



Seniors Outreach E-blast



Parkinson's Awareness Month

April marks Parkinson's Awareness Month, a time to highlight the challenges and victories of those living with Parkinson's disease (PD). This month serves as an opportunity to learn, connect, and find support.

Parkinson's disease is a neurodegenerative condition that impacts the

brain cells responsible for movement, leading to symptoms such as tremors, stiffness, slowness of movement, and balance issues. While there is currently no cure for PD, various treatments and therapies exist to help manage its symptoms and enhance the quality of life for individuals affected by it.

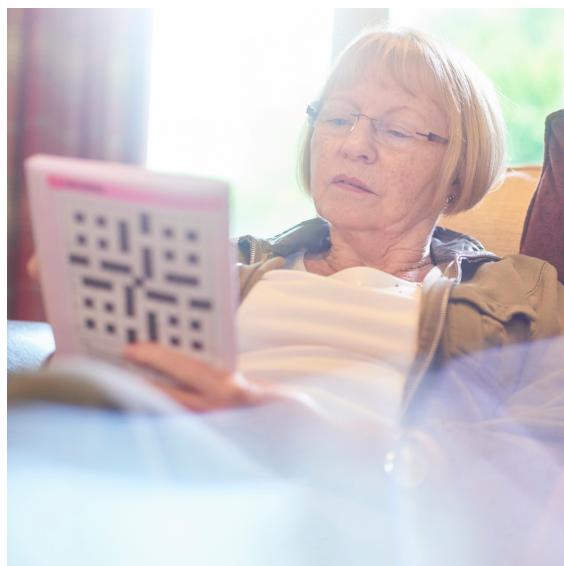
In light of this, here's how you can participate and make a difference:

1. Educate Yourself: Take the initiative to learn more about Parkinson's disease by clicking the link below.

2. Spread Awareness: By sharing information and personal experiences, you can help dispel misconceptions and foster empathy and support within your community.

[Learn More](#)

News and Resources from Seniors Outreach



Crosswords

Imagine this: a cool afternoon at your home, a cup of tea beside you, and the satisfying click of the mouse filling in the last square of a challenging crossword. Sounds delightful, doesn't it? Crossword



Recipes

Easter isn't just about springtime joy – it's about indulging in delicious traditions! This year, you can create a memorable Easter feast with time-tested recipes passed down through generations.

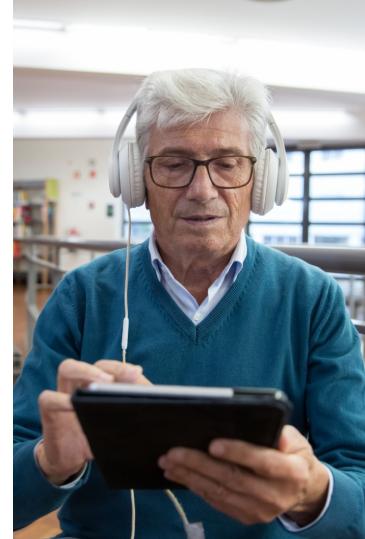
puzzles offer the perfect blend of mental stimulation and relaxation.

Are you up for the challenge? Click the link below to get started!

Crosswords

Click the link below to discover savoury classics like juicy ham, creamy scalloped potatoes, and comforting green bean casserole, alongside sweet delights such as carrot cake and Easter bread.

[View recipes](#)



More Than Meals

For just \$50, you can make a senior's Easter truly special with our More Than Meals program. They'll receive a delicious and nutritious Easter meal, enjoy a friendly visit from a caring volunteer for a heartwarming chat, and receive an Easter-themed gift.

More Than Meals combats loneliness, fosters connections, and ensures seniors

National Volunteer Week, April 14 - 20th, 2024

The theme of this year's National Volunteer Week, "Every Moment Matters," perfectly captures the incredible impact of our volunteers.

Every conversation they share, every activity they lead, and every moment they dedicate makes a world of difference. Our volunteers bring a wealth of experience, wisdom, and

ElderNet Computer Mentoring

Feeling frustrated with your tech?

Conquer your computer woes with friendly faces at ElderNet Mentoring!

Every Wednesday, from 1:00 - 3:00 PM, this drop-in session at the Ziglar Recreation Center (2055 Benvoulin Court) offers one-on-one help for any seniors who simply want to improve their skills

feel loved and supported, especially during holidays. This Easter, share the spirit of the season and give the gift of More Than Meals!

[Learn More](#)

compassion that enriches our community and inspires others.

We're so grateful for their dedication and the positive impact they create.

with smartphones, tablets, or laptops.

[Learn More](#)



Happy Easter
March 29 - April 1, 2024

We hope you have a joyful Easter filled with sunshine, laughter, and of course, plenty of delicious treats!

In celebration, our offices will be taking a brief break from March 29th to April 1st. And will be back and ready to spring into action on Tuesday, April 2nd, at 9:00 a.m.

Our mailing address is:

115-2065 Benvoulin Court
Kelowna, BC V1W 0A5



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