

Seniors Directory

Lumby, Cherryville & District

August 2008

Emergency call --- 911

Lumby Services...

Curling Rink----- 250-547-2377
Fire Dept. (Non Emergency)-----250-547-9516
Food Bank -----250-547-2225
Good Food Box -----250-547-8866
Lumby Valley Times -----250-547-6990
Okanagan Library-----250-547-9528
Old Age Pensioners Hall -----250-547-6417
Post Office -----250-547-9051
RCMP (Non-Emergency) -----250-547-2151
Saddle Mt. Place Housing-----250-547-2060
Senior Citizens Housing Society----250-547-9666
Seniors Drop-in -----250-547-8821
Super Value-----250-547-2236
Swimming Pool-----250-547-6835
Village Office -----250-547-2171
Wheels to Meals -----250-547-9979
White Valley Recreation Centre----250-547-6404
Whitevalley Community -----250-547-8866
Resource Centre (WCRC) Fax: 250-547-6285
Seniors Services Coordinator - Diann
Seniors Coordinator Volunteer Development - Olena

Medical Services...

Ambulance - (Non Emergency) ----- 547-6917
BC Nurseline ----- 1-866-215-4700
Dentist - Drs. Danskin & Windsor -Lee--547-2104
Dr. A Barss & K Sant-----547-2127
Dr. John Wheeldon ----- 547-8810
Health Unit, X-Ray, Blood Clinic-----547-9741
IDA Pharmacy ----- 547-2324
Lumby Massage Therapy-----547-2008
Public Health Nurse ----- 547-2164

Schools ...

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

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 Assoc.-----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
Saint James the Less Anglican-----547-9089
Seventh Day Adventist (Silver Hills) ---- 547-6211
United Church ----- 549-4423

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 (NorthOkanagan)545-8572
Vernon Hospice Society ----- 503-1800
Vernon Jubilee Hospital ----- 545-2211
Vernon Lifeline----- 558-1334

Seniors Programs

Whitevalley Community Resource Centre

Volunteer Opportunities

A variety of volunteer opportunities for the Drop-in and other programs.

Contact Senior's Program Volunteer Coordinator - Olena Bramble - 547-8866

Connections and Referrals for Seniors

Seniors' Services Coordinator - Diann - 547-8866. Information on programs for seniors including: field trips, housing, wellness, visiting programs and referrals, support services such as: Long Term Care, Elderly Services, Home Support, Alzheimer Society, Hospice, Red Cross Loan Cupboard.

Drop-In Centre for Seniors

Seniors' Facilitator - Diann Bastian – 547-8821 at 1751 Glencaird St., Lumby (Saddle Mountain Lounge)
Open Monday, Wednesday & Friday 9:00 a.m. to 1:30 p.m. Seniors' wellness, fitness sessions, guest speakers, hot lunches, field trips, cards, foot-care appointments and many other activities. All seniors in the community and surrounding area are welcome to participate

Handyman Service for Lumby and area Seniors. Purpose is to assist older persons or people with a disability to “age in place” by better ensuring home safety and functionality. Call Olena 250-547-8866

“GOOD MORNING” Program

Friendly phone calls to referred seniors. Volunteers welcomed and training provided call - 547-8866

Tuesday Together and Out to Lunch Bunch

Senior women meet for support, sharing, socializing and outings. call Olena Bramble - 547-8866

Community Seniors Programs

Old Age Pensioners...(AKA Monashee 50+ Club)

Pancake Breakfasts, Potluck Dinners, Whist night, Crib night, Bingo - 547-6417

Wheels to Meals...

Thursdays, 11 am – 2:30 p.m. in the O.A.P. Hall (\$6.00). Play cards or pool before and after lunch.
Cheryl Altwasser– 547-9979

Cherryville Seniors...

Contact: Diana 547-2130 Dinner – 5:30 p.m. (\$8.00) third Wednesday of each month at Cherryville Community Hall. September to April. Bingo after dinner (\$0.25 per card)