



Seniors Outreach E-blast



Good Food Wednesdays

Have you ever heard the term "food insecurity"? Food insecurity refers to not having enough consistent access to the nutritious and safe food needed for a healthy lifestyle. It often leads to hunger or health issues and can be caused by factors like limited money or difficulties in accessing nutritious food on a regular basis.

Seniors are twice as likely to be at risk for food insecurity if they are living at home alone compared to other living arrangements. Moreover, living with food insecurity can worsen underlying health conditions in older adults.

Studies reveal that once seniors qualify for programs like Old Age Security and Guaranteed Income Supplement, their likelihood of experiencing food insecurity is significantly reduced. However, soaring prices over the last two years have made it challenging for all seniors on a fixed income.

To address the needs for healthy food, we help seniors to connect with existing food programs in the community and offer additional support through our programs: More Than Meals, Living Salads, and Better at Home.

A new initiative for the summer months is Good Food Wednesdays. Any senior 65+ years of age looking to eat healthier and stretch their monthly budget can visit our resource centre on Wednesdays at 1:00 pm at #115-2065 Benvoulin Court. We have breads, fruits, and vegetables available for pick up!

The nutritious food is possible thanks to generous donations from The Vibrant Veggie Garden, Okanagan Fruit Tree Project, and Food It Forward Okanagan. Their organizations and volunteers do important work addressing food security by creating more sustainable food systems. With their support, we are working to ensure that all seniors can experience nourishing food and a strong sense of community.

If you know a senior looking to eat healthier and stretch their monthly budget, we invite you to share news about Good Food Wednesdays.

[News and Resources from Seniors Outreach](#)



Sudoku

Just as people have to exercise their bodies in order to stay physically fit, we also need to “exercise” our brains.

Strengthen your cognitive abilities with a sudoku puzzle.

[Sudoku](#)



Recipes

Eating a well-balanced diet is important for maintaining optimal health and wellness. But, when time is short, it can be challenging to stick to a healthy meal plan. By prepping healthy meals in advance, you can save time and money while ensuring you get all the nutrients your body needs!

[View recipes](#)



ElderNet Computer Mentoring

Looking to improve your tech skills? Join



Community Links

For seniors, accessing necessary resources



Donate Your Bottles

Have you ever wondered what to do

our free Eldernet drop-in support sessions!

Our friendly volunteers are here to help you navigate your cell phone, tablet, or computer. Swing by the Apple Valley Building 1 every Wednesday from 1:30 - 3:00 PM to learn the basics and get your questions answered.

***Maximum 20 minutes per person**

[Learn More](#)

can be crucial for maintaining quality of life and independence. That's why we have created a community links page that is specifically tailored to meet the unique needs of seniors.

Head over to our website to learn more!

[Learn More](#)

with all of those extra bottles lying around your house?

Make a difference in the lives of seniors in your community by donating your bottles and cans through our Return-it Express program. It's simple, and it's easy!

[Learn More](#)



[SCWW Summer Programs](#)

Looking for a way to connect with others and keep active this summer? Join our Senior Center Without Walls summer programs! Our programs are designed with seniors in mind, providing various interactive and engaging activities



[BC Day, August 07, 2023](#)

Happy BC Day! Wishing you a fantastic day filled with love, laughter, and great moments shared with loved ones.

that can be accessed from the comfort and safety of your home.

Check out our online program guide by clicking the link below!

[Learn More](#)

A friendly reminder that the office will be closed on Monday, August 7th and resume regular hours on Tuesday, August 8th.



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