



Seniors Outreach E-blast



**Thank You**

Thank you for your unwavering support in our mission to serve vulnerable older adults in our community. Your generosity has played a crucial role in our efforts, and we wouldn't have come so far without you. As we celebrate the growth and success we've achieved, our commitment to enhancing the quality of life for our seniors continues to

strengthen. We are dedicated to expanding our reach, ensuring that every senior in our community experiences a profound sense of belonging, independence, and overall well-being.

Once again, thank you for being an integral part of our mission and for helping us make a positive impact in the lives of so many seniors.

## News and Resources from Seniors Outreach



### ***Wordsearch***

Are you on the lookout for some ways to challenge yourself?

This word search will challenge your memory, cognitive skills, and attention to detail. Not only is it an entertaining way to spend an afternoon, but it also provides a great opportunity for seniors to engage in mental exercise, helping to keep the mind sharp and active.

Click the link below to get started and see how many words you can find!

[\*\*Wordsearch\*\*](#)



### ***Recipes***

These tasty dishes will leave you feeling satisfied and energized.

From hearty soups to flavorful salads, there are plenty of recipe options to explore. Many of the ingredients used are packed with vitamins and minerals to help boost your immune system and overall health. Trying out new recipes can also be a fun way to spend time in the kitchen and get creative. So go ahead, treat yourself to something delicious and start the year on a high note with these mouthwatering recipes!



[View recipes](#)



### **[Volunteer With Seniors Outreach](#)**

Interested in making a difference for seniors in your community?

Volunteer for our seniors outreach program! With numerous volunteer opportunities available, you can contribute to enhancing the well-being of seniors.

Click the link below for more information on how you can get involved and make a positive impact.

[Learn More](#)



### **[Connect with Seniors in Your Community](#)**

We understand the challenges seniors face in engaging with their local communities due to physical limitations or lack of access. That's why we make it easy by offering our Senior Center Without Walls services entirely over the phone or virtually.

Our programs will be up and running starting Monday, January 8th, 2024. Click the link below to learn more!

[Learn More](#)



### **[Linked Together](#)**

Linked Together is specifically designed for seniors aged 65 and above who are residing in Kelowna and the surrounding areas.

The program aims to improve their health and well-being by offering various non-medical community supports, including nutritional assistance, opportunities for physical activity, grief and loss support, and more. Head over to our website for more information.

[Learn More](#)



### Holiday Wishes 50/50 Raffle

Congratulations to Stephanie for winning \$7,000 in our Holiday Wishes 50/50 Raffle!

A special thanks to all those who participated, enabling us to continue providing vital assistance and resources to seniors in our community.

### Happy New Year

Happy New Year from all of us at Seniors Outreach. We wish you a year of health and happiness, and look forward to sharing more stories of impact, resources and learnings, and spending time in community with you this year.

**Our mailing address is:**  
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Kelowna, BC V1W 0A5

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