

# Growing Recreation & Support Services

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

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

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

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

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

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

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



## Come see what the Activity Centre

### has to offer !

#### Fun & Affordable Activities

- Dancing
- Bridge
- Mahjong
- Yoga
- Bus Trips
- Hall Rentals

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