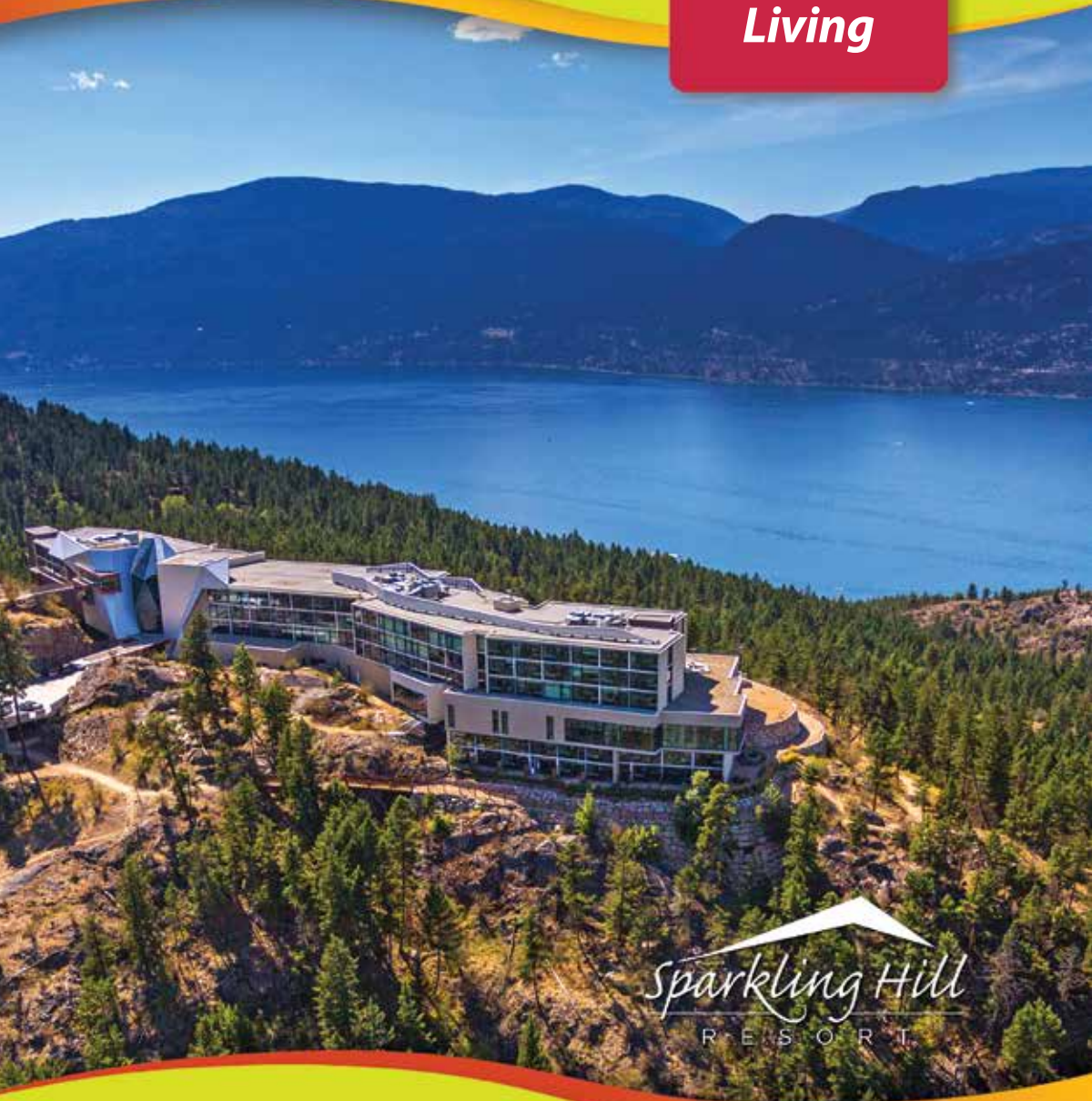


Community Guide  
to Better Living

2025

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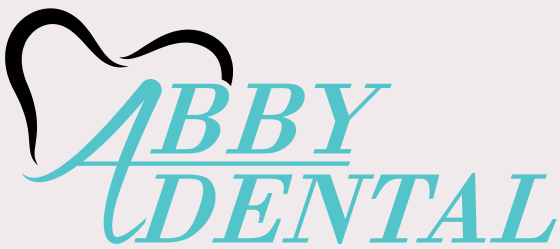
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# Greetings

from the

## Mayor of Salmon Arm



Hello Experience 50+ Living Readers,

On behalf of the City of Salmon Arm, I wish to extend a warm welcome to you!

Nestled on the shores of beautiful Shuswap Lake, Salmon Arm is a growing, vibrant community. We offer a full array of services and amenities that provide a quality of life that meets the needs of all ages, from young families through to retirees.

Downtown Salmon Arm is a bustling, diverse mix of culture, arts and unique shops. With outdoor patios on every street, shade trees and amazing flower baskets and gardens throughout, this is a great place to relax and enjoy. Connected by the easily accessible Ross Street Underpass, the beauty of the Salmon Arm waterfront is just minutes away.

Take photos of the World's largest treble clef, or walk the longest, curved, wooden wharf in North America. For birders, the Salmon Arm waterfront is a haven of bird species, from the rare Western Grebe to many blue herons, osprey and a wide variety of songbirds and waterfowl.

Salmon Arm is a four-season recreation paradise. The Larch Hills Nordic Ski area has over 170 km of groomed and back-country trails for skiers of all abilities. With a twin-sheet arena, an upgraded curling rink, a new indoor tennis facility and the SASCU recreation and aquatic centre, there is something for everyone.

The Arts community in Salmon Arm is active. The Salmon Arm Arts Centre, offers multiple art exhibits each year, while sponsoring the very popular Wednesday Music on the Wharf evenings all summer. Dinner theatre at R.J. Haney Heritage Village and Museum is an annual summer treat, while the Shuswap Theatre offers a variety of performances throughout the year.

For an extra treat, be sure to visit our Saturday Downtown Farmer's Market. With live music as well as goods and produce of every kind, set amongst the flowers and fountain of the quaint Ross Street Plaza, the market is a wonderful venue to shop and relax.

Our City motto is, "Small City, Big Ideas." With this year's headliners of Amanda Marshall and Sarah McLachlan, the Salmon Arm Roots and Blues Festival is revered throughout western Canada and the Pacific Northwest. Having just hosted the 55+ BC Games (the smallest City to ever host), as well as Roger's Home Town Hockey and numerous Provincial sporting events, Salmon Arm lives up to our motto!

Everyone is welcome here. Whether you are entering your retirement years, or starting your career, Salmon Arm has a lot to offer.

I invite you to visit our wonderful community,

Sincerely,  
**Alan Harrison**  
Mayor, City of Salmon Arm



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

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

*Thank you!*

Front Page photo courtesy of  
Sparkling Hill Resort & Spa

**WE ARE GREEN!**

Experience 50+ Living,  
is printed on recycled paper with  
vegetable-based inks.



# The War Amps Key Tag Service Helps Amputees Reach Their Goals



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

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

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

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



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

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

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



*You can help  
amputees*

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



The War Amps

[estatedonation@waramps.ca](mailto:estatedonation@waramps.ca)  
[waramps.ca](http://waramps.ca) • 1 800 465-2677

Charitable Registration No.:  
13196 9628 RR0001



# Happy trails.




 OKANAGAN RAIL TRAIL

## We're proud to be the Trails Capital of BC

Here, outdoor recreation, spectacular vistas and arts and culture take centre stage, but what's unique is how we bring them all together. From lakeside rail trails to mountainside single track, from hillside hiking paths to downtown art strolls, our one-of-a-kind trail network will get you connected, naturally. **Vernon. Happy trails.**



 PEAK CELLARS

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## LOCALS' PICKS

### Arts & Culture

- 1 Museum and Archives of Vernon
- 2 Vernon Public Art Gallery
- 3 Canadian Wildlife Museum

### Food & Drink

- 4 The Edge Restaurant and Bar at The Rise Resort
- 5 The Perch Winery
- 6 Eatology

### Trails & Activities

- 7 Golfing at Predator Ridge Resort
- 8 Grey Canal Trail at Turtle Mountain
- 9 Okanagan Rail Trail



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Kalamalka Lake



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# Five Spa Treatments for Seniors

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

## Lymphatic Drainage

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

## Mud & Muscle

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

## Reflexology

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

## Canadian Glacial Clay Wrap

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

## Experience it yourself

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

  
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**SPARKLINGHILL.COM**

How to Find  
**QUALITY**  
of  
*Life*

**Seniors helping seniors!**

Everyone and especially Seniors 55+ deserve to feel heard and respected, with a sense of purpose and overall well-being. Having access to good information can increase our knowledge, empower us and have a positive impact on our Quality of Life.

Many of the problems associated with aging increase due to the lack of meaning in people's lives. In fact, having a positive view of life can help Seniors have more energy, less stress, better appetite, and prevent cognitive decline. So what can we do to help improve quality of life for seniors? These are some of the ways.

1. **Create a Sense of Purpose** — Seniors want to feel valued and encouraged to contribute and share their skills and experience.
2. **Recognize Signs of Depression** — this is not a natural part of aging, seek out information to treat this debilitating disorder.
3. **Stay in Physical and Mental Motion** — exercise your body and mind to complete daily tasks, create pride and increase independence. We are never too old to learn new things.
4. **Make Connections** — combat loneliness by connecting and socializing with others while making new friends. We invite you

to join our group, the BCOAPO Vernon Seniors Branch 6 to improve your quality of life.

The British Columbia Old Age Pensioners (BCOAPO ) Organization is one of the oldest Seniors' Organization in Canada, celebrating 90 years in 2022. Vernon Seniors' Branch 6 is a part of this organization and is concerned with all aspects of Seniors' lives, including pensions, taxation, finances, health issues, home support, Medicare and Pharmacare, housing and rental issues, social safety, senior abuse, neglect, fair treatment and loneliness. Speakers are invited to address these topics of concern.

Members are given a voice locally, provincially and federally by advocating through resolutions that are passed on to the appropriate government authority. Seniors have so much to contribute and when they feel appreciated, everyone benefits.

We invite all Seniors to attend our meetings which are held on the third Tuesday of each month at 1:30 pm at the Schubert Centre 3505-30th Avenue, Vernon, BC. Phone 250-545-0384

**Everyone Welcome!**

 <https://facebook.com/vernon seniors branch 6>

# Create a lasting legacy.

## The Power of Charitable Giving in Your Will.

Throughout our lives, many of us dedicate time and resources to causes we deeply care about. Whether it's supporting a local charity, arts organization, or community initiative, these contributions shape the fabric of our communities. But have you considered how you can continue to make a difference, even after you're gone? By leaving a charitable gift in your Will, you can create a legacy that extends far beyond your lifetime, ensuring that your values live on.

"More and more individuals are engaging in discussions about how to maximize the impact of their estate," shares Leanne Hammond, Executive Director at the Community Foundation North Okanagan. "We recently worked with a couple who decided to allocate 10% of their estate to local charities, an amount that will translate into substantial support for the community for years to come."

One of the most effective ways to create a lasting impact is through a Legacy Fund. These funds allow donors to support specific causes or organizations in perpetuity (*forever*), with the flexibility to adapt to changing community needs. Whether you choose to support a local food bank, arts center, or environmental initiative, your fund can be tailored to reflect your personal passions.

The Canadian Association of Gift Planners notes that if **even 1% more Canadians included a charitable bequest in their Will, billions of dollars could be directed to vital causes.** This collective power underscores the importance of every gift, no matter the size.

"Updating your Will to include a charitable gift is simpler than you might think," says Hammond. "A single sentence can direct funds to a charity of your choice, and it can be adjusted at any time without the hassle of rewriting your Will. Many of our donors appreciate the peace of mind that comes with knowing their legacy will be honored."

You don't need to be wealthy to leave a meaningful legacy. **Every contribution, regardless of size, plays a crucial role in supporting the causes that matter most to you.** By taking a few minutes to include a gift to charity in your Will, you ensure that your impact will be felt for generations to come.



**COMMUNITY  
FOUNDATION**  
north okanagan

**Make the most of your giving.**

Contact Leanne Hammond today!

T: 250-542-8655 E: [leanne@cfno.org](mailto:leanne@cfno.org)

### Start a Fund

### Make a Lasting Impact

#### How It Works:

1. **Speak with Our Philanthropy Advisor** - Discuss your charitable goals to find the best fund options for you.
2. **Define Your Fund's Objective** - We'll draft an agreement capturing your intentions, with no obligation—just ensuring we understand your wishes.
3. **Make Your Gift** - Start your fund with a single donation or build it over time.
4. **Granting Decisions** - Decide how involved you want to be in recommending grants. Or leave the decisions to our expert Grants Committee.

You can set-up your fund to give grants forever or give bigger grants over the short-term. **The choice is yours!**



Partner with us to set up your charitable giving for long-term growth. It's easier than you think!

E: [leanne@cfno.org](mailto:leanne@cfno.org) T: 250-542-8655



Habitat for Humanity Okanagan operates four 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 kind antiques. If you need it or want it, you might just find what you are looking for at your local ReStore and at a great price!

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

Our Vernon ReStore location is located at 2709-43rd Avenue in Vernon.

**Any questions? You are welcome to send an email to the ReStore Manager**

**Tammy Kennedy:**

[vernon.manager@restoreokanagan.ca](mailto:vernon.manager@restoreokanagan.ca)

## HOW TO DONATE 101



1 Clean around the house and find items you no longer use.



2 Clean the item so that the ReStore can resell it.



3 Pack up and load items into your vehicle!



4 Find your closest ReStore location on [www.hfhokanagan.ca/restore](http://www.hfhokanagan.ca/restore) and drive there



5 Unload your donations into bins provided by one of our friendly ReStore staff!



6 Ask for a tax receipt for your donation.



7 Thank you for your donation and helping us build affordable housing in the Okanagan



**Habitat  
for Humanity®**  
Okanagan

**every one** deserves a safe and decent place to live.

# Step into the Charm of R.J. Haney Heritage Village & Museum



Discover the heart of the Shuswap at R.J. Haney Heritage Village & Museum, located at 751 Highway 97B, just east of Salmon Arm. Opening for the 2025 season on May 14, this 40-acre site invites you to explore local history and culture.

Wander through a picturesque landscape with 24 restored and replica buildings, including the 1910 Haney House. The Village is open from 10 am to 5 pm, Wednesday to Sunday, and daily during the summer months of July and August. Your admission provides access to various experiences, from the award-winning Montebello Museum to the interactive Children's Discovery Centre and scenic walking trails.

The Montebello Museum received the 2018 Thompson-Okanagan-Kootenay "Award of Merit," featuring nine unique storefronts depicting Salmon Arm's history. The Children's Discovery Centre in the Broadview School House offers interactive exhibits on nature, water, and history, along with an outdoor play area.

For a delightful lunch, visit the Sprig of Heather Restaurant, open Wednesday to Sunday from 10 am to 4 pm. Enjoy indoor and outdoor seating with views of the Village. The menu includes daily specials, sandwiches with house-

baked bread, and homemade soups and salads. For lunch visitors, a free visitor pass is available at the kiosk.

Don't miss the Villains and Vittles Dinner Theatre, featuring a home-cooked meal and live theatre performances in July and August. Limited seating requires early booking by calling 250-832-5243.

Explore the natural beauty of our 2.3-kilometre walking trail, which winds through diverse woodlands and follows Canoe Creek. The Trail Guide provides insights into plants used by First Nations and early settlers

This season, check out the Písell Landmark sculpture, a tribute to Secwépemc heritage by Shayne D. Hunt and David Jacob Harder. Located at the Quest Tower Lookout, this detailed piece celebrates Secwépemc culture with intricate carvings and metalwork.

Stay connected by following us on social media and visit our events page at [www.salmonarmmuseum.org/happenings.htm](http://www.salmonarmmuseum.org/happenings.htm) for details on special events like High Tea, Quilts in the Village, the Annual Car Show, and the Harvest Celebration. For more information on tickets, admission, hours, and how to get involved, contact us at 250-832-5243 or visit [www.salmonarmmuseum.org](http://www.salmonarmmuseum.org).

## 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 – Dinner Theatre

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250-832-5243

*Check our website for hours of operation & rates*

*Well worth the trip!*



*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 51 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 and Friday Bingo are 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 which include "Star Country Squares", "Sons of Scotland", and "Vernon Pigeon & Poultry 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", "Vernon Fiddlers", "Time Out Stitchers", Dart players, Table Tennis, Mahjong players and many other groups meet.

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

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 "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.

The Centre Cafe is open Monday - Friday 8:30am-2pm offering homemade soups, sandwiches, baking, drinks at the lowest prices in town.

Membership is only \$25/year, enabling reduced activity and cafe rates for all members.

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 50 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
- Cafe areas - snacks & hot lunches Monday through Friday



#### **Regular Activities:**

Bingo, Billiards, Canasta, Crafts, Carpet Bowling, Crib, Dancing to live music, Darts, Floor Curling, Mahjong, Snooker, Tai Chi and so much more.



#### **Special Events:**

- Pancake Breakfast on the 4th Saturday of the month
- Christmas Party early December
- Winter Carnival in February
- and much more



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



# 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. We always looking for Volunteers, and Drivers for Meals on Wheels.

- Membership and Member Services
- Coffee Shop
- Book Your Tour to Popular Okanagan Hotspots
- Kitchen and Nutrition Team
- Thrift Shop Attendants
- Pancake Breakfasts – 2nd Saturday
- Birthday Lunches
- Meals on Wheels -

*Volunteer Staff and Drivers Catering*



Connecting Seniors in Vernon BC

MEALS  WHEELS

**PROGRAM &  
ACTIVITIES**

Hot Lunches  
**COFFEE TALK**  
\* Friendly Conversation \*

Schubert Centre  
**Bus Tours**

always   
**something**  
thrift store

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

# Schubert Centre - The Heartbeat of 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 volunteers, for the community. With a wealth of experience, knowledge and skill, Schubert Centre is a place filled with superlative service with a family touch.

Schubert Centre has been proud to open its facilities to our core senior membership, providing card games, exercises, crafts, floor curling, indoor games, chair and regular Yoga, line dancing, and Sing for Your Life. We have 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.



*Schubert  
Centre is  
committed to  
community  
service*

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 is welcoming all of our old members and inviting new members to join our group. The coffee shop is open, activities are happening and we have a very successful happy hour Friday afternoons.

We have live music by different local artists. So come and dance or just listen and tap your toes. 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.

# Help When You Need It



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 and the Age Well At Home Program are highly valued services. Services through these programs include transportation, grocery shopping, minor home repair, yard work, light housekeeping and friendly visiting.

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, funders 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, emergency preparedness and more. As well, NexusBC's large resource databank can direct seniors to community organizations for help with legal, tenancy and elder abuse issues. Help is available 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

NexusBC also offers a Seniors Social Club. The Club hosts activities to promote, cultivate and maintain sociability and friendship among older adults in the North Okanagan. Activities range from art classes, soup and socials, to mural tours, picnics and more. Membership is free.

In order to offer these services, NexusBC relies on the support of more than 90 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; as well as office work. 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





*Helping older adults  
live their best lives*

## Help and Resources

- Help with CPP, OAS and GIS pension applications
- Help with Shelter Aid for Elderly Renters (SAFER) applications and BC Housing Registry applications
- Comprehensive 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 lower-income seniors
- Emergency preparedness planning guidance

## Home Support Programs

- Transportation to appointments and for grocery shopping
- Light housekeeping
- Minor home repair and light yard work
- Friendly visits and social activities

*New!*

*Join our Seniors  
Social Club!  
Membership is free.*



Phone: **250.545.0585**

Find us: **102-3201 30th Street, Vernon BC**

Visit us online: **[www.NexusBC.ca](http://www.NexusBC.ca)**

# Aging Made Easier with Physiotherapy

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

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

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

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

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

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

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

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

## **Robina Palmer**

*Registered Physiotherapist*

*Sun City Physiotherapy, Kelowna*

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



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**Sorrento:** 30-1240 Trans Canada Hwy

# EVOO is the juice of the Olive –

Fresh, high-antioxidant Extra Virgin Olive Oil (EVOO) is the gold-standard of oils! Due to many health promoting compounds such as biophenols, EVOO has a well-deserved and well-researched reputation for its health benefits, such as antioxidant (fights damage to cells), antimicrobial (prevents harmful invaders), and anti-inflammatory (reduces inflammation) properties.<sup>1</sup> Including EVOO in the diet can help to reduce the risk of a range of diseases including heart disease, stroke, diabetes, cancer, and neurodegenerative diseases, among others.<sup>2</sup>

EVOO is made from the first crush of the olive, pits-and-all, at a low temperature so that all the nutrients are kept safe. Other grades of olive oil, like pure, light, and extra-light oils, use chemical or heat extraction to produce more oil. These methods break down the healthy parts of the oil and despite the “light” names, they aren’t lower in calories.

Find fresh EVOO year-round! EVOO is the juice of the olive: the fresher, the better! Lucky for us, good EVOO is made all around the world! In the Fall, olives are being crushed in the Northern Hemisphere (i.e.- Spain, Portugal, Greece) and in the Spring they’re



being crushed in the Southern Hemisphere (i.e.- Australia, Chile). Look for a crush date (not an expiry!) on your bottle to tell you how fresh your EVOO is. Look for a crush date that’s no more than one year old.

EVOO truly is “Liquid Gold”!

You can cook with EVOO! Sauté, fry, roast, and bake with EVOO! Recent research has shown fresh, high-antioxidant EVOO to be the most stable oil when heated compared to other common food cooking oils<sup>3</sup> and can increase the nutrient content of food.<sup>4</sup>

For additional resources visit:

<https://olivewellnessinstitute.org>

*Written by Bailey Morin, BSc. Bailey believes that food is a powerful tool that connects us to the land, to each other, and to our shared interest in keeping the planet healthy for future generations. Bailey holds a BSc. in Food, Nutrition, and Health from UBC, graduated from the UBC Farm Practicum in Sustainable Agriculture and has over 10 years of customer service experience in the food industry. Currently, she farms at the Sharing Farm, growing food for under-served communities in the Lower Mainland.*

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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.
4. Extra Virgin Olive Oil Health & Nutrition Report 2023. Olive Wellness Institute. 2023



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## Canadian Wildlife Museum

# An amazing educational experience that the entire family can enjoy



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

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

**CANADIAN WILDLIFE MUSEUM & GIFT SHOP**

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

250-545-9740

7774 Pleasant Valley Road, Vernon, B.C.





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- A**rms can you raise both?
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- 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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# Top Five Reverse Mortgage Myths



1. **The bank will own my home.** Not true! You will always maintain ownership, freedom to pay down, get out of, sell or Port (transfer) the reverse mortgage to another property at any time.

2. **High interest rates & fees.** Not true! Not to be confused with American reverse mortgages. In Canada reverse mortgages have evolved since their 1986 inception. Interest rates are not that much higher than regular mortgage rates. Currently as low as 6.74%. Furthermore, reverse mortgage providers often run promotions of reduced or no set up fees or appraisal fees.

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

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

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

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

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# The Silver Lining -

## Gracefully Aging Independently on Your Own Terms

As the years go by, maintaining independence can be a cornerstone of aging gracefully. The ability to make your own choices, manage your daily life, and stay connected with the world around you, is not just about practical functionality, it's deeply tied to emotional and psychological well-being.



The joy of sharing experiences, learning from others, and being part of a community can greatly enrich your life.

Maintaining independence also plays a crucial role in preserving dignity and self-respect. To care and love for yourself instills a sense of pride. Being self-sufficient can

enhance one's overall quality of life, making each day more rewarding. Perhaps the most significant silver lining of independence in aging, is the gift of choice. Choosing where to live, how to spend your time, and who to spend it with is invaluable.

Making decisions about your daily routine, health care, living arrangements, and social activities can be empowering. Why let someone else make those decisions for you?

Independent living encourages you to take responsibility for your health, which should include regular exercise, a balanced diet, or routine medical check-ups. Sometimes you just need a ride or a companion to accompany you.

Not everyone gets this opportunity for freedom in which allows you to craft a lifestyle that aligns with your values and desires, making the aging process not just bearable but beautiful.

**Tish Scott**, *The Silver Citizen*




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HELPING HAND	ODD JOBS	COMPANION CARE
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& more	& more	& more

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# Housing

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A unique co-sharing living alternative for the independent senior

<https://abbeyfield.ca>

**3725 Wood Avenue**

**250.546.0223**

### Green Valley Estates

Baptist Seniors rental housing

<https://www.baptisthousing.org>

**2805 Smith Drive**

**250.833.9158**

### Heather Heights

**2315 Heather Avenue**

<https://www.armstronglegion.org/housing>

Low cost seniors housing, no pets, 55+ Spallumcheen Housing Society, contact Legion Office. Application forms online

**250.546.8455** Marilyn

### Heaton Place

Independent living suites, Social lifestyle, Friendly community. Rental program

<https://www.heatonplace.com>

**3093 Wright Street**

**250.546.3353**

**1.877.546.3353**

### Pioneer Square

Assisted living in a country setting

<https://www.kaigo.ca>

**2865 Willowdale Drive**

**250.549.9550 ext. 104**

See our ad on page 29

## Pleasant Valley Manor

Complex Care facility

**3800 Patten Drive, Armstrong**

**250.546.4752** Interior Health, Home and Community Care

## Chase

### Parkside Community

Independent & Assisted Living

<https://parksidecommunity.ca>

**743 Okanagan Avenue, Chase**

**250.679.4477**

### Sun Valley Estates

Affordable housing for the over 50

<https://www.chasesunvalleyestates.com>

**217 Shepherd Road, Chase**

**250.679.8059**

## Enderby

### Enderby Seniors Housing Society

- Enderby Memorial Tower  
Supportive housing
- Enderby Memorial Terrace  
Rental apartments for disabled and low income seniors 55+  
**108-708 Granville Avenue**  
<https://enderbymemorialtower.com>  
**250.838.6794** Office M-F 8:30-4:30

### Parkview Place

Complex care

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**250.546.4752** Interior Health, Home and Community Care

**Pioneer Place Society**

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**Lake Country****Blue Heron Villa**

Lake Country Senior Housing Society  
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<https://www.blueheronvilla.ca>  
**9509 Main Street**  
**250.766.1660**

**Lake Country Lodge Community & Retirement Living**

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<https://www.siennaliving.ca>  
**10163 Kenschuh Road, Lake Country**  
**250.766.3007**  
*See our ad on page 43*

**Society of Hope**

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

**Lumby****AgeCare Monashee Mews**

Long-term care  
<https://www.agecare.ca/communities/monashee-mews/>  
**2165 Norris Avenue**      **778.473.0100**

**Monashee Place - Lumby & District**

Senior Citizen's Housing Society  
Affordable apartments for independent seniors and those with disabilities  
<https://saddlemountainplace.ca/monasheepace>  
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**250.547.2060**

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Companion Housing for active, independent adults 55+. Thriving Better by Living Together on a small acreage in a serene and quiet environment with maximum comfort and privacy  
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*See our ad and article on page 36*

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**100 5 Avenue SE 250.833.9623**

**Andover Terrace Seniors Community**

Independent & assisted living services  
<https://andoverterrace.ca>  
**2110 Lakeshore Road NE, Salmon Arm**  
**250.832.6686**  
*See our ad on page 31*

**Arbor Lodge Retirement Living**

Affordable Independent, all-inclusive senior living. A place to call home in the

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<https://www.facebook.com/arborlodgeSA/>  
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**250.832.6643 Home & Community Care**

**Canadian Mental Health Association**

Shuswap-Revelstoke Branch Housing  
 In partnership with BC Housing, manages a range of affordable and subsidized housing options and programs  
<https://shuswap-revelstoke.cmha.bc.ca>  
**433 Hudson Avenue NE, Salmon Arm**  
**250.832.8477 ext 121**

**Eagle Valley Senior Citizens Housing**

Registered non-profit organization comprised of three facilities, The Haven, The Lodge and The Manor  
<https://eaglevalleyhousing.ca>  
**1095 Shuswap Avenue, Sicamous**  
**250.253.4207**

**Good Samaritan Pioneer Lodge**

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#### SHUSWAP LODGE

SENIORS COMMUNITY

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**250.832.6643**

**Lakeside Manor Retirement Residence**  
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**14-481 1st Street SE, Salmon Arm**  
**250.826.4315** Tracy

**Piccadilly Terrace Retirement Residence**  
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<https://piccadillyterrace.com>  
**810 10 Street SW, Salmon Arm**  
**250.803.0060**  
**1.855.803.0060**  
*See our ad on page 37*

**Piccadilly Seniors Community**  
 Long-term care facility, dementia support  
<https://www.parkplaceseniorsliving.com>  
**821 10 Avenue SW, Salmon Arm**  
**250.515.0459**

**Shuswap Lions Manor**  
 Affordable Independent Living, subsidized by BC Housing, 55+ [lionsdh@shaw.ca](mailto:lionsdh@shaw.ca)  
<https://www.seniorsservicessociety.ca/location/shuswap-lions-manor/>  
**2780 Falaise Road, Sorrento**  
**250.675.2757**

**Shuswap Lodge Seniors Community**  
 Independent and Assisted Living  
<https://shuswaplodge.com>  
**200 Trans-Canada Highway SW**  
**Salmon Arm**  
**250.832.7081**  
*See our ad on page 31*

**Sun Ridge Estates**, Seniors Rental Housing  
 Independent living, 2 bedroom apartments  
<https://www.baptisthousing.org>  
**108-3201 6 Avenue NE**  
**Salmon Arm**  
**250.832.5351**

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**250.308.2485** Larry

**Belmonte Apartments**  
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**778.212.1695** Dave

**Brentwood Apartments**  
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**250.545.0962** Dawn

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**4651 23 Street, Vernon 236.600.5987**

**Coldstream Meadows Retirement Community**

Independent Living

<http://www.coldstreammeadows.com>

**9100 Mackie Drive, Coldstream**

**250.542.5661**

**Columbia Apartments**

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**250.545.1519** Charlie

**Columbus Court**

Columbus 1 - low to moderate income

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

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**3003 Gateby Place, Vernon**

**250.545.5388**

**Creekside Landing**

Independent Living, Assisted Living, Long-term Care

<https://www.kaigo.ca>

**6190 Okanagan Landing Road**

**250.549.9550 ext. 104**

*See our ad on page 29*

• **Osprey Court**

96 Long Term Care beds

**Desert Cove Estates**

Deluxe adult community next to

Spallumcheen Golf Course

<https://www.desertcove.ca>

**250.808.8842**

**1.866.542.5774**

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*

**Embers Apartments**

Close to Schubert, bus stop, no smoking, no pets. Senior-oriented  
<https://lmpmgt.ca/property/embers/>  
**3618 30 Avenue 250.308.2485** Larry

**Hamlets at Vernon, The**

Assisted living, complex care  
<https://thehamletsatvernon.ca>  
**3050 29 Avenue, Vernon**  
**236.426.1488**

**Heritage Square**

Long-term care, assisted living  
<https://www.kaigo.ca>  
**3904 27 Street, Vernon**  
**250.545.2060**  
*See our ad on page 29*

**Hearthstone Manor**

Long-term care, respite, residential care  
<https://www.hearthstonemanor.ca>  
**2800 40 Street, Vernon**  
**250.309.2051** Call for appointment

**Heron Grove**

Good Samaritan Society  
 Assisted living suites, dementia care cottages, independent living apartments  
<https://gss.org/locations/heron-grove/>  
**4900 20 Street, Vernon**  
**250.469.6935**  
*See our ad on page 34*

**Hillside Terrace Apartments**

Adult oriented. Across from Rec Centre, secured parking, no pets, no smoking  
<https://lmpmgt.ca/property/hillside-terrace>  
**3405 39 Avenue 250.550.0243**

**McCulloch Court & McCulloch II**

55+ Independent Living, Low, Moderate Market, 80 Bachelor & 81-1 Bedroom apts.  
**3400 & 3404 Coldstream Ave., Vernon**  
**250.542.1154** Lesley

**Northland Apartments**

Secure adult building, fee for parking  
**4203 32 Street, Vernon**  
**250.542.4325** Khaled



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Regency Retirement Resorts are about true freedom. Come and go activity rich lifestyle with others just like you! Exquisite Chef prepared meals, bi-weekly cleaning, safety and full time concierge service. Call Marcy to find out how to start "living the retirement dream!"

1800 58th Ave, Vernon  
 250-558-0232  
[www.regencyresorts.ca](http://www.regencyresorts.ca)

REGENCY RETIREMENT RESORTS  
 PET FRIENDLY

# 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



*A Natural Way of Aging*

**THRIVING BETTER BY LIVING TOGETHER**

- Companion Housing on a small acreage
- Active independent living for adults 55+
- Maximum comfort and privacy
- Supportive of each other
- Serene and quiet environment

**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)

**Okanagan Village Housing Society**

<https://okvillage.ca>

**250.545.6475**

- Village at Creekside  
Below market rent for seniors, and people with permanent disabilities

**3502 27 Avenue**

- Village at Okanagan Landing  
Below market rent for seniors, families, and people with diverse abilities

**6335 Okanagan Landing Road**

- Village at Pleasant Valley  
Below market rent for seniors, families, and people with diverse abilities

**4005 Pleasant Valley Road**

**Orchard Valley Retirement Residence**

Independent living, respite care

<https://www.aspiralife.ca/our-locations>

**2829 34 Street**

**250.545.0455**

*See our ad on page 33*

**Regency Parkwood Retirement Resort**

Like living at a fine resort

<https://www.regencyresorts.ca>

**1800 58 Avenue**

**250.558.0232**

*See our ad on page 35*

**Rickford Manor**

Close to downtown, bus stop, no dogs, no smoking. Parking. Adult oriented

**3800 27 Avenue**

**778.212.1695** Dave

**Royal Anne Apartments**

55+, no smoking, small pets negotiable

**3600 30 Avenue**

**250.503.7999** Val

**Silver Springs Seniors Community**

Offers quality services, active living, and a variety of amenities for Vernon seniors

<https://silverspringsvernon.ca>

**3309 39 Avenue**

**250.545.3351**

*See our ad on page 31*

PICCADILLYTERRACE.COM

**Piccadilly**  
**Terrace**

250-803-0060 *locally owned & operated*  
*Salmon Arm's Premier Retirement Residence*

**The Village**

Adult living, capable of self-care.

No smoking, no pets

**1507 35 Avenue**

**250.558.9656** Cheryll

**Vernon Native Housing Society**

Low cost housing, low-income families and/or individuals - of both original and non-Aboriginal descent in Vernon area

<http://www.vernonnativehousing.ca>

**41-4305 19 Avenue**

**250.542.2834**

**Vernon Restholm**

Supportive living for seniors

<https://vernonrestholm.com>

**2808 35 Street**

**250.542.7636**

**Victorian Retirement Residence**

Independent living, supportive services

<https://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 <https://programfinder.bchousing.org>

**• BC Rebate for Accessible Home Adaptations**

Get up to \$20,000 in rebates for safety & accessibility adaptations to your home  
<https://bchousing.org/bc-raha>

**• SAFER Shelter Aid For Elderly Renters Program**

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

**• Licensing & Consumer Services**

Home Owner Protection Act, Public Registry of Licensed Builders, New Home and Education Registry  
<https://www.bchousing.org/licensing-consumer-services>  
**1.800.407.7757** Mon-Fri 8:30am-4:30pm

**BC Senior Living Association**

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

**Canada Mortgage & Housing Corp.**

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

**SENIORS SAVE AT VALUE VILLAGE!****GET 30% OFF\***  
**EVERY TUESDAY**

Vernon 5608 - 24th Street · (250) 558-2900  
Mon. - Sat. 9am - 9pm · Sun. 10am - 7pm

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

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



**value village**  
SHOP. REUSE. REIMAGINE.  
[valuevillage.ca](http://valuevillage.ca)

## Condominium Home Owners Association of BC, The

Promotes the understanding of strata property living and the interests of strata property owners <https://choa.bc.ca>  
**26-1873 Spall Road, Kelowna**  
**250.868.1195 1.877.353.2462 ext. 4**

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

### Habitat for Humanity Okanagan

Working towards a world where everyone has a safe and decent place to live-by mobilizing volunteers, community partners to build affordable housing and promoting affordable homeownership as a means to building strength, stability and independence  
<https://www.habitatforhumanityokanagan.ca>  
**778.755.4346**

- **ReStore:** Home decor and building supply stores-new & gently used items
- **2709 34 Street, Vernon**  
**778.755.4346** Mon-Sat 9am-5pm  
*See our ad and article on page 14*

## Happipad

A companion housing program that allows older homeowners to remain in their homes longer by renting out a spare bedroom  
<https://happipad.com/contact>  
**778.760.4511** Happipad Kelowna

## Home Owner Grant

Reduces the amount of property tax you pay for your principal residence: Under 65, Senior, Veteran, Disabled, more. See website for details. If you pay property taxes to a First Nation, contact directly.  
<https://www.gov.bc.ca/homeownergrant>  
**1.888.355.2700** Mon-Fri 7:30am-5pm

## Houzz

Decorating and remodeling ideas and inspiration. Kitchen, bathroom, bedroom, outdoor design. Find local pros.  
<https://www.houzz.com>

## Independent Living BC





Affordable assisted living apartments for





# WATER, FIRE OR MOLD DAMAGE?

### We help you get back up and running by:

-  Arriving on-site within one hour of your call
-  Restoring your property quickly and effectively
-  Providing you with one point of contact
-  Offering 70 years of experience in cleaning and restoration

### ServiceMaster Restore® of Central & North Okanagan

responds quickly in emergency situations in Vernon, Armstrong, Kelowna, Lumby, Lake Country and Salmon Arm.

**24/7/365**

We are ready to respond 24 hours a day, 7 days a week, 365 days a year.

**ServiceMASTER**  
Restore



**778-755-4357, 1-855-781-8865**  
[info@servicemasterok.ca](mailto:info@servicemasterok.ca)  
<https://svmrestore-centralokanagan.ca>

seniors and people with disabilities via the Independent Living BC program  
<https://www.bchousing.org/housing-assistance/housing-with-support/independent-living-bc-program>  
**1.800.257.7756**

### Kindale Development Association

Affordable, sustainable housing in the North Okanagan. Call for details

<https://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

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

- Kindale Thrift Store Vernon

**2814 44 Avenue**

**250.309.9097** Tue-Sat 9:30am-4:30pm

### LiveSmart BC Partner Incentives

Check websites for current rebates/offers

<https://www.fortisbc.com/offers>

<https://www.bchydro.com/powersmart.html>

### Okanagan Village Housing Society

Non-profit society working to provide affordable housing in North Okanagan for individuals and families with low to moderate incomes. See listing in Vernon Housing directory <https://okvillage.ca>

**250.545.6475**

### 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 for Residential Tenancy Branch

**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

<https://tenants.bc.ca>

**604.255.3099** ext. 225 request workshop

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

### 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.

<https://comfortlife.ca/ebooks/>

## Home Improvements

### Habitat for Humanity

#### Okanagan Restore

<https://www.habitatforhumanityokanagan.ca>

**2709 34 Street, Vernon**

**778.755.4346** ext. 501 Mon-Sat 9-5

See our ad and article on page 14





**NU-LOOK**  
HomeWorks

**COMPLETE RENOVATIONS**  
 BASEMENTS | KITCHENS | BATHS  
 REPAIRS | REMEDIATION

Licensed & Insured

**RON 250.309.0435**

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





**Nu-Look HomeWorks**

Complete renovations, basements, kitchens, baths. Framing to flooring  
<http://www.nulookhomeworks.ca>

**250.309.0435** Ron

See our ad on page 40

**Sundial Lighting**

Brighten up your home with more lights. Extensive selection, expert advice  
<https://www.sundiallighting.ca>

**2801 44 Avenue, Vernon**

**250.545.7370**

See our ad on this page

**Value Village**

Save on sustainable style from clothing to decor. Your wallet & our Planet will Thank You. Donations of used clothing and household items at this location benefit Diabetes Canada

<https://www.valuevillage.ca>

**5608 24 St., Vernon 250.558.2900**

See our ad on page 38

**Restoration Services****ServiceMaster Central & North Okanagan**

Ready to Respond 24 hours a day  
<https://svmrestore-centralokanagan.ca>

**778.755.4357**

**1.855.781.8865**

See our ad on page 39

**Experience 50+ Living**

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

<https://www.experiencegroup.ca>

- **Central Okanagan**
- **South Okanagan Similkameen**
- **Thompson Nicola**



**Sundial  
LIGHTING**

**Vernon • Penticton**  
[www.sundiallighting.ca](http://www.sundiallighting.ca)



Visit our showroom at  
 2801 44 Ave, in Vernon.  
**(250)545-7370**



Great Selection of stylish  
 & affordable Light Fixtures.



Get 15% off your  
 1st in-store purchase.\*

\*15% off retail when you mention this advertisement.

# Ebikes – A Short Explanation....

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



recovering from various injuries were now often able to ride an ebike to better assist them in their recovery.

Ebikes come with different strengths of motor torque (measured in newton-meters) and different capacity of lithium ion batteries (measured in watt-hours).

The higher the torque, the

more power you have for those hills. Focussing on the wattage of the motor is not an accurate measurement of torque. Depending on the bike, torque can range from as low as 35nM to as high as 85nM. The larger the battery capacity, the further you can ride before having to recharge the battery. Battery capacity typically ranges from a low of 400Wh to over 800Wh.

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

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

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

But no matter what your lifestyle or fitness level is, there is an ebike to suit you. The best way to determine which one to buy is to take a few for a test ride and determine which one is best suited for you and your needs.

But you better be ready.... to fall in love with them!

**Garry Norkum**  
*Cyclepath Kelowna Inc.*

## Then along came ebikes.....

They've been around for quite a few years as add-on kits and with either a rear hub drive motor or a front hub drive motor. Ebikes have been extremely popular in Europe for quite some time. It didn't really takeoff in North America until the larger manufacturers (Specialized, Giant, Trek, Norco, Devinci, Rocky Mountain, Cube, the list goes on) decided to start offering mid-drive ebikes. They incorporated the motor into the lower frame keeping a lower center of gravity and improving the bike handling. The time delay between putting pressure on the pedals and the motor assisting had now disappeared and now provided the rider with instant electric assist. The rider doesn't need a throttle to get them going when starting on an incline.

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

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

With the increase in types of ebikes available, the age of the cyclists expanded to include riders in their teens to riders over 80 years old! People





# It's time to put you first

Our skilled and compassionate team is ready to help you settle into your new home. You will join a warm and caring community, full of friendly, kind and dedicated people.

## Glenmore Lodge

Community

325 Drysdale Blvd. Kelowna

Call **236-420-1717** to book a tour

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

## Lake Country Lodge

Community & Retirement Living

10163 Kanschuh Rd, Lake Country

Call **250-766-3007** to book a tour

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

[siennialiving.ca](http://siennialiving.ca)

# Stroke Recovery Association of BC

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

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

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

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

**Education:** learn practical and important information about stroke

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

See our listing under Support Groups in the Resources section

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



STROKE RECOVERY ASSOCIATION  
OF BRITISH COLUMBIA



## HELP CHANGE LIVES

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

Learn more at  
[diabetes.ca](http://diabetes.ca)

**DIABETES  
CANADA**



# John Rudy Health Resource Centre *Helping Caregivers*

One in four Canadian adults are caregivers for someone with long-term health issues, disabilities or needs related to aging.

**Do you or will you in the near future be providing assistance to a loved one?**

Yes!

Then we are here to help you be a healthier caregiver.

The John Rudy Health Resource Centre in Vernon, BC, helps caregivers every day by providing one-to-one supported navigation of health services, assistance with paperwork, and educational seminars and workshops. All of the services are free and no referral is needed. More than 80% of the people who access the resource centre are caregivers, even though many of them do not yet identify as a caregiver.

**How do I know if I am a caregiver?**

You might be a caregiver if you help a family member or close friend who has a long-term health condition, a disability or who has additional needs as they get older. You can be a caregiver at any age. You can be a caregiver for a short time, for example when someone is recovering after a medical procedure, or you can be a caregiver for decades.

**Do I have to be in a certain relationship to be considered a caregiver?**

You can be a caregiver no matter what relationship you are in with the person receiving care. You can be a caregiver to an adult child, to your spouse no matter your age, to your elderly parent or other family member. You can also be an unpaid caregiver to a close friend.

**But I'm just taking care of my spouse, my parent or adult child. Am I really a caregiver?**

It can often be difficult to see yourself as a caregiver when you are taking care of a loved one. But consider for a moment if you are doing above and beyond what others in your situation are doing. If you are, then you might be a caregiver.

Whether you are new to the caregiver role or you have been a caregiver for many years, we are here to help. You can access services in our office and plan to join us on May 6, 2025 for Care, Connect & Create: A caregiver symposium. The event is free and offers speakers and exhibitor booths with resources to help you take care of yourself and your loved one. There will also be an art display depicting caregivers and a display by caregivers of their creative works.

For more details as they become available see our website at [www.johnrudyhealth.ca](http://www.johnrudyhealth.ca) and follow us on [www.facebook.com/johnrudyhealth.ca](https://www.facebook.com/johnrudyhealth.ca)

**John Rudy Health Resource Centre • 250-938-8092  
#107, 3402-27th Avenue, Vernon, BC V1T 1S1**

**Care, Connect & Create:  
A caregiver symposium**

Save the Date  
**May 6, 2025**  
Vernon, B.C.

Do you provide support to a loved one? Check out this free one-day event:

- speakers
- booths with resources
- art display

For up-to-date information, go to [www.johnrudyhealth.ca](http://www.johnrudyhealth.ca) or call 250-938-8092



# Health

## Medical Organizations & Services

### Advance Care Planning: My Voice

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

### ALS Society of British Columbia

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

### 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
  - **250.833.4102** Salmon Arm M-F 8am-4:30pm

### Alzheimer Society of BC

Provides information, support, education for caregivers, people living with dementia  
<https://alzheimer.ca/bc/en>  
Alzheimer Resource Centre  
**307-1664 Richter Street, Kelowna**  
Serving Armstrong, Coldstream, Enderby, Lake Country, Lumby, Oyama, Salmon

Arm, Sicamous, Sorrento, Vernon

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

**250.860.0305**

**1.800.634.3399**

**1.800.936.6033** First Link Dementia Helpline - Monday to Friday 9am-8pm

### Arthritis Society

Committed to excellence and leadership in research, care, education and advocacy for persons with arthritis <https://arthritis.ca>  
**1.866.714.5550** Vancouver  
**1.800.321.1433** Arthritis Answers Line

### BC Brain Injury Association

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

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

Centre of cancer research, education, prevention, diagnosis and treatment  
**399 Royal Avenue, Kelowna V1Y 5L3**  
<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  
[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

<https://bcepilepsy.com>

**604.875.6704** Vancouver

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

<https://esebc.org>

**32868 Ventura Avenue, Abbotsford**

**604.853.7399** Mon-Thur 9am-4pm

**BC Lung Foundation**

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

<https://www.lung.ca>

**1.800.665.5864**

**BC Lupus Society**

Dedicated to conquering one of the most unpredictable, devastating diseases; giving caring support to those who suffer from its brutal impact. Anyone can get

lupus and there is no cure

<https://www.bclupus.org>

**1.886.585.8787**

**BC Seniors' Guide**

Compilation of information & resources to help us all plan for and live healthy lifestyles as we age. Info on federal & provincial programs with sections on benefits, health, housing, transportation, finances, safety & security. You can download/print, read online, order a hard copy. To order a free copy, contact the Office of the Seniors Advocate. Available in Chinese, English, Farsi, French, Korean, Hindi, Punjabi, Tagalog, and Vietnamese

<https://www.gov.bc.ca/> Seniors' Guide

**1.877.952.3181**

**BrainTrust Canada**

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

<https://braintrustcanada.com>

**100-215 Lawrence Avenue, Kelowna**

**250.762.3233**

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- Relines and repairs



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# Braces for Arthritic Knee Pain

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

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



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

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

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

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



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



Knee OA with bracing (space created between bones)

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

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

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

Submitted by Okaped Inc.  
[www.okaped.com](http://www.okaped.com)





## Orthotic and Bracing Specialists since 1997

### How our Pedorthists can help you

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



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

Our **Vernon** clinic is located at 101-3605 31 Street with locations also in

**West Kelowna, Kelowna and Penticton.**

### Canadian Cancer Society

Information, resources, support for cancer patients and their families

<https://cancer.ca>

- **Interior Regional Office**  
330 Strathcona Avenue  
250.712.2203
- **Southern Interior Rotary Lodge**  
A home away from home facility for cancer patients while accessing treatment at the Kelowna Cancer Centre
- **Prostate Cancer**  
Help individuals, families understand, cope with prostate cancer, provide up-to-date medical info. and individual support.  
<https://cancer.ca/en/about-us/prostate-cancer>  
1.888.939.3333 Need help now? Call.  
1.866.786.3934 TTY Mon-Fri  
See Listing in Support Groups

### Canadian Celiac Association

For more info about celiac disease, gluten sensitivity, dermatitis herpetiformis, and living gluten free, contact us

<https://bcceliac.ca>

1.877.736.2240 Toll Free in BC

### Canadian Institute for Health Information (CIHI)

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

<https://www.cihi.ca>

250.220.4100 Victoria

### Canadian Liver Foundation

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

<https://www.liver.ca>

1.800.856.7266 Vancouver

### 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 or 988 Crisis Line 24/7
- **433 Hudson Avenue NE, Salmon Arm**  
<https://shuswap-revelstoke.cmha.bc.ca>  
250.832.8477
- **3100 28 Avenue, Vernon**  
<https://bc.cmha.ca/branches/cmha-vernon/>  
250.542.3114 Mon-Fri 8am-4pm  
1.888.353.2273 Interior Crisis Line 24/7  
9-8-8 Suicide Crisis Line 24/7. Dial/Text

### CNIB Foundation

Changing what is to be blind or partially sighted through innovative programs and powerful advocacy that help those impacted by blindness to live the lives they choose by networking with service providers, donors, volunteers, families and friends

<https://www.cnib.ca>

106-460 Doyle Avenue, Kelowna  
250.763.1191 ext. 6180  
1.800.563.2642 Helpline

### Cerebral Palsy Association of BC

Committed to making a *Life Without Limits* for people with Cerebral Palsy, other disabilities

<https://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

## COME JOIN THE FUN!

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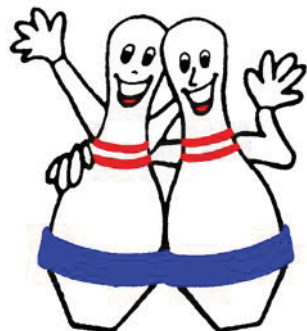
To register or for more information call:

### Lincoln Lanes

3510 25 Avenue, Vernon

250-542-9837

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



<https://www.communitydentalaccess.ca>  
**3107C 31 Avenue, Vernon**  
**778.475.7779** Mon-Fri 8am-4pm

### Community Mental Health & Substance Use Services

Self Referral counselling for Mental Health & Substance Use

**310-6478** Call if you need support  
**1.866.585.0445** Wellness Together Canada  
**1.877.485.5025** Moving Forward Family Services

### Crohn's & Colitis Canada

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

**1.800.513.8202**

- **MyGut** is a free, easy-to-use app that enables you to track, understand and manage your journey with Crohn's disease or ulcerative colitis

<https://crohnsandcolitis.ca/Support-for-You/MyGut>

### Diabetes Canada

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

**1.800.226.8464** Info Line M-F 9-5  
 See our ad on page 44

### Denturist Association of BC

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

### Dietitian Services

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

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

**Dial 7-1-1** TTY

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**HealthLink BC**

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

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

**Healthy Eating for Seniors Handbook**

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

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

**Heart & Stroke Foundation**

Promotes health through research, education, services and advocacy  
<https://www.heartandstroke.ca>  
**1.888.473.4636** Mon-Fri 8:30am-5pm  
 See our FAST ad on page 25

**Kidney Foundation of Canada BC**

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

**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)  
<https://www.kidneycommunitykitchen.ca>

**Medic Alert Foundation**

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

**1.800.668.1507**

**Medical Services Plan of BC**

Together with PharmaCare, provides

medical & drug coverage to all eligible British Columbians; online services...  
<https://www2.gov.bc.ca> > click on 'MSP'  
**1.800.663.7100**

**MS Society of Canada**

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

**Muscular Dystrophy Canada**

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

**Osteoporosis Canada**

At least 1 in 3 woman and 1 in 5 men will suffer from an osteoporotic fracture during their lifetime. Disease is often undiagnosed  
<https://osteoporosis.ca>  
**1.800.463.6842** Information Line

**Pacific Blue Cross**

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

**PharmaCare**

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

**Spinal Cord Injury BC**

We help people with spinal cord injuries adjust, adapt, and thrive. We are the best information on living well with a spinal cord injury in BC  
<https://sci-bc.ca>  
**1.800.689.2477** BC InfoLine M-F 9-5  
**250.616.1186** Bert Abbott, Okanagan Peer Mentor Manager [babbott@sci.bc.ca](mailto:babbott@sci.bc.ca)



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(250) 765-7740 • [kelowna@motioncares.ca](mailto:kelowna@motioncares.ca)

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

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

[motioncares.ca](https://www.motioncares.ca)

**Vision Loss Rehabilitation Canada**

Provides rehabilitation therapy and health-care services for those with vision loss

<https://visionlossrehab.ca>

- **190-546 St. Paul Street, Kamloops**  
1.844.887.8572 M-F 8:30-4:30 by appt.
- **302-546 Leon Avenue**  
Kelowna  
1.844.887.8572 M-F 8:30-4:30 by appt.

**Dental Services****Abby Dental**

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**250.542.1404**

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<https://vernondentureclinic.com>

**2910 31 Avenue, Vernon**

**250.542.9117**

**1.877.539.1972**

*See our ad on page 47*

**Home Care Services****Qualicare Home Care**

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Vernon, Kelowna

**3315 Coldstream Avenue, Vernon**

<https://qualicare.com>

*See our ad and article on page 57*

**The Silver Citizen**

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<https://thesilvercitizen.ca>

**250.545.7983**

*See our ad and article on page 27*

**Hearing Clinics****HearingLife**

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Okanagan Shuswap <https://hearinglife.ca>

*See our ad on page 51*

**Rockwell Audiology**

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<https://www.rockwellaudiology.ca>

**204-3334 30 Avenue, Vernon**

**250.545.2226**

*See our article and ad on page 55*

**Pardon Me Hearing**

The Hearing Aid Store

<https://pardonme.ca>

**235-2306 Hwy. 6, Vernon 778.475.4327**

**Piccadilly Mall, Sal. Arm 778.489.2220**

*See our ad on page 59*



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Website: [www.bluetooth.com/auracast/](http://www.bluetooth.com/auracast/)  
Video: [player.vimeo.com/video/764020652](https://player.vimeo.com/video/764020652)

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

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**250.542.0677** Discovery Plaza

See our ad on page 53

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**101-3605 31 Street, Vernon**

**250.260.1868**

See our article on pg. 48, ad on pg. 49

## Pharmacies

### Askew's Pharmacy & Wellness Centre

<https://www.askewfoods.com/uptown-sa>

**2701 11 Avenue NE, Salmon Arm**

**250.832.7655** Pharmacy

**250.832.7622 ext 316** Wellness Centre

See our ad on page 5

### IDA - Munro Pharmacy Group

Seven locations to serve you in Lake Country and North Okanagan Shuswap

<https://www.teamrx.net>

See our ad on this page

### Jamie's Pharmacy

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<https://www.jamiespharmacy.ca>

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See our ad on Inside Back Cover

## Health Facilities

### Interior Health

<https://www.interiorhealth.ca>

#### • Crisis Line

**1.888.353.2273** available 24/7

#### • Interior Crisis Chat Service

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

#### • Adult Abuse & Neglect Reporting Line

Learn about the signs of adult abuse and how to get help when it has occurred

<https://www.interiorhealth.ca/information-for/seniors/adult-abuse-and-neglect>

**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**

email: [PCQO@interiorhealth.ca](mailto:PCQO@interiorhealth.ca)

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



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- Enderby
- Salmon Arm
- Armstrong
- Sicamous
- Sorrento



# Safety in the Home for Seniors

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



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

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

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

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

know very well the dangers to look for.

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

## Qualicare Home Care

Call for information on what we can do for you.

[www.qualicare.com/vernon-kelowna-bc](http://www.qualicare.com/vernon-kelowna-bc)

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**Janette Aldermaine**

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[www.qualicare.com/vernon-kelowna-bc](http://www.qualicare.com/vernon-kelowna-bc)

3315 Coldstream Ave., Vernon, BC V1T 2C8



**Talk to a Care Expert (250) 293-0773**

**Chase Primary Health Care Clinic**  
825 Thompson Avenue 250.679.1400

**Enderby Community Health Centre**  
707 3 Avenue, Enderby 250.838.2450

**Lumby Health Centre**  
Lab services Tue 7:30-11:30am by appointment, X-ray services, Foot Care Clinics Lumby, Cherryville  
2135 Norris Avenue, Lumby  
250.547.9741 Mon-Fri 9am-4pm  
• Concept Physiotherapy & Massage  
<https://conceptphysiotherapy.janeapp.com>  
250.260.1550 book appointment

**Pleasant Valley Health Centre**  
Home Health Services, Lab, Health Unit  
3800 Patten Drive, Armstrong  
250.546.4700 M-Th 8-3, Fri 8am-1pm

**Shuswap Home & Community Care**  
B-2770 10 Avenue NE, Salmon Arm  
250.832.6643 Mon-Fri 8am-4pm  
• **Harmony Haven Adult Day Program**  
Respite for CareGivers, social, physical, emotional wellness for clients  
2-2770 10 Avenue NE, Salmon Arm  
250.803.4525 Entrance, Parking at rear

**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. Online calendar, call for appt.  
Lab services by appt. Wed & Fri 8am-noon

**Vernon Community Care Services**  
Range of services includes home-based services such as assessment, case management, nursing, rehabilitation, home support and palliative care  
4505 25 Street, Vernon  
250.541.2200

**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 Centre**  
Provides non-emergency health concerns - same day care for minor injuries, sprains, strains, infections, high fever, asthma attacks, cuts, wounds, skin conditions Urgent, same day care. **Requires an appointment - call ahead...9:30am-8pm**  
3105 28 Avenue, Vernon  
250.541.1097 Mon-Sun 9:30am-8:30pm

### Hospitals

- **Shuswap Lake General Hospital**  
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601 10 Street NE, Salmon Arm  
250.833.3600
- **Vernon Jubilee Hospital**  
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## Walk In Clinics

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

### Lake Country

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

### Salmon Arm

- **Mount Ida Medical Centre**  
Mon-Thur 9am-5pm, Fri 9am-1pm  
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 Ave NE  
250.832.6092

### Vernon

- **Dr. Morgan Campbell Walk-in Clinic**  
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**Salmon Arm 778-489-2220**  
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**Vernon 778-475-4327**  
235 - 2306 Highway 6, Vernon

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# Professional

## Consumer

### Better Business Bureau

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<https://www.bbb.org>

**500-1190 Melville St., Vancouver V6E 3W1**

**604.682.2711** Mon-Fri 9am-4pm

### Canadian Anti-Fraud Centre

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

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

**1.888.495.8501** Mon-Fri 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

<https://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. M-F 8:30am-4:30

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

**1.866.580.3625** **1.888.362.5889** TTY

### Scams & Fraud

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

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

## Financial

### BC Assessment Authority

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

<https://www.bcassessment.ca>

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

• **805 Renfrew Avenue, Kamloops**

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

### BC Securities Commission

Useful information to be an informed investor: know yourself, your advisor, your investment, and the warning signs of investment fraud

<https://www.investright.org>

**1.800.373.6393**

### Credit Counselling Society

Free credit counselling, solve debt problems, manage money better, use credit responsibly <https://nomoredebts.org>

**375-1855 Kirschner Road, Kelowna**

**250.860.3000**

**1.888.527.8999**

### SASCU Financial Group

Your Lifelong Financial Partner

<https://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

**The Mortgage Centre**

Think Outside Your Bank

[grant@grantpowell.ca](mailto:grant@grantpowell.ca)**250.486.2959** Grant Powell

See our article and ad on page 26

**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  
<https://www.icbc.com/insurance/costs/Discounts-and-savings>

**HUB International Insurance Brokers**

Buy your Personal Insurance with CHOICE. Five locations to serve you in the North Okanagan Shuswap  
<https://www.hubinternational.com>  
 See our ad on page 22

**Johnston Meier Insurance Agencies**

Get to Know Us! Customer Service, First & Foremost. Three locations to serve you in the North Okanagan Shuswap  
<https://jmins.com>  
 See our ad on this page

**Legal****Access Pro Bono Society of BC**

To advance access to justice by developing, facilitating opportunities for the

effective provision of high-quality pro bono legal services to people and non-profit organizations of limited means  
<https://www.accessprobono.ca>  
**1.877.762.6664** M-F 9:30-12:30, 1:30-4:30

**Canadian Bar Association, The**

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

**Clicklaw**

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

**Community Legal Assistance Society**

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

**Dial-a-Law**

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



**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!

### Lawyer Referral Service

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

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

**604.687.3221** Mon-Fri 8:30am-4:30pm

### Legal Services Society

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

<https://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**  
**250.545.3666** Mon & Wed 8:30am-3pm,  
Thurs Noon-3pm
- **3001 27 Street** (Vernon Courthouse)  
Thur & Friday 8:30am-11:30am
- **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://family.legalaid.bc.ca/call/family-lawline>  
**1.866.577.2525**

### People's Law School

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

Q&A on website

<https://www.peopleslawschool.ca>

**604.331.5400** Vancouver

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

### Public Guardian and Trustee of BC

Unique statutory role to protect the interests of those who lack legal capacity

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

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

**1345 St. Paul Street, Kelowna**

**250.712.7576** Interior-North Region 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 & emotional abuse. Advocate for legal & social justice for those 55+. SAIL is a safe place for older adults, those who care about them

<https://seniorsfirstbc.ca>

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

## Policing

### 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/CMHA 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 website to submit an anonymous tip. Reward of up to \$2,000 based on the extent of information received and the results obtained

<https://www.nokscrimestoppers.com>

**1.800.222.8477** Tips Line

### Royal Canadian Mounted Police

<https://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
- 3231 Berry Road, Lake Country  
250.766.2288
- 2208 Shuswap Avenue, Lumby  
250.547.2151
- 1980 11 Avenue NE, Salmon Arm  
250.832.6044
- 1125 Paradise Avenue, Sicamous  
250.836.2878
- 3402 30 Street, Vernon  
250.545.7171

**Lake Country Community Policing**  
Citizens Patrol, Speed Watch, Child I.D.,  
Auto Crime. Volunteers welcomed.

<https://www.lakecountry.bc.ca/en/living-in-our-community/police.aspx>

**3231 Berry Road (RCMP)** M-F 8am-4pm  
**250.765.5400**

**Police Based Victim Services**

For adult victims of crime including family members and witnesses.

- Vernon, Armstrong, Enderby, Lumby, Falkland  
**250.260.7171**

**RCMP Victim Services**

- **Salmon Arm, Sicamous**

<https://www.salmonarm.ca/200/victim-services>

**250.832.4453**

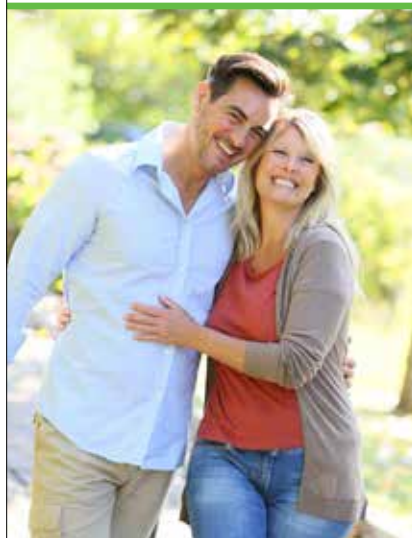
- **Chase RCMP Victim Services**

**250.679.8638**

**Salmon Arm Citizens Patrol**

City-wide vehicle and foot patrols from 7am to late evening hours, members choose their shifts. Also radar-based Speed Watch, Lock-out Auto Crime activities in public parking lots and community events. *continued...*

# 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



autoplan

### ■ WEALTH MANAGEMENT

Investing, Estate Planning and Life Insurance

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

New members welcome. Find us on Facebook and...  
<http://www.salmonarmcitizenspatrol.ca>  
 c/o RCMP Detachment  
**1980 11 Street NE, Salmon Arm**  
**250.832.5046** Paula Weir, 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 victims of sexual or domestic violence  
 Vernon Courthouse, Suite 210  
**3001 27 Avenue, Vernon**  
**250.542.3322** M-F 8:30am-4:30pm

**250.542.1122** Archway Society for Domestic Peace.  
 See article on page 65

- **Community-Based Victim Assistance**  
 Shuswap Area Family Emergency (SAFE) Society  
<https://safesociety.ca>  
**250.832.9616** 24/7 Salmon Arm
  - Salmon Arm Women's Shelter  
**250.832.9616** Crisis Line 24/7

**STAYING SAFE**  
 Speak With Someone

*If you fear for your or your loved ones' safety, and you are in immediate danger, call 911 immediately.*

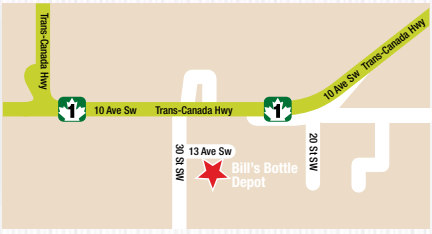
# Bill's Bottle Depot



**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



# 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

### Canadian Wildlife Museum

Over 220 scenes of wildlife in action, 350 mounted wildlife specimens including 120 Canadian birds of prey, 115 different Canadian species. Check website for summer hours, special tours available. Master Taxidermist Ken Schultz. Follow us on Facebook and Instagram

<https://canadianwildlifemuseum.com>  
**7774 Pleasant Valley Road, Vernon**  
**250.545.9740** Seniors discount  
*See our article and ad on page 24*

### Caravan Farm Theatre

Professional outdoor theatre company on an 80 acre farm 11 km. NW of Armstrong  
<https://caravanfarmtheatre.com>

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

### Chase & District Museum & Archives

Gift shop and art gallery  
<https://www.chasemuseum.com>

**1042 Shuswap Avenue**  
**250.679.8847**

### Friends of Fintry Provincial Park Society

Research, restoration of buildings and grounds, building archives, fund raising. Large campground, boat launch  
<https://fintry.ca> **250.542.4031**

### Historic O'Keefe Ranch

Est. 1867, historic site and museum, open May-Oct, Dec-Sat/Sun. Tours, exhibitions, unique displays. Seniors discount

<https://www.okeeferanch.ca>

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

### Lake Country Museum and Archives

Presenting our Past. Illuminating our Future

<https://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 Kalamalka Lake  
<https://www.mackiehouse.ca>

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

### Museum and Archives of Vernon

Connect with the culture & heritage of the North Okanagan through a variety of exhibits, engaging programs, eclectic events. Experience the past through re-created streetscape, learn more about Indigenous Sylix People, explore downtown Vernon on a mural tour, or delve the extensive archives. For more info, visit...

<https://vernonmuseum.ca>  
**3009 32 Avenue, Vernon 250.550.3140**

### North Okanagan Community Concert Assn.

Home of classical music in the North Okanagan. Full concert 2024-2025 series at Performing Arts Centre. Tickets at \$150 for all 5 concerts, \$40 single tickets  
<https://www.ticket seller.ca> See website for performances, dates  
<https://nocca.ca>

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

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

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



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

the OSO Chorus, will create a fitting holiday celebration. If you are interested in adding your voice to the OSO Chorus, check out [okanagansymphony.com/oso-chorus/](http://okanagansymphony.com/oso-chorus/)

We love to share the power of live orchestral music – music that will move, thrill and inspire you – and in the beautifully appointed and acoustically rich Vernon & District Performing Arts Centre, you truly will See It, Hear It, Love It! Experience your Okanagan Symphony Orchestra! Visit [okanagansymphony.com](http://okanagansymphony.com).

**65**  
OSO  
OKANAGAN SYMPHONY ORCHESTRA  
2024-2025

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

SEASON SPONSOR  
**PEAK CELLARS**

**MAINSTAGE SERIES**

Sunday, Oct 20, 2024 | 2:00pm  
**HOLST & MOZART**  
DAVID FUNG PIANO

Sunday, Nov 17, 2024 | 2:00pm  
**BEETHOVEN & SAINT-SAËNS**  
RACHEL MERCER CELLO

Sunday, Feb 9, 2025 | 2:00pm  
**RACHMANINOFF & GLAZUNOV**  
ALLEN HARRINGTON SAXOPHONE

Sunday, Apr 6, 2025 | 2:00pm  
**MENDELSSOHN & CHOPIN**  
JANINA FIALKOWSKA PIANO

**CELEBRATION SERIES**

Sunday, Dec 22, 2024 | 2:00pm  
**MESSIAH**

SEE IT... HEAR IT... LOVE IT...  
[okanagansymphony.com](http://okanagansymphony.com)



All performances at the VERNON & DISTRICT PERFORMING ARTS CENTRE  
Tickets at [TICKETSSELLER.CA](http://TICKETSSELLER.CA)

**Okanagan Symphony Orchestra**

Concert events in Vernon, Kelowna, Penticton. See website for 2024-25 performances, locations, dates

<https://okanagansymphony.com>

**250.763.7544**

**250.549.7469** Vernon Ticket Seller

See our ad and article on page 67

**Powerhouse Theatre**

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

<https://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

<https://www.salmonarmmuseum.org>

**751 Highway 97B NE**

**Salmon Arm**

**250.832.5243**

See our ad and article on page 15

**Salmon Arm Arts Centre**

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

<https://www.salmonarmartscentre.ca>

**70 Hudson Avenue NE, Salmon Arm**

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

**Shuswap Theatre**

Entertaining the Shuswap since 1977

<https://shuswaptheatre.com>

See online Calendar of Events

**41 Hudson Avenue NW, Salmon Arm**

**250.832.9283**

**Vernon & District Performing Arts Centre**

Premier entertainment venue

<https://vdpac.ca>

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

**3800 33 Street, Vernon**

**250.542.9355**

• Ticket Sales & Inquiries (Box Office)

<https://www.ticket seller.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

<https://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

<https://acno.ca>

**Vernon Public Art Gallery**

Quality exhibitions and programming, special events, and community building.

Join us in our mission to provide art education for all! Drop by the gallery today.

<https://vernonpublicartgallery.com>

**3228 31 Avenue**

**250.545.3173**

See our ad on page 69

**Western Canada Theatre**

Kamloops' own, producing high-quality, professional theatre <https://www.wctlive.ca>

**330 St. Paul Street** (Kelson Hall)

**250.374.5483** Kamloops Live Box Office

**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 <https://abnc.ca>

**250 Allan Brooks Way, Vernon**

**250.260.4227** April-October

**BC Fishing Licences**

Basic annual licence for 65+ \$5.50

Basic annual licence for disabled \$1.10

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

Freshwater Fishing. See licensed vendors

**BC Parks**

As of January 2023, service moved to a 4-month rolling booking window for frontcountry & backcountry reservations. 65+ BC residents senior camping discounts from day after Labour Day to

June 14 of following year for frontcountry campsites <https://bcparks.ca>  
<https://camping.bcparks.ca>

**1.800.689.9025** Call Centre, 7am-7pm

**• Campsite Fees for Seniors**

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

**BC Seniors Games Society**

**55+ BC Games** are one way to help those 55+ enrich their lives, get active, keep fit. Although competition is an important aspect, active participation in sport, recreation and culture is the goal. See website for Zone 5 & 8 contacts. Games in Nanaimo Sept. 9-13, 2025  
<https://55plusbcgames.org>  
**778.426.2940**

**Davison Orchards Country Village**

Destination for farm food and family fun. Open every day May 1 to October 31  
<https://www.davisonorchards.ca>  
<https://www.facebook.com/davisonorchards>  
**3111 Davison Road, Vernon**  
**250.549.3266**

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

<https://bcfarmersmarket.org>

**All-Organic Farmers' Market-Salmon Arm**

Wednesday 2:00-5 pm May-Oct 25th. Check website for Winter Market dates Uptown Askew's, Salmon Arm  
<http://www.wildflightfarm.ca>  
**250.838.7447** Wild Flight Farm

**Armstrong Farmers' Market**

Fresh local produce, local meats, cheeses, honey, preserves, handcrafts, baked goods, home & garden decor, plants... Sat 8:30-12:30, late April to Thanksgiving IPE Grounds, **3375 Pleasant Valley Road**  
<https://www.armstrongfarmersmarket.ca>

**Celista Hall Farmer's Market**

Wed 9am-1pm June 26-Sept 11. Local produce, handicrafts. Celista Hall grounds **5456 Squilax-Anglement Road**  
[celistahallfarmersmarket@gmail.com](mailto:celistahallfarmersmarket@gmail.com)  
[www.Facebook.com/CelistaHallFarmersMarket](http://www.Facebook.com/CelistaHallFarmersMarket)

**Chase Farm & Craft Market**

Fridays 10am-2pm May 17 to October 11 **200 Shuswap Avenue** (next to RCMP)  
[Facebook.com/chasefarmandcraftmarket](https://www.Facebook.com/chasefarmandcraftmarket)

**Enderby Farmers Market**

Fridays - 9am-1pm, April 12-November 15 Cliff Ave. downtown. Winter Market on Fridays in the Splatstin Community Centre  
[www.Facebook.com/EnderbyFarmersMarket](http://www.Facebook.com/EnderbyFarmersMarket)  
<https://www.enderbyfarmersmarket.com>

**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  
<https://demillesfarmmarket.com>  
**3710 10 Avenue SW, Salmon Arm**  
**250.832.7550**  
 See our ad on Outside Back Cover

**VERNON PUBLIC ART GALLERY**  
**VPAG**

**BECOME A MEMBER:**  
 Benefits include discounts, members-only events, AGM voting privileges

**JOIN US FOR:**  
 Rotating exhibitions every six weeks  
 Events including Opening Receptions and Artist Talks

**MORE INFORMATION:**  
 Call us at 250-545-3173 or visit our website:  
[www.vernonpublicartgallery.com](http://www.vernonpublicartgallery.com)

**Lake Country Farmers Market**

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

**Lumby Public Market** - Every Saturday

May to Sept. 9am-1pm, Oval Park  
**1811 Glencaird Street**  
<https://www.LumbyandDistrictPublicMarket.com>

**Salmon Arm Downtown Farmers' Market**

Local food, artisans, entertainment  
Saturdays 9am-1pm, **Ross Street Plaza**  
<https://shuswapfood.ca/farmersmarket>  
**250.804.5348** Shuswap Food Action

**Scotch Creek Farm & Craft Market**

Sunday-June 23-Sept 1. 9:30am 1:30pm.  
Local produce, handicrafts. Facebook  
[scotchcreekfarmersmarket@gmail.com](mailto:scotchcreekfarmersmarket@gmail.com)  
Moved to Shuswap Lake Provincial Park  
**4120 Squilax-Anglement Road**

**Sorrento Village Farmers' Market**

May 4 to Aug 31 Sat. 8am-noon  
Effective Sept 7 to Oct 12 Sat. 9am-noon  
Sorrento Shopping Plaza  
<https://sorrentofarmersmarket.ca>  
**250.515.1265** Denise - Summer Only

**Vernon Farmers' Market**

April thru Oct., Mon & Thur 8am-1pm  
Kal Tire Place parking lot  
<https://vernonfarmersmarket.ca>  
**3445 43 Avenue**  
**250.351.5188**

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

Year round walking in upper concourse,  
(4 laps = 1 km). Skating schedule.  
Discount pricing for those 65+  
<https://www.vernon.ca/parks-recreation/recreation-facilities/kal-tire-place>  
**3445 43 Avenue, Vernon**  
**250.550.7665** Info and Schedule  
**250.545.6035** Greater Vernon Recreation  
Mon-Fri 6:30am-9pm, Sat 9-7, Sun 8-7

**Kingfisher Interpretive Centre**

Volunteer driven community based salmon hatchery, environmental interpretive centre  
<https://www.kingfishercentre.org>  
**2550 Mabel Lake Road, Enderby**  
**250.838.0004**

**North Okanagan Shuswap Barn Quilt Trail**

Explore BC's first! Painted quilt block squares on local businesses and homes  
Armstrong Spallumcheen Chamber of Commerce. See map on website  
<https://www.aschamber.com>  
**250.546.8155** Mon-Fri 10am-3pm

**Okanagan Science Centre**

We want to make science fun for everyone  
55+ discount. Open Tue-Sun 10am-5pm  
<https://okscience.ca>  
**2704 Highway 6, Vernon** **250.545.3644**

**Planet Bee**

Honey Farm & Meadery, Tours 'n Tasting  
<https://planetbee.com>  
**5011 Bella Vista Road, Vernon**  
**250.542.8088**

**RV Owners Lifestyle Seminar**

An annual event at Okanagan College Kelowna Campus, Opportunity for new, or seasoned wannabe RV owners to gain valuable knowledge on RV operations, safety and maintenance. Check website for 2025 Seminar dates  
<https://rvda.bc.ca/events-and-shows>  
**778.574.4522** MJ Higgins - RVDA

**Salmon Arm Curling Centre**

Curling supplies, lounge, leagues  
Adult Learn to Curl program  
<https://salmonarmcurling.com>  
**751 28 Street NE** **250.832.8700**

**Salmon Arm Silverbacks**

Junior 'A' Hockey, senior pricing  
<https://www.sasilverbacks.com>  
Shaw Centre (south entrance)  
**2600 10 Avenue NE** **250.832.3856**

**SilverStar Mountain Resort**

Skiing, world class bike park, hiking trails  
<https://www.skisilverstar.com>  
**250.558.6083**

**Sparkling Hill Resort**

Health & Wellness Resort. Embrace your inner youth with a new level of wellness

<https://www.sparklinghill.com>

**888 Sparkling Place, Vernon**

**250.275.1556**

**1.877.275.1556**

*See our article and ad on page 11*

**Sovereign Lake Nordic Centre**

World class cross-country skiing, snow report on website, adult programs

<https://www.sovereignlake.com>

**250.558.3036**

**Star Country Squares**

Join us for Fun, Fitness & Friendship. For singles, couples. Thurs 7-9 pm. Check us out on Facebook. Discover Social Square Dancing. No experience necessary

Vernon Rec. Centre (Halina Activity Room)

**250.540.9877** call or text Roxy

[Dancing4theFun@gmail.com](mailto:Dancing4theFun@gmail.com)

**Tourism Vernon**

Contact us for trip ideas, events, places to eat and more to enjoy your time at the Trails Capital of BC. Monday to Friday 8:30am-4:30pm by phone or email

[info@tourismvernon.com](mailto:info@tourismvernon.com)

<https://www.tourismvernon.com>

**250.542.1415**

**1.800.665.0795**

*See our article & ad on pages 8, 9*

**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

<https://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

<https://www.vernonoutdoorsclub.org>

**Vernon Vipers**

Junior 'A' Hockey Club

<https://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.

<https://www.bcferries.com>

**1.888.223.3779** Reservations

Mon-Fri 7am-10pm, Sat/Sun 7am-7pm

**Friendship Force International**

Provides opportunities to explore new countries and cultures through home hospitality, local hosts. Experience different views. Discover common ground

<https://friendshipforce.org>

**Kelowna International Airport (YLW)**

Contact airlines directly for flight reservations and questions.

Airport services information is available at

<https://ylw.kelowna.ca>

**250.807.4300** Airport Administration

**250.765.5612** Valet Parking

**National Geographic Expeditions**

Worldwide travel - with boundless chances to be surrounded by natural wonders and exotic wildlife. Trips that match your interest - whether you are a foodie, hiker, birder or archaeology buff.

<https://www.nationalgeographic.com/expeditions>

**1.888.966.8687**

**Road Scholar**

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

<https://www.roadscholar.org>

**1.800.454.5768** M-F 6am-3:30pm PT

**Senior Discovery Tours**

Amazing Adventures for travellers 55+

<https://seniordiscoverytours.ca>

**1.800.268.3492**

*See our ad on page 73*

**Super, Natural British Columbia**

Places to go, things to do, trip ideas, transportation and maps, accommodation, travel deals. Key travel information, accessibility <https://www.hellobc.com>

**Traveller Information System**

Road and weather conditions, webcams, plan your route, mobile traveller info, prepare for driving, more...

<https://www.drivebc.ca>

**1.800.550.4997** BC Highways Conditions

**Worldwide Quest**

Experiential travel since 1970  
Expert-led small group tours in nature, culture and the arts

<https://www.worldwidequest.com>

**1.800.387.1483** M-F 6am-2pm

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

Activities for 50+ include dance, carpet bowling, snooker/pool. Income Tax returns for low income seniors. Volunteer Driver program. Hall rental.

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

**2520 Patterson Street 250.546.1118**

**Canoe Senior Citizens Association**

Coffee - 8am-9:30am Mon & Fri., Bingo Monday noon, Crib Fridays 1pm, Yoga, Pancake breakfast 3rd Sat of the month

**7330 49 Street NE, Canoe**

**250.832.8215**

**Cedar Heights Community Association**

Inclusive place for people to be active, socialize, make friends. Hosting social events, sports, recreation to advance well-being of residents in South Shuwap

<https://www.cedarheightscommunity.ca>

**2316 Lakeview Drive, Sorrento**

**250.675.2012**

**Chase Creekside Seniors**

Canasta, Carpet Bowling, Gals Exercise, Crib, Snooker, Wood Carving, Wist, Wednesday Night Jam sessions. WiFi

Chase Seniors Centre

**542 Shuswap Avenue 250.679.8522**

**Enderby & District Senior Citizens**

Bingo, Bridge, Crib, Tai Chi, Fun'nFitness, Pool, Seniors Buffet Wed 11:30 - Sept-June

**1101 George Street, Enderby**

**250.838.7541** Seniors Centre

**250.838.6755** Sue

**Falkland Seniors Branch 95**

Social activities, monthly potluck luncheons, bake sales. Wellness program. Hall rental with kitchen \$50

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

**5706 Highway 97, Falkland**

**250.309.6556** Shirley

**Fifth Avenue 50PLUS Activity Centre**

Bingo Fridays - doors open at 5, games begin at 6:30, Billiards, Book club, Bridge (duplicate & social), Canasta, Chair Yoga, Crib, Curling, Friends & Fitness, Line & Square Dancing, Painters, Sing Along, Table Tennis, Tai Chi, Texas Hold'em, Wood Carvers, Ukelele. 5th Ave Cafe - hot lunch Sept-June, Pancake Breakfasts.

Hall Rentals - hearing loop technology

<https://5thaveseniors.org>

**170 5 Avenue SE, Salmon Arm**

**250.832.1065** Mon-Fri 9am-4pm

Summer Hours Tue, Wed, Thur 10am-2pm

**Halina Activity Centre**

An evolving 50+ activity centre, offering an ever-growing list of activities - Bingo, Crib, Snooker, Billiards, Canasta, Crafts, Carpet Bowling, Dancing to live music, Pattern Dancing, Darts, Mahjong, Tai Chi, Floor Curling, Square Dancing. Cafe Centre. Hall Rentals

<https://www.halinacentre.com>

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

**3310 37 Ave., Vernon 250.542.2877**

See our ad & article on pages 16, 17

**Lake Country Seniors' Activity Centre**

Cribbage Tournaments, Sewing, Tai Chi, Fitness Class, Power Yoga, Art Groups, Euchre/Hearts, Bridge, Quilting, Scrabble, Mahjong. Tuesday Lunch \$9 members, \$12 non-members, Frozen meals \$7

[lakecountryseniorscentre@gmail.com](mailto:lakecountryseniorscentre@gmail.com)

**9830B Bottom Wood Lake Road**

**250.766.4220**



**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 safe haven

<https://www.lakeviewcommunitycentresociety.com>

**7703 Squilax-Anglemont Road**

**Anglemont**

**250.682.6235** Jim

**778.765.1506** Tony

**SASCU Recreation Society**

Aquatic centre, fitness room, badminton, gym/auditorium, meeting rooms, Squash, Pickleball, racquetball courts, table tennis.

See website for seasonal Fun Guide

<https://www.salmonarmrecreation.ca>

**2600 10 Avenue NE, Salmon Arm**

**250.832.4044**

**• Shaw Centre**

Public skating/adult shinny/learn to skate. Arena walking loop. See website for details programs, adult skating. Hucul Pond

**2600 10 Avenue NE 250.832.4044**

**Schubert Centre**

The Heart Beat of Our Community.

Health & Wellness Drop-In, Scrabble, Art Group, Keep Fit Exercises, Quilting, Line Dancing, Sing for Your Life, crib, canasta, floor curling, crafts, Yoga, Chair Yoga.

Hall rental, Bus Tours, Catering, Coffee Shop, Thrift Store. Meals on Wheels

<https://schubertcentre.com>

**3505-30 Avenue, Vernon 250.549.4201**

*See our ad & article on pages 18, 19*

**Sicamous & District Senior's Centre**

Activities and opportunities to have fun and socialize - with nutritious meals! Open to all ages. Activities include drop-in chair aerobics, Wii bowling or golf, darts, table tennis. Hall rental available (seating for up to 150), handicap accessible. Facebook [seniorctr@cablelan.net](mailto:seniorctr@cablelan.net)

**1091 Shuswap Avenue**

**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. Quilters, Rock Club, Men's and Ladies Snooker, Five Crowns cards

<https://www.sdis.ca>

**1148 Passchendaele Rd. 250.675.5358**

**Vernon Parks & Recreation**

See website for information on program registration, access seasonal Active Living Guide, Pool & Skating Schedule & Rates

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

**3310 37 Avenue 250.545.6035**

**Whitevalley Community Resource Centre**

Seniors Drop-In Centre (Lumby) Dogwood Lounge, Saddle Mountain Place Mon-Wed-Fri 9am-1:30pm. Activities include knitting, agility, bingo, cribbage, crafts, intergenerational programs, wellness presentations, discussions on health & healthy eating. Nutritious, affordable hot meals available. Respite for caregivers of seniors

<https://whitevalley.ca/seniors/>

**1751 Glencaird Street, Lumby**

**250.547.8866**

**Amazing adventures for travellers 55+**

We manage the details - you enjoy the destination!  
Offering 100+ destinations worldwide and 8 tour styles,  
your only challenge is choosing where to go next!



CPBC Licence  
#3292



**Book today! 1.800.268.3492 SeniorDiscoveryTours.ca**

*Request a  
brochure*



# Resources

## Charities, Foundations

### Before You Give...

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

### BC Cancer Foundation

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

### BC SPCA

Registered charity dedicated to protecting and enhancing the quality of life for domestic, farmed and wild animals  
<https://spca.bc.ca/donate/leave-money-in-your-will/>  
**1.855.622.7722 x6059** call to learn more about leaving a loving gift in your will  
*See our ad on page 75*  
**1.855.622.7722** Animal Helpline

- Shuswap Community Animal Centre  
<https://spca.bc.ca/locations/shuswap/>  
**5850 Auto Road SE**  
**Salmon Arm, BC V1E 2X2**  
**250.832.7376** Tue-Sun Noon-4pm

### Canadian Cancer Society

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

### Canadian Red Cross

Donate online, by mail, by phone, monthly giving, gifts of stock, planned giving - legacy, RRSPs <https://www.redcross.ca>  
**124 Adams Road, Kelowna V1X 7R2**  
**1.800.418.1111** Donate M-F 5am-5pm

### Chase & District Health Services Foundation

Further the improvement of patient services in the Chase catchment area  
Facebook  
**PO Box 1099, Chase, BC V0E 1M0**

### Community Foundation North Okanagan

Our goal is to mobilize the gift of donations and the community's wealth of ideas and energy to make meaningful and lasting impact in our communities - together.  
<https://www.cfno.org>  
**304-3402 27 Avenue, Vernon V1T 1S1**  
**250.542.8655**  
*See our article and ad on page 13*

### ElderDog Canada

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

**Fresh Outlook Foundation**

We combine science with storytelling to explore diverse mental health issues, challenges with people of all walks of life  
<https://freshoutlookfoundation.org>  
**1101 21 Avenue, Vernon V1T 1G4**  
**250.300.8797**

**Heart & Stroke Foundation**

Promotes health through research, education, services and advocacy  
<https://www.heartandstroke.ca>  
**1.888.473.4636** Mon-Fri 8:30am-5pm

**North Okanagan Hospice Society**

Respect, comfort and compassion in life's final journey  
<https://nohs.ca>  
**3506 27 Avenue, Vernon V1T 1S4**  
**250.503.1800**

**Shuswap Hospice Society**

Palliative/end-of-life care for patients quality of life, also their family and friends  
<https://shuswaphospice.ca>

**Suite 4-781 Marine Park Drive**  
**Salmon Arm V1E 2W7**  
**250.832.7099** Mon-Fri 9am-4pm

**Shuswap Community Foundation**

Connecting people. Uniting the Shuswap  
<http://shuswapfoundation.ca>  
**102-160 Harbourfront Dr. NE V1E 3M3**  
**250.832.5428** Salmon Arm M-F 9:30-3:30

**Shuswap Hospital Foundation**

You can inspire hope, health and healing through your donations  
<https://www.shuswaphospitalfoundation.org>  
 Main Hospital Entrance  
**PO Box 265, Salmon Arm V1E 4N3**  
**250.803.4546**

**Terry Fox Foundation, The**

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

You can create loving change

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

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



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



**Forever Guardian**  
 your legacy of love

[foreverguardian.ca](http://foreverguardian.ca)



**United Way Southern Interior BC**

Helping British Columbians tackle critical social issues, though local love

<https://uwbc.ca>

**B-1525 Gordon Ave., Kelowna V1Y 3G6**  
**250.549.1346**

**Variety - the Children's Charity of BC**

Enriching the lives of BC children with special needs and their families

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

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

**Vernon Jubilee Hospital Foundation**

We're bringing excellence to North Okanagan healthcare

<https://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

<https://www.waramps.ca>

**2827 Riverside Drive**  
**Ottawa, ON K1V 0C4 1.800.250.3030**  
*See our ad and article on page 7*

at night, medications and driving, fitness & driving, signs that driving habits should change - declining skills, alternatives to driving, online videos, tools, and more

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

**Justice Institute of BC (JIBC)**

Educating and training those who make communities safer, Canada's leader in justice and public safety education

<https://www.jibc.ca>

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

**Literacy Alliance of the Shuswap Society**

Focus on literacy awareness, education

<https://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.

<https://www.literacysociety.ca>

**4705A 29 Street, Vernon**  
**250.275.3117** *See our ad on page 77*

**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

**Simon Fraser University**

Liberal Arts and 55+ Program

Opportunity to learn for the joy of learning, enhance your creativity, sharpen your critical thinking skills. See website for programs and details

**1.844.782.8877**

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

**It's never too late to learn**

**THOMPSON RIVERS UNIVERSITY**  
OPEN LEARNING

Explore our flexible online courses, tailored for you.

Discover More

### St. John Ambulance

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

- Vernon/North Okanagan Shuswap branch  
1905 47 Ave., Vernon 250.545.4200
- 627 Victoria St., Kamloops 250.372.3853
- 1941 Kent Rd., Kelowna 250.762.2840

### Thompson Rivers University

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

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

1.800.663.9711 See our ad on page 76

### Vernon & District Immigrant and Community Services Society

Services: Settlement, English Classes, Employment, Community Connections, Temporary Foreign Workers, Childminding  
<https://www.facebook.com/vernoniss>

100-3003 30 Street 250.542.4177

## Library Services

### Okanagan Regional Library

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

### Thompson-Nicola Library System

<https://www.tnrl.ca/using-the-library/>  
100-465 Victoria Street, Kamloops  
250.372.5145

## Meal & Food Programs

### Canadian Mental Health, Vernon District Nutrition Program

Supports healthy living, ongoing recovery for people living with a mental illness by providing balanced, nutritious meals. Healthy food options, nutritional education, resources  
<https://cmhavernon.ca/nutrition-program/>  
3100 28 Avenue, Vernon  
250.542.3114

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

## Meal & Food Programs continued...

### Cherryville Community Food & Resources

Monthly food hampers that support low-income families, singles, seniors, those with disabilities. Senior meal program. Weekly drop-in service. Organic community gardens. See website  
<https://www.cherryvillefoodandresources.ca/food-bank/>

**158 North Fork Road, Cherryville**  
**778.212.8900** Tue & Wed 9am-1pm  
 Thurs 10am-2pm by appt., hamper day

### Community Gardens

#### • Greater Vernon

NexusBC manages two gardens containing plots available to members of the community to rent for seasonal use  
<https://nexusbc.ca/programs/community-gardens>

#### • Central Okanagan (Winfield)

<https://www.centralokanagancommunitygardens.com/gardens/winfield-garden/>

**11187 Bottom Wood Lake Road**

### Enderby & District Seniors Lunch Buffet

Wed 11:30am, Sept to June, full course meal at Senior Citizens Hall, \$12.

**1101 George Street, Enderby**  
**250.838.6755** Sue

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

Distribution 2nd & 3rd Tues of the month.

Call for appointment

<http://www.enderbyfoodbank.ca>

**102-907 Belvedere Street, Enderby**  
**250.938.3114** Mon-Fri 10am-2pm

### Good Food Box North Okanagan

Monthly box of quality fresh fruits and veggies. See website for details  
<https://goodfoodbox.ca>

### Good Food Box Shuswap

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

#### • The Shuswap Family Centre

<https://familyresource.bc.ca/services/good-food-box/>

See website for details

**681 Marine Drive NE, Salmon Arm**  
**250.832.2170** Mon-Thur 9-5, Fri 9-1

### • Seniors Resource Centre

[seniorsresourcecentre@gmail.com](mailto:seniorsresourcecentre@gmail.com)  
**320A 2 Avenue NE, Salmon Arm**  
**250.832.7000** Mon-Fri 9am-3pm

### Lake Country Food Bank

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

<https://www.lakecountryfoodbank.org>

**9830C Bottom Wood Lake Road**  
**Lake Country**  
**250.766.0125**

### Lake Country Seniors Activity Centre

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

**9830B Bottom Wood Lake Road**  
**250.766.4220**

### 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  
<https://schubertcentre.com/general-4>  
 To subscribe or volunteer, call **250.549.4201** Schubert Centre  
*See our ad on page 18*

### Salvation Army Food Bank

Visit website to book an appointment  
<https://www.tsasalmonarm.com/product/food-bank/>

**1441 3 Street SW, Salmon Arm**  
**250.832.9196**

### Salvation Army Food Bank

Only authorized Food Bank in Vernon. Call or visit to make an appointment with an intake worker. See website for details  
<https://vernonhouseofhope.com/food-bank>

**3303 32 Avenue, Vernon**  
**250.549.4111** need help? call or visit

**Shuswap Second Harvest** (Food Bank)  
 Wed 4:30-6 pm, Friday 1:30-3pm. Donate  
 food during the week - see web for details  
 Volunteer information - see website  
<https://shuswapsecondharvest.ca>  
**360 Alexander Street NE** (rear)  
**Salmon Arm 250.833.4011**

**Sorrento Food Bank**  
 Serving communities of Balmoral, Blind  
 Bay, Eagle Bay, Notch Hill, Sorrento,  
 White Lake. Open Wed 9am-3pm  
<https://www.sorrentofoodbank.ca>  
**2804 Arnheim Road**  
**250.253.3663**

**Wheels to Meals**

- **Armstrong:** Wed noon good, balanced meal at the Legion, \$12, pre-registration **250.546.8455** Legion, ask for Marilyn
- **Sicamous:** Tues. and Thur. noon, full course meal at Eagle Valley Haven, \$10 <https://www.facebook.com/wheelstomeals/> **250.836.4687** Phoebe, Reservations

**Programs & Groups**

**Better At Home**

United Way managed program helping seniors remain independent in their homes, connected to their communities  
<https://betterathome.ca>

- **Shuswap Better at Home**  
 Together, we give seniors a hand. See our ad on page 81 for service area  
<https://www.shuswapbetterathome.ca>  
**250.253.2749** Central Intake

- **NexusBC Community Resource Centre**  
 Vernon, Armstrong, Lumby, Cherryville  
<https://nexusbc.ca/programs/better-at-home>  
**102-3201 30 Street, Vernon**  
**250.545.0585**  
*See our ad and article on pages 20, 21*

**Churches Thrift Shop, Salmon Arm**  
 Monday 11am-5pm, Tuesday to Friday  
 10am-5pm, Saturdays 10am-4:30pm  
<https://churchesthriftshop.org>  
**461 Beatty Avenue NW, Salmon Arm**





**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
- Day Away Program
- Senior Advisors - (help with government forms, etc.)
- Memory Loss Support Group

320A 2nd Avenue NE  
 Salmon Arm  
 V1E 1H1

**250.832.7000**  
*seniorsresourcecentre@gmail.com*

Monday to Friday  
 9 am to 3 pm

**Programs & Groups***continued...***Crisis Centre of BC**

We are here to listen, here to help 24/7.  
In your toughest moments, we offer more than just a hearing ear  
<https://crisiscentre.bc.ca>

**310.6789** Call if experiencing a mental health crisis. Call or text **9-8-8** if you are having thoughts of suicide

**Daybreak Adult Day Services, Vernon**

For people at risk of losing their independence. Caregiver support. Community Care referral needed  
**Gateby Care Centre, 3000 Gateby Place**  
**1.800.707.8550**

**Emergency Management BC**

Advisories of active emergencies, disaster readiness and recovery, fire safety and death investigation  
<https://www2.gov.bc.ca/gov/content/safety/emergency-management>

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

**Harmony Haven Adult Day Program**

Community Care Health Service. Respite for caregivers, social, physical, emotional wellness opportunities for clients  
**2-2770 10 Avenue NE, Salmon Arm**  
**250.803.4525** entrance, parking bldg. rear  
**250.832.6643** Call to determine eligibility

**Men's Shed Vernon**

We build meaning and well-being into Men's lives. Take a tour inside of MSV Shed by viewing video on website  
<https://www.mensshedvernon.ca>

**7158 Meadowlark Road, Vernon**

**Neighbourlink Shuswap**

Together creating practical ways of serving anyone with hardship. Services include Re-Purpose Furniture, referral to resources, free legal referral, Second Harvest Food program. Emotional support  
<https://neighbourlinkshuswap.ca>  
**250.832.3272** Salmon Arm

**North Okanagan Friendship Center**

Indigenous non-profit society. We provide culturally appropriate health and social programs and services  
• Seniors Outreach - info and access for those 60+ for social recreation, housing, health and safety - Maggie, ext. 111  
<https://www.vernonfirstnationsfriendshipcentre.com>  
**2904 29 Avenue, Vernon**  
**250.542.1247**

**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. Copper Island, Salmon Arm, Shuswap and Vernon clubs  
<https://www.probuscanada.ca>

**United Empire Loyalists**

Organization promoting Canadian history. Thompson-Okanagan branch. Monthly meetings  
**250.469.8348** call for info - Marie  
**250.838.9652** President Sandra

**VictimLink BC**

Confidential multilingual 24/7 telephone help line for victims of family and sexual



## 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!**





violence, all other crimes. See website for details of services offered  
 email: [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.ca)  
<https://www2.gov.bc.ca> Search for VictimLink BC  
**1.800.563.0808** 24/7 Call or text

## Resource Centres

**Cherryville Community Food & Resources**  
 Provides a variety of aging, youth and family programs, free tax clinic, educational opportunities, one-on-one support, drop-in  
<https://www.cherryvillefoodandresources.ca>  
**158 North Fork Road, Cherryville**  
**250.547.0089** Open Mon-Thur 8am-3pm

**Copper Island Seniors Resource Centre**  
 Providing info, coordination of services for seniors of South Shuswap. Foot Care, Medical Clinic, Dental Hygienist, Income tax prep., Physiotherapist, Mobile Lab  
<https://sshss.ca>  
**10-2417 Golf Course Drive, Blind Bay**  
**250.675.3661** 8am-noon Tue, Thur

**Enderby and District Community Resource Centre**  
 Seniors support, Sunshine Line, Better at Home, Seniors Techconnect  
<https://www.edcrc.ca>  
**1110 Belvedere Street**  
**250.838.9446** Mon-Thur 10am-4pm

**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) Facebook  
**1214 Shuswap Avenue, Sicamous**  
**250.836.3440** See our ad page 80

**Family Resource Centre**  
 Counselling and Family Service  
 Senior Support Volunteer Program - We welcome new volunteer drivers to support our important senior programs. Volunteers provide support for IHA Senior Mental Health Team clients who are experiencing social isolation, depression, dementia.



**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.

**Services include:**

- Light Housekeeping
- Friendly Calls and Visits
- Grocery Shopping and Delivery
- Transportation
- Emergency Preparedness Info
- Food Security Info
- Resource/Referral and More

The Better at Home Program helps seniors with simple non-medical, day-to-day tasks so that they can continue to live independently in their own homes, and remain connected to their communities

Volunteers Welcome!



Shuswap Better at Home

For Salmon Arm, Sicamous, Enderby, Chase, North and South Shuswap and their surrounding rural areas, Adams Lake, Neskonlith, Splatina and Little Shuswap Secwepemc communities.

Tel: 250.253.2749 • Email: [sbahintake@outlook.com](mailto:sbahintake@outlook.com)  
[www.shuswapbetterathome.ca](http://www.shuswapbetterathome.ca)

Clients must be referred through IHA, call  
**250.549.5737** <https://vernonfr.ca>  
**3303 30 Street, Vernon 250.545.3390**

### 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. Good Food Box available.

<https://www.ilvernon.ca>

**107-3402 27 Avenue M-F 8:30am-3:30pm**  
**250.545.9292 1.877.288.1088**

### 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, topics listed on website and Facebook.

<https://www.johnrudyhealth.ca>

<https://www.facebook.com/johnrudyhealth.ca>

**107-3402 27 Avenue, Vernon**

**250.938.8092** Call for more information

*See our ad and article on page 45*

### 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 79. Community Services Directory, affordable housing, referrals to agencies for senior abuse and/or legal issues, Income tax program

<https://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

Meal services: Better Meals, Good Food Box, Monday Morning Market. Programs: Caregiver Support Group, Day Away, Foot Care, Community Volunteer Income Tax, Friendly Check-In, Senior Advisor  
[seniorsresourcecentre@gmail.com](mailto:seniorsresourcecentre@gmail.com)

**320A 2 Avenue NE, Salmon Arm**

**250.832.7000** Mon-Fri 9am-3pm

*See our ad on page 79*

### The Shuswap Family Centre

Lending Library, Good Food Box, Sustainable Food programs, Grandparents Raising Grandchildren, Community Kitchens, Support Counselling. See website for info on all Programs/Services

<https://familyresource.bc.ca>

**681 Marine Drive NE, Salmon Arm**

**250.832.2170** Mon-Thur 9am-5pm

### Shuswap Hospice Society

Hospice & Palliative Care Resource Centre. Community Caring for Community

<https://www.shuswaphospice.ca>

**Suite 4-781 Marine Park Drive**

**Salmon Arm V1E 2W7**

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

### Whitevalley Community Resource Centre

Seniors services, Counselling & Support in Lumby & Cherryville. Family Support program, Mental Health Support program, Addictions Counselling, Information & Prevention, K-6 & After School program, Good Food Box, Volunteer opportunities

<https://whitevalley.ca>

**2114 Shuswap Avenue, Lumby**

**250.547.8866**

## Service Organizations

### Army, Navy and Air Force Veterans

Nice social atmosphere members, guests

<https://anafvetsunit5.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 65*

**BC OAPO**

We support Seniors interests and work towards improving their every day lives socially as well as in matters pertaining to their welfare

<https://bcoapo.ca>

- **Monashee 50+ Club**, Lumby OAPO #117  
**250.306.6381** Cindy

- **Vernon Seniors' Branch #6**

Meets 3rd Tuesday (except July and August) at Schubert Centre 1:30 pm

<https://facebook.com/vernon seniorsbranch6/>

**250.545.0384** Margaret

See our ad and article on page 12

**BC Partners for Mental Health and Addictions Information**

Mental health and substance use information you can trust

<https://www.heretohelp.bc.ca/get-help>

**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

**Big Brothers Big Sisters**

Mission to support & enhance the well-being of young people through positive mentoring relationships. See website for what and how to donate

<https://centralsoutherninteriorbc.bigbrothersbigsisters.ca>

[bigbrothersbigsisters.ca](https://centralsoutherninteriorbc.bigbrothersbigsisters.ca)

**1.800.404.4483** Kamloops/Kelowna

**CARP**

Aim for higher health: Let's fix health care now. Canada's largest advocacy association promoting equitable access to health care, financial security, freedom from ageism

<https://www.carp.ca> **1.888.363.2279**

**Canadian Blood Services**

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

<https://www.blood.ca>

**1.888.236.6283**

**Council of Senior Citizens' Organizations of BC (COSCO)**

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

**604.630.4201** Leslie Gaudet, President

- **Health & Wellness Workshops**

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

**Kindale Developmental Association**

Non-profit society providing wide range of services to people with diverse abilities in the North Okanagan Shuswap

<https://www.kindale.net>

**2725A Patterson Avenue, Armstrong**

**250.546.3005** Mon-Fri 8:30am-4pm

**Mothers Against Drunk Driving**

No alcohol. No drugs. No victims.

**Stop Impaired Driving!**

<https://madd.ca>

**1.800.665.6233** Victim Support Line

- Western Region Chapter Services Manager  
**1.877.676.6233** Tracy Crawford

- MADD Central Okanagan Chapter

<https://www.maddchapters.ca/centralokanagan>

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

**1.800.665.6233** ext. 373

- MADD Kamloops

<https://maddchapters.ca/kamloops>

**1.877.676.6233**

**Royal Canadian Legion**

The Legion's 145 branches in BC/Yukon Command provides various support services to veterans. To find a North Okanagan or Shuswap branch, go to...

<https://legionbcyukon.ca/find-a-legion-branch>

**1.888.261.2211** BC/Yukon Command

**Salmon Branch #62**

Funds collected during annual Poppy Campaign donated back to community  
<https://www.salmonarmlegion.ca>

**150 Lakeshore Drive NW**

**250.832.3687**

See our ad on page 85

**The Salvation Army - House of Hope**

Worship services Sundays 10:30 am

<https://vernonhouseofhope.com>

**3303 32 Avenue, Vernon 250.549.4111**

• **Thrift Store** Mon-Sat 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 website for local meeting information

<https://www.bcyukon-al-anon.org>

**604.688.1716** Mon-Wed-Fri 10am-1pm

To Find an Al-Anon meeting near you visit

<https://www.afghelp.org>

**Alcoholics Anonymous**

Assistance, information and fellowship for those with alcohol related problems.

Check website for local meeting info

<https://bcyukonaa.org/meetings>

• **250.545.4933** 24/7 Armstrong,

Cherryville, Falkland, Lumby, Vernon

<https://www.vernonaa.org>

• **1.855.339.9631** Enderby, Salmon Arm,

Shuswap, Sicamous, Sorrento, Skwllaz

**BC Lung Foundation**

Better Breathers is now COPD & Asthma

Community. For meeting info, send an

email to [betterbreathers@bc.lung.ca](mailto:betterbreathers@bc.lung.ca)

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

**1.800.665.5864**

**BC Responsible & Problem Gambling**

When gambling isn't fun anymore, help is available all day, every day. See website for

free, confidential, individual, and/or group

counselling for problem gamblers, their

families. <https://www.gamblingsupportbc.ca>

**1.888.795.6111** 24 hour Helpline

**BrainTrust Canada**

Direct services for persons with acquired

brain injury, as well as a strong focus on

education, support and prevention

<https://braintrustcanada.com>

**100-215 Lawrence Avenue, Kelowna**

**250.762.3233**

**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

**250.308.5584** Vernon, Armstrong,

Enderby, Salmon Arm, Sorrento

<https://tcfcanada.net>

**Crohn's & Colitis Canada**

Check website for events in Kamloops, Kel-

owna, Vernon <https://crohnsandcolitis.ca>

**1.800.513.8202** BC Office

**Gamblers Anonymous**

<https://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, Mon. 7-8pm, Desert Gardens

**554 Seymour Street** - far right door

**Lake Country Health Caregiver Group**

Meetings twice a month at Halina Centre,

Vernon. Also meetings in Lake Country

and Kelowna. An encouraging space

designated for individuals facing the

stresses of unpaid caregiving.

email: [caregiver@lakecountryhealth.ca](mailto:caregiver@lakecountryhealth.ca)

<https://www.lakecountryhealth.ca>

**778.215.5247**

**Learning Disability Society**

Here to advance education, social

development, employment, legal rights,

general well-being of people with learning

disabilities. Office hours Thursdays

10am-Noon at People Place

[ldavernon6@gmail.com](mailto:ldavernon6@gmail.com)

**250.542.5033** Naidene

**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

<https://cmhavernon.ca/family-support-services>

**300-3402 27 Avenue, Vernon**

**250.260.3233** Jenn

### Mesothelioma.net

Cancer support group dedicated to providing all the latest in research and aid. Has compiled fact-checked and physician approved information regarding this disease, how it affects the body, and how it can be treated <https://mesothelioma.net>  
**1.800.692.8608**

### Mood Disorders Association of BC

Treatment, support, education, hope of recovery for people living with a mood disorder. Peer Support Groups  
<https://mdabc.net> **250.558.6900** Vernon

### Narcotics Anonymous

Vision that every addict has the chance to experience our message in his/her own language and culture, find the opportunity for a new way of life. Search website by city for local meeting information  
<https://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 website for support group information in the Thompson Okanagan  
<https://www.parkinson.bc.ca/resources-services/support-groups/>  
**1.800.668.3330** Provincial Office

### Prostate Cancer Foundation Canada

<https://prostatecancer.ca/get-support/support-groups/find-a-group>

- Kamloops Support Group  
**250.376.4011** Larry Reynolds
- Kelowna Support Group  
**250.762.0607** Bren Witt  
<https://www.kelownaprostate.com>
- Vernon Support Group  
<https://pcsvernon.ca>  
[rpiasta@gmail.com](mailto:rpiasta@gmail.com) Ray Piasta

### Quit Now

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



**Legion**

Salmon Arm Legion #62





## Anyone can join the Legion

You don't have to be a Veteran to become a member and support your Legion. [Legion.ca/join](http://Legion.ca/join)

### Legion Member Perks

Exclusive deals – stores/restaurants  
 Discounts – national chains, local businesses  
 Use the app. Print coupons/shop online

**Meat draws & 50/50**  
 Saturdays 1:00 to 3:00



ROYAL CANADIAN LEGION #62  
 150 LAKESHORE DRIVE NW, SALMON ARM  
 250-832-3687  
[www.salmonarmlegion.ca](http://www.salmonarmlegion.ca)



[www.facebook.com/salegion62](http://www.facebook.com/salegion62)



LEGION

BC Gaming License # 146987

<https://quitnow.ca>

**1.877.455.2233** Get Help Now

### Self-Management BC

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

<https://www.selfmanagementbc.ca>

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

### Stroke Recovery Association of BC

Here to support you and your family.

We will work to understand your needs and goals, and connect you to people, resources, services in your community.

Our weekly virtual Stroke Recovery Program runs Fridays 11am-12:30pm.

Our in-person Salmon Arm program runs Wed 1pm-3pm. To speak to an After Stroke Coordinator, or to register for our programs, please email or call [afterstroke@marchofdimes.ca](mailto:afterstroke@marchofdimes.ca)

**1.888.540.6666**

See our ad/article on page 44

## Transportation

### BC Bus Pass Program

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

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

**1.866.866.0800** Mon-Fri 9am-4pm

**Disability Parking Permits** SPARC BC Parking permits for those with disabilities Apply/renew online

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

**1.888.718.7794** Mon-Fri 9am-4:30pm

### Ebus

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

<https://www.myebus.ca>

**1.877.769.3287**

### Vernon Regional Transit Systems

Visit website for schedules, maps, fares

<https://www.bctransit.com/vernon/contact>

**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

<https://www.bctransit.com/shuswap>

**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 website for eligibility

<https://www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc>

**1.800.661.2668** Automated service 24/7

**1.800.663.7100** Health Insurance BC

### 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

#### • Canadian Cancer Society Wheels of Hope Program

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

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

#### • Gizeh Shriners of BC & Yukon

For BC children requiring specialized

procedures, accommodation, transportation, associated medical treatment. See website for details <https://bcshriners.com>  
**1.800.661.KIDS** Mon-Fri 9:30am-2pm

**Seniors Resource Centre**  
 Volunteers to drive you to medical appointments. Limited distance to Kelowna & Kamloops. Reasonable cost paid to driver. Call for more information  
**250.832.7000** Salmon Arm

**Web Resources**

**bc211 - United Way British Columbia**  
 Information and referral services for community and government programs, including 211, VictimLink, Responsible and Problem Gambling Program  
<https://uwbc.ca/helpline-services/>  
**Dial or Text 2-1-1** Get Help 24/7  
 email: [211-info@uwbc.ca](mailto:211-info@uwbc.ca)

**BC Transplant**  
 With compassion, collaboration and innovation, we will save lives and offer hope through organ donation, transplant and research. Online registration. Kidney & Liver programs. Register your decision - one organ donor can save up to eight lives  
<http://www.transplant.bc.ca>  
**1.800.663.6189** for more information

**Canadian Institute of Stress**  
 Science of Stress, Change and Productive Wellbeing  
<https://stresscanada.org>

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

**Seniors BC**  
 Senior's families and caregivers will find great information here also. Healthy Aging, Financial & Legal matters, Elder Abuse Prevention, Fall Prevention, Health & Safety, Housing, Seniors' Guide, Transportation, Advance Care Planning, Home and Community Care  
<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors>

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

**GROOVIEYEAH**

**ENTERTAINMENT** **ARTS & CULTURE**

**LOCAL SPORTS** **AND MORE.....**

**250.462.9330** [groovieyeah@gmail.com](mailto:groovieyeah@gmail.com)

**SCAN ME**

**SUBSCRIBE**



# Government

## Municipal, Regional

### Armstrong, City of

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

- **City Hall, 3535 Bridge Street**  
250.546.3023
- **Armstrong Spallumcheen Museum & Art Gallery**  
<https://ArmstrongSpallMuseumArt.com>  
3415 Pleasant Valley Road  
250.546.8318
- **Armstrong Spallumcheen Chamber of Commerce** <https://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.**  
<https://www.asfd.ca>  
250.546.6708 Non-emergency

### Chase, Village of

A Shuswap Experience

<https://chasebc.ca>

- **Village Office, 826 Okanagan Avenue**  
250.679.3238 Mon-Fri 9am-4pm
- **Chase & District Chamber of Commerce and Visitor Information Centre**  
<https://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...  
<https://cherryville.net>

### Enderby, City of

Where the Shuswap meets the Okanagan  
<https://www.cityofenderby.com>

- **City Hall, 619 Cliff Avenue**  
250.838.7230 M-F 8:30am-4:30pm
- **Enderby & District Chamber of Commerce**  
<https://www.facebook.com/EnderbyChamber/>  
702 Railway Street  
250.838.6727 1.877.213.6509
- **Enderby & District Volunteer Fire Dept**  
1500 Evergeen Street
- **Enderby & District Museum & Archives**  
<https://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

<https://falkland-bc.ca>

- **Falkland Museum & Heritage Park**  
Open daily early June to mid-September  
<https://www.facebook.com.falklandmuseumheritagepark/>  
5657 Highway 97 250.379.2535

### Lumby, Village of

<https://lumby.ca>

- **1775 Glencaird Street**  
250.547.2171
- **Lumby & District Chamber of Commerce**  
<https://www.monasheetourism.com>  
1882 Vernon Street 250.547.2300
- **Lumby & District Volunteer Fire Dept.**  
<https://www.lumbyfire.ca>  
1769 Shuswap Avenue  
250.547.9516 Non-emergency



- **White Valley Parks, Recreation, Culture**  
Pat Duke Arena, Lumby Curling Club  
Oval Park, Royals Park
- **White Valley Community Centre**  
2250 Shields Avenue, Lumby  
250.550.3700 M-F 8am-4:30pm

### Salmon Arm, City of

Small City, Big Ideas

<https://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
- **Shuswap Recreation Society**  
<https://www.salmonarmrecreation.ca>  
2600 10 Avenue NE 250.832.4044
- **Shaw Centre**  
3 NHL ice surfaces, elevated walkway,  
meeting rooms, restaurant, exhibition space  
<https://www.salmonarmrecreation.ca/arena-info>  
2600 10 Avenue NE 250.832.4044
- **Salmon Arm Chamber of Commerce**  
<https://sachamber.bc.ca>  
101-160 Harbourfront Drive NE  
250.832.6247

### Sorrento (unincorporated)

The Heart of the Shuswap. See website for attractions, tours, events, activities

<https://sorrentocentre.ca> 1.866.694.2409

Sorrento Centre, 1159 Passchendaele Rd.

### Vernon, City of

<https://www.vernon.ca>

- **City Hall, 3400 30 Street**  
250.545.1361 Mon-Fri 8:30am-4:30pm
- **Tourism Vernon**  
<https://www.tourismvernon.com>  
250.542.1415 Mon-Fri 8:30am-4:30 pm  
1.800.665.0795 See our ad pages 8, 9
- **Downtown Vernon Association**  
<https://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**  
<https://www.vernonchamber.ca>  
204-3002 32 Avenue 250.545.0771

- **Greater Vernon Recreation Services**  
<https://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

<https://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 website for all services and details

<https://www.csr.d.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

<https://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**  
<https://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**  
<https://www.lakecountry.bc.ca/en/what-to-do/creekside-theatre.aspx>  
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 website for all programs/services and details

<https://www.rdno.ca>

**9848 Aberdeen Road, Coldstream**  
**250.550.3700** Mon-Fri 8am-4:30pm  
**1.855.650.3700**

**Sicamous, District of**

Houseboat Capital of Canada

<https://www.sicamous.ca>

<https://www.sicamous.ca/live-here/recreation/parks>

**446 Main Street, Sicamous**  
**250.836.2477** Mon-Fri 8:30am-4:30pm

• Sicamous Chamber of Commerce  
<https://www.sicamouschamber.bc.ca>  
**446 Main Street 250.836.0002**  
**250.836.3313** Visitors Centre

**Spallumcheen, Township of**

Recreation, Recycling & Garbage Collection, Building Inspection, Animal Control - see web for all services, details

<https://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**

<https://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 Skwlax to the Little Shuswap

<https://www.lslb.ca> <https://quaaoutlodge.com>

**1886 Little Shuswap Lake Rd., Chase**  
**250.679.3203** Mon-Fri 8am-3pm

**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

<https://www.okib.ca>

**12420 Westside Road, Vernon**  
**250.542.4328 1.866.542.4328**

**2024-25**

**OLD AGE SECURITY & CANADA PENSION CHEQUE DATES**

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

**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.

**Splatsin Indian Band**

Working together toward independence  
<https://splatsin.ca>

**5775 Old Vernon Road, Enderby**

**778.943.0859** Admin. Bldg.

**250.838.6496 x635** Community Centre

**Okanagan Nation Alliance**

Alliance of eight Okanagan bands  
 Grand Chief Clarence Louie

<https://syilx.org>

**101-3535 Old Okanagan 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 Climate Action Tax Credit**

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

**Environment Protection & Sustainability**

BC Parks, Spill Response, Clean BC, Climate Change, Air, Land and Water, Waste Management, much more...  
<https://www2.gov.bc.ca> Search for Environmental Protection

**1.887.952.7277** RAPP 24/7 Hotline - Report all Polluters and Poachers

**Forest Fire Reporting****BC Wildfire Service**

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

**Climate Change**

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

**1.800.663.7867** Service BC

**Members of Legislative Assembly**

Incumbents below are prior to Provincial Election of October 19, 2024. Go to

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

• **Greg Kylo, MLA Shuswap**

[greg.kylo.MLA@leg.bc.ca](mailto:greg.kylo.MLA@leg.bc.ca)

**202A-371 Alexander Street NE**

**PO Box 607, Salmon Arm V1E 4N7**

**250.833.7414**

**1.877.771.7557**

• **Harwinder Sandhu**

**MLA Vernon-Monashee**

[harwinder.sandhu.MLA@leg.bc.ca](mailto:harwinder.sandhu.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  
<https://www.seniorsadvocatebc.ca/reports/>  
**1.877.952.3181** M-F 8:30am-4:30pm

**Ombudsperson, The Office of the**

BC's Independent Voice of Fairness  
 Receives enquiries and complaints about the practices & services of public agencies within its jurisdiction. Translation services  
<https://bcombudsperson.ca>  
**1.800.567.3247** M-T-T-F 9-4, Wed 9-12:30

**Service BC**

Your source for frontline government services and information. Check web for available services at each location

*continued...*

<https://www2.gov.bc.ca> Search Service BC  
**1.800.663.7867** Mon-Fri 7:30am-5pm  
 7-1-1 TTY

- **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.

<https://www2.gov.bc.ca/gov/content/life-events>  
**305-478 Bernard Avenue, Kelowna**  
**250.712.7562** Mon-Fri 9am-4:30pm  
**1.888.876.1633**

## Federal

### Canada Border Services Agency

General border services information. For in-depth information, speak to an agent Mon-Fri 8am-4pm PT

<https://www.cbsa-asfc.gc.ca> current wait times  
**1.800.461.9999**  
**1.866.335.3237** TTY

### Canadian Heritage

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

### Health Canada

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

### Immigration Refugees & Citizenship

Apply to visit, study, work or immigrate to Canada, apply for citizenship, a permanent resident card or refugee

protection, check application status  
<https://www.canada.ca/en/services.html>  
**1.888.242.2100** call centre agents M-F 8-4

### Income Security Programs

Canada Pension Plan, Old Age Security, Guaranteed Income Supplement  
<https://www2.gov.bc.ca> Search for 'Income Security Programs'  
**1.800.277.9914** **1.800.255.4786** TTY

### Indigenous & Northern Affairs Services

#### • Indigenous Services

#### • Crown Indigenous Relations & Northern Affairs

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

**1.800.567.9604** Mon-Fri 6am-3pm PT

### Member of Parliament

#### Mel Arnold, MP

#### North Okanagan-Shuswap

[Mel.Arnold.C1@parl.gc.ca](mailto:Mel.Arnold.C1@parl.gc.ca)

<https://melarnoldmp.ca>

**1-3105 29 Street, Vernon V1T 5A8**

**250.260.5020** **1.800.665.5040**

### Parks Canada

National parks protect representative natural areas of Canadian significance for public understanding, appreciation and enjoyment. Pet friendly places to stay, etc.  
<https://parks.canada.ca>

**1.888.773.8888** Information Services

**1.877.737.3783** Reservation service

**1.866.787.6221** TTY

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

### Passport Canada

#### 106-471 Queensway, Kelowna

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

**1.800.567.6868** Mon-Fri 8:30am-4pm

**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  
<https://www.canada.ca> Service Canada  
**1.800.622.6232 1.800.926.9105** TTY

### Travel & Tourism

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

### Veterans' Affairs Canada

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

**313-471 Queensway Avenue, Kelowna**  
**1.866.522.2122** Mon-Fri 8:30-4:30  
**1.833.921.0071** TTY

- VAC Assistance Service provides free and confidential psychological support that is available 24/7, 365 days a year. Service is for all Veterans, former RCMP members, their families, and caregivers. Reach a mental health professional 24/7  
**1.800.268.7708 1.800.567.5803** TTY
- Bureau of Pensions Advocate - free legal aid help for people who are not satisfied with decision for their claims for disability benefits  
**1.877.228.2250**

### Weather Information

Environment Canada Weather Service  
 Weather, Alerts, Marine, Air Quality, Analyses and Modelling, Past Weather, About Weather, Canadian Centre for Climate Services  
<https://www.weather.gc.ca>

- Consultations services are available  
**1.844.505.2525** for Marine Weather

### Weather Information - One-on-One

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

### Weather Information - Plan Your Trip

<https://www.hellobc.com/plan-your-trip/climate-weather>

- Hello Weather** Weather Information  
 Local conditions, forecast, air quality
- **1.833.794.3556** Enter Code **08051** for Salmon Arm weather information
  - **1.833.794.3556** Enter Code **08027** for Vernon weather information

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

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- **South Okanagan Similkameen**
- **Thompson Nicola**

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 MEL.ARNOLD@PARL.GC.CA  
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# Jamie's Pharmacy

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## 100% Family Owned

## 100% Independent

- Fast, Friendly, & Professional Pharmacy Services
- Telemedicine & Pharmacist Prescribing
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- Vaccinations (*Flu, COVID, Shingles, Pneumonia, RSV, Travel, etc.*)
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- Free Patient Parking at Rear Entrance Doors
- Free Delivery Available




Jamie's Pharmacy is the **1<sup>st</sup>** pharmacy in BC to have Omnipod Insulin Pumps with onsite training! Yep - it's a **BIG DEAL!** Getting your PODS is now **convenient and local!**

### What is it?

The Omnipod Insulin Management System is a **discrete, wireless, and tubeless** wearable pump that provides 3 days (~72 hours) of continuous insulin. **Waterproof** rating (IP28) for up to 7.6 meters for 60 minutes!

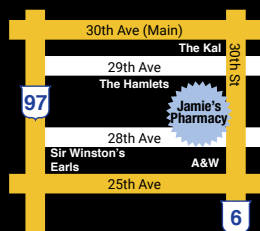
### Who is it for?

- Diabetic Patients who use Insulin (Type 1 & 2)
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- Want to  the number of injections
- Use Multiple Daily Injections (MDI)



### How is it covered?

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**250-541-8999**



Fax: 250-541-8907

#103 - 2802 30th Street  
Vernon, BC V1T 8G7

Web: [jamiespharmacy.ca](https://www.jamiespharmacy.ca)

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