



Seniors Outreach E-blast



Annual Report 2024

We're delighted to share our Annual Report with our valued members, volunteers, partners, and friends. Last year, our caring staff worked with community partners and 153 volunteers to improve the lives of nearly 2,000 seniors!

This impactful year saw us embrace stewardship of the vibrant Seniors Activity Centre on Richter Street, open a welcoming new office in Rutland, and significantly expand our subsidized housekeeping services through the Better at Home program, thanks to crucial funding from United Way British Columbia. This funding has allowed us to provide more regular and timely support to seniors who need assistance with essential household tasks.

These significant steps forward have generated exciting momentum as we look to the future, with initial plans underway for the development of a new Seniors Wellness Centre – a dedicated space where seniors can gather, connect, and truly thrive. We extend our deepest gratitude to every member, volunteer, partner, and friend whose unwavering support makes our mission possible.

Together, we are creating a lasting and positive impact on the lives of seniors in our community.

[Seniors Outreach Annual Report](#)

Fun Bites & Brain Teasers



The Perfect Mental Pause: Soothe Your Mind, Sharpen Your Focus!

Looking for a gentle way to keep your mind engaged while you relax? This word search offers a soothing escape that also provides a light and enjoyable mental workout. It's the perfect activity for those moments when you want to unwind without completely switching off.

So grab a pen, find a cozy spot, and let the satisfying search for words help you relax and feel mentally refreshed. It's the perfect guilt-free way to take a break!

Click the link below to get started.

[**Word Search**](#)



Stay Cool, Stay Happy: Deliciously Easy Summer Drinks!

Staying healthy and hydrated this summer doesn't have to be a chore! What if it could be a burst of flavour and fun? Imagine creating delicious drinks with minimal effort, knowing you're treating yourself to something both refreshing and good for you.

This selection of summer drink recipes offers easy and exciting ways to stay hydrated all season long. From simple fruit infusions to vibrant coolers, you'll find delightful options that will make staying refreshed a joy.

Click the link below to find your next favourite summer beverage!

[**View Recipes**](#)

Blast From The Past

Did you know National Indigenous Peoples Day, observed on June 21st, aligns with the summer solstice, a time of long-standing importance for Indigenous cultures, including the Syilx/Okanagan Nation?

For generations, the solstice has been a period of celebration and connection to the land for the Syilx people. It marks abundance and renewal.

June 21st offers a chance to learn about the rich history and culture of the Syilx/Okanagan and other Indigenous peoples across Canada. Check out the local events happening in your community to deepen your understanding of the First Peoples of this land. Let's honour their past and celebrate their present.

[Learn More](#)

News and Resources from Seniors Outreach



Farmers' Market Nutrition Coupon Program

As the Okanagan Valley bursts into its most abundant seasons, Seniors Outreach is partnering with the Farmers' Market Nutrition Coupon Program to bring the taste

Host a Fundraiser

Want to create real change for local seniors? Host a fundraiser with Seniors Outreach! Imagine the difference you could make by organizing a fun event – a bake

of fresh, locally grown fruits, vegetables, and herbs to lower-income seniors in Kelowna. Here's your chance to get \$108/month in coupons to be redeemed at our local Farmers Market.

Don't just take our word for it! Hear from a 71-year-old participant: "I was able to buy quality produce and herbs that helped me in preparing healthy meals, trying new recipes, and juicing. I could have never afforded such abundant fruits and vegetables on my own."

Click the link below to explore this special opportunity!

[Learn More](#)

sale, a game night, a special dinner, or anything you dream up!

Every dollar raised helps us provide crucial support that combats isolation and boosts well-being for seniors right here in our community. By hosting a fundraiser, you directly support vital programs that bring connection and happiness to seniors, help older adults access the resources and companionship they need to thrive, and leave a lasting positive mark while enjoying yourself!

Click the link below to find everything you need to create a successful event.

[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!

June 15, 2025: A Day of Awareness & Celebration



World Elder Abuse Awareness Day

Think for a moment about the gentle hands that once held yours, the wise voices that guided you. Our elders deserve to live their golden years with love and respect. Yet, elder abuse casts a dark shadow, bringing fear and isolation. On this World Elder Abuse Awareness Day, open your hearts to their vulnerability and commit to protect them. Be their advocates: learn the signs and speak out with courage. Build a community where every elder feels safe, cherished, and honoured.

[Learn more](#)

Happy Father's Day

This Father's Day, we celebrate the spirit of fatherhood – the nurturing, guiding, and supportive presence that enriches our lives. This can be embodied by fathers, but also by grandfathers, uncles, friends, mentors, and other caring individuals who have offered strength and encouragement.

To everyone who provides that special kind of support, we send our warmest wishes for a truly happy Father's Day! May your day be filled with happiness and the recognition you deserve!

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

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



Facebook



Visit our Website



Instagram

