



Seniors Outreach E-blast



Annual Report 2025

We're proud to share our latest Annual Report - highlighting a year of meaningful growth and impact. Together with our staff, volunteers, and partners, we supported nearly **2,200 seniors** across the Central Okanagan. As the report's stories highlight, behind that number are individuals finding greater stability, receiving timely support, and building meaningful connections that enhance their wellbeing.

This impact was made possible through the continued growth of our services and partnerships. We expanded *Better at Home* to support independence at home and provided over 1,700 rides through *Aging in Motion*. We also grew our recreation programs that bring people together—making this a year of meaningful progress and possibility.

We are especially grateful to the **188 volunteers** who contributed **more than 9,000 hours of service** in support of seniors and care partners.

[Read the full report to learn more about our programs, partnerships, and impact.](#)

Upcoming Events You Won't Want to Miss



Healthy Aging & Diabetes: A Conversation for Our Community

Join us for a welcoming and informative morning focused on healthy aging and diabetes. Whether you're living with



Let's Talk About Dementia

Dementia affects many individuals, families, and caregivers in our community, and having the right understanding can make a meaningful difference. Join us on **May 11, 2026** from **9:30 am to**

diabetes, supporting someone who is, or simply want to stay informed, this conversation is designed with you in mind. Gain valuable insights from **Dr. Jennifer Bolt**, BScPharm, PharmD, MHA from UBC Faculty of Pharmaceutical Studies, and **Colleen duManoir**, MSN, RN, CCNE from UBCO School of Nursing, as they share their expertise on this important topic.

This event takes place on **May 8, 2026**, from **9:30 am to 11:00 am** at the **Seniors Activity Centre, 1353 Richter St**. You'll explore why diabetes matters more as we age, how everyday habits can make a meaningful difference, ways to prevent complications, and tips for managing medications.

Registration is required. Please call **250-861-8160** or email connector@seniorsoutreach.ca to reserve your spot.

11:00 am at the **Seniors Activity Centre, 1353 Richter St** for an empowering session.

In partnership with Senior Helpers, this session is designed to increase understanding, reduce stigma, and offer helpful tools for caregivers, staff, and the community. You'll also discover practical, person-centred strategies to support those living with dementia in everyday life.

Registration is required. Please call **250-861-8160** or email connector@seniorsoutreach.ca to reserve your spot.

Don't miss this important opportunity to show support for people impacted by dementia in our community!

Fun Bites & Brain Teasers



Find Your Calm, One Piece at a Time

After a long, tiring day, a simple activity can be just what you need to feel more settled again. Digital jigsaw puzzles offer all the fun of a classic pastime, right on your screen. No lost pieces, no clutter. Just the simple satisfaction of bringing beautiful images together, one piece at a time.

From soothing landscapes and familiar scenes to charming animals and colourful designs, there's something for every mood and energy level. It's a portable retreat that fits into the quieter moments of your day, giving you an easy way to enjoy a gentle mental reset whenever you need it.

Click the link below to play!

[Digital Jigsaw Puzzle](#)



Hello Spring, Goodbye Dishes: Easy One-Pot Meals With Minimal Cleanup

With spring finally here, it just feels natural to want to get outside, enjoy the sunshine, and spend a little less time stuck in the kitchen. That's where one-pot meals really shine.

They're simple, comforting recipes made with everyday ingredients like vegetables, grains, and lean proteins: all cooked together in one pot to create dishes like Chorizo, Orzo & Sweetcorn Summer Stew, One-Pan Cod & Red Shrimp, and Artichoke & Aubergine Rice, along with many more. Perfect for those days when you'd rather be out enjoying the fresh air than washing dishes.

Click the link below to enjoy these recipes.

[View Recipes](#)

Blast From The Past

Did you know that May is officially recognized as Asian Heritage Month in Canada? It is a national celebration that recognizes the many contributions of Asian Canadians to Canada's history, identity, and ongoing development, and encourages Canadians to learn more about the diverse histories and cultures that shape our country.

Asian Canadians have made meaningful contributions across many areas of life in Canada, including the arts, science, business, and many other fields. Here in the Okanagan, the OCCA Communities Association is helping bring that celebration to life. The 2026 Asian Heritage Month Display has officially re-opened at Kelowna City Hall, offering a chance for the community to explore stories, heritage, and contributions from Asian communities across the Okanagan region.

News and Resources from Seniors Outreach



Community Connector

Finding the right path forward doesn't have to be a solo journey. For seniors 65+ in Kelowna and the surrounding area, our Community Connector offers a supportive way to find the services that matter most, helping bring clarity when life feels overwhelming by connecting seniors to meaningful local supports.



Donate Your Bottles

Looking for a simple way to protect our environment while supporting local seniors? Our "Donate Your Bottles" program is a win-win for the planet and for Seniors Outreach right here in Kelowna. Every returned bottle helps turn everyday recycling into real community support. Instead of going to waste, your refundable containers are collected and the

From nutritious support, physical activity, and social opportunities to grief and loss support, each connection is personalized to meet the unique needs of every senior.

Click the link below to learn more.

[Learn More](#)

funds go directly toward programs that support seniors in our community.

Just drop off your bottles at any Return-It Express Depot and use Seniors Outreach's phone number (250-861-6180) at an Express Kiosk. From there, the depot takes care of the rest.

Click the link below to learn more.

[Learn More](#)



Happy Mother's Day **May 10, 2026**

As Mother's Day approaches, we're celebrating the women who nurture, support, and uplift others in so many ways: mothers, caregivers, mentors, and friends in our community, including those at Seniors Outreach. Happy Mother's Day to all of them!

We also hold space for those who are remembering loved ones or feeling the distance from family. Moments like this remind us how



National AccessAbility Week **May 31, 2026 to June 6, 2026**

We are taking a moment to recognize National Accessibility Awareness Week (NAAW), a time dedicated to highlighting the importance of building communities that are inclusive, welcoming, and accessible for everyone.

Throughout the week, organizations and communities across Canada share stories, tools, and resources that support

powerful a small act of care can be. You can extend that care through our More Than Meals program, where a monthly gift of \$50 provides a nourishing weekly meal and a friendly visit to a local senior.

If you'd like to honour the spirit of Mother's Day, consider making a donation by clicking the link below.

[Learn More](#)

accessibility and inclusion. It's a reminder that when barriers are removed, people of all abilities can thrive and contribute in meaningful ways.

Click the link below to explore resources and ways to get involved.

[Learn More](#)



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Happy Victoria Day
May 18, 2026

As the orchards burst into bloom and the lakeside air turns warm, the Okanagan truly comes alive for the Victoria Day long weekend. Whether you're heading out to enjoy a local community celebration, exploring a nearby park, or simply taking in the lively spirit of the season, it's a wonderful time to appreciate the beauty of our region.

May this weekend bring you joy, connection, and a renewed appreciation for the season ahead. Wishing you a lovely and peaceful Victoria Day from all of us at Seniors Outreach!

P.S. Our offices will be closed on May 18, 2026. We resume regular operations on May 19, 2026 at 9 a.m.

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