



Seniors Outreach E-blast



Need a Hand With Your Taxes? Our Volunteers are Ready!

Tax season can feel like a mountain of paperwork, but you don't have to climb it alone. If you're a senior 60+ or a person with a disability 55+, the Community Volunteer Income Tax Program (CVITP) is here to make this year's tax season easier. Our friendly volunteers assist low-income seniors with simple tax returns, helping ensure your taxes are done accurately and stress-free.

The 2026 Tax Clinic runs **March 4 to April 29, every Wednesday from 10:00 AM to 2:00 PM at 155 Asher Road, Rutland**. To save time and ensure your visit is smooth, we encourage you to download your tax forms ahead of time, fill them out at home, and bring them in during clinic hours.

Our volunteers are friendly, experienced, and here to guide you through the paperwork, but they are not tax specialists. Detailed tax questions should be directed to the Canada Revenue Agency.

Click the link below to take the stress out of tax season and get the help you deserve!

[Learn More](#)

SENIOR FRAUD PREVENTION

Free Seminar



Spotting Counterfeit
Currency

Presented by: **Anna Hardy** from
the Bank of Canada, Currency
Department

Top Frauds Affecting
Seniors

Presented by: **Vinh Ngo** from the
RCMP Federal Policing Prevention
& Engagement

March 10th, 10:00 am - 12:00 pm
Trinity Church Family Room
1905 Springfield Rd, Kelowna

Get your tickets:



[https://kelownaseniorsfraud
awareness.eventbrite.com](https://kelownaseniorsfraudawareness.eventbrite.com)

or call 250-861-6180 for
assistance



BANK OF CANADA
BANQUE DU CANADA



Spot Scams Before They Find You: Senior Fraud Prevention Seminar

Fraud targeting seniors is on the rise, but you don't have to face it alone. In partnership with the City of Kelowna, the RCMP Federal Policing Prevention & Engagement, and the Bank of Canada, we are hosting a free **Senior Fraud Prevention seminar** designed to help you protect yourself and your finances.

What You'll Learn:

- **Spotting Counterfeit Currency** – Anna Hardy, Senior Regional Representative from the Bank of Canada Currency Department, will show you how to quickly and easily identify counterfeit bills by authenticating Canadian banknote security features.
- **Top Frauds Affecting Seniors** – RCMP Cpl Vinh Ngo will explain how criminals are targeting potential victims and highlight the top frauds seniors should be aware of to help protect themselves.

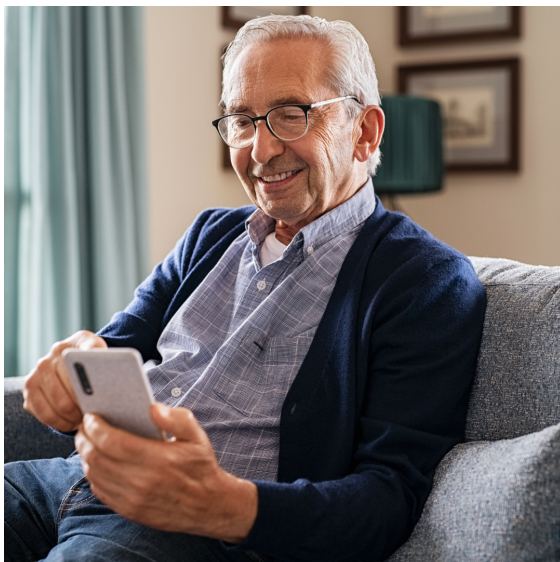
Event Details:

- Date: **March 10, 2026**
- Time: **10:00 AM – 12:00 PM**
- Location: **Trinity Church Family Room, 1905 Springfield Rd, Kelowna**

Reserve your spot online by clicking the link below, or call 250-861-6180 for assistance or questions.

[Learn More](#)

Fun Bites & Brain Teasers



Keep Your Mind Active with Wordle

Looking for a simple, enjoyable way to add a little spark to your day? Wordle is a daily word game that invites you to solve a small,



March into Spring with Delicious Seasonal Recipes

As we welcome spring, March is the perfect time to enjoy the vibrant flavours of seasonal produce. From tender spinach and

satisfying puzzle at your own pace. It's a fun way to stay mentally sharp while enjoying a moment of calm, and it can spark conversation with friends and family when you share your progress.

Getting started is easy: just click the link below. For tips and guidance, tap the "?" icon in the top-right corner of the game.

[Wordle](#)

mushrooms to sweet carrots and crisp broccoli, these recipes showcase fresh, nutritious ingredients that support seniors' health and wellbeing.

Enjoy simple breakfasts, hearty mains, colourful salads, and tasty treats that celebrate the season's bounty while keeping meals delicious, nourishing, and easy to prepare. Click the link below to try these recipes.

[View Recipes](#)

Blast From The Past



Did You Know? During World War II, thousands of Canadian women served as nurses in military hospitals, caring for wounded soldiers both at home and overseas. Their dedication saved countless lives and helped pave the way for women in the Canadian Armed Forces. This International Women's Day, we celebrate their courage and the many ways women across Canada, past and present, continue to shape our communities and inspire future generations.

News and Resources from Seniors Outreach



13th Annual Embrace Aging Month

March marks the 13th annual Embrace Aging Month, celebrating healthy aging and connecting older adults with resources and community supports. Led by the Institute for Healthy Living and Chronic Disease Prevention at UBC Okanagan in partnership with Interior Health, it offers free events, workshops, and activities for seniors, caregivers, and families.

Highlights include memory cafés, gentle exercise classes, and webinars on benefits, vaccines, and estate planning. Click the link below to learn more and register for events.

[Learn More](#)

Drop-in Clinic with Canada Revenue Agency & Service Canada

Are you curious about the benefits, credits, pensions, programs, and services you may be entitled to? Join us on **March 20, 2026, from 9:30 AM to 3:00 PM at 155 Asher Rd, Kelowna** for a free Drop-in Clinic with experts from the Canada Revenue Agency and Service Canada.

Get help from CRA staff with tax slips, Notices of Assessment, the Disability Tax Credit, and more. Service Canada staff can assist with pensions, Social Insurance Numbers, Employment Insurance, and more. **Bring your ID**, as requirements vary depending on the services you need.

Gift of Securities

Looking for a way to support seniors in your community while maximising your donation? A gift of publicly traded securities or mutual funds is one of the most tax-efficient ways to give and it is simpler than many people think.

Donating appreciated securities or mutual funds "in-kind" (directly) to a registered charity allows you to eliminate capital gains tax on the appreciation while receiving a tax receipt for the full fair market value.

Your contribution helps seniors stay active, engaged, and connected. Click the link below to donate.

[Learn More](#)



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INTERNATIONAL **Women's** *Day*

International Women's Day
March 8, 2026

Happy International Women's Day! On this day, we celebrate all women, especially our seniors, whose wisdom, kindness, and life experiences

inspire us every day. Their stories, guidance, and compassion help shape our communities and bring joy to everyone around them.

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

Want to change how you receive these emails?
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