelstoke. 8:30-12 noon, 1-4:30pm

### Alzheimer Society of BC

Provides information, support, education for caregivers, people living with dementia  
<https://alzheimer.ca/bc/en>  
Alzheimer Resource Centre *continued...*

### 307-1664 Richter Street, Kelowna

Serving Armstrong, Coldstream, Enderby, Lake Country, Lumby, Oyama, Salmon Arm, Sicamous, Sorrento, Vernon  
**250.860.0305, 1.800.634.3399** - for support, information, make an appointment  
Drop-In hours: Wednesdays 3pm-5pm  
**1.800.936.6033** First Link Dementia Helpline - Monday to Friday 9am-4pm

### Arthritis Society

Committed to excellence and leadership in research, care, education and advocacy for persons with arthritis  
[www.arthritis.ca](http://www.arthritis.ca)

**895 W. 10th Ave., 3rd Floor, Vancouver**  
**1.800.321.1433** Info/Donate M-F 9am-5pm

### BC Brain Injury Association

Providing leadership for developing, driving, implementing a provincial strategy to improve the lives of people who live with acquired brain injury  
[www.brainstreams.ca](http://www.brainstreams.ca)

### BC Cancer Agency Sindi Ahluwalia Hawkins Centre for Southern Interior

Centre of cancer research, education, prevention, diagnosis and treatment  
**399 Royal Avenue, Kelowna V1Y 5L3**  
[www.bccancer.bc.ca](http://www.bccancer.bc.ca)  
**250.712.3900**  
**1.888.563.7773**

### • Screening Mammography Program

About 1 in 8 women will develop breast cancer. Mammograms can find breast cancer early - usually before it has spread  
Check website for Clinic Locator *cont'd...*

[www.bccancer.bc.ca/screening/breast/](http://www.bccancer.bc.ca/screening/breast/)

- 102-300 Columbia Street, Kamloops  
250.828.4916
- 108-3330 Richter Street, Kelowna  
250.861.7560
- 250.549.5451 Vernon Jubilee Hospital  
1.800.663.9203 Book your screening

### BC Epilepsy Society

Provides information and referral, support services to people with epilepsy

[www.bcepilepsy.com](http://www.bcepilepsy.com)

604.875.6704 Vancouver

- Center for Epilepsy & Seizure Education  
Providing support, education,  
information for those with epilepsy  
[www.esebc.ca](http://www.esebc.ca)

112-32868 Ventura Avenue, Abbotsford

1.866.374.5377 Mon-Thur 10am-4pm

### BC Lung Association

Provides comprehensive information on lung diseases. Better Breathers' Club meets every 1st Mon. of the month at

Vernon Library 1-3 pm

3402 27 Avenue, Vernon

<https://bc.lung.ca> Call 1.800.665.5864

for questions about your breathing

### 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

[www.bclupus.org](http://www.bclupus.org)

1.866.585.8787 Call for more information

### BC Seniors' Guide

Compilation of information & resources to help us all plan for and live healthy lifestyles as we age. You can download/print, read online, or order a hard copy. For a free copy, contact the Office of the Seniors Advocate. Available in Chinese, English, Farsi, French, Korean, Punjabi and Vietnamese [www.gov.bc.ca/seniorsguide](http://www.gov.bc.ca/seniorsguide)  
1.877.952.3181 M-F 8:30am-4:30pm



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Certified BPS® Master



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1.877.539.1972

2910-31st Avenue

[vernondentureclinic.com](http://vernondentureclinic.com)



**BrainTrust Canada**

Community rehabilitation and support for persons with brain injury, as well as a strong focus on education & prevention  
[www.braintrustcanada.com](http://www.braintrustcanada.com)  
**11-368 Industrial Avenue, Kelowna**  
**250.762.3233 1.800.762.3233**

**Canadian Cancer Society**

Information, resources, support for cancer patients & their families  
[www.cancer.ca](http://www.cancer.ca)

- **Interior Regional Office**

**330 Strathcona Avenue, Kelowna**  
**1.800.403.8222**

**1.888.939.3333** Information Services  
**1.866.786.3934** TTY Mon-Fri

**Canadian Cancer Society****Southern Interior Rotary Lodge**

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

**2251 Abbott Street 250.712.2203**

**Canadian Celiac Association BC**

Serves people with celiac disease, non-celiac gluten sensitivity, and dermatitis herpetiformis through affiliated chapters  
<http://bcceliac.ca>

**1.877.736.2240**

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

Better Data. Better Decisions. Healthier Canadians. Subscribe to newsletter  
[www.cihi.ca](http://www.cihi.ca)

**250.220.4100** Victoria

**Canadian Liver Foundation**

Dedicated to liver health and eliminating the over 100 forms of liver disease  
[www.liver.ca](http://www.liver.ca)

**1.800.856.7266** Vancouver

**1.800.563.5483** Here to Help

**Canadian Mental Health Association**

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

<https://cmha.bc.ca>

**1.800.555.8222** BC Division

**310.6789** Crisis Line 24/7

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

[www.shuswap-revelstoke.cmha.bc.ca](http://www.shuswap-revelstoke.cmha.bc.ca)  
**250.832.8477**

- **3100 28 Avenue, Vernon**

<https://cmhavernon.ca>

**250.542.3114** Mon-Fri 8am-4pm

**1.888.353.2273** Interior Crisis Line 24/7

**1.800.784.24363** Suicide Crisis Line

- Good Morning Program - free telephone service for seniors or people with high health risks. If you know someone who might benefit, call **250.542.3114**

**CNIB Foundation**

Innovative programs and powerful advocacy that empower people impacted by blindness to live their dreams and tear down barriers to inclusion. Vision Loss Rehab Canada, Deafblind Comm. Services  
[www.cnib.ca](http://www.cnib.ca)

**101-1456 St. Paul Street, Kelowna**

**250.763.1191**

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

**250.374.8080 1.800.563.2642** Helpline

# COME JOIN THE FUN!

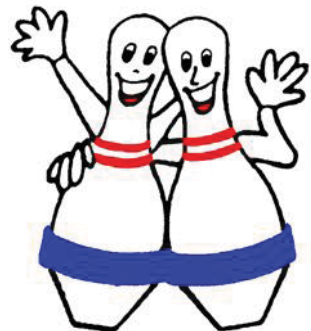
Join a Bowling League.  
 No experience necessary!  
 Sign up as a team or an individual.  
 Open Bowling Available.

To register or for more information call:

**Lincoln Lanes**

3510 25 Avenue, Vernon  
 250-542-9837

[www.LincolnLanes.ca](http://www.LincolnLanes.ca)



**Cerebral Palsy Association of BC**

Committed to making a *Life Without Limits* for people with Cerebral Palsy other disabilities [www.bccerebralpalsy.com](http://www.bccerebralpalsy.com)  
**1.800.663.0004** Vancouver M-F 9am-5pm

**Community Dental Access Centre**

Non-profit low-cost dental clinic providing basic restorative and hygiene services to low income people in North Okanagan  
[www.communitydentalaccess.ca](http://www.communitydentalaccess.ca)  
**3107C 31 Avenue, Vernon**  
**778.475.7779** Tue-Fri 8am-4pm

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

**Denturist Association of BC**

Everything you want to know about dentures, where to find a local denturist [www.denturist.bc.ca](http://www.denturist.bc.ca)  
**604.886.1705**

**Diabetes Canada**

Promotes the health of Canadians through research, education, services, advocacy [www.diabetes.ca](http://www.diabetes.ca)  
**1.800.226.8464** Information Line  
 See our ad on page 25

**Dietitian Services**

Specializes in nutrition information, counselling and advice based on most current scientific sources by registered dietitians, 9 am-5 pm Mon-Fri. Leave a message after hours. Translation services [www.healthlinkbc.ca/healthyeating](http://www.healthlinkbc.ca/healthyeating)  
**Dial 8-1-1** **Dial 7-1-1** TTY

**HealthLink BC**


See web site for medically-approved info on more than 5,000 health topics,



**Interior HomeCare**  
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We bring professional health care to your home, making it easier for everyone — from personal care to homemaking to taking you to appointments.  
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symptoms, medications, and tips for maintaining a healthy lifestyle. Call to speak to a nurse 24/7. Speak to a dietitian about nutrition, healthy eating and/or a qualified exercise professional Mon-Fri 9am-5pm. Pharmacist available 5pm-9am every night of the year. Translation services in more than 130 languages [www.healthlinkbc.ca](http://www.healthlinkbc.ca)

**Dial 8-1-1**

**Dial 7-1-1 TTY**

### Healthy Eating for Seniors Handbook

Includes recipes, menu plans, info on good nutrition. Find online or order a free copy by calling HealthLink BC.

English, French, Chinese, Punjabi  
[www2.gov.bc.ca](http://www2.gov.bc.ca) - search for above title

**Dial 8-1-1**

**Dial 7-1-1 TTY**

### Heart & Stroke Foundation

Promotes health through research, education, services and advocacy

[www.heartandstroke.ca](http://www.heartandstroke.ca)

**200-885 Dunsmuir Street**

**Vancouver, BC V6C 1N5**

**778.372.8000**

**1.888.473.4636**

See our FAST ad on page 43

### HealthyFamiliesBC

Health promotion plan to encourage healthier choices. Food & Nutrition, Activity & Lifestyle, Aging Well. Online blog [www.HealthyFamiliesBC.ca](http://www.HealthyFamiliesBC.ca)

### Kidney Foundation of Canada BC

Volunteer organization committed to reducing the burden of kidney disease

[www.kidney.ca/bc](http://www.kidney.ca/bc)

**1.800.567.8112** Burnaby

- For Support Groups in Kamloops and Vernon, go to: <https://kidney.ca/Support/Kidney-Community/Find-a-Chapter>

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

[www.kidneycommunitykitchen.ca](http://www.kidneycommunitykitchen.ca)

### Medic Alert Foundation

Emergency medical information services. One of three Canadians have a condition

paramedics need to know about  
[www.medicalert.ca](http://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...

[www2.gov.bc.ca](http://www2.gov.bc.ca) > click on 'Health'

**1.800.663.7100** Mon-Fri 8am-4:30pm

### MS Society of Canada

Information, support groups, referral and advocacy services to persons with MS and their families. [www.mssociety.ca](http://www.mssociety.ca)

**1.800.268.7582** Peer Support Program

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

### Muscular Dystrophy Canada

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

[www.muscle.ca](http://www.muscle.ca)

**1.800.567.2873**

### Osteoporosis Canada

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

[www.osteoporosis.ca](http://www.osteoporosis.ca)

**1.800.463.6842** Mon-Fri 9-5 ET

### Pacific Blue Cross

Health, dental, disability, travel insurance  
[www.pac.bluecross.ca](http://www.pac.bluecross.ca)

**1.800.873.2583** Vancouver

### Prostate Cancer Foundation BC

Help individuals, their families understand, cope with prostate cancer, provide up to date medical info. and individual support.

[www.prostatecancerbc.ca](http://www.prostatecancerbc.ca)

**1.877.840.9173**

See Support Groups listing on page 85

### Spinal Cord Injury BC

We help people with spinal cord injuries adjust, adapt, and thrive. *continued...*



# Finding the Perfect Mastectomy Bra

The idea of shopping for bras can be an incredibly daunting task for any woman, but especially so if you've had a Mastectomy and are adjusting to changes in self image. The physical healing from a mastectomy can be less complicated than the emotional healing, which can be a long process of learning to love your body again. A common theme is, "I just want to feel whole again." Wearing a bra that's right for you is one of the first steps that can aid with healing and recovery.

It is easy to be overwhelmed looking at the many styles of Mastectomy bras available. According to local retailer Nightingale Medical, you should take time to explore all the different styles of bras available on the market today. Knowing the benefits of particular bras can help make your decision a little easier.



A **camisole bra** comes up higher on the chest wall to help camouflage any scarring that would otherwise be visible. Some styles have the added benefit of lace, which adds a touch of elegance.



Another style of bra that has a camouflaging effect is the **molded cup bra**. Since the cups of this bra are formed and molded, it makes a partial removal far less noticeable.

Some women prefer a **leisure or athletic style bra**. There are many benefits to these types of bras: breathability of material, front closure, and racer back designs.



A traditional bra is not for everyone though, and in those cases there is also the option of wearing a **top with a built in shelf bra** instead.

Having a Mastectomy procedure is no small feat, and a woman should feel encouraged that there are a myriad of bra choices available. Consulting with a Certified Mastectomy fitter who can help you find the right bra style and fit will be time well spent. Rest assured that you will find the perfect bra that makes you feel beautiful.



**NIGHTINGALE**  
MEDICAL SUPPLIES

**50+ YEARS OF EXPERIENCE**  
FREE FITTINGS | CERTIFIED FITTERS



Compression



Ostomy



Home Health Care



And More!

Contact us today! [www.nightingalemedical.ca](http://www.nightingalemedical.ca)

Vernon: #111 - 3400 Coldstream Ave | T: 250.545.7033 | Kamloops: #211 - 450 Lansdowne St | T: 250.377.8844

We are the best information on living well with a spinal cord injury in BC  
[www.sci-bc.ca](http://www.sci-bc.ca)

**1.800.289.6477** BC InfoLine  
**250.308.1997** Scott - Okanagan Peer Coordinator

**Vernon Cardiac Rehab Clinic**  
 Vernon Jubilee Hospital  
**250.503.3712** M-F 8am-noon, 1-4pm

## Dental Services

### Abby Dental Care

Going to the dentist is easy, comfortable. Always accepting new patients  
[www.abbydental.ca](http://www.abbydental.ca)  
**114-3101 Highway 6, Vernon**  
**250.542.1404**  
 See our ad on Inside Front Cover

### Vernon Denture Clinic

Bringing unique smiles to life. Book your complimentary consultation  
[www.vernondentureclinic.com](http://www.vernondentureclinic.com)  
**2910 31 Avenue, Vernon**  
**250.542.9117** **1.877.539.1972**  
 See our ad on page 45

## Health & Fitness

### Noodlelegs Health & Fitness

Activities geared to adults 40+. Easy line-dancing; Nordic Pole Walking & Gentle stretching classes; Fun & Games. Dogs play while owners have a pole walking class. Gentle introductions - snowshoe, paddle board, kayak. Osteofit classes  
[www.noodlelegs.ca](http://www.noodlelegs.ca)  
**250.549.6778** Vernon  
 See our ad and article on page 57

# Lakeside MEDICAL SUPPLIES

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Online

ICBC, DVA and Insurance Claims



- Sleep Studies
- CPAP Treatment
- Oxygen



- Compression
- Ceiling Lifts
- Wound Care



- Scooters
- Power Chairs
- Wheelchairs



- Stair Lifts
- Platform Lifts
- Hospital Beds

2 Locations

245 5 Street SW  
 Salmon Arm, BC V1E 1S9  
**250-832-2431**

**Lakeside Medical Supplies**  
**1-877-777-2431**  
[www.lakesidemedical.ca](http://www.lakesidemedical.ca)

110-4416 27 Street  
 Vernon, BC V1T 4Y4  
**250-542-2425**

# Heat, Moisture, and Hearing Aids are Not a Good Mix!

Hearing aids take a beating every day. They sit behind a person's ear, or inside a person's ear canal, for *hours*, everyday. It's *hot*. It's *moist*. It's *ear-waxy*. It's *brutal!* Electronics and batteries would rather run away and hide, but they don't. Instead, they do their best to persevere through the extreme conditions and work hard to help their owner communicate, hear their environment, and maintain balance.

Hearing aid wearers need to take extra precautions to ensure their devices do not malfunction due to heat or moisture. Hot summer days, perspiration, dusty environments all take a toll. Condensation can build up inside a hearing aid's housing. Moisture bubbles can hide inside behind-the-ear hearing aid earmould tubing and block sound completely. If an aid is overheated or wet inside, it may sound intermittent, weak, dead, or act sporadically (e.g. strange

beeping, aid re-starting itself, volume changes).

Hearing aids should *never* be left in direct sunlight or inside a closed vehicle. If a hearing aid gets wet it should never be blow-dried, placed in an oven or microwave, or left to sit in the sun to dry out. **First line of defence for a wet hearing aid:** a small, air-tight container of dry uncooked rice. Place the aid in the container with the aid battery door open (remove the battery), seal the container, and let it sit for at least 24 hours. If a hearing aid drying kit is available, use it as soon as possible. In fact, most hearing aid manufacturers now recommend that all hearing aids be stored in a drying kit nightly to maximize the life of the electronics inside hearing aids.

**Tosha R. Hodgson**, BA, MCISc, Aud(C), RAUD, RHIP  
Reg. Audiologist & Hearing Instrument Practitioner



Est. 2011

Solid Service  
Quality Products  
Sound Results



**100% Locally-Owned | 100% Manufacturer-Independent | 100% Client-Focused**



Life's worth hearing.

## Professional Hearing Care

... in a relaxed atmosphere

Tosha R. Hodgson, BA, MCISc, Aud(C), RAUD, RHIP  
Reg. Audiologist and H.I.P. • Sole Owner and Director

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# 250.545.2226

204 - 3334 30th Avenue Vernon V1T 2C8  
[www.rockwellaudiology.ca](http://www.rockwellaudiology.ca)

Registered under the College of Speech and Hearing Health Professionals of BC

## Home Care Services

### Interior HomeCare Solutions

Our health care team offers compassionate home care, you can trust  
[www.interiorhomecare.ca](http://www.interiorhomecare.ca)

**103-1315 Summit Drive, Kamloops**

**250.851.2911**

**3907 27 Street, Vernon 250.542.9717**

*See our ad on page 47*

## Hearing Clinics

### NexGen Hearing

BC's Premier Hearing Health Provider  
[www.nexgenhearing.com](http://www.nexgenhearing.com)

**7-3495 Pleasant Valley Rd., Armstrong**

**778.442.2000**

**201-5100 Anderson Way, Vernon**

**778.475.4007**

*See our article and ad on page 53*

### Rockwell Audiology

Get to know your Audiologist  
[www.rockwellaudiology.ca](http://www.rockwellaudiology.ca)

**204-3334 30 Avenue, Vernon**

**250.545.2226**

*See our article and ad on page 51*

## Medical Supplies

### Lakeside Medical Supplies

Serving North Okanagan Shuswap  
[www.lakesidemedical.ca](http://www.lakesidemedical.ca)

**245 5 Street SW, Salmon Arm**

**110-4416 27 Street, Vernon**

**1.877.777.2431**

*See our ad on page 50*

### Nightingale Medical Supplies

Medical Supplies & Services  
[www.nightingalemedical.ca](http://www.nightingalemedical.ca)

• **211-450 Lansdowne St., Kamloops**

**250.377.8844**

**1.877.377.8845**

• **111-3400 Coldstream Ave., Vernon**

**250.545.7033**

**1.800.545.8977**

*See our ad and article on page 49*

## Medical & Mobility Equipment

### Canadian Red Cross

Health Equipment Loan Program: short term mobility equipment & bath aids to assist at home recovery from surgery illness & injury. By donation. Health care Professional referral required. Check web site for area HELP Centres in North Okanagan Shuswap  
[www.redcross.ca/help](http://www.redcross.ca/help)

Okanagan Service Area Office

**124 Adams Road**

**Kelowna, BC V1X 7R2**

**250.765.3465** Mon-Fri 9am-1pm

## Medical Alarm Systems

### Interior Health Lifeline Program

Personal emergency response system, links elderly or medically at risk to 24 hour emergency help at the touch of a button. Service area throughout the North Okanagan Shuswap  
[www.lifeline.ca](http://www.lifeline.ca)

**4000 25 Avenue, Vernon**

**250.558.1334**

**1.800.994.8414**

*See our ad and article page 56*

## Orthotics, Bracing, Footwear Modification

### Okaped Inc.

Supporting you  
[www.okaped.com](http://www.okaped.com)

**101-3605 31 Street, Vernon**

**250.260.1868**

*See our article on pg. 10, ad on pg. 11*

## Pharmacies

### Askew's Pharmacy & Wellness Centre

[www.askewfoods.com](http://www.askewfoods.com)

**2701 11 Avenue NE, Salmon Arm**

**250.832.7655** Pharmacy

**250.832.7622 ext 316** Wellness Centre

*See our ad on page 5*

# Dreaming of a post-covid vacation?

## Travelling with Hearing Loss



Everyone is waiting to travel again as the possibility is looking brighter. A post-COVID vacation could come with stress for someone who is deaf or hard of hearing.

People dealing with hearing loss have different travel experiences whether its pre or post-COVID. It can be stressful and difficult, but it doesn't have to be. Many destinations are becoming more inclusive to provide better accommodations for people with hearing loss.

Australia provides an "Experience Australia in 8D Audio" video series giving listeners the illusion of sound. It provides people with hearing loss an immersive listening experience normally uncommon for this community.

Other destinations with excellent opportunities are New York City, Disney World, cruises, Cairns and France. They provide specialized tours, accommodations and services for the deaf and hard of hearing.

### Tips in preparation for your trip:

#### Plan in advance

Set up accommodations, reservations, tours etc. to best suit your hearing loss, to avoid dealing with communication issues during your trip.

#### Make the most of technology

Download relevant apps such as Maps, translation, transit and more. Apps can be extremely helpful.

#### Advocate for yourself

Don't be afraid to tell people you have a hearing loss. Once aware, they can take steps to communicate with you effectively.

#### Pack extra supplies

Bring extra supplies to ensure you can manage on the go.

Before leaving contact your local NexGen Hearing clinic to order extra supplies.

[www.nexgenhearing.com](http://www.nexgenhearing.com)

*This year*



## Why not invest in your quality of life?

Make your next destination Better Hearing.



**ARMSTRONG 778.442.2000**  
7-3495 Pleasant Valley Road

**VERNON 778.475.4007**  
201-5100 Anderson Way

**NEXGEN HEARING**  
nexgenhearing.com

**PRICE MATCH GUARANTEE**

**AIR MILES**

**90 DAY TRIAL**  
NO MONEY DOWN FOR 21 DAYS

WorkSafeBC and other Provincial WCB Networks, VAC, BCEA and NIHB accepted  
Registered under the College of Speech and Hearing Health Professionals of BC

**Hogarth's Clinic Pharmacy**

Still The Biggest Little Drug Store in Town  
[www.hogarths.ca](http://www.hogarths.ca)

**3310 32 Avenue, Vernon**

**250.545.3660**

*See our ad on page 55*

**Shoppers Drug Mart**

Earn rewards and save with your PC  
 Optimum card. Seniors' Day every Thurs  
[www.shoppersdrugmart.ca](http://www.shoppersdrugmart.ca)

*See our ad on the Inside Back Cover*

**Health Facilities****Interior Health Authority**

[www.interiorhealth.ca](http://www.interiorhealth.ca)

- **Interior Health Crisis Line**

**1.888.353.2273** 24/7

- **Interior Crisis Chat**

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

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

Investigates reports of abuse, neglect,  
 and self-neglect of vulnerable adults

**1.844.870.4754** report or call for info

- **Patient Care Quality Office**

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

**505 Doyle Avenue, Kelowna, 5th Floor**

[patient.concerns@interiorhealth.ca](mailto:patient.concerns@interiorhealth.ca)

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

**Chase Primary Health Care Centre**

Emergency & office hours M-F 8am-3pm

**825 Thompson Avenue 250.679.1400**

**Chase Medical Centre**

**826 Thompson Avenue**

**250.679.1420** Mon-Fri 8am-4pm

**Enderby Community Health Centre**

**707 3 Avenue, Enderby 250.838.2450**

**Home Health Services & Home Support**

Vernon, Armstrong, Enderby, Lumby

**4505 25 Street, Vernon 250.541.2200**

**Lumby Health Centre**

Lab services, X-ray - no appt. necessary  
 2135 Norris Ave., Lumby 250.547.9741

**250.547.2164** Public Health Nurse

**Pleasant Valley Health Centre**

Home Health Services, Lab, Health Unit

**3800 Patten Drive, Armstrong**

**250.546.4700**

**Shuswap Home & Community Care**

**B-2770 10 Avenue NE, Salmon Arm**

Breathe Well Program

**250.832.6643** Mon-Fri 8am-4pm

**250.803.4525** Harmony Haven Adult

Day Program, respite for CareGivers,  
 opportunity for social interaction

**North Shuswap Health Centre**

**2-3874 Squilax Anglemont Road**

**Scotch Creek**

<https://www.nshealthcentre.ca>

**250.955.0660** Mon-Thur 9am-4pm, Fri

9am-2pm. Check online calendar, call for appointment. Foot Care, Public Health, bi-weekly lab services (blood & ECGs)

**Vernon Health Unit**

**1440 14 Avenue**

**250.549.5700** Mon-Fri 8am-4:30 pm

**250.549.5721** Public Health Nursing

**Vernon Urgent & Primary Care**

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, does not require  
 an appointment **3105 28 Ave., Vernon**

**250.541.1097** Mon-Sun 9:30am-8:30pm

**Hospitals**

- **Queen Victoria Hospital**

**1200 Newlands Road, Revelstoke**

**250.837.2131**

- **Shuswap Lake General Hospital**

**601 10 Street NE, Salmon Arm**

**250.833.3600**

- **Vernon Jubilee Hospital**

**2101 32 Street, Vernon**

**250.545.2211**

## Walk In Clinics

Hours correct as of July 2021. For wait time and information for clinics on the Medimap system, go to [www.medimap.ca](http://www.medimap.ca)

### Enderby

- **Enderby Medical Clinic**  
Monday to Friday 9 am to 4 pm  
**1-802 George Street**  
**250.838.9494**

### Lake Country

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

### Revelstoke

- **Selkirk Medical Group**  
Monday to Friday 9am-7pm  
[www.selkirkmedicalgroup.ca](http://www.selkirkmedicalgroup.ca)  
**201-101 First Street W.**  
**250.837.9321**

### Salmon Arm

- **Mount Ida Medical Centre**  
Monday to Friday 9am-5pm  
Saturdays 10am-2pm  
**200 Trans-Canada Highway SW**  
**250.833.1990**

- **Salmon Arm Medical Clinic**  
M-F 9:30am-4pm, 5-7:30pm, Sat 9-1:30  
**581 Hudson Avenue NE**  
**250.832.6094**
- **Shuswap Providence Clinic**  
Monday to Friday 9am-5pm  
**2991 10 Avenue SW (Walmart)**  
**250.832.3377**

### Vernon

- **Primacy-North Okanagan Medical Clinic**  
Monday-Sunday - 9am-9pm (every day)  
**5001 Anderson Way Superstore 2nd Flr.**  
**250.545.8338**
- **Sterling Centre Clinic**  
Monday to Friday Noon-7pm  
Saturday, Sunday, Holidays 9am-1pm  
**101-3210 25 Avenue**  
**778.475.8311**



## Hogarth's Clinic Pharmacy Ltd.



Still *The Biggest Little Drug Store In Town*

102-3310 - 32<sup>ND</sup> AVENUE, VERNON  
250-545-3660 | [www.hogarths.ca](http://www.hogarths.ca)  
Monday to Friday 8:30am to 5:30pm  
Closed weekends and holidays

- **Medication Review Services** • **New Blister Cards**
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Check [Hogarths.ca](http://Hogarths.ca) to find out when Hogarth's is coming to your neighborhood



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for details

Fill your prescription & request delivery online  
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## Stay on Your Feet:

# How to reduce your risk of falling



Falls happen every day and are particularly devastating for older adults. They are the number one cause of injury-related deaths and hospitalizations in BC.

The number one reason why seniors fall is due to inactivity. Talk to your doctor before beginning an exercise program that includes strength and balance training in your routines.

### Medications can increase your risk of falling.

- Talk to your doctor or pharmacist if you think your medications are making you dizzy or drowsy.
- Be especially careful when you are starting a new medication as the side effects may be worse at the beginning.
- Avoid sleeping pills. Instead, practice good sleep habits (go to bed at the same time each night, avoid napping during the day, and get outside and move each day so that your body is tired in the evening).

### Other tips to prevent falls:

- Reduce clutter inside your home, especially on the floors and stairs.
- Take your car keys with you when you are working outside – if you fall, you can press the car alarm on the key fob to summon help.

- Avoid using ladders or step stools. Move things down to where you can reach them and/or ask a neighbour, family member or friend for assistance.
- Use handrails and remove your reading glasses when going up and down stairs.
- Wear comfortable low-heeled shoes or sandals with an ankle strap that provide good support, even in the house.
- Eat healthy foods every day – poor nutrition can cause dizziness.
- Drink lots of water throughout the day, especially in the heat! It is easy to become dehydrated, which can cause dizziness and falls.
- Be mindful of where you put your feet and stay alert to your surroundings when you are walking, especially on stairs and sidewalks.
- Have your vision checked each year. Always wear your glasses and hearing aids.
- Consider using a walker or cane to help with getting around. Talk to a Community Physiotherapist or Occupational Therapist first to make sure you buy the right walking aid for you.

For more information about fall and injury prevention, visit the fall prevention site [www.findingbalancebc.ca](http://www.findingbalancebc.ca) and the Your Health section at [www.interiorhealth.ca](http://www.interiorhealth.ca).

**Kelly Wilson**, Interior Health Quality Consultant, Falls and Injury Prevention

## Lifeline

Falls can happen at any time.

AutoAlert can automatically detect a fall and call for help.<sup>1</sup>



Call Today :

Central Okanagan – 250 762 0200

South Okanagan – 250 770 3531

North Okanagan – 250 558 1334

Mention code 589 and receive **1 FREE MONTH<sup>2</sup>**

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



Interior Health

Every year matters.



# Think... *Fun!*



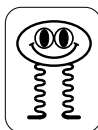
Wouldn't it be nice if we could just play again, like we did in the good old days? We used to ride our bikes everywhere, hang from trees, and run freely under skies of blue. Play was pure enjoyment as we socialized and moved our bodies! We weren't worried about the physical benefits - we just had fun.

It's a wonderful thing to take that concept of play and introduce it to our lives once again, on an achievable level. If we are honest with ourselves, we know we feel better physically and mentally

if we socialize in a beneficial environment. Combining that with exercise and appropriate music, it can be a blast! Reinvent your normal routine and move beyond the daily grind. It's not rocket science. Exercise becomes play when it's fun!

Motivation evolves into your decision: perhaps consider joining a non-judgemental, no-frills outdoor or indoor group and surprise yourself. Quite likely you will be so glad you did! Activity outdoors is refreshing, and with our variable Okanagan

weather, available indoor group activities are a bonus. Group participation enhances attendance, accountability, motivation, socialization, and physical and mental health. Take charge and enjoy! Laugh and mingle! Only you can choose.



**Submitted by Toodle** - the mascot of Noodlelegs Health & Fitness, a new small business in Vernon. Toodle has FUN enjoying many different activities with her amazing people! For more information, contact 250.549.6778 [www.noodlelegs.ca](http://www.noodlelegs.ca)

## Noodlelegs Health and Fitness

[www.noodlelegs.ca](http://www.noodlelegs.ca)

250.549.6778



- Nordic Pole Walking & Gentle Stretching: indoor & outdoor classes
- NoodleSteppin: beginner "line-dancing" to fun music from the 60's (for ages 50+)
- Noodlelegs Fun & Games: gentle movement & brain games for adults
- Osteofit: fall-prevention program designed by BC Women's Hospital & Health Centre
- Noodlelegs Doggies: owners have Nordic Pole Walking class while dogs play
- Outdoor Adventures: Snowshoeing, Paddleboarding, Kayaking gentle intros for older adults



**Socialize While you Exercise** Fun – Safe – Community – Laugh – Learn – Smile

- Gentle skills training for body and brain
- Great for Diabetics, sore joints, new-to-exercise, post-rehab

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# Stroke Recovery Association of BC

SRABC is affiliated with March of Dimes Canada to deliver programs to help stroke survivors, and their caregivers, reach individual goals for recovery – and get back to life after a stroke.

The purposes of the association are:

- To increase awareness within the community of the impact of stroke
- To deliver programs of education and of assistance to stroke survivors in British Columbia
- To raise awareness of the services offered in BC to stroke survivors and their caregivers
- To disseminate information on stroke prevention

Due to COVID, we are currently delivering our program virtually. Our virtual meeting is held Wednesdays from 10 a.m. - 12 p.m. To register, or for more information, please go to our website at [www.strokerecoverybc.ca](http://www.strokerecoverybc.ca) or call us at 1.888.313.3377. See our listing under Support Groups in the Resources section.



# INTERIOR

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- Electronics & Small Appliances
- Paint
- Confidential Paper Shredding
- Cardboard, Paper, Glass, Tin, etc.



4205-24 Avenue, Vernon

**250-545-5706**

[www.interiorrecycling.com](http://www.interiorrecycling.com)

# Professional



## Consumer

### Better Business Bureau

Promotes marketplace fairness, honesty  
[www.bbb.org](http://www.bbb.org)

**1.888.803.1222** Mon-Fri 9am-4pm

### Canadian Anti-Fraud Centre

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

[www.antifraudcentre.ca](http://www.antifraudcentre.ca)

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

### Consumer Protection Authority

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

[www.consumerprotectionbc.ca](http://www.consumerprotectionbc.ca)

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

### National Do Not Call List

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

[www.innate-dncl.gc.ca](http://www.innate-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 web site, and click on 'Scams and fraud' (Quick Links)

[www.rcmp-grc.gc.ca](http://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  
[www.bcassessment.ca](http://www.bcassessment.ca)

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

• **805 Renfrew Avenue, Kamloops**

**1.866.825.8322**

### BC Securities Commission Investor Education

Useful information to be an informed investor: know yourself, your advisor, your investment, and the warning signs of investment fraud. Subscription service, seminars, and more. Language support for Mandarin, Cantonese, Punjabi, Hindi  
[www.investright.org](http://www.investright.org)

**1.800.373.6393** Mon-Fri 8am-5pm

### Credit Counselling Society

Free credit counselling, solve debt problems, manage money better, use credit responsibly  
[www.nomoredebts.org](http://www.nomoredebts.org)

**375-1855 Kirschner Road, Kelowna**

**250.860.3000**

**1.888.948.8960**

### SASCU Financial Group

Your Lifelong Financial Partner

[www.sascu.com](http://www.sascu.com)

**250.832.8011** SASCU Credit Union

Salmon Arm, Sicamous, Sorrento

### SASCU Insurance

• **250.833.4450** Salmon Arm

• **250.838.7707** Enderby

**250.833.4466** SASCU Wealth

See our ad on page 63

## Insurance

### ICBC Seniors Insurance

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

### Johnston Meier Insurance Agencies

Get to Know Us! Customer Service, First & Foremost. Three locations to serve you in the North Okanagan Shuswap [www.jmins.com](http://www.jmins.com)

**250.838.7333** Enderby

**250.832.8103** Salmon Arm

**250.545.5311** Vernon

See our ad on page 61

## Legal

### Access Pro Bono Society of BC

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

### Canadian Bar Association, The

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

### Clicklaw

Provides legal information, education and help. Solve problems - understand your rights; common legal questions. Learn about laws and the legal system [www.clicklaw.bc.ca](http://www.clicklaw.bc.ca)

### Community Legal Assistance Society

For benefit of those who are physically, mentally, socially, economically or otherwise disadvantaged, or whose human rights need protection [www.clasbc.net](http://www.clasbc.net)  
**1.888.685.6222** Vancouver

### Dial-a-Law

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

### Lawyer Referral Service

**Access Pro Bono** enable members of the public to consult with a lawyer for 30 minutes at no charge [www.lrsbc.org](http://www.lrsbc.org)  
**1.800.663.1919** Mon-Fri 8:30am-5pm



Growing with the community since 1947.

Ask us how to pre-plan your funeral.

Plan for tomorrow, today.

**Bowers**  
Funeral Service & Crematorium

440 10th St. SW, Salmon Arm | 250-832-2223

[office@bowersfuneralservice.com](mailto:office@bowersfuneralservice.com) | [www.bowersfuneralservice.com](http://www.bowersfuneralservice.com)

Partners with Park Lawn

## Legal Services Society

If you have a legal problem and can't afford a lawyer, we are here to help  
[www.legalaid.bc.ca](http://www.legalaid.bc.ca)

- Arthur Channer, Alan Gaudette  
Barristers & Solicitors  
Salmon Arm Provincial Court  
**550 2nd Avenue NE, Salmon Arm**  
**250.545.3666** Tuesday 8:30-11:30 am
- **Suite E, 3105 31 Avenue, Vernon**  
**3001 27 Street** (Vernon Courthouse)  
**250.545.3666** Mon-8:30-3, Wed 10:30-3,  
Thurs 12:30-3pm
- **Family LawLINE**  
LawLINE lawyers give brief 'next step' 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://familylaw.lss.bc.ca/call/family-lawline>  
**1.866.577.252**
- **My Law BC** Action plan to your legal issue. Choose a pathway, answer questions, and get your action plan.  
<https://mylawbc.com>

## Nixon Wenger LLP

Full service law firm proudly committed to our community for over 45 years  
[www.nixonwenger.com](http://www.nixonwenger.com)

**301-2706 30 Avenue, Vernon**  
**250.542.5353** **1.800.243.5353**  
See our ad on Outside Back Cover

## People's Law School

Provides public legal education and information. Work out your everyday legal problem on a good number of topics. Frequently asked questions on website  
[www.peopleslawschool.ca](http://www.peopleslawschool.ca)  
**604.331.5400** Vancouver

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

## Public Guardian & 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  
*Walk-ins closed during COVID-19*  
[www.trustee.bc.ca](http://www.trustee.bc.ca)  
**1345 St. Paul Street, Kelowna**  
**250.712.7576** Mon-Fri 8:30am-4:30pm  
Interior - North Regional Office

## Seniors First BC

Are you dealing with a crisis? Call to talk about an abusive situation you feel is happening. We listen to concerns about financial, legal, physical and emotional abuse. Advocate for legal & social justice for those 55+. SAIL is a safe place for older adults, those who care about them  
[www.seniorsfirstbc.ca](http://www.seniorsfirstbc.ca)  
**1.866.437.1940** (SAIL) Seniors Abuse & Information Line Mon to Sun 8am-8pm  
Language interpretation avail. M-F 9-4  
**1.855.306.1443** TTY

# Johnston Meier Insurance Agencies Group



[www.jmins.com](http://www.jmins.com)

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

Visit our website for a location near you!



**Policing**

**City of Vernon Community Safety Office**

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

Restorative Justice office

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

**3010 31 Avenue, Vernon**

**250.550.7840** Mon-Fri 8am-4pm

**Crime Stoppers North Okanagan/Shuswap**

Receives tips from anonymous callers, passes information on to police to help solve cases. See web site to submit an anonymous tip. Reward of up to \$2,000 based on the extent of information received and the results obtained.

<http://nokscrimestoppers.com>

**1.800.222.8477** Tips Line

**Royal Canadian Mounted Police**

[www.rcmp-grc.gc.ca](http://www.rcmp-grc.gc.ca)

**Emergency only: dial 9-1-1**

RCMP Detachments:

- **3710 Pleasant Valley, Armstrong**  
**250.546.3028**
- **226 Shuswap Avenue, Chase**  
**250.679.3221**
- **602 Granville Street, Enderby**  
**250.838.6818**
- **5678 Connaught Road, Falkland**  
**250.379.2311**
- **2208 Shuswap Avenue, Lumby**  
**250.547.2151**
- **404 Campbell Avenue, Revelstoke**  
**250.837.5255**
- **1980 11 Avenue NE, Salmon Arm**  
**250.832.6044**
- **1125 Paradise Avenue, Sicamous**  
**250.836.2878**
- **3402 30 Street, Vernon**  
**250.545.7171**

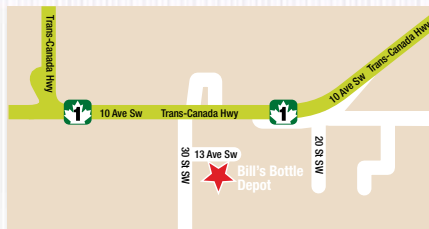
**Bill's Bottle Depot**



**Full cash refund for all beverage containers**

**We are also accepting**

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



2840 13th Avenue SW, Salmon Arm

**Phone:** 250-832-6630

**Hours:** Mon-Sat 8:30am-5:00pm

### RDNO RCMP Victim Services

Offering emotional & practical support to help victims, their families & witnesses deal with the impact of crime or trauma

- Vernon, Armstrong, Enderby, Lumby, Falkland Mon-Fri 8:30am-5pm  
**250.260.7171**

### RCMP Victim Services

- **Salmon Arm, Sicamous 250.832.4453**
- **Chase & District Victim Services 250.679.8638**

### Salmon Arm Citizens Patrol

City-wide vehicle, foot and bike patrols from 1 pm to early morning hours - members choose their shifts. Also radar-based Speed Watch, Lock-out Auto Crime activities in public parking lots and community events. New members welcome. Find us on Facebook [www.salmonarmcitizenspatrol.ca](http://www.salmonarmcitizenspatrol.ca) c/o RCMP Detachment

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

### Seniors Guidebook to Safety & Security

Goal is to raise awareness of seniors' safety issues to improve quality of life. Help to recognize a potential crime situation and show how to reduce or remove risk

<https://www.rcmp-grc.gc.ca/en/seniors-guidebook-safety-and-security>

### Victim Assistance

- **Community-Based Victim Assistance Program**  
For Women, Children and Men  
Vernon Courthouse, 3rd Level  
**3001 27 Avenue, Vernon**  
**250.542.3322** M-F 8-noon, 1-4:30pm  
**250.542.1122** Archway Society for Domestic Peace. *See article on page 64*
- **Community-Based Victim Assistance**  
Shuswap Area Family Emergency (SAFE) Society  
[www.safesociety.ca](http://www.safesociety.ca)  
**250.832.0005** Salmon Arm
  - Salmon Arm Women's Shelter  
**250.832.9616** 24/7

# SASCU



## Turn to SASCU for personal service you can trust.

### ■ CREDIT UNION BRANCHES:

Salmon Arm Downtown and Uptown,  
Sicamous and Sorrento

### ■ COMMERCIAL CENTRE

### ■ INSURANCE:

Salmon Arm and Enderby



### ■ WEALTH MANAGEMENT

Investing, Estate Planning and Life Insurance  
Mutual funds are offered through Qtrade Asset Management  
(a tradename of Credential Asset Management Inc.)

**250.832.8011 • [info@sascu.com](mailto:info@sascu.com)**

**Qtrade**  
Asset Management  
Member of the Mutual Fund Dealers Association of Canada



# Extensive Programs for Women in Transition

## How We Can Support You

**Vernon Women's Transition House** provides **25** beds to women and children who are seeking safety from relationship violence. The program is permanently staffed 24 hours a day. There is supportive counselling available and advocacy and accompaniment to appointments where necessary and possible. Women can stay for up to 30 days and sometimes longer if necessary.  
**250-542-1122**

**The Homelessness Prevention Outreach Program** works with women who are at risk of violence and risk of homelessness. The Coordinator assesses client safety and housing needs and works with the clients to address issues, access and maintain stable housing. The program follows-up with clients and provides referrals for supports that will assist with maintaining stable housing.  
**250-558-0171**  
**778-212-3265** (program cell)

**Volunteer Coordinator** Volunteers act as society representatives at special events such as our annual Little Black Dress fundraiser and other community events. Volunteers also help with cooking, driving, landscaping and other areas that utilize their own personal skills and abilities. Involvement is based on their personal schedules.  
**250-542-1122 ext # 122**

**Outreach Support Services Program** provides mobile service to women and their dependent children who have experienced violence, abuse or threats from their intimate partner. Services include emotional support, information and referrals, accompaniment to appointments and advocacy. These services are provided to women who are housed outside the Transition House and who are isolated or lived rurally.  
**778-212-3259** (program cell)

**The Stopping the Violence Women's Counselling Service** is offered to provide medium-term counselling to women who have experienced domestic violence, sexual assault or criminal harassment. Groups and individual counselling are offered.  
 Vernon Counsellor: 250-558-0334  
**Armstrong, Enderby Counsellor:**  
**250-540-0127** (program cell)

**The Equine Therapy Program** is an experiential therapeutic form of therapy where horses participate as co-counsellors for children and adults who have experienced or witnessed violence. The model applied at The Equine Connection uses a combination of the concepts of natural horsemanship, play therapy, story-telling, and problem-solving exercises.  
**250-309-0351** (Wendy)  
*Our support/ services are free of charge.*

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

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

To learn more call  
**250-558-3850**  
[archwaysociety.ca](http://archwaysociety.ca)





# Leisure Travel



## Arts & Culture

### **Caravan Farm Theatre**

Professional outdoor theatre company on an 80 acre farm 11 km. NW of Armstrong  
[www.caravanfarmtheatre.com](http://www.caravanfarmtheatre.com)

**4886 Salmon River Road, Armstrong**  
**1.866.546.8533**

### **Chase & District Museum & Archives**

Gift shop and art gallery  
[www.chasemuseum.com](http://www.chasemuseum.com)

**1042 Shuswap Avenue, Chase**  
**250.679.8847**

### **Friends of Fintry Provincial Park Society**

Research, restoration of buildings and grounds, building archives, fund raising. Large campground, boat launch  
[www.finity.ca](http://www.finity.ca)

**250.542.4031**

### **Greater Vernon Museum & Archives**

Diverse, colorful history of North Okanagan is portrayed through exhibits. Available private viewings Tue-Fri 2020. Book by private appointment via website  
[www.vernonmuseum.ca](http://www.vernonmuseum.ca)

**3009 32 Avenue, Vernon**  
**250.550.3140**

### **Heritage Murals of Downtown Vernon**

One of Canada's largest collections of outdoor public art. Guided Walking tours July-Sept. Sign up online. Meet out front of Vernon Museum [www.vernonmuseum.ca](http://www.vernonmuseum.ca)

**3009 32 Avenue, Vernon**  
**250.550.3140**

### **Historic O'Keefe Ranch**

Est. 1867, historic site and museum, open May-October. Tours, exhibitions, unique displays. Seniors 60+ discount  
[www.okeeferanch.ca](http://www.okeeferanch.ca)

**9380 Highway 97 North, Vernon**  
**250.542.7868**

### **Lake Country Museum and Archives**

Presenting our Past. Illuminating our Future  
[www.lakecountrymuseum.com](http://www.lakecountrymuseum.com)

**11255 Okanagan Centre Road West**  
**Lake Country**  
**250.766.0111**

### **Mackie Lake House Foundation**

Keeping history alive with seasonal tours, teas, concerts, events and year round rentals. Overlooking Kal Lake  
[www.mackiehouse.ca](http://www.mackiehouse.ca)

**7804 Kidston Road, Coldstream**  
**250.545.1019**

### **North Okanagan Community Concert Assn.**

Home of classical music in the North Okanagan. Full concert 2021-22 series at Performing Arts Centre to be announced. Tickets at \$125 for all five concerts or \$40 for single tickets. Visit us on Facebook  
[www.nocca.ca](http://www.nocca.ca)

### **Okanagan Symphony Orchestra**

Concert events in Vernon, Kelowna, Penticton. See web site for 2021-22 performances, locations, dates  
<http://okanagansymphony.com>

**250.763.7544** Mon-Fri 10am-3pm  
**250.549.7469** Vernon Ticket Seller

**Powerhouse Theatre**

Fall, Winter and Spring productions on web site. Check for special pricing packages

[www.powerhousetheatre.net](http://www.powerhousetheatre.net)

**2901 35 Avenue, Vernon**

**250.542.6194**

**250.549.7469** Vernon Ticket Seller

**R.J. Haney Heritage Village & Museum**

Where people, young and old, can see, touch, feel and smell Salmon Arm history

[www.salmonarmmuseum.org](http://www.salmonarmmuseum.org)

**751 Highway 97B NE, Salmon Arm**

**250.832.5243**

*See our ad and article on page 22*

**Salmon Arm Arts Centre**

A place to enjoy, experience, exhibit the arts, a record of our shared experience

[www.salmonarmartscentre.ca](http://www.salmonarmartscentre.ca)

**70 Hudson Avenue NE**

**Salmon Arm**

**250.832.1170** Tue-Sat 11am-4pm

**Shuswap Theatre**

Entertaining the Shuswap since 1977

[www.shuswaptheatre.com](http://www.shuswaptheatre.com)

Seniors' Theatre-best 2 hours of your week!

**41 Hudson Avenue NW, Salmon Arm**

**250.832.9283**

**Vernon & District Performing Arts Centre**

Premier entertainment venue

[www.vdpac.ca](http://www.vdpac.ca) [www.facebook.com/vdpac](http://www.facebook.com/vdpac)

**3800 33 Street, Vernon**

**250.542.9355** Mon-Fri 9am-5pm

• Ticket Sales & Inquiries (Box Office)

[www.ticketseller.ca](http://www.ticketseller.ca) > Theatres/Venues

**3800 33 Street**

**250.549.SHOW (7469)**

**Vernon Community Arts Centre**

Operated by the Arts Council of the North Okanagan. Offers a wide array of visual, dimensional and performing arts in classes, workshops and drop-ins

[www.vernonarts.ca](http://www.vernonarts.ca)

**2704A Highway 6** - in Polson Park

**250.542.6243**

• **Arts Council of the North Okanagan**

Umbrella organization serving more than

30 diverse member groups and over 3,000 individual and family members

[www.acno.ca](http://www.acno.ca)

**Vernon Public Art Gallery**

Quality exhibitions and programming.

Consider supporting the VPAG with your time, expertise, or financial assistance, help us continue to provide quality service, art education, beneficial experience for all

[www.vernonpublicartgallery.com](http://www.vernonpublicartgallery.com)

[www.facebook.com/vernonpublicartgallery/](http://www.facebook.com/vernonpublicartgallery/)

**3228 31 Avenue**

**250.545.3173**

**Western Canada Theatre**

Kamloops' own, producing high-quality, professional theatre [www.wctlive.ca](http://www.wctlive.ca)

**1025 Lorne Street, Kamloops**

**250.374.5483**

**1.866.374.5483**

**Leisure****Allan Brooks Nature Centre**

Provides a first hand opportunity to see and learn about the Okanagan's unique, diverse natural heritage

[www.abnc.ca](http://www.abnc.ca)

**250 Allan Brooks Way, Vernon**

**250.260.4227** Tue-Sat 9-4 April-October

**BC Fishing Licences**

Basic annual licence for 65+ \$5

Basic annual licence for disabled \$1

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

Freshwater Fishing. See licensed vendors

**BC Parks**

Individual campsite reservations through Discover Camping Campground Reservation service from April to Sept/Oct. 50% discount for BC residents 65+ from day after Labour Day to June 14 of following year for frontcountry campsites

[www.discovercamping.ca](http://www.discovercamping.ca)

<http://bcparks.ca>

**1.800.689.9025** Call Centre

• Campsite Fees for Seniors

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

DeMille's

FARM MARKET  
Sweet Corn & Produce

FRESH. 5 INGREDIENTS.

**FLOUR  
TORTILLA  
SHELLS**

*Olé!*



*Open*  
7 DAYS A WEEK



COMING  
NOVEMBER  
2021!

**BC  
BEER,  
WINE &  
CIDERS!**



# Market ON THE EDGE

DeMille's is a third generation family farm - providing fresh produce, fruit and specialty products since 1970. That's over 50 years of ingredients for canning, jams, pickles, salsa, soups, pies and more!

OPEN YEAR ROUND, DAWN 'TIL DUSK



LOADS OF  
FREE PARKING

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

**DEMILLES.CA 3710 - 10 AVENUE SW, SALMON ARM 250.832.7550**

**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 web site for Zone 5 & 8 contacts. Games in Greater Victoria, Sept. 13-17, 2022  
[www.55plusbcgames.org](http://www.55plusbcgames.org)  
**778.426.2940**

**Davison Orchards Country Village**

Destination for farm food and family fun. Open every day May 1 to October 31  
[www.davisonorchards.ca](http://www.davisonorchards.ca)  
[www.facebook.com/davisonorchards](http://www.facebook.com/davisonorchards)  
**3111 Davison Rd., Vernon**  
**250.549.3266**

**Farmers' Markets (BC Association of)**

[www.bcfarmersmarket.org](http://www.bcfarmersmarket.org)

**All Organic Farmers' Market**

- Wednesday 2:30-5 pm May to October. Check web site for Winter Market dates from Nov-April. Wednesdays 2:30-5pm Uptown Askew's, Salmon Arm

- **Revelstoke Farmers' Market.** Every Sat 8am-1pm. May-Oct. Centennial Park. Revy Winter Market, Every 2nd Thurs starting Nov 5, 12-5pm, Revelstoke Rec.  
[www.wildflightfarm.ca](http://www.wildflightfarm.ca)  
**250.838.7447** Wild Flight Farm

**Armstrong Farmers' Market**

Fresh local produce, local meats, cheeses, honey, preserves, handcrafts, baked goods, bedding plants, organics, Saturdays 8am-12:30pm, late April-Oct. IPE Grounds, **3371 Pleasant Valley Road**  
[www.armstrongfarmersmarket.ca](http://www.armstrongfarmersmarket.ca)

**Celista Hall Farmer's Market**

Wed 9am-1pm June 30-Sept 8. Celista Hall grounds. Produce, crafts, baking, [Facebook.com/CelistaHallFarmersMarket](https://www.facebook.com/CelistaHallFarmersMarket)  
**250.955.6483** Diane

**Chase Farm & Craft Market**

Fridays 10am-2pm April to October Shuswap Avenue - next to RCMP  
**778.689.4876** Joe

**Enderby Farmers Market**

Fridays - 8am-noon, until October 22  
 Cliff Avenue downtown  
[www.Facebook.com/EnderbyFarmersMarket](https://www.facebook.com/EnderbyFarmersMarket)  
**250.306.6582** Gabriele

**DeMille's Farm Market**

Fresh fruit & produce from the Okanagan & Shuswap. Fresh baked bread & home baked goods. Open all year, 7 days/week, 8 am to sunset. Farm animals. Beer, Wine & Spirits  
[www.demillesfarmmarket.com](http://www.demillesfarmmarket.com)  
**3710 10 Avenue SW, Salmon Arm**  
**250.832.7550**  
*See our ad on page 67*

**Lake Country Farmers' Market**

Friday 3-7pm Swalwell Park June-Sept  
 Fresh local produce & foods, handcrafts  
[www.lakecountryfarmersmarket.webs.com](http://www.lakecountryfarmersmarket.webs.com)  
**250.826.7100** Shayne

**Lumby Public Market** - Every Sat May to

Oct 9th. 9am-1pm, Oval Park, Glencaird  
[www.LumbyMarket.com](http://www.LumbyMarket.com)  
**250.549.0744** Elsie

**Salmon Arm Community Market**

Fresh produce, local crafts. Mothers Day to Thanksgiving, Fridays 8 am-1pm  
**4940 Canoe Beach Drive, Canoe**  
 Facebook: [salmonarmcommunitymarket/](https://www.facebook.com/salmonarmcommunitymarket/)  
[www.samarketwithheart.ca](http://www.samarketwithheart.ca)  
**250.803.1735** Susan

**Salmon Arm Downtown Farmers' Market**

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

**Scotch Creek Farm & Craft Market**

Sundays-May long wkend to Labour Day 9:30am-1:30pm. Local produce/crafts. The Hub parking lot.  
**4113 Squilax-Anglemont Road**  
**250.679.2166** Connie

**Sorrento Village Farmers' Market**

Mothers Day to Thanksgiving weekend Sat. 8am-noon. Sorrento Shoppers Plaza  
[www.sorrentofarmersmarket.ca](http://www.sorrentofarmersmarket.ca)  
**250.515.1265** Tanesa or Quinne

**Vernon Farmers' Market**

April thru Oct., Mon & Thur 8am-1pm  
 Kal Tire Place parking lot **3445 43 Ave.**  
*Vernon Indoor Farmers' Market* - late Nov  
 to March, 11am-3pm, Kal Tire Place  
[www.vernonfarmersmarket.ca](http://www.vernonfarmersmarket.ca)  
**250.351.5188** Ingrid

**Kal Tire Place, Kal Tire Place North**

Check web site for Walking schedule  
 (4 laps = 1 km). Also Events & Drop In  
 Skating & Shinny Hockey schedules.  
 25% public skating discount for those 65+  
[www.kaltireplace.ca](http://www.kaltireplace.ca)  
**3445 43 Avenue, Vernon**  
**250.550.3257** Mon-Fri 8am-4pm

**Kingfisher Interpretive Centre**

Volunteer driven community based salmon  
 hatchery & environmental education centre  
[www.kingfishercentre.com](http://www.kingfishercentre.com)  
**2550 Mabel Lake Road, Enderby**  
**250.838.0004**

**Noodlelegs Health & Fitness**

For the Young at Heart. Pole walking  
 using Urban Poling techniques. Indoor  
 pole walking classes. Snowshoe,  
 paddleboard, kayak adventures with  
 gentle introductions. Easy line-dancing;  
 Fun & Games. Dogs play while owners  
 have a pole walking class  
[www.noodlelegs.ca](http://www.noodlelegs.ca)  
**250.549.6778** Vernon  
*See our ad & article on page 57*

**North Okanagan Shuswap Barn Quilt Trail**

Explore BC's first! Painted quilt block  
 squares on local businesses, homes  
 Armstrong Spallumcheen Chamber of  
 Commerce  
[www.aschamber.com](http://www.aschamber.com) **250.546.8155**

**Okanagan Science Centre**

We want to make science fun for everyone  
 55+ discount. Wed-Fri 10-4, Sat&Sun 10-4  
[www.okscience.ca](http://www.okscience.ca)  
**2704 Highway 6, Vernon** **250.545.3644**

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 LICENSED CANNABIS RETAILER  
 DELIVERY NOW AVAILABLE  
 102, 2500 53 AVE  
 VERNON, BC  
[WWW.SPIRITLEAF.CA](http://WWW.SPIRITLEAF.CA)

**Old Time Dance Club**

First Fri. of month Oct to May-except Jan.  
Fun & great physical & mental exercise.  
All ages. Enderby Drill Hall. Admission \$5  
no charge children, includes light lunch  
**250.546.6186** Estelle **250.515.1176** Jim

**Planet Bee**

Honey Farm & Meadery, Tours 'n Tasting  
[www.planetbee.com](http://www.planetbee.com)

**5011 Bella Vista Road, Vernon**  
**250.542.8088**

**RV Owners Lifestyle Seminar**

An annual event at Okanagan College  
Kelowna Campus, 1000 KLO Road  
Opportunity for new, or seasoned  
or wannabe RV owners to gain  
valuable knowledge on RV operations,  
maintenance and safety. Also travel tips,  
health on the road, destinations, full-time  
RV living, more. 2022 seminar dates TBA.  
[www.rvda.bc.ca/rv-owners-lifestyle-seminars](http://www.rvda.bc.ca/rv-owners-lifestyle-seminars)  
**778.490.0013** Joan - RVDA

**SASCU Recreation Centre**

Aquatic centre, fitness room, badminton,  
gym/auditorium, meeting rooms, Squash,  
Pickleball, racquetball courts, table tennis.  
See web for seasonal Fun Guide  
[www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca)

**2550 10 Avenue NE, Salmon Arm**  
**250.832.4044**

**• Shaw Centre**

Public skating/adult shinny/learn to skate.  
Arena walking loop. Check website for  
programs, details, adult skating, etc.

**2600 10 Avenue NE** **250.832.4044**

**Salmon Arm Curling Centre**

Curling supplies, lounge, leagues  
Adult Learn to Curl program  
[www.salmonarmcurlingclub.com](http://www.salmonarmcurlingclub.com)

**691 28 Street NE** **250.832.8700**

**Salmon Arm Silverbacks**

Junior 'A' Hockey, senior pricing  
[www.sasilverbacks.com](http://www.sasilverbacks.com)

Shaw Centre (south entrance)  
**2600 10 Avenue NE**  
**250.832.3856**

**Shuswap Storytellers**

Gathers at Piccadilly Mall Board Room,  
7 pm, 1st Tue of the month Oct. to June  
Everyone welcome whether you like to tell  
stories or just listen. Call for information  
**250.546.6186** Estelle

**Silver Star Mountain Resort**

Skiing, world class bike park, hiking trails  
[www.skisilverstar.com](http://www.skisilverstar.com)

**1.800.663.4431**

**Sovereign Lake Nordic Centre**

World class cross-country skiing  
[www.sovereignlake.com](http://www.sovereignlake.com)

**250.558.3036** **1.877.768.5253**  
**250.260.5335** Snow Phone

**Spiritleaf**

Cannabis & Accessories Available  
[www.spiritleaf.ca](http://www.spiritleaf.ca)

**102-2500 53 Avenue, Vernon**

**236.426.2230**

*See our ad on page 69*

**Star Country Squares**

Join us for Fun, Fitness & Friendship. For  
singles, couples. Thursday 7-9:30pm. See  
us on Facebook. Discover Social Square  
Dancing. Pending Stage 4 Covid restart.  
Halina Activity Centre, Vernon

**778.930.0655** call Darlene for more info

**Vernon Curling Club**

Pro Shop, Lounge, Senior Leagues  
<https://vernoncurling.ca>

**3400 39 Avenue**

**250.542.6713**

**Vernon Lawn Bowling Club**

Summer and winter activities  
[www.vernonlawnbowlingclub.com](http://www.vernonlawnbowlingclub.com)

**Polson Park, Vernon**

**250.549.4100**

**Vernon Outdoors Club**

Enjoying outdoor activities in the North  
Okanagan. Hiking, paddling or Mountain  
Bike excursions, snowshoeing, trail  
clearing by volunteers

[www.vernonoutdoorsclub.org](http://www.vernonoutdoorsclub.org)

**Vernon Vipers**

Junior 'A' Hockey Club

[www.vipers.bc.ca](http://www.vipers.bc.ca)**3445 43 Avenue** Kal Tire Place**250.542.6022****Travel****BC Ferries**BC seniors 65+ travel free on most  
BC Ferries Mon-Thur except holidays.

Passenger fares only - with valid I.D.

[www.bcferries.com](http://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[www.thefriendshipforce.org](http://www.thefriendshipforce.org)**Kelowna International Airport (YLW)**Contact airlines directly for flight reservations  
and questions.Airport services information is available at  
[ylw.kelowna.ca](http://ylw.kelowna.ca)**250.807.4300** Airport Administration**250.765.5612** Airport Parking Courtesy

Shuttle Services

**778.753.3735** 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.[www.nationalgeographic.com/expeditions](http://www.nationalgeographic.com/expeditions)**1.888.966.8687****Road Scholar**Not-for-profit world's largest, most  
innovative creator of experiential learning  
opportunities. Unsurpassed offerings[www.roadscholar.org](http://www.roadscholar.org)**1.800.454.5768** M-F 9am-6:30pm ET**TIRELAND****MICHELIN****BF Goodrich**  
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**Call Gary****250-545-3291****2904 43rd Avenue, Vernon****[www.tireland.ca](http://www.tireland.ca)**

**Super, Natural British Columbia**

About BC, places to go, things to do, trip ideas, accommodation, transportation, maps, travel deals [www.hellobc.com](http://www.hellobc.com)

**Traveller Information System**

Road and weather conditions, webcams, plan your route, mobile traveller info [www.drivebc.ca](http://www.drivebc.ca) **1.800.550.4997**

**Worldwide Quest**

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

**Activity Centres****Armstrong Seniors Activity Centre**

Activities for 50+ include dance, carpet bowling, snooker/pool, cribbage, stick curling. Income Tax & Volunteer Driver programs, Potluck suppers  
[www.armstrongseniors.ca](http://www.armstrongseniors.ca)  
**2520 Patterson Street**  
**250.546.1118**

**Canoe Senior Citizens Association**

9 am coffee Mon & Fri, Mon bingo 12:30  
Tue & Fri night crib, Crib Tournament every 3rd Sunday. Yoga. Pancake breakfast 3rd Saturday, Potluck dinner 2nd Wednesday 5 pm  
**7330 49 Street NE, Canoe**  
**250.832.8215**



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Your LOCAL News

- Entertainment
- Sports (Local, National & Worldwide)
- Arts & Culture
- Community



[www.mrshadesmedia.com](http://www.mrshadesmedia.com)

**Chase Creekside Seniors**

Canasta, Bingo, Carpet Bowling, Guys & Gals Exercise, Crib, Snooker, Wood Carving, Bells & Bows. WiFi  
Chase Seniors Centre  
**542 Shuswap Avenue** **250.679.8522**

**Enderby & District Senior Citizens**

Bingo, crib, Tai Chi, Fun 'n Fitness, pool, bridge, quilting. Seniors Luncheon Buffet Wed noon-Sep-Jun (delivery during pandemic)  
**1101 George Street, Enderby**  
**250.838.7541** Seniors Centre  
**250.838.6755** Sue

**Falkland Seniors Branch 95**

Activities include billiards, darts, card games. Potluck lunch last Mon. Annual garage sale. Hall rental with kitchen \$30  
**5706 Highway 97, Falkland**  
**250.540.7656** Angus, President

**Fifth Avenue Seniors Activity Centre**

Cards, billiards, keep-fit, chess, table tennis, darts, music, line dancing, sing-a-long. Hot lunch specials wkdays, pancake breakfasts, Birthday Lunches Sept-June  
[www.5thaveseniors.org](http://www.5thaveseniors.org)  
**170 5 Avenue SE, Salmon Arm**  
**250.832.1065** Mon-Fri 9am-4pm  
Summer hours Mon-Wed-Fri 10am-2pm

**Halina Activity Centre**

An evolving 50+ activity centre, offering an ever-growing list of activities - Bingo (on site & on-line), Bridge, Billiards, Bus Tours, Canasta, Crafts, Crib, Carpet Bowling, Dancing to live music, Dinner & Pattern Dancing, Darts, Floor Curling, Lunch & Learn, Square Dancing. Cafe Centre, Hall Rentals  
[www.halinacentre.com](http://www.halinacentre.com)  
[www.facebook.com/HalinaSeniorsCentre](https://www.facebook.com/HalinaSeniorsCentre)  
**3310 37 Avenue, Vernon** **250.542.2877**  
See our ad & article on pages 18, 19

**Lake Country Seniors' Activity Centre**

Wood shop, cribbage, sewing, Tai Chi, Power Yoga, Songster & Artists groups, Drop-in games, bridge, quilting. Prime Time Entertainment - 1st & 3rd Mon, Tue



Seniors Lunch \$7, Frozen meals avail \$5  
<https://www.lakecountry.bc.ca/en/living-in-our-community/seniors.aspx>

**9832 Bottom Wood Lake Road**  
**250.766.4220 or 250.766.5437** Anne

### Lakeview Community Centre Society

Welcoming place for the North Shuswap community to relax, meet others, learn new skills and participate in recreational activities. See website for scheduled activities. Emergency Preparation Centre  
[www.lakeviewcommunitycentresociety.com](http://www.lakeviewcommunitycentresociety.com)

**7703 Squilax-Anglemont Road**

**Anglemont**

**250.682.6235** Jim    **778.765.1506** Tony

### Schubert Centre

Vernon's Hot Spot Community Centre  
 Art Classes, Performing Arts, Health & Wellness Drop-In, Scrabble, whist, crib, bridge, canasta, 500, floor curling, dancing, crafts, Tai Chi. Hall rental, Bus Tours, Catering, Coffee Shop, Bargain Basement. Meals on Wheels

[www.schubertcentre.com](http://www.schubertcentre.com)

**3505-30 Avenue, Vernon**

**250.549.4201**

*See our ad & article on pages 16, 17*

### Revelstoke Senior Citizens' Association

Billiards, bingo, bridge, carpet bowling, cribbage, darts, Ballroom Dance Drop-in, Exercise program, Quilting Club, Whist, Genealogy Workshop, Thur Morning Coffee Drop-In, Computer room

**603 Connaught Ave.    250.837.9456**

### Sicamous & District Seniors Centre Society

Early morning coffee drop-in Tue, Wed, Thur, Sat (\$1), Drop-in chair Aerobics Mon & Wed (\$2), Monday soup and a bun - by donation. Wed lunch \$7, Fri lunch including Wii, bowling or golf \$5, Cards darts, table tennis available. Hall rental and catering available

*FB: Sicamous-District-Seniors-Centre-Society*

**1091 Shuswap Avenue**

**Sicamous**

**250.836.2446**

### Sorrento Drop-In Society

Goal is to support friendship and well being through activity and information. A place to socialize and become part of the community. See website for Upcoming Events & Events Calendar. Sunday Church  
[www.sdjs.ca](http://www.sdjs.ca)

**1148 Passchendaele Road**

**250.675.5358**

### Whitevalley Community Resource Centre

Seniors Drop-In Centre (Lumby)  
 Dogwood Lounge, Saddle Mountain Place  
 Mon-Wed-Fri 9am-1:30pm. Knitting, agility exercise group, bingo, crib, crafts, live music, intergenerational programs, wellness presentations, seasonal classes  
 Nutritious, affordable hot meals available  
[www.whitevalley.ca/seniors/](http://www.whitevalley.ca/seniors/)

**1751 Glencaird, Lumby**

**250.547.8866, 250.547.8821**

## VERNON'S WATER STORE

180-4400 32nd St

Vernon BC

250-558-3595

[vernonwater@telus.net](mailto:vernonwater@telus.net)

## Your Water Store with a Twist

Drop-in and check out all of our different products

- Mother Nature's own Alkaline Water
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- Eco-Spray Kitchen Cleaner & Car Wax
- Smokey Pete's Foods
- Ebesses ZoZo Hot Sauces
- Armstrong Apiaries Local Wildflower Honey
- Fresh Free Range Eggs
- Ghostriders Smokehouse Sauces

*You can drop in and have your water bottles filled or we offer Home and Office Deliveries*





# Resources

## Charities, Foundations

### Before You Give...

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

### BC Cancer Foundation

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

### BC SPCA

Non-profit organization dedicated to protecting and enhancing the quality of life for domestic, farm & wild animals  
[www.sPCA.bc.ca](http://www.sPCA.bc.ca)

**1.855.622.7722** Animal Cruelty Hotline

• Vernon & District Branch

**4800 Haney Road, Vernon V1H 1P6**

**250.549.7297** Tue-Sat Noon-4pm

• Shuswap Branch

**5850 Auto Road SE, Sal. Arm V1E 2X2**

**250.832.7376** Tue-Sun Noon-4pm

### Canadian Cancer Society

Make a One-time Gift, Monthly Gift, Honour Gift, Memorial Gift  
[www.cancer.ca](http://www.cancer.ca) click on 'donate'

**330 Strathcona Avenue**

**Kelowna V1Y 5K7**      **1.800.403.8222**

### Canadian Red Cross

Donate online, by mail, by phone, monthly giving, gifts of stock, planned giving - legacy, RRSPs

[www.redcross.ca](http://www.redcross.ca)

**124 Adams Road, Kelowna V1X 7R2**

**250.491.8443**

**1.800.418.1111**

### Chase & District Health Services Foundation

Further the improvement of patient services in the Chase catchment area

*Facebook: Chase-and-District-Health-Services-Foundation*

**PO Box 1099, Chase, BC V0E 1M0**

### Community Foundation of the North Okanagan

Dedicated to improving quality of life in the region by distributing earnings

[www.cfno.org](http://www.cfno.org)

**304-3402 27 Avenue, Vernon V1T 1S1**

**250.542.8655**

*See our ads on pages 13, 77*

*See our article on page 12*

### Fresh Outlook Foundation

Inspiring community conversations for sustainable change. Hosts HEADS UP! Community Mental Health Podcasts and Virtual Summits

[www.freshoutlookfoundation.org](http://www.freshoutlookfoundation.org)

**1101 21 Avenue, Vernon V1T 1G4**

**250.300.8797**

*See our ad and article on page 15*

**Heart & Stroke Foundation**

In Memoriam, In Honour, general donations  
[www.heartandstroke.ca](http://www.heartandstroke.ca)

200-885 Dunsmuir St., Vancouver V6C1N5  
 778.372.8000 1.888.473.4636

**North Okanagan Hospice Society**

Respect, comfort and compassion in life's  
 final journey [www.nohs.ca](http://www.nohs.ca)

3506 27 Avenue, Vernon V1T 1S4  
 250.503.1800

**Shuswap Community Foundation**

Connecting people who care with causes  
 that matter

<http://shuswapfoundation.ca>

102-160 Harbourfront Dr. NE V1E 4N7  
 250.832.5428 Salmon Arm  
 See our ad on page 77

**Shuswap Hospice Society**

Palliative/end-of-life care for patients  
 quality of life, also their family and friends  
[www.shuswaphospice.ca](http://www.shuswaphospice.ca) *cont'd...*

**Suite 4-781 Marine Park Drive**

**Salmon Arm V1E 2W7**

**250.832.7099** Mon-Fri 9am-4pm

*See our ad and article on page 8*

**Shuswap Hospital Foundation**

Accept, manage, disburse funds for the  
 benefit of Shuswap Health Services

[www.shuswaphospitalfoundation.org](http://www.shuswaphospitalfoundation.org)

Main Hospital Entrance

**PO Box 265, Salmon Arm V1E 4N3**

**250.803.4546** Mon-Sun 9am-5pm

**Terry Fox Foundation, The**

Working together to outrun cancer

[www.terryfox.org](http://www.terryfox.org)

**160-8960 University High Street**

**Burnaby, BC V5A 4Y6**

**1.888.836.9786**

**United Way Southern Interior BC**

Local giving. Local results. Serving the  
 Okanagan, Columbia, Shuswap and

Similkameen

*continued...*



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**HAND MADE  
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**Fresh & Frozen Take-Out Meals**

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- Individual Bakeable Meals
- Made from Scratch
- Nutritious and Affordable
- **DELIVERY AVAILABLE**

Vernon:

300B-3101 48 Avenue

**250-549-3145**

Kelowna:

107-1912 Enterprise Way

**778-478-0343**

[www.homefordinner.info](http://www.homefordinner.info) • [www.facebook.com/homefordinner](http://www.facebook.com/homefordinner)

[www.unitedwaysbc.com](http://www.unitedwaysbc.com)  
 Interior Savings & Credit Union building  
**200-4301 32 Street, Vernon V1T 9G8**  
**250.549.1346** Call for appointment  
**1.866.448.3489**

### Variety-the Children's Charity

Enriching the lives of BC children with special needs and their families  
[www.variety.bc.ca](http://www.variety.bc.ca)

**4300 Still Creek Drive, Burnaby V5C 6C6**  
 Toll Free: **310.KIDS (5437)**

### Vernon Jubilee Hospital Foundation

Support North Okanagan health care needs with your tax deductible donation  
[www.vjhfoundation.org](http://www.vjhfoundation.org)

**2101 32 Street, Vernon V1T 5L2**  
**250.558.1362**

### The War Amps

Committed to Improving the Quality of Life for Canadian Amputees, including children via the Child Amputee (CHAMP) program  
[www.waramps.ca](http://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  
[www.jibc.ca](http://www.jibc.ca)

**825 Walrod Street, Kelowna**  
**250.469.6020 1.888.865.7764**

### Literacy Alliance of the Shuswap Society

Focus on literacy awareness, education  
[www.shuswapliteracy.ca](http://www.shuswapliteracy.ca)

**358 Alexander Street NE, Salmon Arm**  
**250.463.4555**

### Literacy Society of the North Okanagan

Helps people with their literacy needs. Volunteers always welcome for the Reading Together program. Read with children to help build their confidence. Find out more on our website, or call.  
[www.literacysociety.ca](http://www.literacysociety.ca)

**4705A 29 Street, Vernon**  
**250.275.3117** *See our ad on page 79*

### 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 web site for programs and details  
[www.sfu.ca/liberal-arts](http://www.sfu.ca/liberal-arts) **1.844.782.8877**

### St. John Ambulance

First aid training, volunteer community services. Course descriptions on web site  
<https://bc.sjatraining.ca>

- Vernon/North Okanagan Shuswap branch  
**1905 47 Avenue, Vernon**  
**250.545.4200**
- **627 Victoria Street, Kamloops**  
**250.372.3853**

### Thompson Rivers University

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>  
**1.800.663.9711**

### Vernon & District Immigrant and Community Services Society

Services: Settlement, English Classes, Employment, Community Connections, Temporary Foreign Workers, Childminding  
[www.facebook.com/vernoniss](http://www.facebook.com/vernoniss)  
**100-3003 30 Street**  
**250.542.4177**

## Library Services

### Okanagan Regional Library

Books, music, movies & more  
[www.orl.bc.ca/hours-locations](http://www.orl.bc.ca/hours-locations)  
**250.860.4033** Admin. Office Kelowna

### Thompson-Nicola Regional District Library System

[www.tnrl.ca](http://www.tnrl.ca)  
**100-465 Victoria Street, Kamloops**  
**250.372.5145**

## Meal & Food Programs

### Cherryville Food & Resources

Monthly food hampers that support low-income families, singles, seniors, those with disabilities. Weekly drop-in service. Organic Community Garden. See website [www.cherryvillefoodbank.ca](http://www.cherryvillefoodbank.ca) for details  
**158 North Fork Road, Cherryville**  
**250.547.0089** Open Wed & Fri

### Community Garden Network

Greater Vernon model is a partnership between Regional District, Food Action Society, volunteer garden committees  
<http://foodaction.ca/community-gardens>

- Community Gardens (Central Okanagan)  
 Gardens Grow Healthy Communities  
[www.centralokanagancommunitygardens.com](http://www.centralokanagancommunitygardens.com)
- Winfield Community Garden  
**11187 Bottom Wood Lake Road**

### Community Kitchens Vernon

Learn how to cook healthy, affordable meals. Groups in various locations in NOS. See website for details.  
<http://communitykitchens.webs.com>  
**250.275.8814**

### Enderby & District Seniors Lunch Buffet

Wed noon, Sept to June, full course meal at Senior Citizens Hall, \$10. Note: Pending COVID-19 restriction removal.  
**1101 George Street, Enderby**  
**250.838.6755** Sue

### FED-Feed Enderby & District-Food Bank

Distribution 2nd & 3rd Tues of the month. Call for appointment  
[www.enderbyfoodbank.ca](http://www.enderbyfoodbank.ca)  
**102-907 Belvedere Street**  
**Enderby**  
**250.938.3114** Mon-Fri 10am-2pm

### Food Action Society of North Okanagan

Non-profit charitable organization, mission to improve food security by cultivating a healthy, sustainable, regional food system through education and community action  
[www.foodaction.ca](http://www.foodaction.ca)  
**250.275.8814**

### Good Food Box North Okanagan

Monthly box of quality fresh fruits and veggies. See web site for details  
[www.goodfoodbox.net](http://www.goodfoodbox.net)  
**250.306.7800** Diane

**CONNECTING PEOPLE WHO CARE  
 WITH CAUSES THAT MATTER.**



**Good Food Box Shuswap**

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

- **The Shuswap Family Centre**

See web site for details

[www.familyresource.bc.ca/services/good-food-box/](http://www.familyresource.bc.ca/services/good-food-box/)

**681 Marine Drive NE, Salmon Arm**

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

**Lake Country Food Bank**

Food assistance to low income families.

Hampers Tue-Wed 9am-noon; 1pm-

2:30pm New intakes- call for appointment

or complete online application

[www.Facebook.com/lakecountryfoodbank/](http://www.Facebook.com/lakecountryfoodbank/)

**9830C Bottom Wood Lake Road**

**Lake Country**

**250.766.0125**

**Lake Country Seniors Buffet**

Every Tues. noon, hot meal for seniors at

the Seniors Activity Centre, Bottom Wood

Lake Road. \$7. Freezer meals available

**250.766.5437** Anne

**Meals on Wheels**

- **Vernon:** Pleasing variety of safe, flavourful, nutritious meals by **Schubert Centre**. Available to anyone who has difficulty purchasing and/or preparing meals. Delivery in Vernon area at noon Mon., Wed., Fri. DVA meals available To subscribe or volunteer, call **250.549.4201** Schubert Centre *See our ad on page 16*

**Salvation Army Food Bank**

Mon & Fri 9-12, Tue & Thur 9am-2pm,

Wed 9-11. Food Hampers - call for appt.

Hot lunches at Church Wed 11:45am-1pm

**1-441 3 Street SW, Salmon Arm**

**250.832.9194**

**Salvation Army Food Bank**

Only authorized Food Bank in Vernon

<https://vernonhouseofhope.com>

**3303 32 Avenue, Vernon**

**250.549.4111** call for appointment

**Shuswap Second Harvest** (Food Bank)

Wed 4:30 - 6 pm, Friday 1:30 to 3pm

Volunteer information - see web site

[www.shuswapsecondharvest.ca](http://www.shuswapsecondharvest.ca)

**360 Alexander Street NE** (rear)

**Salmon Arm**

**250.833.4011**

Send donations to:

**Box 1062, Salmon Arm, BC V1E 4P2**

**Sorrento Food Bank**

Open Wednesdays 9am-3pm

[www.sorrentofoodbank.ca](http://www.sorrentofoodbank.ca)

**2804 Arnheim Road**

**250.253.3663**

**Wheels to Meals**

**Note: Programs (except deliveries) suspended during the Corona Virus pandemic. Call ahead.**

- **Armstrong:** Wednesday noon full course meal at the Legion, \$9, pre-registration **250.546.8455** Legion
- **Sicamous:** Tues. and Thur. noon, full course meal at Eagle Valley Haven, \$7 **250.836.2437** Delivery available \$8

**Programs & Groups****Better At Home**

United Way managed program helping

seniors remain independent in their

homes, connected to their communities

[www.betterathome.ca](http://www.betterathome.ca)

- **Shuswap Better at Home**

Serving the Shuswap, Enderby, Chase

[www.shuswapbetterathome.ca](http://www.shuswapbetterathome.ca)

**250.253.2749** Central Intake

- **NexusBC Community Resource Centre**

Vernon, Armstrong, Lumby, Cherryville

[www.nexusbc.ca](http://www.nexusbc.ca)

**102-3201 30 Street, Vernon**

**250.545.0585**

*See our ad and article on pages 20, 21*

**Churches Thrift Shop**

Monday 11am-5pm, Tuesday to Friday

10am-5pm, Saturdays 10am-4:30pm

<https://churchesthriftshop.org>

461 Beatty Avenue NW, Salmon Arm  
250.832.8234

### Crisis Intervention & Suicide Prevention Centre of BC

Help is available. We are here to listen,  
here to help 24/7. Call number below or  
your local crisis centre.

[www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca)

**1.800.SUICIDE (1.800.784.2433)**

### Day Break Adult Day Program, Vernon

Socializing and Care-Giver respite.

Community Care referral needed

**Gateby Care Centre, 3000 Gateby Place**

**250.545.4456 ext. 35259**

### Emergency Management BC

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

[www2.gov.bc.ca/gov/content/safety/](http://www2.gov.bc.ca/gov/content/safety/)

[emergency-preparedness-response-recovery](http://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery)

**1.800.663.3456** [report disaster/emergency](#)

### Harmony Haven Adult Day Program

Community Care Health Services

**2-2770 10 Avenue NE, Salmon Arm**

**250.803.4525**

### H.O.P.E. Outreach

Night time Outreach for Women in Vernon  
& Kelowna by trained & caring volunteers

[www.hopeokanagan.com](http://www.hopeokanagan.com)

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

**250.864.0399**

### Men's Shed Vernon

We build meaning and well-being into

Men's lives. Meets Mon-Sat 9am-1pm

Elephant Storage. By appointment

[www.mensshedvernon.ca](http://www.mensshedvernon.ca)

### Neighbourlink Shuswap

Together Creating Practical Ways of  
Serving anyone with hardship. Services


include Re-Purpose Furniture program,  
networking community resources,

emotional support. Free legal referral,

Second Harvest Food

*continued...*

# Literacy Society

 of the North Okanagan

Helping the community with its  
literacy needs...

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



## VOLUNTEERS NEEDED!

[www.literacysociety.ca](http://www.literacysociety.ca)

250.275.3117



program.

Mon-Wed-Fri noon to 3:30 pm

[Facebook.com/NeighbourLink-Shuswap](https://www.facebook.com/NeighbourLink-Shuswap)

**250.832.3272** Salmon Arm

### North Okanagan Friendship Centre

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

[www.vernonfirstnationsfriendshipcentre.com](http://www.vernonfirstnationsfriendshipcentre.com)

**2904 29 Avenue, Vernon**

**250.542.1247**

### North Okanagan Shuswap Brain Injury

Comprehensive range of programs and services tailored to the needs of survivors of acquired brain injury and their families

[www.nosbis.ca](http://www.nosbis.ca)

**360 Ross Street NE, Salmon Arm**

**250.833.1140**

### Probus Clubs

Purpose of a Probus (Professional Business) is to bring together retired, semi-retired persons who have backgrounds of responsibility and to foster fellowship. See web for info Blind Bay, Copper Island, Kamloops, Salmon Arm, Shuswap and Vernon clubs  
[www.probus.org](http://www.probus.org)

### United Empire Loyalists

Organization promoting Canadian history. Everyone welcome

<https://uelac-thompsonokanagan.com>

**250.469.8348** call for info - Marie

**250.838.9652** President Sandra Farynuik

### VictimLink BC

Confidential multilingual 24/7 telephone help line for victims of family and sexual violence, all other crimes. See web site for details of services offered

*email: [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.ca)*

[www.victimlinkbc.ca](http://www.victimlinkbc.ca)

**1.800.563.0808** 24/7 Call or text

## Resource Centres

### Cherryville Food & Resources

Growing visions for expanding community services and resources. See website [www.cherryvillefoodbank.ca](http://www.cherryvillefoodbank.ca) for details

**158 North Fork Road, Cherryville**

**250.547.0089** Open Wed & Fri

### Copper Island Seniors Resource Centre

Providing info, coordination of services for seniors of South Shuswap. Better at Home, Computer Training, Foot Care, Seniors Driving Seniors, Income tax preparation.  
<http://sshss.ca>

**10-2417 Golf Course Drive, Blind Bay**

**250.675.3661** Tues and Thurs 8am-2pm

### Eagle Valley Community Support Society (Sicamous & Malakwa)

Large variety of support services information, resources, referrals, literacy & computer support services, Photocopying, faxing, use of phone, computers.  
[evcrc@telus.net](mailto:evcrc@telus.net)

**1214 Shuswap Avenue, Sicamous**

**250.836.3440** See our ad on this page



## Eagle Valley Community Support Society

Support services for Sicamous and CSRD Area E seniors include:

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

Whatever your need is, just call us and ask.

**250-836-3440** or email us at [evcrc@telus.net](mailto:evcrc@telus.net)

Resource Centres located in Sicamous and Malakwa.

**We can help!**





### Elderby and District Community Resource Centre

Working for a Healthier Community  
[www.edcrc.ca](http://www.edcrc.ca)

**1110 Belvedere Street**

**250.838.9446** Mon-Thur 10am-4pm

### Family Resource Centre Counselling and Family Service

Senior Support Volunteer Program - trained volunteers provide support for senior clients experiencing various age-related issues - social isolation, depression, dementia. Clients must be referred through IHA Seniors Mental Health team - call **250.549.5737**. New volunteers welcomed. [www.vernonfrc.ca](http://www.vernonfrc.ca)

**201-3402 27 Avenue, Vernon**

**250.545.3390** Mon-Thur 9am-4:30pm  
closed noon hour

### John Rudy Health Resource Centre

Dealing with a health issue can be stressful, navigating the health care field

can be confusing. We can help! Free, no referral needed. Resource library, one-to-one support. Assistance with health related forms. Free workshops & seminars on various topics listed on website and Facebook. See website for hours  
[www.johnrudyhealth.ca](http://www.johnrudyhealth.ca)

[www.facebook.com/johnrudyhealth.ca](https://www.facebook.com/johnrudyhealth.ca)

**250.938.8092** Call for more information

### NexusBC Community Resource Centre

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

- **Seniors Services:** Assistance with government applications, Better at Home program - see listing on page 87. Community Services Directory, affordable housing, referrals to agencies for senior abuse and/or legal issues, Income tax program [www.nexusbc.ca](http://www.nexusbc.ca)

**102-3201 30 Street, Vernon**

**250.545.0585** Mon-Fri 8am-4pm

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





**SENIORS'**  
RESOURCE CENTRE

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

320A 2nd Avenue NE  
Salmon Arm  
V1E 1H1

**250.832.7000**

Monday to Friday  
9 am to 3 pm

[www.seniorsresourcecentre.org](http://www.seniorsresourcecentre.org)

**Seniors' Resource Centre**

Meal services: Better Meals, grocery shopping. Programs: Caregiver Support Group, Day Away, Foot Care, Community Volunteer Income Tax, Friendly Check-In, Senior Advisor, Lunch with Friends  
[www.seniorsresourcecentre.org](http://www.seniorsresourcecentre.org)

**320A 2 Avenue NE, Salmon Arm**  
**250.832.7000**

*See our ad on page 81*

**The Shuswap Family Centre**

Lending Library, Good Food Box, Sustainable Food programs, Grandparents Raising Grandchildren, Community Kitchens, Support Counselling. See web site for info on all Programs/Services  
[www.familyresource.bc.ca](http://www.familyresource.bc.ca)

**681 Marine Drive NE, Salmon Arm**  
**250.832.2170**

**Shuswap Hospice Society**

Hospice & Palliative Care Resource Centre. Community Caring for Community  
[www.shuswaphospice.ca](http://www.shuswaphospice.ca)

**Suite 4-781 Marine Park Drive**  
**Salmon Arm V1E 2W7**

**250.832.7099** Mon-Fri 9am-4pm

*See our ad and article on page 8*

**Whitevalley Community Resource Centre**

Seniors services, Counselling & Support in Lumby & Cherryville. Family Support program, Mental Health Support program, Addictions Counselling, Information & Prevention, 0-6 & After School program, Good Food Box, Volunteer opportunities  
[www.whitevalley.ca](http://www.whitevalley.ca)

**2114 Shuswap Avenue, Lumby**  
**250.547.8866**

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

Non-members welcome!  
<http://anavetsunit5.ca/>

**2500 46 Avenue, Vernon**  
**250.542.3277**

**Archway Society for Domestic Peace**

We are leaders in empowering women, children and families to live with dignity and respect, free from domestic and sexual violence

<https://archwaysociety.ca>

**2400 46 Avenue, Vernon**

**250.558.3850** Administration Office

**250.542.1122** Transition House. Help is available 24/7 including holidays

*See our ad and article on page 64*

**BC OAPO**

Old Age Pensioners Organization

We support Seniors interests and work towards improving their every day lives socially as well as in matters pertaining to their welfare. [www.bcoapo.org](http://www.bcoapo.org)

[Facebook.com/vernon seniorsbranch6/](https://www.facebook.com/vernon seniorsbranch6/)

• Lake Country 55+, Winfield

**250.766.5437** Anne Robinson

• Monashee 50+ Club, Lumby OAPO 117

• Vernon Seniors OAPO #6

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

**250.545.0384** Margaret Coughlan

**BC Partners for Mental Health and Addictions Information**

Mental health and substance use information you can trust

[www.heretohelp.bc.ca](http://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

[www.heretohelp.bc.ca/connect/community-resources](http://www.heretohelp.bc.ca/connect/community-resources)

**1.800.661.2121** - order publications

**Big Brothers Big Sisters**

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

[www.bigs.bc.ca](http://www.bigs.bc.ca)

**1.800.404.4483** Kamloops/Kelowna

**CARP**

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

[www.carp.ca](http://www.carp.ca)

**1.888.363.2279**

**Canadian Blood Services**

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

[www.blood.ca](http://www.blood.ca)

**1.888.236.6283**

**Council of Senior Citizens' Organizations of BC (COSCO)**

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

[www.coscobc.org](http://www.coscobc.org)

**604.684.9720** Sheila Pither, President

*continued...*

**• Health & Wellness Workshops**

45-60 minute workshops available free of charge to any seniors group 10, more  
<https://coscobc.org/seniors-health-and-wellness-institute-workshops/>

**Independent Living Vernon**

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

[www.ilvernon.ca](http://www.ilvernon.ca)

**107-3402 27 Avenue, Vernon**

**250.545.9292**

**250.542.2193** TTY

**1.877.288.1088**

**Kindale Developmental Association**

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

[www.kindale.net](http://www.kindale.net)

**2725A Patterson Avenue, Armstrong**

**250.546.3005**

# 100% ORGANIC MATCHA

—  
NO FILLERS.  
NO SUGARS.



Check out our locations in Vernon

**5100 Anderson Way & 2706 30th Avenue**

Visit our locations in Kamloops and Kelowna

**Mothers Against Drunk Driving**

No alcohol. No drugs. No victims.

[www.madd.ca](http://www.madd.ca)

- 1.800.665.6233** Call for support
- Western Region Chapter Services Manager  
**1.877.676.6233** Tracy Crawford
- MADD Central Okanagan Chapter  
[www.maddchapters.ca/centralokanagan](http://www.maddchapters.ca/centralokanagan)  
[www.facebook.com/maddokanagan](https://www.facebook.com/maddokanagan)  
**250.317.9877** Jenn
- MADD Kamloops Community Leader  
<https://maddchapters.ca/kamloops>  
**250.819.7812** Roxanne

**Royal Canadian Legion**

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

To find a NOS branch, go to...

[www.legionbcyukon.ca/branch-locator](http://www.legionbcyukon.ca/branch-locator)

**1.888.261.2211** BC/Yukon Command

**Salvation Army House of Hope**

Worship services Sundays 10:30 am

[www.vernonhouseofhope.com](http://www.vernonhouseofhope.com)

**3303 32 Ave., Vernon 250.549.4111**

- **Thrift Store** Mon-Fri 10am-6pm  
**5400 24 Street 250.549.4454**

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

A fellowship for people whose lives have been affected by someone else's drinking.

See web site for meeting information

[www.bcyukon-al-anon.org](http://www.bcyukon-al-anon.org)

**604.688.1716** Mon-Wed-Fri 10am-1pm

To Find an Al-Anon meeting near you visit

<https://afghelp.org/find-a-meeting>

or call... **1.888.425.2666**

**Alcoholics Anonymous**

Assistance, information and fellowship for those with alcohol related problems.

Check web site for local meeting info

[www.bcyukonaa.org](http://www.bcyukonaa.org)

- **250.545.4933** Armstrong, Cherryville, Falkland, Lumby, Vernon
- **1.855.339.9631** Enderby, Revelstoke, Salmon Arm, Sicamous, Sorrento, Skwllax

**BC Responsible & Problem Gambling**

When gambling isn't fun anymore, help is available all day, every day. Call the 24 hour Helpline **1.888.795.6111** See web site for free, confidential, individual, and/or group counselling for problem gamblers, their families.

[www.bcreponsiblegambling.ca](http://www.bcreponsiblegambling.ca)

**BrainTrust Canada**

Direct services for persons with acquired brain injury, as well as a strong focus on education, support and prevention

[www.braintrustcanada.com](http://www.braintrustcanada.com)

**11-368 Industrial Avenue, Kelowna**

**250.762.3233 1.888.762.3233**

**Compassionate Friends of Canada**

Support group for families who have experienced the death of a child, any age, any cause. For meeting info call

**250.374.6030** Kamloops

**250.718.7039** Kelowna

**250.675.3793** Salmon Arm

**250.558.5026** Vernon, Enderby, Sorrento

[www.tcfcanada.net](http://www.tcfcanada.net)

**Crohn's & Colitis Canada**

Check website for events in Kamloops, Kelowna, Vernon

[www.crohnsandcolitis.ca](http://www.crohnsandcolitis.ca)

**1.800.513.8202** BC Office

**FASD Okanagan Valley Assessment and Support Society**

FASD Assessment and Diagnosis for ages 15-19, and adults. Support groups, resources, education and training across the interior of BC

[www.fasdokanagan.ca](http://www.fasdokanagan.ca)

**104-3402 27 Ave., Vernon (People Place)**

**250.938.5022**

**Gamblers Anonymous**

[www.gabc.ca](http://www.gabc.ca)

**1.855.222.5542** 24/7 Hotline

- Kelowna open meetings every Thurs 6-7pm, Kalano Club, **2108 Vasile Road 250.801.9943**
- Kamloops, Thur. 7-8pm, Desert Gardens  
**554 Seymour Street**

**Learning Disability Association of BC**

Here to advance education, social development, employment, legal rights, general well-being of people with learning disabilities. Vernon chapter. Office hours Tuesdays 10am-Noon at People Place [www.ldabc.ca](http://www.ldabc.ca) **250.542.5033** Nadiene **102-3402 27 Avenue, Vernon**

**Mental Illness Family Support Centre**

Support, education, advocacy to families with mental illness and/or addiction or substance misuse issues.

[www.mifsc.ca](http://www.mifsc.ca)

**300-3402 27 Avenue, Vernon**  
**250.260.3233**

**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 [www.mesothelioma.net](http://www.mesothelioma.net)

**Mood Disorders Association of BC**

Treatment, support, education, hope of recovery for people living with a mood disorder. Peer Support Groups [www.mdabc.net](http://www.mdabc.net)

**250.832.3733** Salmon Arm  
**250.558.6900** Vernon

**Narcotics Anonymous**

Vision that very addict has the chance to experience our message in his/her own language & culture, find the opportunity for a new way of life. See web site for Thompson Okanagan meeting information [www.bcrna.ca](http://www.bcrna.ca)

**1.866.778.4772** North Okanagan area  
**1.855.349.2722** Kamloops area  
**1.877.604.7613** Central Okanagan

**Parkinson Society British Columbia**

See web site for support group information in the Thompson Okanagan [www.parkinson.bc.ca/resources-services/support-groups/](http://www.parkinson.bc.ca/resources-services/support-groups/)

**1.800.668.3330** Provincial Office

**Prostate Cancer Foundation BC**

<https://prostatecancerbc.ca/home/support-groups>

- Kamloops Support Group **250.376.4011** Larry Reynolds
- Kelowna Support Group **250.762.0607** Bren Witt [www.kelownaprostate.com](http://www.kelownaprostate.com)
- Vernon Support Group **778.212.2045** Kal Newell

**Quit Now**

Free, quit smoking program delivered by the BC Lung Association to help you to quit smoking or reduce tobacco & e-cigarette use. QuitNow has all the support services you need [www.quitnow.ca](http://www.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. [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

**1.866.902.3767**

**Stroke Recovery Association of BC**

Committed to assisting stroke survivors and their caregivers to improve their overall quality of life. During COVID, we are delivering our program virtually - every Wednesday from 10am-noon. To register, or for more info, please go to... [www.strokerecoverybc.ca](http://www.strokerecoverybc.ca)

**1.888.313.3377**

*See our ad/article on page 58*

**Transportation****BC Bus Pass Program**

Affordable transportation on all BC transit systems (except HandyDART) for low-income seniors and persons with disabilities. See web site for eligibility, cost, and contact options [www2.gov.bc.ca](http://www2.gov.bc.ca) Search: 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  
[www.sparc.bc.ca](http://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. Priority seating for seniors and disabled persons. Book online or call  
[www.myebus.ca](http://www.myebus.ca) **1.877.769.3287**

### North Okanagan & Vernon Regional Transit Systems

Visit website for schedules, maps, fares  
[www.bctransit.com/vernon/home](http://www.bctransit.com/vernon/home)

**250.545.7221**

- HandyDART

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

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

**250.549.1366**

### Shuswap Regional Transit System

Visit website for schedules, maps, fares  
[www.bctransit.com/shuswap/home](http://www.bctransit.com/shuswap/home)

**250.832.0191**

- HandyDART

Service hours Mon-Fri 8am-4pm

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

**250.832.0191**

### Travel Assistance Program

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

site for eligibility  
[www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc](http://www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc)  
**1.800.661.2668** Automated service  
**1.800.663.7100** Health Insurance BC

### VIA Rail Canada

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

[www.viarail.ca](http://www.viarail.ca)

**1.888.842.7245** **1.800.268.9503** TTY

### Volunteer Drivers

- **Armstrong Volunteer Driver Program**

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

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

**250.546.0999** 10am-Noon Mon-Friday

- **Freemason Volunteer Drivers** provide transportation to Kelowna Cancer Centre Transportation from Kelowna airport, pick ups in Enderby, Vernon, Armstrong, Lake Country. Mon-Fri 24 hour notice required  
<https://freemasonry.bcy.ca/textfiles/cancer.html>

**1.800.299.0188** Freemasons

- **Shriners Care For Kids**

Gizeh Shriners of BC/Yukon

For BC children requiring specialized procedures, accommodation, transportation, associated medical



## Mr Shades Media

Your LOCAL News

● Entertainment

● Sports (Local, National & Worldwide)

● Arts & Culture

● Community



[www.mrshadesmedia.com](http://www.mrshadesmedia.com)

treatment. See web site for details  
[www.bcshriners.com](http://www.bcshriners.com)  
**1.800.661.KIDS** Mon-Fri 9:30am-2pm

## Web Resources

### BC Transplant

We will save lives and offer hope through organ transplant and research donation. Online registration. Kidney & Liver programs. Register your decision - one organ donor can save up to eight lives  
[www.transplant.bc.ca](http://www.transplant.bc.ca)  
**1.800.663.6189** for more information

### bc211

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

**Dial 2-1-1** information and referral  
**604.875.6431**      **604.875.0885** TTY

### Canadian Institute of Stress

Science of Stress, Change and Productive Wellbeing. <http://stresscanada.org>

### Great Senior Living

Living Options, Health & Wellness, numerous articles on abundance of topics  
<https://www.greatseniorliving.com/health-wellness/senior-exercise>

### Seniors BC

A web site 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  
[www.seniorsbc.ca](http://www.seniorsbc.ca)

### 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.  
[www.canada.ca/en/employment-social-development/campaigns/seniors.html](http://www.canada.ca/en/employment-social-development/campaigns/seniors.html)



### Experience 50+ Living

Visit our web site to view Housing options in our other three editions  
[www.experiencegroup.ca](http://www.experiencegroup.ca)

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

# 2021-22

## OLD AGE SECURITY & CANADA PENSION CHEQUE DATES

- |                        |                        |                        |
|------------------------|------------------------|------------------------|
| ■ <b>Sep. 28, 2021</b> | ■ <b>Oct. 27, 2021</b> | ■ <b>Nov. 26, 2021</b> |
| ■ <b>Dec. 22, 2021</b> | ■ <b>Jan. 17, 2022</b> | ■ <b>Feb. 24, 2022</b> |
| ■ <b>Mar. 29, 2022</b> | ■ <b>Apr. 27, 2022</b> | ■ <b>May 27, 2022</b>  |
| ■ <b>Jun. 28, 2022</b> | ■ <b>Jul. 27, 2022</b> | ■ <b>Aug. 29, 2022</b> |

### 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.



# Government

## Municipal, Regional

### Armstrong, City of

[www.cityofarmstrong.bc.ca](http://www.cityofarmstrong.bc.ca)

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

### Chase, Village of

A Shuswap Experience

<http://chasebc.ca>

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

### Cherryville (unincorporated)

In the foothills of the Monashee Mountains  
For attractions, community services,  
business directory, events & more, go to...  
[www.cherryville.net](http://www.cherryville.net)

### Enderby, City of

Where the Shuswap meets the Okanagan  
[www.cityofenderby.com](http://www.cityofenderby.com)

- **City Hall, 619 Cliff Avenue**  
250.838.7230 Mon-Fri 8:30am-4:30pm
- **Enderby & District Chamber of Commerce**  
<https://www.enderbychamber.com>  
702 Railway Street  
250.838.6727 1.877.213.6509
- **Enderby & District Volunteer Fire Dept**  
407 George Street
- **Enderby & District Museum & Archives**  
[www.enderbymuseum.ca](http://www.enderbymuseum.ca)  
901 George Street (City Hall complex)  
250.838.7170 Tue-Sat 10am-3pm

### Falkland, Town of

Home to one of Canada's largest flags  
(Gyp Mountain) and one of the oldest  
rodeos in Canada

<http://hp.bccna.bc.ca/Community/Falkland/>

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

### Lumby, Village of

[www.lumby.ca](http://www.lumby.ca)

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



- **White Valley Parks, Recreation, Culture**  
Pat Duke Arena, Lumby Curling Club  
Oval Park, Outdoor Pool, Spray Park
- **White Valley Community Centre**  
2250 Shields Avenue, Lumby  
250.547.6404

### Revelstoke, City of

[www.revelstoke.ca](http://www.revelstoke.ca)

- **City Hall, 216 Mackenzie Avenue**  
250.837.2161 Mon-Fri 8:30am-4:30pm
- **Revelstoke Business & Visitor Info Centre**  
301 Victoria Road N. 250.837.5345
- **Parks, Recreation, Culture**  
Community Centre  
600 Campbell Ave. 250.837.9351

### Salmon Arm, City of

[www.salmonarm.ca](http://www.salmonarm.ca)

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

### Sorrento (unincorporated)

The Heart of the Shuswap. See web site  
for attractions, tours, events, activities  
[www.sorrentocentre.ca](http://www.sorrentocentre.ca) 1.866.694.2409

### Vernon, City of

[www.vernon.ca](http://www.vernon.ca)

- **City Hall, 3400 30 Street**  
250.545.1361 Mon-Fri 8:30am-4:30pm
- **Tourism Vernon** ( Mobile Visitor Team)  
[www.tourismvernon.com](http://www.tourismvernon.com)  
250.542.1415 Tue-Sat 8:30am-4:30 pm  
1.800.665.0795
- **Downtown Vernon Association**  
[www.downtownvernon.com](http://www.downtownvernon.com)

101-3334 30 Avenue (Sun Valley Mall)  
250.542.5851

- **Vernon Fire - Rescue Services**  
3401 30 Street  
250.542.5361 Mon-Fri 8am-5pm
- **Greater Vernon Chamber of Commerce**  
[www.vernonchamber.ca](http://www.vernonchamber.ca)  
204-3002 32 Avenue  
250.545.0771
- **Greater Vernon Recreation Services**  
[www.vernon.ca/parks-recreation](http://www.vernon.ca/parks-recreation)
- **Recreation Centre**  
3310 37 Avenue, Vernon  
250.545.6035
- **Kal Tire Place**  
3445 43 Avenue  
250.550.3257 Mon-Fri 8am-4pm

### Coldstream, District of

[www.coldstream.ca](http://www.coldstream.ca)

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

### Columbia Shuswap Regional District

Building inspection, Agricultural Land  
Reserve, Zoning & Land Use Bylaws,  
Environmental Services, Solid Waste  
& Recycling, Parks & Recreation,  
Emergency Management, Utilities - see  
web site for all services and details  
[www.csrld.bc.ca](http://www.csrld.bc.ca)

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

### Lake Country, District of

Oyama, Winfield, Carr's Landing,  
Okanagan Centre  
[www.lakecountry.bc.ca](http://www.lakecountry.bc.ca)

- 10150 Bottom Wood Lake Road  
250.766.5650 Mon-Fri 8:30am-4:30pm
- **Sports & Recreation**  
250.766.5650 Activity Guide
- **Winfield Memorial Hall**  
[www.winfieldmemorialhall.com](http://www.winfieldmemorialhall.com)  
10130 Bottom Wood Lake Road  
250.766.4131
- **Winfield Arena/Recreation Centre**  
9830 Bottom Wood Lake Road  
250.766.3030

- Creekside Theatre  
[www.creeksidetheatre.com](http://www.creeksidetheatre.com)  
**10241 Bottom Wood Lake Road**  
**250.766.5669 250.766.9309** Box Office

### North Okanagan, Regional District of

Building, fire inspection services, regional parks, ambulance service-jaws of life, animal control, transit services, fire protection, invasive plants/pest control, solid waste disposal/recycling, water supply, land use planning - visit web site for all programs/services and details  
[www.rdno.ca](http://www.rdno.ca)

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

### Sicamous, District of

Houseboat Capital of Canada  
[www.sicamous.ca](http://www.sicamous.ca)  
[www.sicamous.ca/live-here/recreation/parks](http://www.sicamous.ca/live-here/recreation/parks)

**446 Main Street, Sicamous**  
**250.836.2477** Mon-Fri 8:30am-4:30pm

- Sicamous Chamber of Commerce  
[www.sicamouschamber.bc.ca](http://www.sicamouschamber.bc.ca)  
**446 Main Street**  
**250.836.0002** Visitors Centre

### Spallumcheen, Township of

Recreation, Recycling & Garbage Collection, Building Inspection, Animal Control - see web for all services, details  
[www.spallumcheentwp.bc.ca](http://www.spallumcheentwp.bc.ca)

**4144 Spallumcheen Way**  
**250.546.3013** Mon-Fri 8:30am-4:30pm  
**1.866.546.3013**

## First Nations

### **Adams Lake Indian Band**

[www.adamslakeband.org](http://www.adamslakeband.org)  
**6453 Hillcrest Road, Chase**  
**250.679.8841** M-F 8am-noon, 1-4:30pm  
**1.877.679.8841**

### **Little Shuswap Lake Indian Band**

Known as Skwlawx to the Little Shuswap  
[www.lslib.com](http://www.lslib.com) <http://quaaoutlodge.com>  
**1886 Little Shuswap Lake Road**  
**Chase, BC**  
**250.679.3203**

### **Neskonlith Indian Band**

Member of the Secwepemc Nation  
[www.Facebook.com/NeskonlithIndianBand](http://www.Facebook.com/NeskonlithIndianBand)  
**743 Chief Neskonlith Drive, Chase, BC**  
**250.679.3295** Mon-Fri 8:30am-4:30pm

### **Okanagan Indian Band**

Ensuring the future through cultural, social and economic development  
[www.okib.ca](http://www.okib.ca)  
**12420 Westside Road, Vernon**  
**250.542.4328 1.866.542.4328**

### **Splatsin Indian Band**

Respect your elders because one day you will be one  
[www.splatsin.ca](http://www.splatsin.ca)  
**5775 Old Vernon Road, Enderby**  
**250.838.6496**

### **Okanagan Nation Alliance**

Alliance of eight Okanagan bands  
Grand Chief Stewart Phillip  
[www.syilx.org](http://www.syilx.org)  
**101-3535 Old Okan. Hwy., Westbank**  
**250.707.0095 1.866.662.9609**

## Provincial

### **Address Change**

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

### **BC Air Quality**

Air quality advisories & current data, Air Quality Health & Ventilation Indexes, more  
[www2.gov.bc.ca/gov/content/environment/air-land-water/air](http://www2.gov.bc.ca/gov/content/environment/air-land-water/air)  
**1.887.952.7277** RAPP 24/7 Hotline - Report all Polluters and Poachers

### **Forest Fire Reporting**

Nearly one-third of all BC wildfires are reported by the public resulting in immeasurable savings: property, forests  
[www.facebook.com/BCForestFireInfo](http://www.facebook.com/BCForestFireInfo)  
**1.800.663.5555** Report a wildfire  
**\*5555** toll free on cell

**Climate Change**

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

**Members of Legislative Assembly**

- **Greg Kylo, MLA Shuswap**  
[greg.kylo.mla@leg.bc.ca](mailto:greg.kylo.mla@leg.bc.ca)  
[www.gregkyllomla.ca](http://www.gregkyllomla.ca)  
**202A-371 Alexander Street NE**  
**PO Box 607, Salmon Arm V1E 4N7**  
**250.833.7414 1.877.771.7557**
- **Harwinder Sandu**  
**MLA Vernon-Monashee**  
[harwinder.sandu.MLA@leg.bc.ca](mailto:harwinder.sandu.MLA@leg.bc.ca)  
**B-2920 28 Avenue, Vernon V1T 1V9**  
**250.503.3600 1.866.870.4189**

**Office of the Seniors Advocate**

Has scope to examine & advocate for seniors on issues related to health care,

personal care, transportation, housing, income supports, and make recommendations. Latest reports on web. Information/referral specialists available to help find seniors' programs and services. Sign up for newsletter [www.seniorsadvocatebc.ca/reports/](http://www.seniorsadvocatebc.ca/reports/) **1.877.952.3181** M-F 8:30am-4:30pm

**Ombudsperson, The Office of the**

BC's Independent Voice of Fairness  
 Receives enquiries & complaints about the practices & services of public agencies within its jurisdiction  
[www.bcombudsperson.ca](http://www.bcombudsperson.ca)  
**1.800.567.3247** Mon-Fri 8:30am-4:30pm

**Service BC**

Your source for frontline government services and information. Check web for available services at each location  
[www.servicebc.gov.bc.ca](http://www.servicebc.gov.bc.ca)  
**1.800.663.7867** Mon-Fri 7:30am-5pm  
**1.800.661.8773** TTY *continued...*



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



Member of the Legislative Assembly

**Greg Kylo**  
 MLA Shuswap

202A-371 Alexander St. NE, PO Box 607, Salmon Arm, BC V1E 4N7  
 250-833-7414 • [greg.kylo.mla@leg.bc.ca](mailto:greg.kylo.mla@leg.bc.ca) • [www.gregkyllomla.ca](http://www.gregkyllomla.ca)

**"Here to serve the  
 North Okanagan"**



**HARWINDER SANDHU**  
 MLA FOR VERNON-MONASHEE  
[Harwinder.Sandhu.MLA@leg.bc.ca](mailto:Harwinder.Sandhu.MLA@leg.bc.ca) | (250) 503-3600  
 B-2920 28th Ave, Vernon, BC, V1T 1V9



- **250-455 Columbia Street, Kamloops**  
**250.828.4540** Mon-Fri 9am-4:30pm
- **850A 16 Street NE, Salmon Arm**  
**250.832.1611** Mon-Fri 9am-4:30pm
- **3201 30 Street, Vernon**  
**250.549.5511** Mon-Fri 9am-4:30pm
- **Vital Statistics Agency**  
Birth Registration/Certificate, Adoption, Death, Marriage license, Legal changes of Name, wills, registry information.  
Monday to Friday 8:30am-4:30pm  
[www2.gov.bc.ca/gov/content/life-events](http://www2.gov.bc.ca/gov/content/life-events)  
**250.861.7500**

## Federal

### BC Climate Action Tax Credit

Tax-free quarterly payment that helps low income individuals and families with the carbon taxes they pay  
[www.cra-arc.gc.ca/bnfts/rttd\\_pgrms/bc-eng.html](http://www.cra-arc.gc.ca/bnfts/rttd_pgrms/bc-eng.html)

### Canada Border Services Agency

General border services information; for in-depth information, speak to an agent M-F 7am-8pm, Sat/Sun 10am-6pm ET  
[www.cbsa.gc.ca](http://www.cbsa.gc.ca) > current wait times  
**1.800.461.9999** **1.866.335.3237** TTY

### Canadian Heritage

We work with national cultural institutions to promote culture, the arts, heritage, official languages, citizenship and participation, as well as Aboriginal, youth and sport initiatives. Agents available to answer questions M-F 8:30am-5 pm ET  
[www.canada.ca/en/canadian-heritage.html](http://www.canada.ca/en/canadian-heritage.html)  
**1.866.811.0055** **1.888.997.3123** TTY

### Health Canada

Responsible for helping Canadians maintain, improve health while respecting individual choices, circumstances  
[www.canada.ca/en/health-canada.html](http://www.canada.ca/en/health-canada.html)  
**1.866.225.0709**  
**1.800.465.7735** TTY Service Canada

### Immigration & Citizenship

Apply to visit, study, work or immigrate to Canada, apply for citizenship, a permanent resident card or refugee

protection, check application status  
[www.canada.ca/en/services.html](http://www.canada.ca/en/services.html)  
**1.888.242.2100** call centre agents M-F 8-4

### Income Security Programs

Canada Pension Plan, Old Age Security, Guaranteed Income Supplement  
[www2.gov.bc.ca](http://www2.gov.bc.ca) > Click on 'Family & Social Supports', then 'Seniors', then 'Financial & Legal Matters', then 'Income & Securities Programs'  
**1.800.277.9914** **1.800.255.4786** TTY

### Indigenous Services Canada

- **Crown-Indigenous Relations**
- **Northern Affairs Canada**  
Arts, Culture, Heritage. Acts, Agreements, Treaties/Land Claims, Benefits & Rights, Education, Employment, Social programs, Infrastructure, Housing, more. M-F 7-3  
<https://www.canada.ca/en/indigenous-northern-affairs.html>  
**1.800.567.9604** **1.866.553.0554** TTY

### Parks Canada

National parks protect representative natural areas of Canadian significance for public understanding, appreciation and enjoyment. [www.pc.gc.ca](http://www.pc.gc.ca)  
**1.888.773.8888** Information Services  
**1.877.737.3783** Reservation service  
<https://reservation.pc.gc.ca/ParksCanada>

### Members of Parliament

Federal Election called for September 20, 2021. At the time the writ was dropped, these were the incumbent Members of Parliament. Check [www.ourcommons.ca/members/en](http://www.ourcommons.ca/members/en) to find your MP some time after the election

- **Mel Arnold, MP**  
**North Okanagan-Shuswap**  
[Mel.Arnold.C1@parl.gc.ca](mailto:Mel.Arnold.C1@parl.gc.ca)  
[www.melarnold.ca](http://www.melarnold.ca)  
**1-3105 29 Street, Vernon V1T 5A8**  
**250.260.5020** **1.800.665.5040**
- **Rob Morrison, MP**  
**Kootenay-Columbia**  
[Rob.Morrison@parl.gc.ca](mailto:Rob.Morrison@parl.gc.ca)  
**800C Baker Street, Cranbrook V1C 1A2**  
**250-417-2250**

**Passport Canada**

Capri Centre Mall, Kelowna  
**110-1835 Gordon Dr.** M-F 8:30am-4pm  
<https://www.canada.ca/passport>  
**1.800.567.6868** M-F 7:30am-8pm ET  
**1.866.255.7655** TTY

**Service Canada**

Full service centres offering a mix of information and transactional services

- **191 Shuswap St. NW, Salmon Arm**
- **101-3301 30 Avenue, Vernon**

Information on gov't services, programs  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

**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. Web site evolving to offer an ever growing wealth of information on destinations, travel documents, travel health, returning to Canada, much more. See web for links to a wide range of travel topics  
<https://travel.gc.ca>

**Veterans' Affairs Canada**

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

**313-471 Queensway Avenue, Kelowna**

**1.866.522.2122** Mon-Fri 8:30-4:30

- VAC Assistance Service provides free and confidential psychological support

that is available 24/7, 365 days a year. Service is for all Veterans, former RCMP members, their families, and caregivers

Reach a mental health professional 24/7  
**1.800.268.7708** **1.800.567.5803** TTY

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

**Weather Information**

[https://weather.gc.ca/canada\\_e.html](https://weather.gc.ca/canada_e.html)

Forecasts, alerts, air quality. North & South Thompson, Shuswap, Nicola, Coquihalla high elevation forecast  
 Recorded message, call...

**250.374.3661** Kamloops

**250.837.4164** Revelstoke

**250.542.8000** North Okanagan

**250.470.5155** Central Okanagan

**Weather Information**

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

[www.weather.gc.ca](http://www.weather.gc.ca)

- Consultations services are available  
**1.844.505.2525** for Marine Weather  
**1.844.508.2626** for Climate Weather

**Weather Information - One-on-One**

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

**WE CAN HELP WITH CPP,  
 OAS & GIS INQUIRIES**

**MEL ARNOLD MP**  
 North Okanagan—Shuswap

1# 3105 - 29TH STREET, VERNON, BRITISH COLUMBIA V1T 5A8  
 MEL.ARNOLD.C1@PARL.GC.CA • MELARNOLD.CA • 250-260-5020

# Advertiser Index

## APPLIANCE REPAIR

Community Appliance Parts & Service .....25

## APPLIANCE STORES

Parnell's Appliance .....25

## AUTOMOTIVE

Vernon Tireland .....71

## BAKERIES

DeMille's Farm Market .....67

## BOTTLE DEPOTS

Bill's Bottle Depot .....62

Interior Freight & Bottle Depot .....58

## BOWLING

Lincoln Lanes, Vernon .....46

## CHARITIES, FOUNDATIONS

Archway Society for Domestic Peace .....64

Community Foundation No. Okanagan13, 77

Fresh Outlook Foundation .....15

Shuswap Community Foundation .....77

Shuswap Hospice Society .....8

War Amps, The .....7

## CHEESE FACTORIES

The Village Cheese Company .....24

## COFFEE HOUSES

Blenz Coffee .....83

Cora Breakfast & Lunch .....3

## CREDIT UNIONS

SASCU Financial Group .....63

## DENTAL SERVICES

Abby DentalCare ..... Inside Front Cover

Vernon Denture Clinic .....45

## FARM MARKETS

DeMille's Farm Market .....67

## FIFTY PLUS ACTIVITY CENTRES

Halina Activity Centre, Vernon .....18

## FINANCIAL

SASCU Financial Group .....63

## FITNESS

Lincoln Lanes .....46

Noodlelegs Health & Fitness .....57

## FLOORING

Rona Vernon .....23

## FUNERAL HOMES

Bowers Funeral Service & Crematorium ...60

## GOVERNMENT

Harwinder Sandu, MLA Vernon-Monashee91

Greg Kylo, MLA Shuswap .....91

Mel Arnold, MP .....93

OAS & CPP Cheque Dates .....87

## HEALTH & WELLNESS, FITNESS

Diabetes Canada .....25

Olive Us .....26

Noodlelegs Health & Fitness .....57

## HEARING CLINICS

NexGen Hearing .....53

Rockwell Audiology .....51

## HOME CARE SERVICES

Interior HomeCare Solutions .....47

## HOME IMPROVEMENTS

Nu-Look HomeWorks .....42

Pro-Painters .....42

Restore-Habitat for Humanity Kamloops...14

Restore-Habitat for Humanity Okanagan ...9

Rona Vernon .....23

Sun Dial Lighting .....43

## HOSPICE

Shuswap Hospice Society .....8

## HOUSING

Ackerview Guesthouse .....36

Andover Terrace Seniors Community .....33

Arbor Lodge Retirement Living .....30

BC Housing Access. Home Adaptations...39

BC Housing: SAFER .....39

Good Samaritan Heron Grove .....41

Habitat for Humanity Kamloops .....14

Habitat for Humanity Okanagan .....9

Kaigo Senior Living Group .....29

Lakeside Manor Retirement Residence ...31

Orchard Valley Retirement Residence .....27

Parkside Community .....40

Piccadilly Terrace Retirement Residence ..37

Shuswap Lodge Seniors Community .....33

Silver Springs Seniors Community .....33

The Hamlets at Vernon .....35

VRS Communities .....33

## INSURANCE SERVICES

Johnston Meier Insurance Agencies .....61

SASCU Insurance .....63

## LEGAL SERVICES

Nixon Wenger LLP ..... Outside Back Cover

## LITERACY

Literacy Society of the North Okanagan...79

## LIGHTING FIXTURES

Sun Dial Lighting .....43

## MEAL SERVICES

Home for Dinner .....75

Meals on Wheels .....16

## MEDIA

Mr Shades Media .....72, 86

## MEDICAL ALARM SYSTEMS

Interior Health Lifeline Program .....56

## MEDICAL SUPPLIES & EQUIPMENT

Lakeside Medical Supplies .....50

Nightingale Medical Supplies .....49

## MUSEUMS

R.J. Haney Heritage Village & Museum ...22

## OLIVE OIL, BALSAMIC VINEGAR

Olive Us .....26

## ORTHOTICS, BRACING, FOOTWARE MODIFICATION

Okaped Inc. ....11

## PAINTERS (RESIDENTIAL & COMMERCIAL)

Pro-Painters .....42

## PHARMACIES

Askew's Pharmacy & Wellness Centre .....5

Hogarth's Clinic Pharmacy, Vernon .....55

Shoppers Drug Mart ..... Inside Back Cover

## RECREATIONAL CANNIBAS

Spiritleaf .....69

## RECYCLING/WASTE MANAGEMENT

Bill's Bottle Depot .....62

Interior Freight & Bottle Depot, Vernon .....58

## RESTAURANTS

Blenz Coffee .....83

Cora Breakfast and Lunch .....3

Home for Dinner .....75

The Village Cheese Company .....24

## RESOURCE CENTRES

Eagle Valley Community Support Society .80

NexusBC Community Resource Centre ...21

Seniors' Resource Centre, Salmon Arm ...81

Shuswap Hospice & Palliative Care .....8

## SENIOR ASSOCIATIONS/PROGRAMS

Better at Home Program, No. Okanagan ..21

Halina Activity Centre .....18

The Schubert Centre .....16

## SUPERMARKETS/ FARM MARKETS

Askew's Uptown, Salmon Arm .....5

DeMille's Farm Market .....67

## TIRE CENTRES

Vernon Tireland .....71

## TRAVEL / TOURISM

R.J. Haney Heritage Village & Museum ...22

## WATER STORES

Vernon's Water Store .....73

## WEALTH MANAGEMENT

SASCU Financial Group .....63

## WOMEN'S SHELTERS

Archway Society for Domestic Peace .....64



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