

# 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](mailto: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](mailto:info@kcr.ca) | W. [www.kcr.ca](http://www.kcr.ca)



Produced by  
**KCR Community Services**

This publication is produced from KCR's online database of community resources,  
[www.kcr.ca](http://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

## 2014

### Spring Edition



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## Our Vision

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

## Our Mission

Kelowna Community Resources is a socially responsive Agency dedicated to meeting community, government and individual needs.

We do this by:

1. providing access to resources, services and products;
  2. providing support programs that encourage client 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.
-





## Directory User's Guide

- Each entry includes the name, address, phone number(s) and a brief description of the organization and its services.
- An Index is provided at the back to find agencies and programs alphabetically.
- The Directory does not list every resource in our community. Some providers have asked us not to publish information about their services for a variety of reasons. For example, Shelters desire to keep their location confidential to protect their clients.
- Kelowna Community Resources also provides an online database of service information and volunteer opportunities that is available Mon-Sun, 24 hours at [www.kcr.ca](http://www.kcr.ca).
- We encourage you to contact us to let us know about any new services and programs.

**Office Hours: Mon–Fri, 8:30am - 12noon, 1pm - 4:30pm**

### Frequently called numbers:

Agency Name	Phone No. / Notes	Page No.

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# Kelowna Community Resources

## WALK-IN MEDICAL CLINICS

### CENTRAL CITY

Capri Medical Centre **	250.717.3211	132-1835 Gordon Dr
Lakeland Medical Clinic **	778.478.0277	1715 Ellis St
Medi-Kel Family Practice & Walk-in Clinic (located inside Superstore) **	250.862.4996	2280 Baron Rd
Orchard Medical Centre **	250.861.3235	104-1990 Cooper Rd
Spall Medical Centre & Walk-In **	250.860.9909	150-1940 Harvey Ave

### GLENMORE/ CLIFTON / DILWORTH

Glenvalley Medical Centre **	250.860.5811	107-437 Glenmore Rd
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### MISSION

Lakeshore Medical Centre **	250.764.8878	3970 Lakeshore Rd
Mission Medical Centre	250.868.8222	102-3320 Richter

### RUTLAND

Rutland Walk-in Clinic	250-862-5915	25-590 Hwy 33 W
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### WESTSIDE

Towne Centre Medical Clinic	250.768.8315	18-2475 Dobbin Rd
Westridge Medical Clinic **	250.768.6985	406-2330 Hwy 97

### LAKE COUNTRY

Lake Country Family Practice **	250.766.3938	9966 Pollard Rd
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### PEACHLAND

Beach Avenue Medical Clinic	250.767.3432	5848D Beach Ave
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**Services:** Walk-in clinics offer primary medical care on a 'no appointment' basis; with available services including physicals, treatment of minor injuries and lacerations, allergy shots. Open weekdays, evenings, Sundays and holidays.

**Please Note:** The listing of a Clinic does not indicate endorsement and the exclusion of a Clinic does not imply any disapproval by Kelowna Community Resources.

**\*\*Open Saturdays and / or Sundays & holidays. Please call for current information.**





## BASIC NEEDS

### FOOD

### EMERGENCY FOOD

#### Society of St. Vincent De Paul of Central Okanagan

- ✿ Supplies emergency food and help for families with social and economic problems, disaster crisis, \* offers home visitations to shut-ins

Please call the number closest to the area in which you live:

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

Immaculate Conception \* serves downtown area from Bernard Ave to KLO Rd \* 250.861.7801

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 area of West Kelowna \* 250.801.5905

#### St. Michael & All Angels Anglican Cathedral, Emergency Food Assistance

608 Sutherland Ave  
Kelowna, BC V1Y 5X1

P: 250.762.3321

E: ccsmaa@telus.net

W: www.stmichaelscathedral.ca

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

Hours: Fri, 10am - 11am ONLY

#### The Salvation Army, Emergency Food, Clothing and Furniture Program

200 Rutland Rd S  
Kelowna, BC V1X 2Z5

P: 250.765.3450

E: clc@kelsa.ca

W: www.kelownasalvationarmy.ca

- ✿ Provides emergency food, 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, Wed, 9am - 4pm \* Tue-Thu, 1pm - 4pm \* Fri, 9am - 3pm \* closed 12pm - 1pm every day

## FARMERS MARKETS

#### Kelowna Farmers' and Crafters' Market

P: 250.878.5029

E: info@kelownafarmersandcraftersmarket.com

W: www.kelownafarmersandcraftersmarket.com

- ✿ Presents both outdoor and indoor markets throughout the year to help local residents access healthy farm fresh foods, crafts, art and entertainment

#### Lake Country Farmers Market

W: www.lakecountryfarmersmarket.webs.com/

- ✿ Presents an outdoor market with a variety of vendors that sell fruit, vegetables, eggs, crafts, sewing, art, plants, flowers and food, that are grown or handmade by the vendors

Hours: Fridays, 3pm - 7pm, June to September



## FARMERS MARKETS

### Urban Harvest Organic Delivery

806A Crowley Ave  
Kelowna, BC V1Y 7G7

P: 250.868.2704  
E: [order@urbanharvest.ca](mailto:order@urbanharvest.ca)  
W: [www.urbanharvest.ca](http://www.urbanharvest.ca)

- ✿ 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

### Friendly People's Single Family & Seniors Food Bank Society

St 109-2565 Main St  
West Kelowna, BC V4T 2B4

P: 250.826.8320  
E: [friendlypeoplesfoodbank@gmail.com](mailto:friendlypeoplesfoodbank@gmail.com)  
W: [www.friendlypeoples.ca/](http://www.friendlypeoples.ca/)

- ✿ Aids single parents and seniors in West Kelowna by organizing food, information and support for community survival and dignity

Hours: Mon-Fri, 8:30am - 3pm \* Sat, 9am - 1pm

### Kelowna Christian Center, Rutland Community Food Centre

905 Badke Rd  
Kelowna, BC V1X 5Z5

P: 250.762.9559  
E: [kcc@kcc.net](mailto:kcc@kcc.net)  
W: [www.kcc.net](http://www.kcc.net)

- ✿ Provides food hampers to those in need \* please call for additional details

Application: Must provide proper ID and proof of residency

Hours: Tuesdays, 6pm - 8pm

### Kelowna Community Food Bank, KCFB

1265 Ellis St  
Kelowna, BC V1Y 1Z7

P: 250.763.7161  
E: [info@kcfb.ca](mailto:info@kcfb.ca)  
W: [www.kelownafoodbank.com](http://www.kelownafoodbank.com)

- ✿ Assists local individuals and families who are in temporary financial difficulty and are in need of food \* offers various programs such as Tiny Bundles for pregnant mothers and infants and the Special Needs dietary program

Application: Proof of address, ID for all members of the family and proof of income

Eligibility: Ages: 16 year(s) and up

Hours: To receive food: Mon-Thu, 9:30am - 11am for families with children \* 11am - 1pm for everyone \*  
Fridays 8:30am - 11am Tiny Bundles only.

To volunteer or donate: Mon-Fri, 8am - 4pm



**Kelowna Community Food Bank,  
Special Needs Hampers**

1265 Ellis St  
Kelowna, BC V1Y 1Z7

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

- ✿ Provides added nutritional 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: Proof of residency, ID for all members of family and proof of income

Hours: To receive food:

- For families with children under 16, Mon-Thu, 9:30am - 11am
- For people without children, 11am - 1pm

To volunteer or donate: Mon-Fri, 8am - 4pm

**Kelowna Community Food Bank,  
Tiny Bundles**

1265 Ellis St  
Kelowna, BC V1Y 1Z7

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

- ✿ Provides weekly nutritional 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: Proof of address, ID for all members of family and proof of income

Eligibility: Pregnant mothers and families with children under the age of one

Hours: Monthly Hampers: Mon-Thu, 9:30am -11am \* Weekly Hampers: Fridays, 8:30am -11am

**Kelowna Community Food Bank,  
Vitality Program**

1265 Ellis St  
Kelowna, BC V1Y 1Z7

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

- ✿ 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 16

Application: Proof of address, ID for all members of family & proof of income

Hours: To receive food:

- For families with children under 16, Mon-Thu, 9:30am - 11am
- For people without children, 11am - 1pm

To volunteer or donate: Mon-Fri, 8am - 4pm

**Lake Country Food Assistance Society**

3130 Berry Rd  
Lake Country, BC V4V 1Z7

**Crisis: 250.766.3038 (Phyllis MacPherson)**  
P: 250.766.0125

- ✿ 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: Foodbank hours: Wednesdays, 9am - 3pm



## FOOD BANKS

### Peachland Food Bank

6490 Keyes Ave  
Peachland, BC V0H 1X0

P: 250.767.3312

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

Hours: Food bank hours: 2nd Saturday each month, 10am-11:30am

### Westside Community Food Bank Society,

### Westside Community Food Bank

2545 Churchill Rd  
West Kelowna, BC V4T 2B4

P: 250.768.1559

E: [info@westsidefoodbank.ca](mailto:info@westsidefoodbank.ca)

W: [www.westsidefoodbank.ca](http://www.westsidefoodbank.ca)

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

Application: New clients: bring proof of address; proof of income; ID for everyone in the household and expenses.

Hours: Mon-Fri, 9am - 3pm

Hampers: Wed, 5:30pm - 7:30pm \* Thu, 9:30am - 11:15am

## FOOD COLLECTION PROGRAMS

### Kelowna Community Food Bank,

### Food Runners Program

1265 Ellis St  
Kelowna, BC V1Y 1Z7

P: 250.763.7161

E: [reception@kcfb.ca](mailto:reception@kcfb.ca)

W: [www.kelownafoodbank.com](http://www.kelownafoodbank.com)

✿ Offers a perishable food-recovery program that increases nutrition for low-income families and individuals, while helping to reduce food waste in our community \* collects surplus fresh products each day from local food vendors in a refrigerated van, enabling the Food Bank to provide fresh, nutritional food products for their recipients and other local agencies

### Okanagan Fruit Tree Project

E: [cofruittreeproject@gmail.com](mailto:cofruittreeproject@gmail.com)

W: [www.okanaganfood.com/fruit-tree-project/](http://www.okanaganfood.com/fruit-tree-project/)

✿ 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

### Central Okanagan Food Policy Council

E: [cofpcs@gmail.com](mailto:cofpcs@gmail.com)

✿ Focuses on food security, food sovereignty, food policy, and food and its cycle through growth, production, processing, consuming, disposal as well as people and policies involved in the process in the Central Okanagan \* membership is open to anyone who wants to participate \* volunteer opportunities available



**Meal Exchange**

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

P: 416.657.4489 ext 2

E: [praan@mealexchange.com](mailto:praan@mealexchange.com)

W: [www.mealexchange.com](http://www.mealexchange.com)

- ✿ Engages, educates and mobilizes youth aged 18 and up to work with their communities to achieve just and sustainable food systems

Application: Please email

Hours: Mon-Fri, 9am - 5pm

**GARDENS - COMMUNITY, ASSISTANCE AND SUPPLIES**
**Central Okanagan Community Gardens Society (COCG)**

P: 250.862.8825

E: [cocg@uniserve.com](mailto:cocg@uniserve.com)

W: [www.centralokanagancommunitygardens.com](http://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

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

**FarmFolk CityFolk Society**

P: 604.730.0450

T: 1.888.730.0452

E: [info@farmfolkcityfolk.ca](mailto:info@farmfolkcityfolk.ca)

W: [www.farmfolkcityfolk.ca/](http://www.farmfolkcityfolk.ca/)

- ✿ 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

**Kelowna Garden Club,  
BC Council of Garden Clubs**

P: 250.868.2753

E: [doramor@hotmail.com](mailto:doramor@hotmail.com)

W: [www.kelownagardenclub.ca](http://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 Gardeners,  
Master Gardeners Association of BC**

P: 250.868.2074

E: [okanaganmastergardenerscourse@gmail.com](mailto:okanaganmastergardenerscourse@gmail.com)

W: [www.mgabc.org/content/okanagan](http://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 \* offers the Master Gardener Basic Training Course; please visit our website for details

Application: To become an Okanagan Master Gardener, participants need to attend an orientation session and take a Basic Training Program



## GARDENS - COMMUNITY, ASSISTANCE AND SUPPLIES

### **Peachland Wellness Centre, Community Gardens**

4426 5<sup>th</sup> St  
Peachland, BC V0H 1X6

P: 250.767.0141  
E: WellnessCentre@Shaw.ca  
W: www.peachlandwellnesscentre.ca

- ✿ Provides raised garden plots on PWC property by the Municipality in conjunction with the Sowers & Growers Garden Club to offer gardening opportunities to those in the community who would otherwise be unable to grow their own flowers and vegetables

Hours: Mon-Fri, 10am -3 pm, Jerry Dober Sunday Breakfast, 8am -11pm

### **Rose Valley Community Garden Society**

E: rosevalleycommunitygarden@hotmail.com

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

## MEALS AND MEAL DELIVERY

### **Aio Meal Solutions**

861 Anders Rd  
West Kelowna, BC V1Z 1K2

P: 250.575.7423  
E: info@amealsolution.com  
W: www.amealsolution.com

- ✿ Strives to make your home dining experience easy, affordable, and stress-free

Application: Please visit our website

Eligibility: Ages: 19 year(s) and up

Hours: Mon-Fri, 8am - 5pm \* Sat 8am - 4pm \* closed Sundays and statutory holidays

### **Better Meals**

5742 Beresford St  
Burnaby, BC V5J 1J1

P: 1.888.838.1888  
E: sam@bettermeals.ca  
W: www.bettermeals.ca

- ✿ 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**

504 Sutherland Ave  
Kelowna, BC V1Y 5X1

P: 250.861.3644 ext 122  
E: mealsmatter@cmha.bc.ca  
W: www.kelowna.cmha.bc.ca/meals-matter

- ✿ 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





## MEALS AND MEAL DELIVERY

### May Bennett Meal Program, Dinners at Home Program

135 Davie Rd  
Kelowna, BC V1X 1Y8

P: 250.860.3378  
E: orderokmeals@gmail.com  
W: www.okmeals.info/

- ✿ 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

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

### May Bennett Meal Program, Kelowna Meal Delivery

135 Davie Rd  
Kelowna, BC V1X 1Y8

P: 250.860.3378  
E: orderokmeals@gmail.com  
W: www.okmeals.info/

- ✿ 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 \* low sodium, diabetic, gluten free, renal, minced and soft and pureed food diets can be accommodated \* for additional special dietary requests, please call

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, 11:30am - 1:30pm  
Office inquiries: Mon-Fri, 12pm - 2:30pm \* closed weekends and statutory holidays

### May Bennett Meal Program, West Kelowna Meal Delivery

135 Davie Rd  
Kelowna, BC V1X 1Y8

P: 250.860.3378  
E: orderokmeals@gmail.com  
W: www.okmeals.info/

- ✿ 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 \* low sodium, diabetic, gluten free, renal, minced and soft and pureed food diets can be accommodated \* for additional special dietary requests, please call

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, and Fri, 11am - 1pm  
Office inquiries: Mon-Fri, 12pm - 2:30pm \* closed weekends and statutory holidays

### Meals on Wheels and Dinners @ Home

2009A Enterprise Way  
Kelowna, BC V1Y 8G6

P: 250.763.2424

- ✿ Provides reasonably priced, hot, nutritious meals which are delivered to the home over the lunch hour by volunteers \* meals include soup, dessert and a hot entrée

Dinners @ Home program provides nutritious frozen meals that are picked up/delivered that can be stored in a 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 (including Rutland) area: Mon, Wed, Fri  
Peachland and West Kelowna: Tue, Thu, Sat \* Office hours: Mon-Fri, 9am -12pm



## MEALS AND MEAL DELIVERY

### Smart Start Meals Kelowna

P: 250.869.7678  
T: 1.877.286.3257  
E: info@smartstartmeals.ca  
W: www.smartstartmeals.ca

- ✿ Provides ready-to-cook meal delivery for active seniors, busy people and families \* delivery available for Kelowna and most surrounding areas \* some areas may require delivery charge

### St. George's Anglican Church of Canada, Westside Neighbourhood Meal Program

3690 Brown Rd  
West Kelowna, BC V4T 1Z1

P: 250.860.3378  
E: office@stgeorgeswestbank.org  
W: www.stgeorgeswestbank.org

- ✿ Provides opportunity to meet and greet your neighbours and enjoy a nutritious meal prepared by Okanagan Meal Service

Hours: 11:30am - 1pm

## HOUSING

### ASSISTED LIVING FACILITIES

### Good Samaritan Society, Mountainview Village

3070 Burtch Rd  
Kelowna, BC V1W 5G2

P: 250.762.2192 ext.221  
W: www.gss.org

- ✿ 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 for Seniors

962 and 964 Laurier Ave  
Kelowna, BC V1Y 6B1

#### Crisis: 250.300.3436

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

- ✿ Provides assisted/ supportive living for seniors

Hours: 24 Hours

### Three Oaks Assisted Living

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

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

- ✿ Provides supportive, assistive housing and short term respite care

### White Heather Manor

3728 Casorso Rd  
Kelowna, BC V1W 4M8

P: 250.763.6554

- ✿ Residential care facility for older adults with a psychiatric illness

Application: Referral through Mental Health Services, Interior Health Authority



## CONTINUING CARE RETIREMENT COMMUNITIES

### **Abbeyfield Houses Society of Canada, Abbeyfield Orchard City**

1531 Bernard Ave  
Kelowna, BC V1Y 6R8

P: 250.763.5254  
E: info@abbeyfield.ca  
W: www.abbeyfield.ca

✿ Provides a semi-independent retirement community house

Application: Contact Admissions Chair

Eligibility: Ages: 60 year(s) and up

### **Baptist Housing Ministries, Village At Mill Creek**

1450 Sutherland Ave  
Kelowna, BC V1Y 5Y5

P: 250.860.2216  
W: www.baptisthousing.org

✿ Provides multi-level care for seniors who require professional nursing assistance on a long term basis

### **Baptist Housing Ministries, Village at Smith Creek**

2425 Orlin Rd  
West Kelowna, BC V4T 3C7

P: 250.768.0488  
E: pgillis@baptisthousing.org  
W: www.baptisthousing.org

✿ Provides multi-level care for seniors who require professional nursing assistance on a long term basis \*  
The Village at Smith Creek also has an Adult Day program sponsored by Community Care (IHA) \*  
offers supportive housing, assisted living and subsidized complex care suites

### **Borden Manor**

1035 Borden Ave  
Kelowna, BC V1Y 6A7

P: 250.763.9750  
E: bordenmanor@shaw.ca  
W: www.bordenmanor.com

✿ Provides affordable, independent and supportive housing that includes meals, cleaning, laundry, personal alarm and cable \* respite bed available for short stays

Hours: 24 hours per day, 7 days per week

### **Brandt's Creek Mews**

2081 Cross Rd  
Kelowna, BC V1V 2G2

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

✿ 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**

1898 Parkview Cres  
Kelowna, BC V1X 7G6

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

✿ Provides 6 special needs extended care units

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



## CONTINUING CARE RETIREMENT COMMUNITIES

### Elder Care Seniors Residence

3431 Scott Rd  
Kelowna, BC V1W 3H4

P: 250.763.2188  
E: eldercare@shaw.ca

- ✿ Provides a 4-bed supportive and assistive housing facility with focus on dementia and cognitive challenges \* emphasizes client centered approach and perspective, allowing for personalized services that are adapted to meet individual needs \* 24 hour care

### Fernbrae Manor

295 Gerstmar Rd  
Kelowna, BC V1X 7W9

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

- ✿ Provides independent, supportive housing

### Glenwood Homes

760 and 766 Glenwood Ave  
Kelowna, BC V1Y 5M5

**Crisis: 250.300.3436**  
P: 250.762.0028  
E: harmonyliving@telus.net  
W: www.harmonylivingforseniors.com

- ✿ Provides supportive housing for seniors

### Hawthorn Park

867 KLO Rd  
Kelowna, BC V1Y 9G5

P: 250.861.6636  
W: www.hawthornpark.com

- ✿ Provides independent, supportive housing

### Highlands Retirement Residence

400 Snowsell St N  
Kelowna, BC V1V 2C7

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

- ✿ 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 Authority, Brookhaven Care Home

1775 Shannon Lake Rd  
West Kelowna, BC V4T 2N7

P: 250.862.4047  
W: www.interiorhealth.ca

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

Hours: Mon-Fri, 9am - 5pm

### Interior Health Authority, Cottonwoods Care Centre

2255 Ethel St  
Kelowna, BC V1Y 2Z9

P: 250.862.4100  
W: www.interiorhealth.ca

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



## CONTINUING CARE RETIREMENT COMMUNITIES

### **Interior Health Authority, David Lloyd-Jones Home**

934 Bernard Ave  
Kelowna, BC V1Y 6P8

P: 250.762.2706

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

Hours: Mon-Fri, 9am - 5pm

### **Interior Health Authority, Three Links Manor**

1449 Kelglen Cres  
Kelowna, BC V1Y 8P4

P: 250.763.2585  
W: [www.interiorhealth.ca](http://www.interiorhealth.ca)

✿ Residential care home that provides residential care and specialized geriatric services

### **Joseph Benjamin Residence**

1460 Sutherland Ave  
Kelowna, BC V1Y 5Y5

P: 250.860.2117

✿ Provides independent, supportive housing

### **Kelowna Japanese Canadian Community Senior Citizen Society, Hinode Home**

1920 Burtch Rd  
Kelowna, BC V1Y 4B2

✿ Offers retirement community apartments for older adults or anyone on a disability pension

Application: Please write for application form  
Eligibility: Ages: 45 year(s) and up

### **Kelowna Senior Care**

1251 Centennial Cres  
Kelowna, BC V1Y 6K4

P: 250.862.8473

✿ Provides independent, supportive housing

### **Lake Country Lodge & Manor**

Ste 100-10163 Kenschuh Rd  
Lake Country, BC V4V 2M2

P: 250.766.3007  
Aft Hrs: 250.863.4485  
E: [admin@lakecountrylodge.ca](mailto:admin@lakecountrylodge.ca)  
W: [www.lakecountrylodge.ca](http://www.lakecountrylodge.ca)

✿ Residential community care home for seniors

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: 60 year(s) and up  
Hours: 24/7

### **Lakeshore Place**

3200 Lakeshore Rd  
Kelowna, BC V1W 3T2

P: 250.860.3223

✿ Provides independent, supportive housing



## CONTINUING CARE RETIREMENT COMMUNITIES

<b>Laurier Manor</b> 1024 Laurier Ave Kelowna, BC V1Y 6B1	P: 250.763.6900 250.863.1176 W: <a href="http://www.lauriermanor.com">www.lauriermanor.com</a>
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 Provides independent, supportive housing


<b>Mission Villas</b> 4433 Gordon Dr Kelowna, BC V1W 1S9	P: 250.764.8088 T: 1.888.764.4431 W: <a href="http://www.missionvillas.ca">www.missionvillas.ca</a>
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 Provides independent, supportive housing

<b>Missionwood Retirement Resort, Regency Retirement Resorts</b> 1075 Barnes Ave Kelowna, BC V1W 5A8	P: 250.860.9308 E: <a href="mailto:info@regencyresorts.ca">info@regencyresorts.ca</a> W: <a href="http://www.regencyresorts.ca">www.regencyresorts.ca</a>
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 Provides independent and supportive senior's living \* specializing in the enjoyment of life

<b>Northwood Retirement Resort, Regency Retirement Resorts</b> 1277 Gordon Dr Kelowna, BC V1Y 4W4	P: 250.860.1122 E: <a href="mailto:info@regencyresorts.ca">info@regencyresorts.ca</a> W: <a href="http://www.regencyresorts.ca">www.regencyresorts.ca</a>
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 Provides independent and supportive living for seniors, with programs and amenities for an enriched retirement

<b>Okanagan Chateau</b> 2100 Benvoulin Crt Kelowna, BC V1W 3A4	P: 250.862.9088 W: <a href="http://www.holidaytouch.com">www.holidaytouch.com</a>
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 Provides independent, supportive housing

Application: Contact Community Sales Leader


<b>Rose Cottage Supportive-Living Seniors Home</b> 453 Morrison Ave Kelowna, BC V1Y 5E1	P: 250.861.1000
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 Provides independent, supportive housing

<b>Sandalwood Retirement Resort, Regency Retirement Resorts</b> 580 Yates Rd Kelowna, BC V1V 2M3	P: 250.717.1884 E: <a href="mailto:info@regencyresorts.ca">info@regencyresorts.ca</a> W: <a href="http://www.regencyresorts.ca">www.regencyresorts.ca</a>
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 Provides independent and supportive senior's living \* specializing in the enjoyment of life

<b>Spring Valley Care Centre</b> 355 Terai Crt Kelowna, BC V1X 5X6	P: 250.979.6000 E: <a href="mailto:springvalley@parkplaceseniorsliving.com">springvalley@parkplaceseniorsliving.com</a> W: <a href="http://www.parkplaceseniorsliving.com">www.parkplaceseniorsliving.com</a>
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 Provides intermediate care facility and extended care extension of senior's sheltered housing residence; capacity 150





## CONTINUING CARE RETIREMENT COMMUNITIES

### Sutherland Hills Rest Home

3081 Hall Rd  
Kelowna, BC V1W 2R5

P: 250.860.2330  
E: tlcalhoun@shawcable.com

✿ Provides long-term residential care in a 104 bed nursing home facility

### Tender Care Cottage

1446 Graham St  
Kelowna, BC V1Y 3A8

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

✿ Provides independent, supportive housing

### The Dorchester

863 Leon Ave  
Kelowna, BC V1Y 9V4

P: 250.860.0725  
E: TheDorchester@reveraliving.com  
W: www.reveraliving.com/Retirement-Living/Locations/The-Dorchester/Overview.aspx

✿ Provides independent, supportive housing

### Twin Maples Senior Home

919 Guisachan Rd  
Kelowna, BC V1Y 7X2

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

✿ Provides independent, supportive housing

### Westbank First Nation, Pine Acres Home

1902 Pheasant Lane  
Westbank, BC V4T 2H4

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

✿ Intermediate care facility that provides quality care for community elders, both native and non-native \*  
63 beds for intermediate care including 20 beds in a secure unit and one bed as a respite room  
designated for short term stay of one month maximum

### Westwood Retirement Resort, Regency Retirement Resorts

2505 Ingram Rd  
West Kelowna, BC V4T 2Y8

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

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

## GROUP RESIDENCES FOR ADULTS WITH DISABILITIES

### D. J. Hildebrandt Homes Inc.

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

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

✿ Operates Licensed Residential Care for persons with mental health and/or developmental disabilities

Application: Referral through Community Living British Columbia

Eligibility: Ages: 19 year(s) and up



## GROUP RESIDENCES FOR ADULTS WITH DISABILITIES

### Roslin House

1733 Highland Dr N  
Kelowna, BC V1Y 4K9

P: 250.763.1953

- ✿ Provides alternative living environment in specialized residential care facility for persons with developmental disabilities

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

Eligibility: Restricted to those age 19 and older

## HOUSING ADMINISTRATIVE ORGANIZATIONS

### BC Housing

290 Nanaimo Ave W  
Penticton, BC V2A 1N5

P: 250.493.0301  
T: 1.800.834.7149  
E: InteriorRegion@bchousing.org  
W: www.bchousing.org

- ✿ Develops, manages and administers a wide range of subsidized housing options for those in greatest need \* coordinates housing options for families, seniors, people with disabilities, those who are homeless or at risk of homelessness, Aboriginal people, and women (children) fleeing from abusive relationships \* develops new subsidized housing, maintains existing housing portfolio, and provides rental assistance in the private market through the Rental Assistance Program for families and SAFER for seniors

Hours: 8:30am - 4:30pm

### BC Non-Profit Housing Association

Ste 303-3680 Hastings St E  
Vancouver, BC V5K 2A9

P: 604.291.2600  
T: 1.800.494.8859  
E: admin@bcnpha.ca  
W: www.bcnpha.ca/

- ✿ Serves the non-profit housing sector \* 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)

Ste 200-1111 West Georgia St  
Vancouver, BC V6E 4S4

P: 604.731.5733  
T: National Call Centre: 1.800.668.2642  
TDD: 1.800.309.3388  
E: chic@cmhc-schl.gc.ca  
W: www.cmhc.ca

- ✿ Works with community organizations, the private sector, non-profit organizations, First Nations, and all levels of government to help create innovative solutions to today's housing challenges \* enhances Canada's housing finance options, assists Canadians who cannot afford housing in the private market, improves building standards and housing construction and provides policymakers with the information and analysis they need to sustain a vibrant housing market in Canada \* direct delivery is handled by the province

### Co-operative Housing Federation of BC

Ste 200-5550 Fraser St  
Vancouver, BC V5W 2Z4

P: 604.879.5111  
T: 1.866.879.5111  
E: info@chf.bc.ca  
W: www.chf.bc.ca

- ✿ A federation of member housing co-ops in British Columbia \* represents co-op housing to the government and public \* provides education and resources to support housing co-ops \* the federation is a co-operative with member delegates who elect a Board of Directors at the annual general meeting \* assists those in special need to afford the initial housing co-op share purchase through the Disability Trust or the Domestic Violence Relief Fund

Hours: Mon-Fri, 8:30am - 4:30pm



## HOUSING DEVELOPMENT

### Habitat for Humanity Kelowna

1793 Ross Rd  
West Kelowna, BC V1Z 3E7

P: 250.762.7303 \* 778.755.4693  
E: info@hfhkelowna.ca  
W: www.habitatforhumanitykelowna.ca

- ✿ Builds decent, affordable houses which are then sold to qualifying low-income working families \* volunteers and donors work together to build houses \* partner families provide 500 hours of 'sweat equity' in lieu of down payment

Application: Please contact us by email for details on partner family application process

## HOUSING SEARCH ASSISTANCE

### RentBC.com

P: 250.862.9850  
T: 1.800.862.9874  
W: www.rentbc.com

- ✿ Provides a free online rental listing service for communities in BC

### Seniors Outreach & Resource Centre, Seniors Housing Outreach

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

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

- ✿ Provides outreach support and case management for housing and related issues \* offers comprehensive information, practical and emotional support \* provides needs assessments and referrals to other service providers \* assists with landlord/tenant issues \* exploring housing options \* choosing appropriate housing \* completing forms \* applying for benefits \* coordinating services and understanding options

Eligibility: Ages: 55 year(s) and up

## INDEPENDENT LIVING RETIREMENT FACILITIES

### Baptist Housing Ministries, Sun Pointe Village

700 Rutland Rd N  
Kelowna, BC V1X 7W8

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

- ✿ Independent living seniors residence

### Central Okanagan Kiwanis Community Service Society, Kiwanis Towers

1110 Lawrence Ave  
Kelowna, BC V1Y 7W3

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

- ✿ Provides rental apartments for older adults

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

Eligibility: Ages: 55 year(s) and up

Hours: Mon-Thu, 8:45am - 2pm

## LEISURE ACCOMMODATIONS

### Kelowna International Hostel

2343 Pandosy St  
Kelowna, BC V1Y 1T5

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

- ✿ Provides a 30 bed hostel

Application: Requires photo ID and a major credit card \* no preloaded credit cards

Eligibility: International travelers only

Hours: Office Hours: 7am - 11pm



## LEISURE ACCOMMODATIONS

### SameSun Kelowna Hostels

245 Harvey Ave  
Kelowna, BC

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

✿ Low-budget accommodation for international travelers \* seasonal accommodation at Big White

## LOW INCOME / SUBSIDIZED RENTAL HOUSING

### Brookside Residence

1212 Mountainview St  
Kelowna, BC V1Y 4N1

P: 250.763.5707

✿ Low income rental units for ages 55 and up.

Eligibility: Ages: 55 year(s) and up

### Central Okanagan Cooperative Housing Association

Ste 13-2421 Last Rd  
West Kelowna, BC V4T 2J1

P: 250.768.3060

✿ Housing association that provides quality housing for seniors 55+ as shareholders

Eligibility: Ages: 55 year(s) and up

### City of Kelowna, Rental Housing Program

1435 Water St  
Kelowna, BC V1Y 1J4

W: [www.kelowna.ca/CM/Page101.aspx](http://www.kelowna.ca/CM/Page101.aspx)

✿ Provides month-to-month single family rental housing to the highest acceptable bidder

Application: Applications can be obtained when there is an active listing through the link or during normal business hours at City Hall \* the City does not keep rental applications on file. All applications for property rentals are accepted for that property only. When the listing has expired, the applications are destroyed.

Eligibility: For full details, please visit City of Kelowna Rentals Properties webpage

### Columbian Centennial Housing Society, Columbus Gardens

2175 Burtch Rd  
Kelowna, BC V1Y 4B5

P: 250.862.3206  
E: [info@cchs-housing.ca](mailto:info@cchs-housing.ca)  
W: [www.cchs-housing.ca/](http://www.cchs-housing.ca/)

✿ Provides affordable housing for families

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

### Columbian Centennial Housing Society, Columbus Manor

1349 Bertram St  
Kelowna, BC V1Y 2E8

P: 250.862.3206  
E: [info@cchs-housing.ca](mailto:info@cchs-housing.ca)  
W: [www.cchs-housing.ca/](http://www.cchs-housing.ca/)

✿ Provides affordable housing for older adults and adults with disabilities

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

