



Seniors Outreach E-blast

HOLIDAY WISHES 50/50 RAFFLE

Draw Date: Dec 22, 2023

Ticket Sales End : Dec 20, 2023

CHANCES ARE 1 IN 3,000 (TOTAL TICKETS FOR SALE) TO WIN A PRIZE. ACTUAL ODDS DEPEND ON NUMBER OF TICKETS SOLD

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The Holiday Wishes 50/50 Raffle is Back to Spread Joy and Hope!

As the holiday season approaches, there's no better time to come together and make a difference in the lives of seniors in our community.

Our Focus: Bringing Hope and Healing to Less Fortunate Seniors in the Okanagan

At Seniors Outreach, we're working to meet the needs of older adults who require assistance. Many of the seniors we serve are vulnerable, isolated, and living alone. We want to ensure that they feel connected and cared for.

Our social programs and home supports play a crucial role in reducing isolation among underserved aging adults. Through your support, we can continue to make a real difference in their lives, offering companionship, assistance, and essential services that improve their overall well-being.

[Get Ready to Win Big and Make a Difference!](#)

Now, the exciting part – the 50/50 raffle is your chance to win big while contributing to a heartwarming cause! Last year's winner, Tracy Hamilton, won \$8,055 for the holidays.

50/50 tickets are:

Single Ticket for \$10;

3-Ticket Pack for \$20;

10-Ticket Pack for \$50

Tickets will be available for purchase ***starting November 7th***. Don't forget to mark your calendars and bookmark the link below for quick access to the tickets page! Thank you for supporting our vital social programs for seniors.

[Learn More](#)

[News and Resources from Seniors Outreach](#)



Crossword

For all you crossword puzzle fans, test your skills and sharpen your wits and vocabulary with these daily crossword puzzles.

It's the perfect way to unwind, keep your mind active, and embrace the joy of wordplay.

[***Crossword***](#)



Recipes

With the cold weather creeping in and flu season upon us, it's the perfect time to indulge in some comforting soup recipes that will not only keep you warm but also boost your immune system!

Check out these delicious soup ideas that are bound to keep you cozy and, most importantly, healthy.

[***View recipes***](#)



Flu Prevention Tips

As we enter flu season, it is important



Movember- Men's Mental Health



Remembrance Day, November 11, 2023

to take steps to protect ourselves, especially for seniors who are at a higher risk of developing complications from the flu. Fortunately, there are several simple steps that seniors and their caregivers can take to safeguard against the flu and protect their health.

Keeping a healthy lifestyle, getting vaccinated, washing hands frequently, and avoiding sick individuals can significantly decrease the risk of contracting the flu virus. Check out “16 Cold and Flu Prevention Tips for Seniors and Caregivers” for more information.

[Learn More](#)

Movember is a global initiative that has played a vital role in raising awareness about men's health concerns, specifically focusing on mental well-being. Despite the concerning prevalence of mental health issues among men, societal pressures often deter them from seeking the assistance they need. If you're curious to learn more, Heads Up Guys is an excellent resource that provides helpful information and advice. The more we talk about men's mental health, the better we can support one another to stay healthy, both physically and mentally.

[Learn More](#)

In honour of Remembrance Day, we want to take a moment to remember and express our gratitude to all those who have served and continue to serve. Join us on **November 9th** for 'Every Object Tells a Story,' where we'll share the meaningful tales of the Izzy Doll, Aileen Rogers Teddy Bear and their connection to the Canadian War Museum. Click the link below for our online program guides to register OR to learn more about our other programs. You can also simply call 250.861.6180 Ext. 1, and our Coordinator will register you and reserve your spot!

[Learn More](#)

A friendly reminder that the office will be closed on Monday, November 13th and resume regular hours on Tuesday, November 14th.



Seniors First BC - Frauds and Scams

November 14, 2023

Are you interested in safeguarding yourself against fraud and scams? Join us on **November 14** for a presentation by Seniors First BC (SFBC). The session will cover an introduction to frauds and scams, common methods and schemes that target Canadian seniors, safety strategies, and resources to consult if you or someone you know has been affected by frauds or scams. This is a great opportunity to learn more about protecting yourself and your loved ones. Click the link below for our online program guides to register OR to learn more about our other programs. You can also simply call 250.861.6180 Ext. 1, and our Coordinator will register you and reserve your spot!

[Learn More](#)



Daylight Savings: Time to Fall Back!

Don't forget to turn your clocks back one hour on November 5th as Daylight Saving Time (DST) ends.

Enjoy that extra hour of sleep and a cozy start to the season!

Our mailing address is:

115-2065 Benvoulin Court
Kelowna, BC V1W 0A5

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