



Seniors Outreach E-blast





Seniors Outreach
& RESOURCE CENTRE

GIVING TUESDAY



Giving Tuesday

December 2, 2025

**Support a Grandparent, Neighbour, or Friend
This Giving Tuesday**

Every day at Seniors Outreach & Resource Centre, we meet seniors who helped build the community we love. They were teachers, caregivers, nurses, volunteers, and neighbours who spent their lives giving to others. Now, many face challenges that can feel overwhelming.

This Giving Tuesday, you can step in and make a real difference. Your gift can ensure a local senior receives a warm meal, a safe home, or a friendly voice checking in. You're not just supporting a program; you're supporting someone's grandparent, neighbour, or friend, honouring their lifetime of contributions and helping them stay safe, connected, and cared for.

Your generosity keeps our vital programs running, including:

- **Better at Home:** practical help with daily tasks so seniors can stay safe and comfortable in the homes they love
- **SHINE Housing Navigator:** guidance for seniors seeking safe, affordable housing and access to essential supports
- **More Than Meals:** delivering nutritious meals paired with friendly check-ins to brighten a senior's day
- **Information and Navigation Supports:** one-on-one help with government forms, subsidies, and connecting to community resources
- **Social and Engagement Programs:** activities like Silver Song Group, fitness classes, and community events that foster joy, connection, and belonging

When you give, you become part of a senior's story, offering comfort, dignity, and care to those who have given so much to all of us.

Make your Giving Tuesday gift today by clicking the link below!

[Donate now](#)



Seniors Outreach Holiday Wishes 50/50 Raffle

Win up to
\$10,000

Draw Date:
December 19, 2025



CHANCES ARE 1 IN 3,850 (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 #: 166159
19+

Give a Holiday Gift That Truly Counts

Are you searching for a holiday gift that truly counts? Give your loved one the chance to win \$10,000 and the satisfaction of supporting local seniors.

A ticket to our Seniors Outreach Holiday Wishes 50/50 Raffle is a gift that gives twice: once to your loved one (the chance to win big), and once to a senior in Kelowna who needs vital support.

Your support spreads comfort and connection, offering social engagement through programs like our *Seniors Activity Centre* and *Friendly Visiting*, nourishing meals through *More Than Meals*, safe transportation via *Better at Home* and *Aging in Motion*, and secure housing with the guidance of our *SHINE Housing Navigator*.

Great Options for Gifting:

- Single Ticket for \$10;

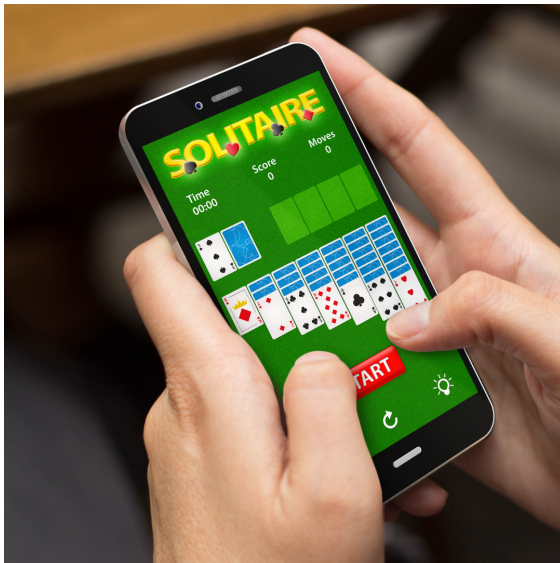
- 3-Ticket Pack for \$20;
- 10-Ticket Pack for \$50;
- 25-Ticket Pack for \$100

The deadline to purchase tickets is **Friday, December 19, 2025, at 10 a.m.**, and the draw will take place **on the same day at 1 p.m.**

Get Your Holiday Wishes 50/50 Raffle Tickets



Fun Bites & Brain Teasers



Take a Festive Break with Solitaire

Need a little escape from the holiday chaos of crowded stores, long lines, and nonstop holiday errands?

Shuffle the cards and enjoy a classic game of Solitaire online. It's the perfect way to relax, refocus, and take a few mindful minutes for



Quick & Festive Holiday Bites for Busy Days

After a few mindful minutes with Solitaire, why not give yourself another little treat? The holiday season can be hectic, and sometimes there just isn't time to prepare elaborate meals while enjoying the festivities.

These recipes are easy to make,

yourself.

Cozy up with a warm drink, click,
and let the cards help you unwind!

[Online Solitaire](#)

delicious, and perfect for sharing
or enjoying on your own. From
savory appetizers to mouth-
watering treats, these recipes help
you enjoy the flavours of the
season without the stress.

[View Recipes](#)



Giggles for the Season



Why did the mitten volunteer at the seniors' centre?

Because it wanted to lend a helping hand!



News and Resources from Seniors Outreach



Celebrating the Heart of Seniors Outreach

We are grateful and thankful to all our volunteers who worked tirelessly throughout the year. Our Volunteer Program included 153 volunteers (68% of whom were seniors themselves) who contributed 8,033 hours of service.

Over the past year, they supported nearly 2,000 older adults across the Central Okanagan in many ways: they led social and educational programs, assisted with income tax filing and fraud-prevention workshops, provided transportation, grocery and meal support, friendly visits, and minor home repairs.

These efforts helped seniors stay active, connected, and independent, and showcase the extraordinary heart of our volunteers: the reason many of our participants feel valued and cared for. One 96 year-old participant during her intake said, "It is a lonely world." Thanks to our



Stocking Stuffers for Seniors

Bring warmth and cheer to a senior in your community through London Drugs' Stocking Stuffers for Seniors! This thoughtful initiative brings smiles and festive spirit to seniors who may spend the season alone or without celebration.

Getting involved is simple. Visit your local London Drugs and pick a Stocking Stuffers for Seniors gift tag from the Christmas Tree, representing a wishlist from a senior or local care home. Purchase or bring new, unwrapped gifts along with the tag to the Customer Service Counter.

You can also include a personalized card to spread extra cheer. London Drugs ensures that all gifts are delivered to local care homes and partner organizations.

The program runs until **December 8, 2025**. Click the link below to get involved today.

volunteers, she - and many others
- now experience the comfort of
community and caring
relationships.

[Learn More](#)

Want to make a difference too?
Join our volunteer team by clicking
the link below.

[Learn More](#)



Facebook



Instagram



**Follow Us On
Social Media**





Merry Christmas and Happy Holidays!

From all of us at Seniors Outreach, we wish you a warm and joyful holiday season. May your days be filled with comfort, happiness, and little moments of cheer.

Our office will be closed for the holidays starting Monday, December 22, 2025 & will re-open on Friday, January 2, 2026. The Seniors Activity Centre remains open and please see our [monthly calendar](#) for scheduled programs.

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



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