



Seniors Outreach E-blast



WORLD ALZHEIMER'S MONTH

World Alzheimer's Month: Enhancing Quality of Life for Seniors

This September, we recognize World Alzheimer's Month, a time to raise awareness and support those living with Alzheimer's. At Seniors Outreach & Resource Centre, we understand the importance of supporting individuals with Alzheimer's and their care partners.

Physical and Mental Stimulation: Nourishing the Mind and Body

Keeping both the mind and body active on a regular basis is crucial for brain health. Our [Seniors Activity Centre](#) offers a variety of programs such as dancing, bingo, bridge, mahjong, etc. which promote mental stimulation, socializing, and physical activity.

Social Connection: The Heart of Care

Social interaction is vital for overall well-being and can help slow cognitive decline. Our [Coffee Break Group](#) offers a casual and friendly space for seniors to connect with others over coffee and conversation. This can provide invaluable support and companionship for everyone, including individuals living with Alzheimer's.

Comprehensive Support: Meeting Diverse Needs

We understand that the needs of seniors with Alzheimer's vary. Our [Community Connector](#) program offers a holistic approach to care and helps link people with nutritional support, physical activity, support groups, and specialized services. These resources address the multifaceted challenges faced by individuals with Alzheimer's and their care partners.

By providing diverse services and working with community partners, we aim to create a supportive environment that both modifies the risks for disease, and offers practical supports for care partners and individuals living with Alzheimer's.

News and Resources from Seniors Outreach



Flex Your Brain with Sudoku

As the leaves begin to turn, why not challenge your mind with a Sudoku puzzle? It's a perfect way to unwind and sharpen your focus.

Enjoy this delightful game as the crisp autumn air fills the day. Grab a warm beverage, find a comfy spot, and let the Sudoku magic unfold.

[Sudoku](#)

Savour the Fall Season with Healthy Comfort Food!

Looking for delicious ways to embrace the flavours of fall? This article features hearty yet wholesome dishes that are perfect for seniors.

From hearty soups to lighter takes on classics, these dishes are packed with nutrition and taste. Indulge in the warmth of autumn with these healthy meals!

[View Recipes](#)



Information & Navigation Supports

Feeling overwhelmed by government forms or unsure about available community resources? Our Information & Navigation Supports service offers personalized assistance with



Grandparents Day, September 8, 2024

Grandparents Day is a special occasion to honour family connections, but it's also a perfect time to appreciate the valuable contributions of all older adults in our community.



Your Partner in Independent Living

Wishing for a little extra help around the house? Better at Home offers a range of non-medical services to help seniors 65+ live comfortably and independently in Kelowna, West

government forms and subsidies, creating personal plans and connecting to community resources.

Connect with us in a way that works for you. We offer phone, virtual, and in-person support at our Resource Centre.

[Learn More](#)

Their wisdom, experience, and kindness enrich our lives in countless ways. Let's take a moment to express our sincere gratitude for their presence. Visit the link below to learn how to create a community that celebrates and supports older adults.

[Learn More](#)

Kelowna, and Lake Country.

From transportation and housekeeping to grocery shopping and snow removal, we've got you covered. Click the link below to register for this independence-boosting service.

[Learn More](#)



National Day of Truth and Reconciliation

September 30, 2024

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Today, on National Day for Truth and Reconciliation, we join Indigenous communities in honouring the survivors of residential schools and their families. Together, we commit to learning from the past and taking concrete steps towards reconciliation. Join us in learning more by visiting this [link](#).

In observance of the National Day for Truth and Reconciliation, our offices will be closed on Monday, September 30, 2024. Regular office operations will resume on Tuesday, October 1, 2024.

**NEW ADDRESS: 155 Asher Road, Kelowna,
BC, V1X 3H5.**

**Note: The office on Benvoulin Crt. is now
CLOSED**

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