



## Seniors Outreach E-blast



### Sing, Connect and Lift Your Spirits

An invitation for all seniors who love to sing! In September, the *Silver Song Group* will again be providing joyful moments of group-singing activities across the valley. Each 90-minute session provides camaraderie, refreshments, and singing together in a relaxed, welcoming atmosphere.

Led by professional musicians, the *Silver Song Group* welcomes everyone, whether you haven't sung in years or simply love the joy of music. The program runs from September to May at the following locations:

- **Kelowna:** Sarsons Activity Centre (4398 Hobson Road) on Mondays, 10:00 am - 11:30 am. Starts Sep. 8.
- **Vernon:** Schubert Centre (3505 30th Avenue) on Tuesdays, 10:00 am - 11:30 am. Starts Sep. 9.
- **West Kelowna:** The Heritage (3630 Brown Road) on alternating Wednesdays, 10:00 am - 11:30 am. Starts Sep. 10.

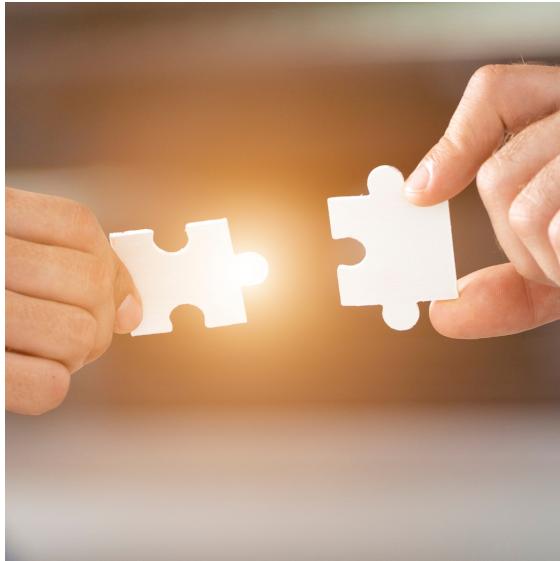
Depending upon the location, participants are asked to contribute \$1-2 at each session to help with costs of coffee, tea, and cookies. Great singing skills aren't necessary to join the fun, and people can attend their first sessions without registering.

This year's program is generously supported by the [\*\*Sienna for Seniors Foundation\*\*](#), who help organizations across Canada that share their desire to create moments of joy, connection, and support for older adults.

Join us to make new friends, and perhaps, even discover a new favourite song! Learn more with the link below.

[\*\*Learn More\*\*](#)

## **Fun Bites & Brain Teasers**



## Keep Your Mind Sharp with Jigsaw Puzzles Online

Ever wish you could enjoy a puzzle without worrying about lost pieces or clutter? Digital jigsaw puzzles bring the timeless joy of jigsaw puzzles online, where every piece fits perfectly and every puzzle is ready to complete.

Whether you're revisiting a favourite hobby or trying it for the first time, there's a puzzle for every mood and skill level. Choose from stunning landscapes, adorable animals, and classic scenes.

Start puzzling today and discover how a few pieces can brighten your day!

[Digital Jigsaw Puzzle](#)



## Warm, Nourishing Dishes for Crisp September Days

September brings cooler mornings and the first hints of autumn, making it the perfect time to enjoy seasonal, comforting recipes. Imagine warming up with a creamy butternut squash soup, enjoying the sweet richness of roasted sweet potatoes with tahini, or finishing a meal with a warm apple crumble.

Each recipe is designed to be easy, nourishing, and full of flavour: perfect for cozy dinners at home or sharing with friends and family.

Click the link below to bring the colours, scents, and tastes of the season into your kitchen!

[View Recipes](#)

## Blast From The Past

Did you know the National Day for Truth and Reconciliation began with a simple orange shirt? In 2013, Phyllis Webstad, a residential school survivor, shared how her new orange shirt was taken from her on her first day of residential schooling. This became a powerful symbol of the loss experienced by Indigenous children.



Her story inspired Orange Shirt Day on September 30, honouring residential school survivors and promoting awareness. In 2021, it was recognised nationally as the National Day for Truth and Reconciliation, a day to reflect, learn, and support healing.

[Learn More](#)



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## **World Alzheimer's Month**

September is World Alzheimer's Month, an international campaign to raise dementia awareness and challenge stigma.

Each year, Alzheimer and dementia associations, alongside all those involved in the treatment, care and support of people living with dementia, from around the world unite to organize advocacy and information provision events, as well as Memory Walks and fundraising days.

Click the link below to learn how you can support World Alzheimer's Month.

[Learn More](#)

## **Donate Gift Cards**

Every day, seniors in our community face the tough decision of stretching their limited income just to afford life's basics. A simple gift card can make all the difference and help provide groceries, personal care items, or other essentials that bring both comfort and peace of mind.

When you donate, you're helping seniors feel safe, cared for, and supported. Each gift card is a practical act of kindness that brings comfort and stability to someone who may otherwise feel forgotten.

Click the link below to donate a gift card today.

[Learn More](#)

## **National Grandparents' Day**

National Grandparents' Day is coming up on September 7, and it's a time to celebrate you, whose wisdom, strength, and spirit inspire us all.

Whether you're a grandparent or a senior shaping the lives of those around you, your stories, experiences, and resilience make the world richer every day. This week, take a moment to honour yourself and the remarkable life you've lived.

Thank you for being a cornerstone of our communities and a source of inspiration.



# National Day for Truth and Reconciliation

September 30, 2025

## National Day for Truth and Reconciliation

*September 30, 2025*

On September 30, we take time to honour the survivors of residential schools and their families. This is a day to remember the children who were lost, to listen to the stories of those affected, and to reflect on the resilience, courage, and strength of Indigenous communities.

As we reflect, we can also take small, meaningful steps toward understanding and reconciliation in our own lives. Wearing an orange shirt, learning more about local Indigenous history, or joining a community event are ways to participate and show respect.

**In observance of the National Day for Truth and Reconciliation, our offices will be closed on Tuesday, September 30, 2025. We will resume regular operations on Wednesday, October 1, 2025.**

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



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