

# Seniors Directory

## Lumby, Cherryville & Area

Emergency call --- 911

### Lumby Services

Arena	547-6337
Curling Rink	547-2377
Fire Dept. (Non Emergency)	547-9516
Food Bank	547-2225
Good Food Box	547-8866
Lumby Valley Times	547-6990
Okanagan Library	547-9528
Old Age Pensioners Hall	547-6417
Post Office	547-9051
RCMP (Non-Emergency)	547-2151
Saddle Mt./ Monashee Place Housing	547-2060
Senior Citizens Housing Society	547-9666
Seniors Drop-in	547-8821
Super A Foods (Sheardown's)	547-2236
Swimming Pool	547-6835
Thrift store	778-473-3003
Village Office	547-2171
Wheels to Meals	547-9979
Whitevalley Recreation Centre	547-6404

### Whitevalley Community Resource Centre

- Seniors Services Coordinator Diann
  - Seniors Drop-in Facilitator Colleen
  - Seniors Volunteer Coordinator Olena
- 547-8866**

### Vernon Resources

BC Transit Information	545-7221
Community Care Health Services	541-2200
Fax	545-0091
Elderly Services	549-5737
Halina Centre	542-2877
Red Cross Loan Cupboard	545-3111
Fax	545-3116
Schubert Centre	549-4201
Seniors Information Bureau	558-0040
Social Planning Council	
(North Okanagan)	545-8572
Vernon Hospice Society	503-1800
Vernon Jubilee Hospital	545-2211

### Vernon Lifeline 558-1334

### Service Groups

Chamber of Commerce	547-2300
Cherryville Community Club	547-9220
Legion Ladies Auxiliary	547-2338
Lumby Lions Club	547-6151
Mabel Lake Community Club	547-8813
Old Age Pensioners Association	547-9311
Pythian Sisters	547-9950
Royal Canadian Legion	547-2338
Women's Institute	547-9384

### Churches

Catholic Women's League	547-0048
Cherryville Gospel	547-9099
Cherryville Seventh Day Adventist	547-6696
Jehovah's Witness	547-8822
Lavington Baptist	545-9390
Lumby Christian Church	547-2080
Roman Catholic - Sacred Heart	547-9070
All Saints Anglican	542-3179
Seventh Day Adventist (Silver Hills)	547-6211
United Church	547-9950

### Schools

Charles Bloom	547-2191
Cherryville	547-6163
Crossroads	547-2593
Lavington	545-1710
J.W. Inglis	547-9231
School Board	542-3331

### Medical Services

Ambulance - (Non Emergency)	547-6917
BC Nurseline	1-866- 215-4700
Chiropractor	547-6066
Dentist - Dr. Windsor -Lee	547-2104
Dr. A Barss & Dr. K Sant	547-2127
Dr. Wright	547-2127
Dr. John Wheeldon	547-8810
Health Unit, X-Ray, Blood Clinic	547-9741
IDA Pharmacy	547-2324

Lumby Massage Therapy  
Public Health Nurse

547-2008  
547-2164



## Whitevalley Community Resource Centre Seniors Programs

### **Drop-In Centre for Seniors: Facilitator *Colleen Hazeldine* 547-8821**

1751 Glencaird St. (Saddle Mountain Lounge)

Open Monday, Wednesday & Friday

9:00 a.m. to 1:30 p.m.

Hot lunch \$5.00

Activities, field trips, cards, foot-care, music,

All seniors in the community and surrounding area are welcome to participate

### **Handyman Service: Olena 547-8866**

For Lumby and area Seniors

To assist older persons or people with a disability

To support “aging in place” ensuring home safety and functionality.

### **“Good Morning” Program: Olena 547-8866**

Friendly phone calls to referred seniors.

### **Tuesday Together and Out to Lunch Bunch: Olena 547-8866**

Senior women meet for support, sharing, socializing and outings

### **Volunteer Opportunities:**

**Senior’s Program Volunteer Coordinator Olena Bramble 547-8866**

Volunteer at the Drop-in or in the community

Training provided

## Community Seniors Programs

### **Old Age Pensioner: 547-6417**

Pancake Breakfasts

Potluck Dinners

Crib night

Bingo

### **Wheels to Meals: Cheryl Altwasser 547-9979**

Hot lunch

Thursdays, 11 am – 2:30 p.m.

At OAP Hall

\$6.00 Play cards or pool before or after lunch.

Summer July & August Jean Galli

547-6424

### **Cherryville Seniors: Diana 547-2130**

Dinner – 5:30 pm 3<sup>rd</sup> Wednesday of each month (September to April)

\$9.00 at Cherryville Community Hall. Bingo after dinner (\$0.25 per card).