



Seniors Outreach E-blast

Seniors Outreach & RESOURCE CENTRE

Seniors Outreach Holiday Wishes 50/50 Raffle

**Draw Date:
December 20, 2024**

**Win up to
\$10,000**

CHANCES ARE 1 IN 1,320 (TOTAL TICKETS FOR SALE) TO WIN A PRIZE.
ACTUAL ODDS DEPEND ON NUMBER OF TICKETS SOLD.

HTTPS://WWW.GAMBLINGSUPPORTBC.CA/
PROBLEM GAMBLING HELPLINE: 1-888-795-6111
KNOW YOUR LIMIT, PLAY WITHIN IT

GAMING LICENCE #: 155408
19+

Double the Cheer: Win Cash & Support Seniors with Our Holiday Wishes 50/50 Raffle!

What if our community could be a warm embrace for every senior?
That's the question we asked ourselves when we organized the Holiday

Wishes 50/50 Raffle. Many seniors are aging during a historic shortage in affordable housing and rising living costs. As one participant recently shared “My bills keep growing, but my income isn’t.”

This holiday season, seniors struggling with daily living need us more than ever. Let us come together to ease their burdens and bring warmth to their lives. Your support today will go directly toward our life-changing programs that enhance social connections and address critical issues related to food, housing, and transportation.

Plus, it gives you a chance to win **up to \$10,000** while making a difference in our community! You can choose from our 3 options:

- Single Ticket for \$20;
- 3-Ticket Pack for \$50;
- 10-Ticket Pack for \$100

Tickets are selling fast! The deadline to purchase tickets is set for ***Thursday, December 19, 2024, at 11:59 p.m.***, and the draw will take place on ***Friday, December 20, 2024, at 1 p.m.*** Click the link below to get your tickets!

[Get Your Holiday Wishes 50/50 Raffle Tickets](#)

News and Resources from Seniors Outreach



Unleash Your Inner Word Wizard

Are you ready to embark on a thrilling quest for hidden words? These word search puzzles are a fun and engaging way to keep your brain active and alert. Sharpen your mind and boost your vocabulary with each puzzle you conquer.

Whether you're waiting in line, enjoying a cup of coffee, or simply looking for a mental break, these puzzles provide a fun and engaging escape. Click the link below to get started!

Word Search

Warm Up With A Hearty Soup This Winter!

Is there anything more comforting than a steaming bowl of hearty soup on a chilly day? This collection of recipes features soups that are both filling and satisfying, perfect for a cozy night in.

From the hearty comfort of Potato Broccoli and Cheddar Soup to the exotic flavors of Almond Chicken Soup with Sweet Potato, Collards, and Ginger, there's a flavour for every mood. These soups are packed with nutrients and easy to digest, making them perfect for seniors. Click the link below to discover your new favourite soup!

View Recipes

Daylight Savings: Don't Forget to Fall Back!

Remember to set your clocks back one hour on Sunday, November 3, 2024 as Daylight Saving Time (DST) ends. Enjoy that extra hour of sleep—you've earned it! This small change can sometimes be tricky for seniors.



To minimize any discomfort, try these tips:

- Start going to bed a bit earlier each night leading up to the time change.
- Stick to a regular sleep schedule.
- Regular, gentle exercise can improve sleep.



Pop-Up Services

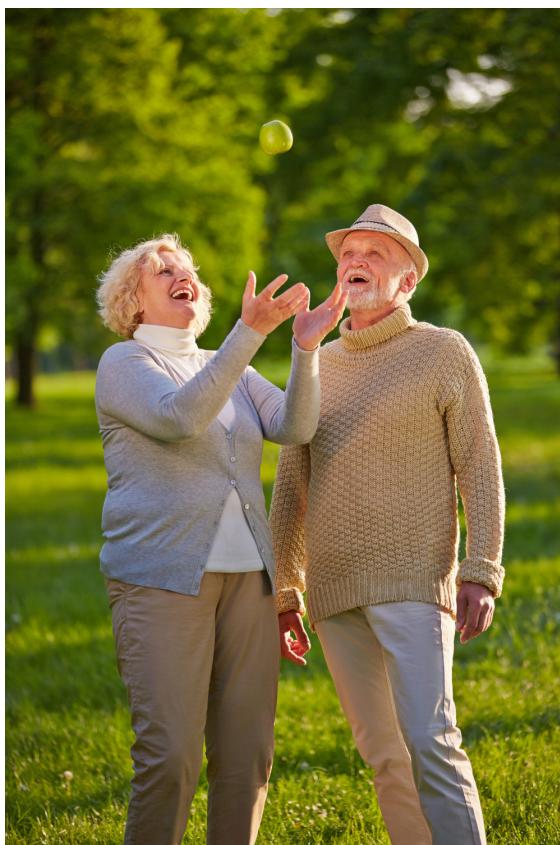
Aiming to make it easier to get information and support, we are happy to be working with community partners to host Pop-Up Services on Fridays at our Rutland Office at 155 Asher Road. Services are first come first served on a drop-in basis.

The Canada Revenue Agency (CRA) has an outreach worker on site the 1st Friday of each month. They can assist people with CRA MyAccount, Notice of Assessments, Disability Tax Credit, G.S.T. Credit, uncashed

cheques, tax slips and CRA correspondence. Sessions run from 10:00am-3:00pm.

Service Canada has a representative in the office on the 3rd Friday of each month. They can answer your questions about Canada Pension Plan, Old Age Security, Guaranteed Income Supplement, Canada Dental Plan and more. Sessions run from 9:30am-1:30pm.

Finally, our Eldernet technology support is available the last Friday of each month. Our knowledgeable and kind volunteers can help people to better use their phone, tablet or laptop. Sessions run from 1:00pm-3:00pm.



[**Mental Health Tips For Healthy Aging**](#)

This article offers powerful insights into nurturing mental health as we age, emphasizing that our emotional well-being is just as crucial as our physical health.

It highlights the importance of staying connected with family,

[**Host A Fundraiser**](#)

Ready to make a real difference in your community?

Host a fundraising event and support vulnerable seniors in Kelowna! Whether you're a seasoned event planner or just starting out, your creativity and

friends, and community for emotional support and overall well-being. Engaging in activities such as hobbies, volunteering, or joining clubs can enhance mood and cognitive function.

The article serves as a vital reminder that aging doesn't mean surrendering to decline; rather, it presents an opportunity to embrace life fully. Click the link below to read the full article!

[Learn More](#)

passion can make a lasting impact.

Plan a charity auction, organize a fun run, or choose any unique event—you have the power to make a positive impact. Share your plans with friends and family, and together, let's build a brighter future for our cherished seniors.

Click the link below to learn how to host a successful fundraiser in just 3 easy steps.

[Learn More](#)

Our Rutland Office is closed from November 5th to 7th as staff are attending the *B.C. Summit on Aging* to discuss, learn, and collaborate on current issues and innovations in healthy aging. We will be checking messages and responding to urgent matters. Thank you.

Remembrance Day

November 11, 2024

lest we forget



Remembrance Day

November 11, 2024

As a community, we have shared countless experiences and stood together through moments of resilience and gratitude. This Remembrance Day, we honour those who sacrificed their lives for our freedom.

In their memory, let's commit ourselves to building a world where kindness, understanding, and compassion prevail.

In observance of Remembrance Day, our offices will be closed on Monday, November 11, 2024. Regular office operations will resume on Tuesday, November 12, 2024.

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

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



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