



## Seniors Outreach E-blast



### *Better At Home*

Better at Home is a community-based program that offers a wide range of services to support the non-medical needs of seniors in Kelowna, West Kelowna, and Lake Country. We provide transportation, lawn mowing, grocery shopping and delivery, and light housekeeping to help older adults maintain their independence in the comfort of their own homes.

If you're interested, Seniors Outreach is currently accepting new clients for subsidized housekeeping and transportation services. Click the link below for more information or to sign up.

[Better at Home](#)

## News and Resources from Seniors Outreach



### ***Crossword Puzzle***

Keep your mind sharp and engaged with the daily crossword puzzle. Challenge yourself to solve clever clues and expand your vocabulary.

So grab a pen, find a comfy spot, and start your crossword puzzle.

[Crossword Puzzle](#)



### ***Recipes***

Celebrate Canada Day in the most delicious way possible with this collection of healthy, mouth-watering recipes!

[View recipes](#)

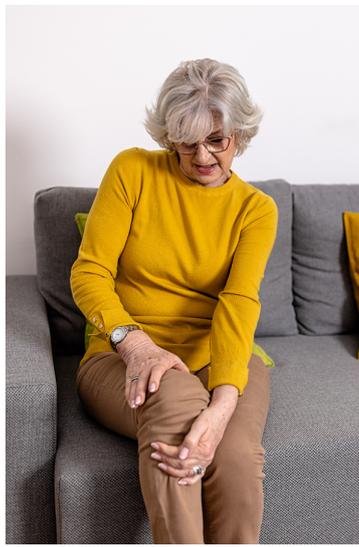


### ***Housing Directory***

As the population of elderly individuals in Kelowna continues to grow, it is becoming increasingly important to provide accessible and affordable housing options for seniors.

Our housing directory offers a comprehensive guide to low-income, supportive, long-term and assisted-living options in the area. Head over to our website to learn more!

[Learn More](#)



### **Managing Chronic Pain**

If you're living with chronic pain, you know that managing it can be tough. It affects your physical and mental health, social life, and overall quality of life. With proper guidance and support, it is possible to manage the symptoms and improve your well-being.

Pain BC offers free information and resources on the latest research and treatment options, enabling you to take an active role in your care and gain control over your chronic pain.

[Learn More](#)



### ***Good Life Coffee Club***

Join us every Thursday from 10:30 AM to noon for coffee, snacks, conversation, and fun! Plus, we celebrate birthdays and have a special guest/event on the last Thursday of each month.

Location: Apple Valley Building 1, Kitchen area.



### [Host A Fundraiser](#)

Make a lasting impact and organize your own fundraiser to support vulnerable seniors in our community. Whether it's a charity auction, a fun run, or a creative event of your choice, you have the power to create positive change.

Head over to our website for more information.

[Learn More](#)

### [Canada Day, July 1, 2023](#)

Wishing you all a happy Canada Day!

**[A friendly reminder that the office will be closed on Monday, July 3rd and resume regular hours on Tuesday, July 4.](#)**

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