

Directory of Community Services



The strength of a tree can be measured
by the reach of its branches.

SAMPLE

To order your copy, please contact us at
250.763.8008 ext. 125
info@kcr.ca

START HERE



Kelowna
Community
Resources

Community Services

#120-1735 Dolphin Avenue, Kelowna, BC V1Y 8A6 | P. 250.763.8008 Ext. 125 | F. 250.763.7608 | E. info@kcr.ca | W. www.kcr.ca



Produced by
Community Services
A program of Kelowna Community Resources

This publication is produced from KCR's online database of community resources,
www.kcr.ca | Community Information Search Central Okanagan, which is sponsored by:



The Directory contains information about non-profit and government offices. It does not include for-profit, proprietary business unless they offer an important service not met by public or non-profit agencies. The listing of an organization in this Directory does not indicate endorsement and the exclusion of an agency from this Directory does not imply any disapproval by Kelowna Community Resources.

DIRECTORY OF COMMUNITY SERVICES

2016
Edition



Our Vision

A community where individuals and families are supported in leading healthy, productive and fulfilling lives.

Our Mission

KCR is a not for profit agency fostering diversity, collaboration and resourcefulness by tailoring services to meet community, family and individual needs.

We do this by

1. Providing access to resources, services and products
2. Providing support programs that encourage participant involvement, self-reliance and independence
3. Bringing individuals and organizations together to work collaboratively for the benefit of the community
4. Recognizing individuality by tailoring services to meet unique needs
5. Fostering diversity

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Society of St. Vincent de Paul

W: www.ssvp.ca

 Supplies food and help for people with social and economic problems, who are in emergency situations.

Please call the number closest to the area in which you live, leave a message, and a volunteer will return your call:

St. Theresa, Rutland * serves area of Rutland * 250.765.0800

Immaculate Conception * serves downtown area from Bernard Ave to Raymer Ave, and Okanagan Lake to Benvoulin Rd * 250.826.5562

St. Charles Garnier * serves lower Mission area south of KLO Rd & East Kelowna * 250.860.2536

St. Pius X * serves area from Bernard Ave north to Glenmore area * 250.762.2577

Our Lady of Lourdes Conference * serves the area of West Kelowna from the bridge to Peachland * 250.801.5905

The Cathedral Church of St. Michael & All Angels, Emergency Food Assistance


P: 250.762.3321

E: ccsmaa@telus.net

W: www.StMichaelsCathedralKelowna.ca

608 Sutherland Ave

Kelowna, BC V1Y 5X1

 Aids with food distribution on Friday mornings ONLY between 10am - 11am

Hours: Fri, 10am - 11am ONLY

The Salvation Army, Family Services: Practical Assistance

P: 250.765.3450

E: clc@kelsa.ca

W: www.kelownasalvationarmy.ca

200 Rutland Rd S

Kelowna, BC V1X 2Z5

 Provides practical assistance through supportive food hampers, clothing and furniture to eligible individuals

Application: Call for an appointment

Eligibility: Families and singles who are low-income or in emergency situations


Hours: Mon, Tues, Wed, 9am - 4pm * Thu, 1pm - 4pm * Fri, 9am - 3pm * closed 12pm - 1pm every day

Kelowna Farmers' and Crafters' Market

P: 250.878.5029

E: kelownafarmersmarket@shaw.ca

W: www.kelownafarmersandcraftersmarket.com

 Provides both outdoor and indoor farmer's markets where vendors sell a variety of locally produced fruits, vegetables, meats, dairy, homemade foods, artisan baking, handcrafted items such as pottery, jewellery, woodworking, soaps and more

Hours: Wed and Sat, 8am - 1pm

Lake Country Farmers Market

P: 250.826.7100
W: www.lakecountryfarmersmarket.webs.com/

10090 Bottom Wood Lake Rd
Lake Country, BC V4V 2L9

✿ Provides an outdoor farmer's market where vendors sell a variety of fruits, vegetables, eggs, crafts, sewing, art, plants, flowers and food, grown or handmade by the vendors

Hours: Fri, 3pm - 7pm * Jun - Sep

Urban Harvest Organic Delivery

P: 250.868.2704
E: order@urbanharvest.ca
W: www.urbanharvest.ca

806A Crowley Ave
Kelowna, BC V1Y 7G7

✿ Provides convenient and affordable organic foods to the Central Okanagan area * contributes to a local food culture that celebrates healthy, joyful eating * committed to being part of a sustainable food system * reduces distance from field to table by working closely with Okanagan farmers and offering as much locally grown produce as possible (annual average approximately 50%) * donates leftover produce to the Kelowna Community Food Bank each week * culled or spoiled produce is used by a local farm for animal feed and compost * offers reduced prices on organic produce at Warehouse Sales each Saturday

Hours: Warehouse Sales: Sat, 9am - 1pm * 806A Crowley Ave

FOOD BANKS

Central Okanagan Community Food Bank, Special Needs Hampers

P: 250.763.7161
E: info@kcfb.ca
W: www.cofoodbank.com

1265 Ellis St
Kelowna, BC V1Y 1Z7

✿ Provides added nutrition support to clients with specific dietary needs, including those with diabetes, HIV/AIDS, eating disorders and food allergies * participants receive milk, eggs, fresh fruits and vegetables, a regular monthly hamper, as well as a supplement bag customized for diets low in sugar and fats; high in calories protein; high in calories and protein, with low acidity, as well as gluten-free diets

Application: Families and individuals in need of assistance may apply for support if they meet the following requirements:

- Proof of residence for three months or more (rent receipts, driver licence, utility bills)
- Proof of monthly income (ministry cheque stubs, bank statements, pay stubs (2))
- Proof of identification for individuals and members of the family (social insurance number, drivers licence, birth certificate, MSP card, picture ID/Passport)
- Doctor's note

Office Hours: Mon-Fri, 8am - 4pm

Hours to pick up food:

Families (anyone with children aged 0-15yrs old):
Mon-Thu, 9:30am - 11am

Everyone (families, couples, singles):
Mon-Wed, 11am - 1pm * Thu, 11am - 2pm

Tiny Bundles (weekly)
Fri, 8:30am - 11am (for pregnant women/have a baby under 1yr old)

Central Okanagan Community Food Bank, Special Needs Hampers, Con't.


West Kelowna:
Wed, 5:30pm - 7:30pm * Fri, 9:30am - 11:15am

Bakery Items
Mon-Fri, 9am - 4pm, outside in freezer

Central Okanagan Community Food Bank, Tiny Bundles

P: 250.763.7161
E: info@kcfb.ca
W: www.cofoodbank.com

1265 Ellis St
Kelowna, BC V1Y 1Z7

 Provides weekly nutrition support including milk and eggs for pregnant and/or nursing mothers * offers fresh fruits and vegetables as well as other nutritional supplements and baby supplies including diapers, baby cereal, baby formula (when needed) and baby food * mothers also receive a one-time layette, containing new baby items, when the baby is born

Application: Families and individuals in need of assistance may apply for support if they meet the following requirements:

- Proof of residence for three months or more (rent receipts, driver licence, utility bills)
- Proof of monthly income (ministry cheque stubs, bank statements, pay stubs (2))
- Proof of identification for individuals and members of the family (social insurance number, drivers licence, birth certificate, MSP card, picture ID/Passport)

Eligibility: Seniors age 55 and up and families with children under the age of 15

Office Hours: Mon-Fri, 8am - 4pm

Hours to pick up food:

Families (anyone with children aged 0-15yrs old):
Mon-Thu, 9:30am - 11am

Everyone (families, couples, singles):
Mon-Wed, 11am - 1pm * Thu, 11am - 2pm

Tiny Bundles (weekly):
Fri, 8:30am - 11am (for pregnant women/have a baby under 1yr old)


West Kelowna:
Wed, 5:30pm - 7:30pm * Fri, 9:30am - 11:15am

Bakery Items:
Mon-Fri, 9am - 4pm, outside in freezer

Central Okanagan Community Food Bank, Vitality Program

P: 250.763.7161
E: info@kcfb.ca
W: www.cofoodbank.com

1265 Ellis St
Kelowna, BC V1Y 1Z7

 Ensures that the essential nutrients (as outlined in the Canada Food Guide) are provided to seniors (55+) and to families with children under the age of 15

Application: Families and individuals in need of assistance may apply for support if they meet the following requirements:

Central Okanagan Community Food Bank, Vitality Program, Con't.

- Proof of residence for three months or more (rent receipts, driver licence, utility bills)
- Proof of monthly income (ministry cheque stubs, bank statements, pay stubs (2))
- Proof of identification for individuals and members of the family (social insurance number, drivers licence, birth certificate, MSP card, picture ID/Passport)

Eligibility: Seniors age 55 and up and families with children under the age of 15

Office Hours: Mon-Fri, 8am - 4pm

Hours to pick up food:

Families (anyone with children aged 0-15yrs old):
Mon-Thu, 9:30am - 11am

Everyone (families, couples, singles):
Mon-Wed, 11am - 1pm * Thu, 11am - 2pm

Tiny Bundles (weekly):
Fri, 8:30am - 11am (for pregnant women/have a baby under 1yr old)

West Kelowna:
Wed, 5:30pm - 7:30pm * Fri, 9:30am - 11:15am

Bakery Items:
Mon-Fri, 9am - 4pm, outside in freezer


Central Okanagan Community Food Bank - Kelowna

P: 250.763.7161

E: info@kcfb.ca

W: www.cofoodbank.com

1265 Ellis St
Kelowna, BC V1Y 1Z7

 Assists local individuals and families who are in temporary financial difficulty and are in need of food * offers various programs including * Tiny Bundles * Special Needs Hampers * Vitality Program * Kids Snack Pack Program * Community Food Share Program * Food Runners * Plant a Row Grow a Row

Application: Please call or email our office for additional information and to apply to receive a hamper

Eligibility: Ages: 16 year(s) and up

Hours: KELOWNA OFFICE HOURS: Mon-Fri, 8am - 4pm

TO RECEIVE FOOD ASSISTANCE, Mon-Thu:

Families (anyone with children aged 0-15yrs old):
Mon-Thu, 9:30am - 11am

Everyone welcome (families, couples, singles):
Mon-Wed, 11am - 1pm * Thu, 11am - 2pm

Tiny Bundles (weekly):
Fri, 8:30am - 11am (for pregnant women or have a baby under 1yr old)

Kelowna Bakery Items and Buns:
Mon-Fri, 9:30am - 3:45pm

Central Okanagan Community Food Bank - Kelowna, Con't.

WEST KELOWNA HAMPER DISTRIBUTION:

Wed, 5:30pm - 7:30pm * Thu, 9:30am - 11:15am * Bakery Items: Mon-Fri, 9am - 4pm (outside freezer)

Central Okanagan Community Food Bank - West Kelowna

P: 250.768.1559
E: info@westsidefoodbank.ca
W: www.cofoodbank.com

2545 Churchill Rd
West Kelowna, BC V4T 2B4

✿ Assists local individuals and families who are in temporary financial difficulty and are in need of food

Application: Please call or email our office for additional information and to apply to receive a hamper

Hours: Hampers: Wed, 5:30pm - 7:30pm * Thu, 9:30am - 11:15am * Bakery Items: Mon-Fri, 9am - 4pm (outside freezer)

Kelowna Christian Center, Rutland Community Food Centre

P: 250.762.9559
E: kcc@kcc.net
W: www.kcc.net

905 Badke Rd
Kelowna, BC V1X 5Z5

✿ Provides food hampers to those in need on Tuesday nights from 6pm - 8pm * please call for additional details

Hours: Tue, 6pm - 8pm

Lake Country Food Assistance Society

P: 250.766.0125
E: lakecountry.foobank@gmail.com

9830 Bottom Wood Lake Rd
Lake Country, BC V4V 1S7

✿ Assists local individuals and families in temporary financial difficulty who are in need of food * also offers a Thrift Store

Eligibility: Must provide ID for each person in family and proof of address

Hours: Food Bank Hours: Tue, Wed, and 9am - 3pm * Thu, 1pm - 3pm * Please call for an appointment

Peachland Food Bank

P: 250.767.3312
E: peachlandfoodbank@gmail.com

4440 5th St
Peachland, BC V0H 1X0

✿ Assists local individuals and families in temporary financial difficulty who are in need of food

Hours: Food bank hours: 2nd Sat each month, 9:30am - 11:30am

FOOD COLLECTION PROGRAMS

Central Okanagan Community Food Bank, Food Runners Program

P: 250.763.7161
E: info@kcfb.ca
W: www.cofoodbank.com

1265 Ellis St
Kelowna, BC V1Y 1Z7

Central Okanagan Community Food Bank, Food Runners Program, Con't.

✿ Offers a perishable food-recovery program that increases nutrition for low-income families and individuals, while helping to reduce food waste in our community * surplus fresh products each day from local food vendors in a refrigerated van, enabling the Food Bank to provide fresh, nutritious food products for their recipients and other local agencies serving youth, seniors, aboriginal peoples and those with health concerns

Application: Families and individuals in need of assistance may apply for support if they meet the following requirements:

- Proof of residence for three months or more (rent receipts, driver licence, utility bills)
- Proof of monthly income (ministry cheque stubs, bank statements, pay stubs (2))
- Proof of identification for individuals and members of the family (social insurance number, drivers licence, birth certificate, MSP card, picture ID/Passport)

Hours: Office Hours: Mon-Fri, 8am - 4pm

To pick up food:

Families (anyone with children aged 0-15yrs old):
Mon-Thu, 9:30am - 11am

Everyone (families, couples, singles):
Mon-Wed, 11am - 1pm * Thu, 11am - 2pm

Tiny Bundles (weekly)
Fri, 8:30am - 11am (for pregnant women/have a baby under 1yr old)

West Kelowna:
Wed, 5:30pm - 7:30pm * Fri, 9:30am - 11:15am

Bakery Items
Mon-Fri, 9am - 4pm, outside in freezer

Okanagan Fruit Tree Project

E: okanaganfruittree@gmail.com
W: www.fruittreeproject.com/

✿ Turns backyard fruit trees into a valuable source of food for the community by harvesting otherwise wasted fruit * increases the availability of healthy fruit for those in need, reduces food waste, and promotes local food security and volunteerism * home owners can sign-up to have their excess fruit picked by volunteers to be distributed among tree owners, volunteer pickers, and local community organizations * volunteer opportunities available

Eligibility: All ages, backgrounds, skills, and abilities welcome!

FOOD SECURITY

Arlo's Honey Farm

P: 250.764.2883
E: info@arloshoneyfarm.com
W: www.arloshoneyfarm.com/

4329 Bedford Lane
Kelowna, BC V1W 3C5

✿ Sells honey, pollen, beeswax, propolis, fresh fruit, berries and vegetables in season in our Gift Gallery

Application: Tours are by appointment

Hours: 10am - 4pm

Central Okanagan Food Policy Council

E: cofpcs@gmail.com
W: www.okanaganfood.com

- ✿ Works towards a food-secure Central Okanagan * this citizens group provides an opportunity for information and resource sharing, and a chance for people interested in food-related issues in the Central Okanagan to work together towards common goals

FarmFolk CityFolk Society

P: 1.604.730.0450
TF: 1.888.730.0452
E: info@farmfolkcityfolk.ca
W: www.farmfolkcityfolk.ca/

Ste 203-1661 Duranleau St
Vancouver, BC V6H 3S3

- ✿ Works to cultivate a local, sustainable food system * projects provide access to, and protection of, farmland * supports local growers and producers * engages communities in the celebration of local food * hosts events such as Meet Your Maker and Okanagan Feast of Fields

Green City Acres, Sustainable Urban Farming

E: info@greencityacres.com
W: www.greencityacres.com

- ✿ Farms a multi-locational urban farm using front and backyards rented from homeowners to grow vegetables for local distribution * in exchange for the use of their land, landowners receive a weekly basket of produce throughout the growing season * fosters social and environmental change through the production of local food, and helps, teaches, and empowers people to start growing their own

Kelowna Soup Sisters and Broth Brothers

E: kelowna@soupsisters.org
W: www.soupsisters.org/kelowna.php

- ✿ Makes and donates homemade soup to the Kelowna Women's Shelter and the Richter Street Overnight Program each month * offers a monthly event in partnership with Okanagan Street Food and SaJ Common Kitchen where participants come together for an evening of soup-making * each event produces 150-250 servings of nourishing soup that are delivered fresh to the Shelters

Meal Exchange

P: 1.416.657.4489
TF: 1.800.403.8117
E: whereits@mealexchange.com
W: www.mealexchange.com

Ste 365-401 Richmond St W
Toronto, ON M5V 3A8

- ✿ Supports students to develop innovative solutions to address hunger, food insecurity and sustainability on their campuses and with communities * empowers youth to take an active role in improving their local food system

Okanagan Greens Society

E: wendy@okanagangreens.ca
W: www.okanagangreens.ca/

- ✿ Works for a healthy environment, happy people and a sustainable local economy * produces and partners in unique events, vibrant celebrations, and specialized media focused on Okanagan environmental, social and

Okanagan Greens Society, Con't.

economic awareness to achieve our community outreach * projects include the Annual organic Okanagan Festival, Conduit/Ecotone, monthly Green Drinks Gatherings, and the Buy Local! Buy Fresh! Okanagan Map

GARDENS - COMMUNITY, ASSISTANCE & SUPPLIES

Central Okanagan Community Gardens Society (COCG)

P: 250.862.8825
E: cocg@uniserve.com
W: www.centralokanagancommunitygardens.com

✿ Works to help communities create sustainable green spaces for gardening, food production, gathering and education * works with local governments to utilize potential garden space for local residents * provides community gardens with access to irrigation water, compost bins, tools and information to interested gardeners at each site

Barlee Road Community Garden * Cawston Avenue Community Garden * DeHart Community Garden * Gibbs Road Community Garden * Hartman Road Community Garden * Lindahl Community Garden * Michaelbrook Community Garden * Oyama Community Garden * PRC Community Garden * Shannon Woods Community Garden * St. Paul Community Garden * Sutton Glen Community Garden * Westbank Towne Centre Community Garden * Willow Park Church Community Garden * Winfield Community Garden

Kelowna Garden Club, BC Council of Garden Clubs

P: 250.868.2753
W: www.kelownagardenclub.ca

✿ Promotes and increases interest in and knowledge of gardening and the culture of plants and flowers of all kinds * meet other gardeners and share techniques * Parlour Show at each meeting

Okanagan Master Gardener's Chapter, Master Gardeners Association of BC

E: okanaganmg@gmail.com
W: www.mgabc.org/content/okanagan/

✿ Provides horticultural advice in the Southern Interior, from Osoyoos to Enderby while educating gardening public on environmentally responsible practices and sharing knowledge through traditional clinics at nurseries and plant sales, or through community projects at notable public and community gardens * affiliated with the Guisachan Heritage Garden in Kelowna * makes presentations on gardening issues, writes garden advice columns for newspapers and newsletters, is involved in horticultural therapy activities at extended care facilities and hospices, participates in and some times leads community horticultural beautification projects, and judges gardening events

Application: Please email for information regarding the Master Gardener Program or if interested in volunteering at the Guisachan House garden

Peachland Wellness Centre, Community Gardens

P: 250.767.0141
E: wellnesscentre@shaw.ca
W: www.peachlandwellnesscentre.ca

4426 5th St
Peachland, BC V0H 1X6

✿ Offers community gardens that provide a great place to grow your own food and meet up with other gardeners

Hours: Office Hours: Mon-Fri, 9am - 3pm

Rose Valley Community Garden Society, (also known Rose Valley Recreation Society)

E: rosevalleycommunitygarden@hotmail.com

- ✿ Offers a community garden with access to irrigation water, compost bins, tools and information to interested gardeners

MEALS & MEAL DELIVERY

Better Meals

P: 1.888.838.1888

E: sam@bettermeals.ca

W: www.bettermeals.ca

5742 Beresford St

Burnaby, BC V5J 1J1

- ✿ Provides seniors with home delivered meals * special dietary menus available

Hours: Mon-Fri, 8:30am - 4pm * Kelowna Deliveries: every Thursday

Canadian Mental Health Association Kelowna & District Branch, Meals Matter

P: 250.861.3644

E: mealsmatter@cmha.bc.ca

W: www.kelowna.cmha.bc.ca/meals-matter

504 Sutherland Ave

Kelowna, BC V1Y 5X1

- ✿ Provides a flexible, convenient and delicious solution for those seeking balanced, nutritious diets and looking to achieve and maintain a healthy lifestyle * uses local and organic food whenever possible

Eligibility: Individuals who are dealing with or recuperating from health issues, looking for an alternative to preparing a meal themselves, interested in making healthy food choices, wanting to budget, or looking for a great gift idea for family members or friends * also available to support workers, case managers and those wishing to help provide clients with convenient, healthy meal options

Hours: Meals and Punch Cards available for purchase during office hours: Mon-Fri, 9am - 4pm * program hours vary

May Bennett Meal Program, Dinners at Home Program

P: 250.860.3378

E: orderokmeals@gmail.com

W: www.okmeals.info/

135 Davie Rd

Kelowna, BC V1X 1Y8

- ✿ Provides prepared, frozen meals that can be heated in a microwave or a regular oven * can be delivered with the hot meal delivery service for use on days when Meals on Wheels is not delivering * operated by Interior Health's Food Services Department * can accommodate low sodium, diabetic, gluten free, renal, minced, soft and pureed food diets; please call to discuss other special diet particulars

Eligibility: Seniors age 55 and up, those who are home bound, have a disability, and/or are unable to access nutritious meals * those recovering from surgery may qualify; please call to discuss your situation

Hours: Kelowna Meal Delivery: Mon-Fri, 11am - 1pm
West Kelowna Meal Delivery: Mon, Wed, Fri, 11am - 12:30pm

May Bennett Meal Program, Kelowna Meal Delivery

P: 250.860.3378

E: orderokmeals@gmail.com

W: www.okmeals.info/

135 Davie Rd

Kelowna, BC V1X 1Y8

- ✿ Delivers a three-course meal that includes one protein, two vegetables and a starch with a soup and dessert included * a salad is offered in place of a soup or a dessert if customer prefers * operated by Interior Health's Food Services Department * can accommodate low sodium, diabetic, gluten free, renal, minced, soft and

May Bennett Meal Program, Kelowna Meal Delivery, Con't.

pureed food diets; please call to discuss other special diet particulars ** please see individual records for West Kelowna delivery times and the Dinners at Home program details

Eligibility: Seniors age 55 and up, those who are home bound, have a disability, and/or are unable to access nutritious meals * those recovering from surgery may qualify; please call to discuss your situation

Hours: Meal delivery: Mon-Fri, 10:30am - 12:30pm

Office inquiries: Mon-Fri, 8am - pm * closed weekends and statutory holidays

May Bennett Meal Program, West Kelowna Meal Delivery


P: 250.860.3378

E: orderokmeals@gmail.com

W: www.okmeals.info/

135 Davie Rd

Kelowna, BC V1X 1Y8

 Delivers a three-course meal that includes one protein, two vegetables and a starch with a soup and dessert included * a salad is offered in place of a soup or a dessert if customer prefers * operated by Interior Health's Food Services Department * can accommodate low sodium, diabetic, gluten free, renal, minced, soft and pureed food diets; please call to discuss other special diet particulars ** please see individual records for West Kelowna delivery times and the Dinners at Home program details

Eligibility: Seniors age 55 and up, those who are home bound, have a disability, and/or are unable to access nutritious meals * those recovering from surgery may qualify; please call to discuss your situation

Hours: Meal Delivery: Mon, Wed, Fri, 11am - 12:30pm

Office inquiries: Mon-Fri, 12pm - 2:30pm * closed weekends and statutory holidays

Meals on Wheels and Dinners @ Home


P: 250.763.2424

E: inquiries@mow-online.com

W: www.mow-online.com

2009A Enterprise Way

Kelowna, BC V1Y 8G6

 Meals on Wheels provides reasonably priced, hot, nutritious meals including soup, entree and dessert * options include meals suitable for diabetics, minced, pureed or vegetarian * delivered over the lunch hour by volunteers * no delivery fee * hot meals provided by Deli City and delivered by Meals on Wheels

Dinners @ Home program provides nutritious frozen meals that are picked up/delivered and can stored in your freezer * all meals accommodate special nutritional needs * a small delivery charge applies

Eligibility: Meals on Wheels are available to Seniors and/or home bound individuals with physical or mental disabilities of all ages * Dinners @ Home are available to anyone


Hours: Meal delivery: Kelowna area: Mon, Wed, Fri

Westside and Rutland: Tue, Thu, Sat

Office Hours: Mon-Fri, 9am - 12pm

Smart Start Meals Kelowna

W: www.smartstartmeals.ca

 Provides ready-to-cook meals (including gluten free options) for active seniors, busy people, families and vacationers * convenient online ordering system * delivery available for Kelowna and surrounding areas, including Big White and Silver Star

ASSISTED LIVING FACILITIES

Blue Heron Manor, Lake Country Seniors Housing Society

P: Office: 250.766.1660
 Central Intake: 250.980.1400
 E: info@blueheronvilla.ca
 W: www.blueheronvilla.ca

Unit 100-9509 Main St
 Lake Country, BC V4V 2N3

✿ Offers twenty-five one bedroom units of assisted living suites for seniors in the Lake Country area

Application: Applications are processed through Interior Health * tenants apply and are selected through Interior Health * selection of assisted living applicants is NOT on a "first come-first served". It is on a sliding scale based on the need for housing, hospitality, and personal care

Good Samaritan Society, Mountainview Village

P: 250.717.4005
 W: www.gss.org

3070 Burtch Rd
 Kelowna, BC V1W 5G2

✿ Provides assisted living, independent living and complex care/dementia care residential services for seniors and younger adults with disabilities * offers personal care, hospitality, recreation and pastoral care services * staff provides complex care residents with 24 hour nursing care * staff provides assisted living residents with 24 hour care

Application: Apply through Interior Health Authority for assisted living and complex care * call the site for independent living

Harmony Living Assisted Living

P: 250.861.3991
 E: harmonyliving@telus.net
 W: www.harmonylivingforseniors.com

962 and 964 Laurier Ave
 Kelowna, BC V1Y 6B1

✿ Provides assisted/ supportive living for seniors

Three Oaks Assisted Living

P: 250.762.5004
 E: threeoaksassistedliving@shaw.ca
 W: www.assistedlivingatthreeoaks.com

Unit 2-551 Sherrydale Cres
 Kelowna, BC V1V 2E6

✿ Provides supportive assistive housing

White Heather Manor

P: 250.763.6554

3728 Casorso Rd
 Kelowna, BC V1W 4M8

✿ Independent residential care facility for adults with a psychiatric illness

Application: Referral through Interior Health Mental Health Services or the family doctor

Villeneuve House, Long-Term Care Group Home

P: 250.861.7896 E: villenuv@telus.net	1400 Cherry Cres E Kelowna, BC V1Y 3Y3
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✿ Licensed group home that provides long term care for adults with acquired brain injuries, respite and transitional care

Eligibility: Ages: 18 year(s) and up

Hours: Mon-Sun, 24 hours

CONTINUING CARE RETIREMENT COMMUNITIES

Abbeyfield Houses Society of Canada, Abbeyfield Orchard City, Kelowna Society

P: 250.763.5254 E: info@abbeyfield.ca W: www.abbeyfield.ca	1531 Bernard Ave Kelowna, BC V1Y 6R8
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✿ Provides a semi-independent retirement community house

Application: Contact Admissions Chair

Eligibility: Ages: 60 year(s) and up

Baptist Housing Enhanced Living Communities, Village At Mill Creek

P: 250.860.2216 E: millcreek@baptisthousing.org W: www.baptisthousing.org	1450 Sutherland Ave Kelowna, BC V1Y 5Y5
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✿ Offers independent living with support services, assisted living and residential care to meet the changing care needs of seniors in our community

Application: Independent Living and Residential Care (private pay): Marketing Manager
Assisted Living and Residential Care (funded): Interior Health Case Manager

Baptist Housing Enhanced Living Communities, Village at Smith Creek

P: 250.768.0488 E: smithcreek@baptisthousing.org W: www.baptisthousing.org	2425 Orlin Rd West Kelowna, BC V4T 3C7
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✿ Provides independent living with support services, assisted living and residential care * also offers an Adult Day program sponsored by Interior Health Community Care

Borden Manor

P: 250.763.9750 E: bordenmanor@shaw.ca W: www.bordenmanor.com	1035 Borden Ave Kelowna, BC V1Y 6A7
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✿ Provides affordable, independent and supportive housing that includes meals, cleaning, laundry, personal alarm and cable TV * respite bed available for short stays

Hours: 24 hours per day, 7 days per week

Brandt's Creek Mews

P: 778.478.8800
E: bcmadmin@insiteseniorcare.com
W: www.insiteseniorcare.com

2081 Cross Rd
Kelowna, BC V1V 2G2

- ✿ Provides residential care community home for 102 older adults who require 24 hour nursing care * the General Store offers seniors the opportunity to shop for toiletries, gifts and sweets at reasonable prices without leaving their home * offers a hair and beauty salon for the residents and their families * the Bistro Coffee Shop offers specialty beverages and home made baking for residents and family members to enjoy

Columbian Centennial Housing Society, McGivney Manor

P: 250.862.3206
E: info@cchs-housing.ca
W: www.cchs-housing.ca

1898 Parkview Cres
Kelowna, BC V1X 7G6

- ✿ Provides 6 special needs extended care units

Application: Phone office. Applications available at Columbian Centennial Housing Society.

Elder Care Seniors Residence

P: 250.763.2188
E: eldercare@shaw.ca

3431 Scott Rd
Kelowna, BC V1W 3H4

- ✿ Provides a 4-bed residential care home with a focus towards supporting dementia and cognitive challenges * emphasizes client centered approach and perspective, allowing for personalized services that are adapted to meet individual needs * 24 hour supervision * 2 beds assistive living through Interior Health and 2 private rooms

Application: Please call for additional information or to apply

Fernbrae Manor

P: 250.979.0600
E: dwatson@fernbraemanor.com
W: www.fernbraemanor.com

295 Gerstmar Rd
Kelowna, BC V1X 7W9

- ✿ Provides independent, supportive housing

Glenwood Homes Supportive Living

P: 250.762.0028
E: harmonyliving@telus.net
W: www.harmonylivingforseniors.com

760 and 766 Glenwood Ave
Kelowna, BC V1Y 5M5

- ✿ Provides supportive housing for seniors

Hawthorn Park

P: 250.861.6636
W: www.hawthornpark.com

867 KLO Rd
Kelowna, BC V1Y 9G5

- ✿ Offers independent condos, as well as supportive and assisted living apartments for seniors * also offers specialized care for persons with memory impairments

Highlands Retirement Residence

P: 250.763.7265
E: manager@HighlandsRetirement.com
W: www.highlandsretirement.com

400 Snowsell St N
Kelowna, BC V1V 2C7

✿ Provides independent and supportive living for seniors * offers one and two bedroom garden apartments * amenities include: home-style meals, housekeeping, linen services, laundry facilities, leisure and recreational programs and a 24-hour emergency response system

Interior Health, Brookhaven Care Centre

P: 250.862.4040
W: www.interiorhealth.ca

1775 Shannon Lake Rd
West Kelowna, BC V4T 2N7

✿ Provides residential care and specialized geriatric services * care facility has 83 residential beds, 20 specialized geriatric beds, and 1 community respite bed * volunteer positions available

Hours: Mon-Fri, 9am - 5pm

Interior Health, Cottonwoods Care Centre

P: 250.862.4100
W: www.interiorhealth.ca

2255 Ethel St
Kelowna, BC V1Y 2Z9

✿ Residential care home that provides residential care and specialized geriatric services * volunteer positions available

Interior Health, David Lloyd-Jones Home

P: 250.762.2706

934 Bernard Ave
Kelowna, BC V1Y 6P8

✿ Residential care home that provides residential care and specialized geriatric services * volunteer positions available

Hours: Mon-Fri, 9am - 5pm

Interior Health, Three Links Manor

P: 250.763.2585
W: www.interiorhealth.ca

1449 Kelglen Cres
Kelowna, BC V1Y 8P4

✿ Provides residential care * care facility has 80 residential beds and 2 respite beds

Kelowna Japanese Canadian Community Senior Citizen Society, Hinode Home

P: 778.478.2069

1920 Burtch Rd
Kelowna, BC V1Y 4B2


✿ Offers retirement community apartments for older adults * people with disabilities accepted * wheelchair accessible units available

Application: Please write for application form

Lake Country Lodge & Manor, Baybridge-Baltic (Lake Country) Ltd.

P: 250.766.3007
Aft Hrs: General Manager: 250.863.4485
24/7 Nurse: 250.470.7682
E: manager@lakecountrylodge.ca
W: www.lakecountrylodge.ca

10163 Korschuh Rd
Lake Country, BC V4V 2M2

 Offers supportive housing, complex care and respite care

Application: Residential care at the Lodge applications: Interior Health Authority
Supportive living at the Manor applications: Contact our office or visit our website


Eligibility: Ages: 50 year(s) and up

Hours: 24/7

Lakeshore Place

P: 250.860.3223
E: info@lakeshore-place.com
W: www.lakeshore-place.com/

3200 Lakeshore Rd
Kelowna, BC V1W 3T2

 Provides independent housing for active seniors

Laurier Manor

P: 250.763.6900
E: lauriermanor@outlook.com


1024 Laurier Ave
Kelowna, BC V1Y 6B1

 Provides assistive housing for seniors

Mission Villas, Pasadena Estates

P: 250.764.8088
TF: 1.888.764.4431
W: www.missionvillas.ca


4433 Gordon Dr
Kelowna, BC V1W 1S9

 Provides independent, supportive housing * offers rental and for-purchase options

Missionwood Retirement Resort, Regency Retirement Resorts

P: 250.860.9308
E: info@regencyresorts.ca
W: www.regencyresorts.ca


1075 Barnes Ave
Kelowna, BC V1W 5A8

 Provides independent and supportive senior's living * specializing in the enjoyment of life

Northwood Retirement Resort, Regency Retirement Resorts

P: 250.860.1122
E: info@regencyresorts.ca
W: www.regencyresorts.ca

1277 Gordon Dr
Kelowna, BC V1Y 4W4

 Provides independent and supportive living for seniors, with programs and amenities for an enriched retirement

Okanagan Chateau, BayBridge Senior Living

P: 250.862.9088
W: www.okanaganchateau.com/

2100 Benvoulin Crt
Kelowna, BC V1W 3A4

 Provides independent, supportive housing * also offers short-term stays

Rose Cottage - Supportive Living Seniors Home

P: 250.861.1000
E: Kel.bc.rosecottage@gmail.com
W: www.rose-cottage-supportive-living.com

453 Morrison Ave
Kelowna, BC V1Y 5E1

✿ Provides independent, supportive housing

Sandalwood Retirement Resort, Regency Retirement Resorts

P: 250.717.1884
E: info@regencyresorts.ca
W: www.regencyresorts.ca

580 Yates Rd
Kelowna, BC V1V 2M3

✿ Provides independent and supportive senior's living * specializing in the enjoyment of life

Spring Valley Care Centre

P: 250.979.6000
E: springvalley@parkplaceseniorsliving.com
W: www.parkplaceseniorsliving.com

355 Terai Crt
Kelowna, BC V1X 5X6

✿ Provides independent living, assisted and supportive living and complex care housing for seniors

Sutherland Hills Rest Home

P: 250.860.2330

3081 Hall Rd
Kelowna, BC V1W 2R5

✿ Provides long-term residential care nursing home facility * 92 single rooms with bathroom and 6 double rooms with shared bathroom (includes 4 private pay beds)

Tender Care Cottage

P: 250.860.7771
E: tendercarecottage@shaw.ca
W: www.tendercarecottage.com

1446 Graham St
Kelowna, BC V1Y 3A8

✿ Provides independent, supportive housing

The Dorchester

P: 250.860.0725
E: TheDorchester@reveraliving.com
W: www.reveraliving.com/retirement-living/locations/the-dorchester

863 Leon Ave
Kelowna, BC V1Y 9V4

✿ Provides independent, supportive housing * offers regular Lunch and Learn workshops on topics ranging from respite program, rest stay program, trial stay program, and services available in the community

Twin Maples Senior Home

P: 250.763.1940
E: twin-maples@shaw.ca
W: www.twinmaples-seniorhome.com

919 Guisachan Rd
Kelowna, BC V1Y 7X2

✿ Provides independent, supportive housing

Westbank First Nation, Pine Acres Home Adult Intermediate Care Facility

P: 250.768.7676
W: www.wfn.ca/pineacres.asp

1902 Pheasant Lane
Westbank, BC V4T 2H4

- ✿ Intermediate care facility that provides care for community elders, both native and non-native * provides services to residents requiring complex care, including dementia care in the dedicated secure Juniper Unit * currently 63 beds for intermediate care, including 20 beds in the Juniper Unit, and 1 room designated for a short-term stay of one month maximum

Westwood Retirement Resort, Regency Retirement Resorts

P: 250.768.2934
E: info@regencyresorts.ca
W: www.regencyresorts.ca

2505 Ingram Rd
West Kelowna, BC V4T 2Y8

- ✿ Provides independent and supportive senior's living * specializing in the enjoyment of life

GROUP RESIDENCES FOR ADULTS WITH DISABILITIES

D. J. Hildebrandt Homes Inc.

P: 250.717.1887
E: administration@hildebrandthomes.com
W: www.hildebrandthomes.com

Ste 1-2323 Hunter Rd N
Kelowna, BC V1X 7C5

- ✿ Provides quality residential care for adult individuals with high behavioural needs along with physical and mental disabilities

Application: Must contact Community Living British Columbia for referral

Eligibility: Ages: 19 year(s) and up

Roslin House

P: 250.763.1953

1733 Highland Dr N
Kelowna, BC V1Y 4K9

- ✿ Offers specialized residential care that provides an alternate living environment for persons with developmental disabilities * provides 24-hour care to individuals with disabilities who are unable to live on their own * provides assistance with errands, meals, and other daily activities

Application: Referral required from Community Living BC with psychological assessment for eligibility * requests for service must be made by client or family

Eligibility: For individuals age 19 and older

HOUSING ADMINISTRATIVE ORGANIZATIONS

BC Housing

P: 1.250.493.0301
TF: 1.800.834.7149
E: InteriorRegion@bchousing.org
W: www.bchousing.org

290 Nanaimo Ave W
Penticton, BC V2A 1N5


- ✿ Develops, manages and administers a wide range of subsidized housing options across the province for those the most in need, including individuals who are homeless, frail seniors and those with disabilities, Aboriginal individuals * provides rental assistance in the through the Rental Assistance Program for families and SAFER for seniors

Hours: 8:30am - 4:30pm

BC Non-Profit Housing Association

P: 1.604.291.2600
TF: 1.800.494.8859
E: admin@bcnpha.ca
W: www.bcnpha.ca/


Ste 220-1651 Commercial Dr
Vancouver, BC V5L 3Y3

 Provides leadership and support to members in creating and supporting a high standard of affordable housing throughout British Columbia

Canada Mortgage and Housing Corporation (CMHC)

P: 1.604.731.5733
TDD: 1.800.309.3388
E: contactcentre@cmhc.ca
W: www.cmhc.ca


Ste 2000-1111 West Georgia St
Vancouver, BC V6E 4M3

 Helps Canadians meet their housing needs by contributing to the stability of the housing market and financial system, providing support for Canadians in housing need, and offering objective housing research and advice to Canadian governments, consumers and the housing industry * direct delivery is handled by the province

Co-operative Housing Federation of BC

P: 1.604.879.5111
TF: 1.866.879.5111
E: info@chf.bc.ca
W: www.chf.bc.ca

Ste 220-1651 Commercial Dr
Vancouver, BC V5L 3Y3

 A federation of member housing co-ops in BC * represents co-op housing to the government and public * provides education and resources to support housing co-ops * also offers its members asset management planning, access to preferred financing, a group buying program, workshops and education conferences, Model Rules 2.0, an annual scholarship for students living in the CHF BC member housing co-ops, enews, Scoop magazine * also advocates for a provincial rent supplement program to replace disappearing federal subsidies with its You Hold the Key Campaign


Hours: Mon-Fri, 9am - 4:30pm

HOUSING DEVELOPMENT

Habitat for Humanity Kelowna

P: 778.755.4346
E: info@hfhkelowna.ca
W: www.habitatforhumanitykelowna.ca

1793 Ross Rd
West Kelowna, BC V1Z 3E7

 Builds and rehabilitates, simple, decent houses with the help of homeowner (partner) families * homes are sold to partner families with no down payment required and are financed with affordable, no-interest mortgages

Eligibility: 1.) Housing Need:

- Must have children under the age of 18 living at home
- Current housing is substandard, does not meet their needs, or rent is more than 40% of total gross family income
- Must have been resident of Canada and lived in the Central Okanagan for at least two years prior to applying
- Program intended for families who have not previously owned a home

2.) Ability to Pay:

- Income must meet Low Income Cut-off published by the Provincial Government
- At least one adult member of the family employed full-time and year round

Habitat for Humanity Kelowna, Con't.

- Manageable debts (balance between income & debt)
 - If family has experienced bankruptcy, must have been discharged for two years
- 3.) Willingness to partner:
- Families agree to complete 500 hours of volunteering with Habitat (Sweat Equity)
 - Agree to keep home and yard in good condition
 - Agree to follow all policies of a New Home Ownership Agreement

HOUSING SEARCH ASSISTANCE

RentBC.com


TF: 1.800.862.9874
E: info@renthello.com
W: www.rentbc.com

 Provides a free online rental listing service for communities in BC

Seniors Outreach & Resource Centre, Seniors Housing Outreach

P: 250.861.6180
E: seniorshousing@telus.net
W: www.seniorsoutreach.ca

Unit 102-2055 Benvoulin Crt
Kelowna, BC V1W 2C7


 Provides support and assistance to seniors to help them maintain wellness and independence * assists with landlord/tenant issues, exploring housing options, choosing appropriate housing, completing forms, and applying for benefits, coordinating services and understanding options
Eligibility: Ages: 65 year(s) and up

INDEPENDENT LIVING RETIREMENT FACILITIES

Baptist Housing Enhanced Living Communities, Sun Pointe Village

P: 250.491.1400
E: sunpointe@baptisthousing.org
W: www.baptisthousing.org

700 Rutland Rd N
Kelowna, BC V1X 7W8

 Offers independent living, assisted living and residential care designed to meet the changing needs of seniors in our community

Application: Independent Living: Marketing Manager
Assisted Living and Residential Care: Interior Health Case Manager

Hours: Mon - Fri, 8am - 4pm

Central Okanagan Kiwanis Community Service Society, Kiwanis Towers

P: 250.763.2660
E: admin@kiwanistower.com
W: www.kiwanistower.com

1110 Lawrence Ave
Kelowna, BC V1Y 7W3

 Provides affordable and safe independent living rental accommodation for seniors 55+

Application: Contact or visit the office during office hours for an application form

Eligibility: Ages: 55 year(s) and up

Hours: Mon-Fri, 9am - 12pm * closed weekday afternoons and weekends

Chatsworth Retirement Residence

P: 778.738.0623
W: www.chartwell.com/retirement-homes/chartwell-chatsworth-retirement-residence

1831 Parkview Cres
Kelowna, BC V1X 7G7

- ✿ Provides independent and assisted living for seniors * options include self-contained bungalows, a suite in the main residence, 24-hour on-site care aides, choice of daily menus, and a variety of social activities

Lakeview Lodge

P: 250.768.3802
E: judi.francis@balticproperties.ca
W: www.balticproperties.ca

2337 Butt Rd
West Kelowna, BC V4T 3L3

- ✿ Offers full residential complex care with services that include professional nursing, direct care provided by trained resident care aides, registered dietician, daily recreational programs and music therapy, physiotherapy and occupational therapy, beauty salon, resident call system in each room and the common areas, lounges for resident and family visits, spacious rooms with ceiling lifts, and outdoor courtyard * offers respite care

LEISURE ACCOMMODATIONS

Kelowna International Hostel

P: 250.763.6024
E: kelownahostel@gmail.com
W: www.kelowna-hostel.bc.ca

2343 Pandosy St
Kelowna, BC V1Y 1T5

- ✿ Provides a 30 bed hostel

Application: Reservations requires credit card information to reserve your room

Eligibility: International travelers only

Hours: Office Hours: 7am - 11pm

SameSun Kelowna Hostels

P: 250.763.9814
TF: 1.877.972.6378
E: kelowna@samesun.com
W: www.samesun.com

245 Harvey Ave
Kelowna, BC V1Y 6C2

- ✿ Low-budget accommodation for international travelers * offers economical, monthly accommodation to students in Kelowna

LOW INCOME / SUBSIDIZED RENTAL HOUSING

Brookside Residence

P: 250.763.5707

1212 Mountainview St
Kelowna, BC V1Y 4N1

- ✿ Low income rental units for ages 55 and up.

Eligibility: Ages: 55 year(s) and up