



Seniors Outreach E-blast

THANK YOU FOR YOUR SUPPORT!



Thank You for Making 2025 Unforgettable for Local Seniors!

As we ease into 2026, we are looking back on 2025 with so much appreciation for the people who supported Seniors Outreach throughout the year.

Thanks to your generosity, seniors in our community stayed connected, engaged, and cared for. You helped create laughter-filled moments,

meaningful memories, and heartfelt support that reminds people they matter.

Whether you donated, volunteered, joined us at an event, or simply shared our work with a friend, your support made a real and lasting difference. You helped strengthen our community and brought joy to nearly 2,000 seniors who rely on Seniors Outreach.

Together, we accomplished so much in 2025. And now, with a new year ahead, we are excited to keep building a community rooted in kindness, connection, and impact.

From all of us at Seniors Outreach, **a huge THANK YOU** for being part of our family.



Get Moving in 2026! New Programs Starting Soon

Our Seniors Activity Centre (1353 Richter Street) in Kelowna is rolling out two exciting ways to stay active, improve your health, and have fun in the New Year! If you are looking for gentle movement or an opportunity to kick up your heels, we have a class that fits your goal.

- ***Qi Gong/ Tai Chi:*** The focus of this class will be on improving balance and coordination, reducing tension in the body, strengthening the immune system and increasing overall well-being. Classes are held on ***Tuesdays from 10:45 a.m. to 11:30 a.m., starting January 20, 2026.*** The drop-in fee is just \$2, and the sessions are led by instructor Sharon Haskins. This program is kindly supported by B.C. Community Gaming Grants.
- ***Beginner Line Dancing:*** Grab your shoes and get ready to dance! Our Beginner Line Dancing class will teach you some basic steps while moving to fun music. Classes run on ***Tuesdays at 9:15 AM from February 3, 2026 to March 31, 2026.*** The drop-in fee is just \$2. Please bring a pair of shoes with smooth soles to help you turn easily while dancing. This program is generously sponsored by Cristalina PARC Retirement Living.

Fun Bites & Brain Teasers



A Puzzlingly Fun Way to Relax

Looking for something fun and rewarding to do in January?



Cook with the Colours of Autumn

Cold days are made better with a

Try a digital jigsaw puzzle! Piece together beautiful images, from serene landscapes to playful illustrations, at your own pace and enjoy the satisfying “all done” feeling when the puzzle is complete.

It's a great way to keep your mind active, relax, and challenge yourself without pressure.

You can even adjust the number of pieces to make it easier or more challenging.

Click the link below to see how much fun puzzling can be!

[Digital Jigsaw Puzzle](#)

warm bowl of soup, and some soups can even help support your immune system. Packed with nourishing vegetables, wholesome proteins, and fragrant herbs, these soups are both comforting and good for your health.

Easy to prepare or reheat and gentle on digestion, these soups can be enjoyed alone or shared. From hearty vegetable blends like Lemon-Turmeric Cabbage & White Bean Soup to comforting broths such as Garlic-Miso Chicken Soup, each recipe is a simple, delicious way to keep your body strong and your spirits lifted during the colder months.

Click the link below to try these immune-boosting soups.

[View Recipes](#)

News and Resources from Seniors Outreach



Understanding Depression Presentation

Are you or a loved one struggling? Are you unsure how to access support? January can be a challenging month for many people, and we are hosting a presentation with Bonnie Pontalti (MSW) from Connect Counseling to discuss all things depression!

Topics include:

- Signs and symptoms
- Seasonal Affective Disorder (SAD)
- Tips to manage stress and sadness
- Support with health system navigation

The presentation is **Monday January 19 from 9:30 a.m. to 11:00 a.m.** at our Seniors Activity Centre at **1353 Richter Street.**



Alzheimer's Awareness Month

As we observe Alzheimer's Awareness Month, we honour the courage of people living with Alzheimer's, and the dedication of the families and caregivers who support them every day.

Even small gestures, such as a kind conversation, learning the early signs, or supporting local programs, can make a meaningful difference. Awareness brings understanding, reduces stigma, and ensures people living with Alzheimer's feel seen, valued, and supported in our communities.

Click the link below to learn more.

[Learn More](#)

RSVP by Phone: 250-861-6180

ext. 4 OR Email:

connector@seniorsoutreach.ca



Seniors Outreach Holiday Wishes 50/50 Raffle Winner

We're thrilled to announce the lucky winner of our Holiday Wishes 50/50 Raffle: Brittany B., who is walking away with an amazing prize of **\$5,915**.

A heartfelt thank you goes out to everyone who participated. Each ticket purchased helps support essential services and resources that keep seniors connected and cared for. Your generosity makes a real difference in the lives of those in our community, and we are so grateful for your support.



Follow Us On Social Media



Facebook



Instagram



Happy New Year

We're excited to welcome 2026 and can't wait to share another year full of smiles, fun activities, and memorable moments with our amazing community.

From everyone at Seniors Outreach, we wish you a Happy New Year filled with good health, joy, and laughter!

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

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



