



Seniors Outreach E-blast



B.C. Seniors' Week 2024

B.C. Seniors' Week

June 2 - June 8, 2024

This B.C. Seniors' Week, we're celebrating the remarkable seniors who have shaped the vibrant British Columbia we know today. Their wisdom, resilience, and unwavering spirit are woven into the very fabric of our communities.

Join us in honouring B.C. Seniors' Week by:

- **Expressing gratitude:** Thank the seniors around you for their lifetime of contributions, their love for our province, and the countless ways they enrich our lives.
- **Reconnecting and learning:** Share stories, bridge the generational gap and learn from the wealth of experience our seniors hold.
- **Building a brighter future:** Join us in creating a community where seniors feel valued, supported, and empowered to keep living life to the fullest.

Seniors Outreach offers a variety of programs and services where you can volunteer and give the gift of time to seniors and older adults. Build connections and volunteer with us today!

[Volunteer Today](#)

News and Resources from Seniors Outreach



Get a Mental Workout

Looking for an engaging activity for your afternoon downtime?

Indulge in Sudoku for a delightful mind workout!

Sudoku is a puzzle playground where logic meets lateral thinking; the only competition is the clock.

So grab a cup of your favourite afternoon beverage, settle in, and



Discover Refreshing Summer Snacks!

Beat the summer heat with these delicious and refreshing snacks!

This article is packed with easy recipes for frozen treats, fruit salads, yogurt parfaits, and more.

Enjoy healthy dips like guacamole and caprese skewers to keep your

prepare for a brain-bending good time!

[Sudoku](#)

taste buds happy. Cool off with something yummy and good for you!

[View Recipes](#)



Seniors Activity Centre

Looking to stay active, social, and engaged? The Seniors Activity Centre at 1353 Richter Street is a friendly place for affordable recreation and educational programs designed for seniors 55+ years in Kelowna and region.

Our incredible senior volunteers share their wisdom and talents, leading programs at budget-friendly prices. With a low membership fee of just \$5, you can



World Elder Abuse Awareness Day, June 15, 2024

This World Elder Abuse Awareness Day (WEAAD), we pledge to protect our most vulnerable. Elder abuse can take many forms, from physical harm to financial exploitation. It leaves lasting scars, both physical and emotional.

But you can make a difference by learning the signs of elder abuse, talking to your elderly loved ones about their well-being and safety, and reporting suspected



United for Seniors In Need!

June is a great time to celebrate seniors and their invaluable contributions to our communities. You can help us create moments of joy, connection and support for older adults who need a helping hand to thrive at home and in the community.

Your donation will support our community-based programs that help seniors maintain their dignity and independence, while staying connected to their community and

embrace a world of learning, socializing, and fun. Sign up using the link below!

[Learn More](#)

abuse. Visit the link below to register for the upcoming national WEAAD virtual event.

[Learn More](#)

each other. Seniors Outreach offers a variety of ways to give: Planned Giving, More Than Meals, Third Party Events, Gift Cards and much more. Click the link below to learn more or to donate now!

[Learn More](#)



Happy Pride Month!

At Seniors Outreach, we believe everyone deserves to live authentically and feel included. That's why we're joining the celebration of Pride Month this June!

Whether you're a longtime member of the 2SLGBTQIA+ community or simply an ally, we can all embrace the spirit of Pride - a spirit of love, respect, and celebrating the beautiful differences that make us who we are!





Happy Father's Day

June 16, 2024

This Father's Day, we celebrate the father figures who shaped who we are. They have been our anchors through thick and thin, our cheerleaders in every victory. They taught us to tie our shoes, ride a bike, and chase our dreams, all while showering us with the love that holds a family together.

Here's to the incredible father figures who make our lives so special!

New Location: OPENING SOON
155 Asher Road, Kelowna BC, V1X 3H5.



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