



Seniors Outreach E-blast

VOLUNTEER *Appreciation* LUNCH AND AGM

APRIL 28



11 - 1 PM

11:00-11:30 AM | Reception

11:30-12:00 PM | Annual General Meeting

12:00-1:00 PM | Buffet Lunch & Appreciation

Please RSVP to Jaki by Tuesday, April 21
info@seniorsoutreach.ca



Seniors Centre

1353 Richter St

Kelowna, B.C.

Annual General Meeting & Volunteer Appreciation Luncheon

We are excited to invite our members, supporters, and dedicated volunteers to our **Annual General Meeting & Volunteer Appreciation Luncheon**. This year marks the first time we are bringing these two events together, creating a meaningful opportunity to foster stronger connections.

Join us as we reflect on the accomplishments of the past year and celebrate the incredible contributions of those who make everything we do possible. Enjoy a delicious lunch catered by Crazy Apples as part of the celebration.

Event Details:

- Date: **April 28, 2026**
- Time:
 - **11:00 AM – 11:30 AM: Reception**
 - **11:30 AM – 12:00 PM: Annual General Meeting**
 - **12:00 PM – 1 PM: Buffet Lunch & Appreciation**
- Location: **1353 Richter Street**

Please RSVP to Jaki at info@seniorsoutreach.ca by Tuesday, April 21, 2026.

Whether you're a long-time volunteer or just curious about getting involved, this luncheon is also a chance to see how you can make a difference in the lives of seniors. Join our passionate volunteer team to share your skills, connect with others, and help brighten the days of those who need it most.

Click the link below to sign up today and be part of something truly rewarding!

[Learn More](#)



**Dr. Jas Bajwa, MChiro
Presents:**



The **THREE** Secrets to Stress Management

Monday, April 13th
9:30 am - 11:00 am

- How emotional, physical, and chemical stress affects our health
- Why the nervous system plays a central role in energy, focus, and resilience
- Simple strategies to improve function, reduce tension, and prevent long-term issues
- How to recognize hidden stress patterns before they become serious problems

To Register:

 250-861-6180 ext. 4

 info@seniorsoutreach.ca



Feeling Stressed? Learn How to Take Control of Your Health

Stress is everywhere, from busy schedules to health worries, and it can sneak up on you and affect your body in ways you might not even notice. Over time, it can drain your energy, cloud your focus, and even impact your long-term health. But there are simple strategies you can use to support your nervous system, reduce tension, and boost your overall well-being.

Join Dr. Jas Bajwa, MChiro, for an eye-opening session, “**The THREE Secrets to Stress Management**” and you’ll learn:

- How emotional, physical, and chemical stress affects your health
- Why your nervous system is key to energy, focus, and resilience
- Simple strategies to reduce tension, improve function, and prevent long-term issues

BONUS: Learn to spot hidden stress patterns before they turn into serious health issues.

Event Details:

- Date: **April 13, 2026**
- Time: **9:30 AM – 11:00 AM**
- Location: **1353 Richter Street**

Reserve your seat by calling 250-861-6180 ext. 4 or emailing info@seniorsoutreach.ca.

Fun Bites & Brain Teasers



Feeling Like the Days Drag On? Unwind with Online Solitaire

Sometimes the quiet moments at home can feel long, and it's easy to wish for something that's both enjoyable and keeps your mind active. Whether you want a fun challenge, a way to pass the time, or just a little mental exercise,



No Rush, Just Brunch: Enjoy Easter at Your Pace

Imagine waking up late on Easter morning, taking your time, and enjoying a calm, peaceful start to the day with a delicious brunch. Slow mornings help soothe the nervous system and support overall wellbeing. A leisurely

Online Solitaire is here to brighten your day.

This classic card game is easy to play, completely free, and a perfect way to stay sharp, focus your mind, and enjoy a few relaxing minutes for yourself. Click, play, and see how satisfying a winning hand can feel. You might be surprised how much fun a simple game can bring!

[Online Solitaire](#)

brunch is the perfect way to enjoy a nourishing meal while moving through the morning at your own pace.

That's why we're sharing easy and delicious brunch recipes that are satisfying to eat: from fluffy pancakes and vegetable frittatas to tender veggie bakes and classic hot cross buns. Take your time, savour every bite, and make your Easter morning truly yours. Click the link below to try these recipes.

[View Recipes](#)



Blast From The Past



Did You know? The Easter Bunny comes from German folklore, where it was called the Osterhase. German immigrants brought the tradition to North America in the 1700s, and children would make nests for the bunny to lay eggs. The bunny has long symbolized fertility and new life, celebrating the arrival of spring. Today, children (and adults!) continue the tradition with Easter egg hunts, chocolate eggs, and festive brunches, keeping the celebration joyful and fun.

News and Resources from Seniors Outreach



More Than Meals

Easter is a celebration after the hardships of winter, a reminder that brighter days are ahead. For some seniors, winter can be long and lonely, with days passing without a friendly visit.

That's where our More Than Meals program makes a difference. Each visit brings a warm meal, a friendly chat, and sometimes even a small gift or card for Easter or other special occasions: a moment that reminds a senior they are remembered and cared for. This season, a gift of just \$50 can provide meals and visits that brighten a senior's month, turning ordinary moments into something truly meaningful.



Parkinson's Awareness Month

April is Parkinson's Awareness Month, a time to shine a light on the strength, resilience, and creativity of people living with Parkinson's. One of the most joyful ways to support movement, balance, and mood is through dance.

Our Art of Movement program, delivered in partnership with Dancing with Parkinson's and their trained dance instructors, invites you to experience the power of music and movement in a fun, supportive setting. Whether you're living with Parkinson's, a caregiver, or simply curious, join us to move, connect, and



SHINE Housing Navigator

Finding housing can be overwhelming, especially for seniors facing homelessness or precarious living situations. Our SHINE Housing Navigator provides individualized support to help seniors 60+ years of age in Kelowna and region access safe, affordable housing.

From navigating BC Housing resources and SAFER subsidies to reviewing leases, helping with property viewings, and assisting with tenant applications, SHINE is there every step of the way.

Click the link below to get help finding the right housing solution for you.

Click the link below to donate today!

celebrate what our bodies and spirits can do.

[Learn More](#)

[Learn More](#)

Our classes run on the first Monday of every month from 10:30 to 11:30 am at 1353 Richter Street. Register by calling Jaki at 250-861-6180 or emailing info@seniorsoutreach.ca.



Follow Us On Social Media



Facebook



Instagram



HAPPY EASTER!

Happy Easter
April 5, 2026

Wishing You a Bright and Joyful Easter!

As spring blooms, we hope your Easter is filled with cherished moments, whether you are admiring the fresh spring flowers, enjoying a sweet treat, or sharing a warm meal with the people you love. However you choose to celebrate, we hope your day is filled with peace, laughter, and connection.

Our Rutland office will be closed on Good Friday, April 3, and Easter Monday, April 6. We will be hopping back into action at Rutland on Tuesday, April 7, at 9:00 a.m., refreshed and ready to serve you.

If you are looking for some holiday activity, our Downtown Activity Centre will remain open. We wish you a beautiful, relaxing holiday weekend!

**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