



Give 65

Seniors Outreach is participating in the fifth-annual Give 65 event on July 12 at 6 a.m PDT. Our goal is to bring hope and healing to our clients, especially after the events of the last few years. To make your gift, please visit the link below and click the green “donate now” button to complete your transaction. Gifts of \$10 or more are accepted and appreciated.

We encourage you to give as close to the start time as possible so that we can be eligible for up to \$5,000 in matching funds. Through your support and our partnership with Giving uTesday, we can make an even greater impact on the lives of older adults and their families. Thank you for your support!
<https://www.give65.ca/seniorsoutreachservicessociety>

AGING-IN-PLACE STUDY

Participants aged 60 + are needed for a research study on personal and environmental factors of physical activity. Help UBC researchers better understand how individuals aged 60 years and above engage in physical activity and which factors contribute to this activity on a day-to-day basis.

Participants will receive a \$50 Grocery gift card!

For more information please visit <https://aginginplace.ok.ubc.ca/project/personal-and-environmental-factors-of-physical-activity/>

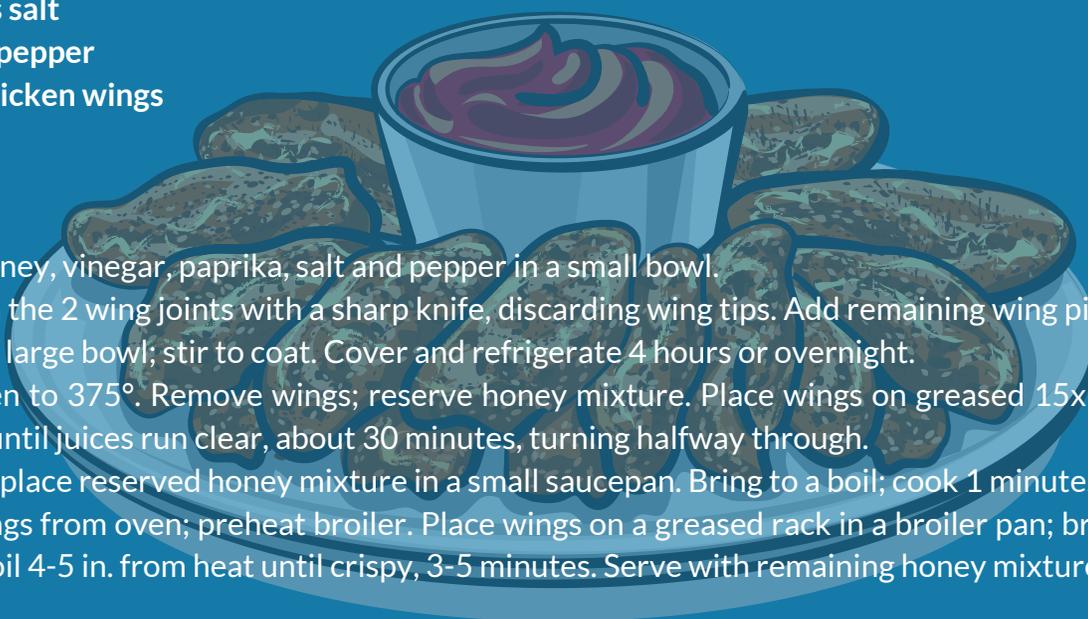
STICKY HONEY CHICKEN WINGS

Ingredients

- 1/2 cup orange blossom honey
- 1/3 cup white vinegar
- 2 tablespoons paprika
- 2 teaspoons salt
- 1 teaspoon pepper
- 4 pounds chicken wings

Instructions

1. Combine honey, vinegar, paprika, salt and pepper in a small bowl.
2. Cut through the 2 wing joints with a sharp knife, discarding wing tips. Add remaining wing pieces and honey mixture to a large bowl; stir to coat. Cover and refrigerate 4 hours or overnight.
3. Preheat oven to 375°. Remove wings; reserve honey mixture. Place wings on greased 15x10x1-in. baking pans. Bake until juices run clear, about 30 minutes, turning halfway through.
4. Meanwhile, place reserved honey mixture in a small saucepan. Bring to a boil; cook 1 minute.
5. Remove wings from oven; preheat broiler. Place wings on a greased rack in a broiler pan; brush with honey mixture. Broil 4-5 in. from heat until crispy, 3-5 minutes. Serve with remaining honey mixture.



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	4			9			1	8
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Boost your Mental Health & Well-being

Taking care of your mental health and wellbeing is important. One in four older adults experiences some sort of mental disorder such as depression, anxiety, and dementia. Here are some suggestions for improving your mental health and well-being:

Fuel the mind

Eating a well-balanced diet high in whole grains, fruits, vegetables, and protein will leave you feeling great.

Get your body moving.

Exercise benefits not only your physical health but also your mental health. Aim for at least 30 - 60 minutes of physical activity per day.

Step outside.

A few minutes spent outside instantly improves mood and energy levels.

For more tips head over to <https://blog.silvercuisine.com/10-simple-ways-seniors-can-boost-mental-health-well-being/>



DONATE YOUR BOOKS

Do you have any cozy mystery novels you no longer read?

Are you thinking about donating them?

If you answered yes to both questions, please consider donating cozy mystery novels, as well as any other books you no longer use.

We would love to have them for our seniors to read.



Spring Raffle 50/50 Winner

Congratulations to Lana for winning the online 50/50 raffle

The total prize was \$1,422.50 with the winning ticket 3130628!

Thank you to everyone who participated



Happy Canada Day July 01, 2022

We hope you all had a lovely Canada Day and a great long weekend!