



Seniors Outreach E-blast



Seniors Outreach & RESOURCE CENTRE

GIVING TUESDAY

Save the Date
December 3, 2024

Will You Answer Their Silent Plea This Giving Tuesday?

Behind the festive cheer of the holidays, there are countless seniors in our community who struggle silently. They may be living alone, their health failing, or their spirits waning.

Challenges with affordability and rising living costs has been exceptionally hard on seniors living on a limited income. Many seniors feel ignored by Canada's recent affordability measures and being left out of the \$250 cheques. Baffling, when some seniors are having to choose between paying for heat or eating healthy.

At Seniors Outreach & Resource Centre, we believe every senior deserves to live a life filled with dignity, independence, and human connection. We offer essential programs like:

Better at Home: Providing transportation and in-home support services to help seniors age safely and independently. Our compassionate caregivers offer not just practical assistance, but also a friendly face and a listening ear.

Seniors Activity Centre: Offering a variety of activities to promote healthy aging. From fitness classes to engaging hobbies, our centre provides opportunities for seniors to stay active and connected.

SHINE Housing Navigator: Helping seniors navigate the complexities of finding safe and affordable housing. We assist with applications for social housing, secure rent subsidies, and connect seniors with government support programs.

But we can't do it alone. This Giving Tuesday, please consider helping our oldest community members. Your generous donation, no matter how big or small, can make a profound difference in their lives.

Donate here: <https://seniorsoutreach.ca/donate/>



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/](https://www.gamblingsupportbc.ca/)
PROBLEM GAMBLING HELPLINE: 1-888-795-6111
KNOW YOUR LIMIT, PLAY WITHIN IT

GAMING LICENCE #: 155408
19+

Last Chance To Win Hearts And Cash: Participate In Our Holiday Wishes 50/50 Raffle!

As the season gets colder, join us in spreading warmth and love to our community's seniors by purchasing a ticket to our Holiday Wishes 50/50 Raffle. It will give you a chance to win **up to \$10,000** while enriching the lives of seniors in our community! You can choose from our 3 options:

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

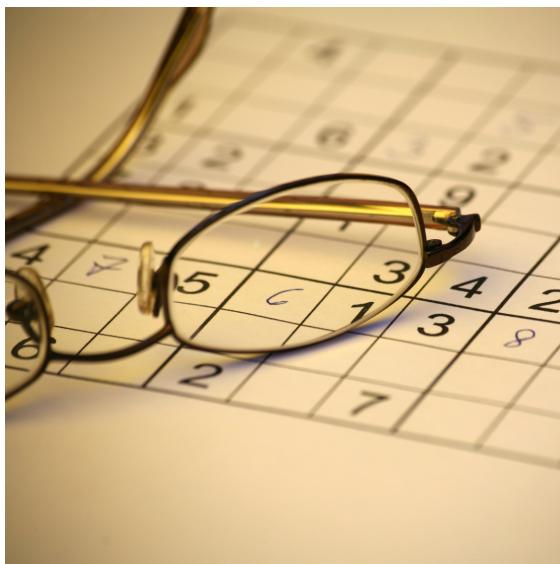
Tickets are selling fast! You can purchase them online or get paper tickets from our office: 115 Asher Road, Kelowna, BC V1X 3H5.

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



Need A Mental Break From The Holiday Hustle And Bustle? Try Sudoku

Whether you're surrounded by loved ones or spending time alone, the holidays can be a busy and stressful time. Unwind and challenge your mind with a relaxing Sudoku puzzle.

It's a fun and effective way to reduce stress, improve focus, and boost cognitive function. So grab a cozy blanket, a warm eggnog, and let the puzzle-solving fun



Festive And Easy Holiday Breakfast Ideas For Seniors

Start your holiday mornings right and enjoy a meal that's as easy to prepare as it is to savour. These holiday breakfasts are perfect for seniors who want more time to enjoy the festivities.

From sweet treats like cinnamon bun pancakes to savoury dishes like breakfast casseroles, these holiday-inspired recipes will fill your home with the scents and warmth of the season. Check out

begin! Click the link below to get started.

[Sudoku](#)

the full list of holiday morning breakfasts here!

[View Recipes](#)



Seniors Activity Centre

Did you know that our Seniors Activity Centre is more than just a place to stay active? It's a community hub where you can connect with like-minded individuals and make lifelong friends.

Come to 1353 Richter Street and participate in affordable recreation and educational programs designed for seniors 55+ years in Kelowna and region.

With a low membership fee of just \$5, enjoy activities such as dance, bridge, mahjong, and more, led by our senior volunteers. Visit the link below to sign up!

Stocking Stuffers for Seniors

Here is your chance to give back through London Drugs' Stocking Stuffers for Seniors! This heartwarming initiative helps brighten the holidays for seniors, reminding them that they are valued and remembered.

Getting involved is easy: Simply visit your local London Drugs store, grab a tag, and donate new, unwrapped gifts (they don't have to be from London Drugs).

This program is especially meaningful as many seniors experience loneliness during the

[Learn More](#)

holidays. Some may have limited resources to purchase gifts or celebrate the season, and by donating, you're making a positive impact in your community.

The program runs until **December 8, 2024**. Click the link below to get involved today.

[Learn More](#)



Last Chance To Be Eligible For A 2024 Tax Receipt!

As the holiday season approaches, many seniors may experience feelings of loneliness. With families scattered and loved ones lost, the festive cheer can feel far away. Reduced mobility or financial constraints can further isolate them from the joy of the season.

Your donation to Seniors Outreach can help provide essential programs and services to our vulnerable seniors. By supporting Seniors Outreach, you're helping to ensure that no senior faces the holidays alone.

Don't miss your last chance to be eligible for a 2024 tax receipt.

Click this link to donate today: <https://seniorsoutreach.ca/donate/>





From all of us at Seniors Outreach, we wish you a warm and wonderful holiday season. May your days be filled with love, laughter, and peace. Merry Christmas!

Our offices will close for the holidays starting Tuesday, December 24, 2024, and reopen on Thursday, January 2, 2025.

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

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



Facebook



Visit our Website



Instagram

Want to change how you receive these emails?
You can [unsubscribe from this list](#).