



KEREMEOS SENIORS RESOURCE LIST.

Information only, we have not screened nor do we endorse any private businesses.



JULY 1, 2026

LOWER SIMILKAMEEN COMMUNITY SERVICES SOCIETY

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Help & Safety

Suicide Hotline

Phone: 988

Info: Free, confidential support for anyone experiencing emotional distress, a mental health crisis, or concerns about someone else's wellbeing. Available 24/7

Interior Crisis Line Network

Phone: 1-888-353-2273

Info: Free, confidential 24/7 support for people experiencing emotional distress, a mental health crisis, or concern about some else.

Website: www.interiorcrisisline.com

KUU-US (Aboriginal Crisis Line)

Phone: 1-800-588-8717

Info: BC Wide Indigenous Toll-Free Crisis and Support Line

Website: <https://www.kuu-uscrisisline.com/>

Metis Crisis Line

Email: health@mnbc.ca

Phone: 1-833-638-4722

Info: The crisis line connects you with certified, trained personnel grounded in Indigenous cultural safety.

Website: <https://www.mnbc.ca/work-programs/ministries/mental-health-harm-reduction>

Seniors Distress Line

Phone: 604-872-1234

Website: www.seniorsfirstbc.ca

Seniors First BC

Phone: 1-866-437-1940

Info: Focus on protecting older adults' legal rights, preventing elder abuse, and offering legal advocacy, victim services, and the Seniors Abuse & Information Line (SAIL).

Website: <https://seniorsfirstbc.ca/>

Trans Lifeline

Phone: 1-877-330-6366

Info: Provides peer Support, information, and referrals to services for transgender, nonbinary, and questioning individuals.

Website: www.translifeline.org

BC Drug & Poison Info Centre

Phone: 1-800-567-8911

Website: <http://www.dpic.org/>

South Okanagan Women In Need Society (SOWINS)

Email: info@sowins.com

Phone: 250-493-7233 or Toll Free : 1-800-814-2033

Info: Emergency Shelter for Women

Address: 1027 Westminster Ave W, Penticton

Website: <https://sowins.com/>

RCMP - Victim Services (LSCSS)

Contact: Laurie Lion

Email: laurie.lion@rcmp-grc.gc.ca

Phone: 250-499-5405

Info: Provide emotional support, practical assistance, information, and referrals for victims of crime, family members, and those who are affected by trauma. Serves Keremeos, Olalla, Cawston and Hedley.

Address: 2920 Hwy 3, Keremeos

Seasonal Workers Program and Supports (LSCSS)

Contact: Gabriela Pereira

Email: SSWCoord@lscss.com

Phone: 250-502-5607

Info: The Similkameen Seasonal Workers Program supports migrant agricultural workers living and working in the Similkameen Valley.

Address: 715 7th St, Keremeos

Website: <https://lscss.com/>

RCMP

Phone: 250-499-5511

Address: 2920 Hwy 3, Keremeos

Fire Dept

Phone: 250-499-2200

Address: 513 7th St, Keremeos

Red Cross

Phone: 250-687-0146 or 1-888-800-6493

Info: Short-term loans for medical equipment for up to 12 months. More info at Red Cross Disaster Relief

Address: 704 4th St, Keremeos

Website: <https://www.redcross.ca/in-your-community/british-columbia>

Emergency Operations Centre (EOC)

Contact: Bonnie Bordas

Email: eoc@rdos.bc.ca

Phone: 250-490-4225

Info: Local reception centres set up by municipality. Registration online via the Evacuees Registration and Assistance (ERA tool). Can also help after regular house fire

Website: <https://emergency.rdos.bc.ca/>

Emergency Support Service (ESS)

Contact: Patty Otteson

Email: ess@rdos.bc.ca.

Phone: (250) 486-1890

Info: Local Volunteers trained to provide short-term support to people displaced from their homes by emergencies such as wildfires, flood, severe weather, hazardous material incidents, or power outages.

Website: <https://ess.gov.bc.ca/>

Ministry of Social Development & Poverty Reduction

Contact: Kyle McVicar

Phone: 1-866-866-0800

Info: Provides financial assistance, disability benefits, employment supports, and information about government programs and services available to eligible residents.

Address: Corner of Veterans Ave & 6th St, Keremeos Thursdays from 10:30 – 1:00

Website: <https://www2.gov.bc.ca/gov/content/home>

Office of the Seniors Advocate

Info: Based in Vancouver and assist with seniors concerns and challenges.

Website: <https://www.seniorsadvocatebc.ca/>

The Royal Canadian Legion Foundation | BC/Yukon Command

Email: info@legionbcyukonfoundation.ca

Phone: 604-575-8840

Website: legionbcyukonfoundation.ca

Brain Injury Society

Email: info@sosbis.com

Phone: 250-490-0613

Address: 996 Main St, Penticton

Website: www.sosbis.com

Canadian National Institute for the Blind

Phone: 1-800-563-2642

Info: Supports provided for people living with vision loss through education, assistive technology, peer support, rehabilitation services and programs that promote independence and well-being.

Website: <https://www.cnib.ca/>

Seniors First BC

Phone: 1-866-437-1940

Info: Supports older adults through information, advocacy, referrals, and assistance with issues including seniors' rights, benefits, housing, abuse prevention, and access to community services.

Website: <https://seniorsfirstbc.ca/>

Mental Health and Counselling

Lower Similkameen Community Services Society (LSCSS)

Contact: Signe Percevault

Email: stv@lscss.com

Phone: 250-499-7439

Info: Counselling, PEACE (kids), Stopping the Violence Women's Counselling

Address: 715 7th St, Keremeos

Website: <https://lscss.com/>

Gustavson House

Contact: Signe Percevault & Sharon Shannon

Email: stv@lscss.com or connector@lscss.com

Phone: 250-499-7439 or 250-502-8402

Info: Gustavson House is a place to meet friends, share experiences, and participate in activities twice per week. Activities are FREE and targeted toward mental health goals, with emphasis on psychosocial rehabilitation and engagement.

Address: 310 Veterans Ave, Keremeos

South Okanagan Loss Society (SOLS)

Email: sols.penticton@gmail.com

Phone: 250-488-1320

Info: Grief support and education in our South Okanagan community.

Address: 110, 535 Main St, Penticton

Website: <https://www.solspenticton.com/>

Mental Health & Substance Use

Phone: 250-499-3029

Info: Interior Health

Address: 700 3rd St, Keremeos

Alcohol & Drug Info Line

Phone: 1-800-663-1441

Website: www.healthlinkbc.ca

Mental Health support line

Phone: 310-6789 (no area code needed)

Website: www.crisislines.bc.ca

Counselling & Coaching

Contact: Shawna Scafe

Email: shawna@simpleonpurpose.ca

Info: Online or in-person sessions

Address: 203 Vermillion Ave, Princeton

Website: shawnascafecounselling.ca

Canadian Mental Health Association (CMHA)

Email: mary.ferrier@cmhasos.ca

Phone: 250-493-5541

Address: 102, 1873 Main St., Penticton

Website: <https://cmha.ca/>

Men's Counselling

Penticton & Area District

Access Centre

Phone: 250-494-6822

Address: 209, 304 Martin St, Penticton

Website: <https://accesscentre.org/>

Desert Sun Counselling

Phone: 1-877-723-3911

Address: 8701 Main St, Osoyoos

Website: <https://desertsuncounselling.ca/>

Health & Home Support

Community Connectors (LSCSS)

Contact: Sharon Shannon & Lisa Laflamme

Email: connector@lscss.com

Phone: 250-502-8402

Info: Community Connectors: Connecting older adults to activities, programs and services for better health and well-being.

Address: 715 7th St, Keremeos

Website: <https://lscss.com/>

Senior Services and Supports (LSCSS)

Contact: Patti Hillman

Email: VolunteerCoord@lscss.com

Phone: 250-499-7473

Info: Volunteer Coordinator for services: Better at Home, Meals on Wheels, Volunteer Drs, Fix-IT, Friendly Visitor

Address: 715 7th St, Keremeos

Website: <https://lscss.com/>

Adult Day Services (LSCSS)

Contact: Candice Robertson

Email: adp@lscss.com

Phone: 250-499-7448

Info: Adult Day Services (ADS) is designed to support seniors, and their caregivers, who are at risk of losing their independence.

Address: 715 7th St, Keremeos

Website: <https://lscss.com/>

Interior Health

Contact: CENTRAL INTAKE

Phone: 1-800-707-8550

Info: Home Health Services

Address: Keremeos

Health Link BC

Contact: Seniors Distress Line

Phone: 604-872-1234

Info: Emotional support for seniors feeling distress or despair

United Way

Contact: BC 211

Info: Information about & referral to programs & services

Website: <https://bc.211.ca/>

Community Paramedics

Email: communityparamedicine@bcehs.ca

Phone: 250-499-1958

Info: At various locations around town - contact for details.

Address: 638 7th Ave, Keremeos

Website: www.bcehs.ca

Kyalami Place

Contact: Siobhan Wyman

Email: kyalamicoord@lscss.com

Phone: 250-499-2366

Info: Assisted Living

Address: 720 3rd St, Keremeos

Website: <https://lscss.com/lscss-housing/kyalami-place-assisted-living/>

South Similkameen Health Centre, Health Centre Lab

Phone: 250-499-3000 or 250-499-3005

Address: 700 3rd St., Keremeos

Orchard Haven

Phone: 250-499-3030

Info: Long term care

Address: 700 3rd St., Keremeos

Home Sweet Home Health Care

Contact: Sarah Templeman

Email: Home.sweet.home.care@hotmail.com

Phone: 587-646-5301

Info: Based in Penticton, serves Keremeos and area. They provide compassionate, in-home care designed to help seniors live safely and comfortably in the place they love most — their home.

Website: <https://www.hshcaresupport.com/>

Nurse Next Door

Phone: 1-877-588-8609

Info: Variety of Home Care, Nursing and Specialized Services

Address: Penticton

Website: <https://www.nursenextdoor.com/location/penticton-bc>

Family Caregivers of BC

Phone: 1-877-520-3267

Info: Family Caregivers of BC (FCBC) proudly supports over one million people in British Columbia that provide physical and/or emotional care to a family member, partner or friend.

Address: Victoria

Website: <https://www.familycaregiversbc.ca/about-us>

SOSPAL – Health Connect Registry

Info: To get on the list for a doctor

Website: <https://divisionsbc.ca/divisionsbc.ca/sospal>

Colleen Schneider Medical Centre

Phone: 778-622-7660

Info: Walk-in or appointment clinic - call ahead or come in person

Address: 101, 3115 Skaha Lake Rd, Penticton

Canadian National Institute for the Blind

Phone: 1-800-563-2642

Info: Assistance and Information for people who have lost their sight.

Website: <https://www.cnib.ca/>

White Cane Club (meets weekly at Elks Club, Penticton)

Phone: 604-737-6383

Info: A Vision Impairment Support Group

Email: info@bcrehab.org

Jaden-Lee Herrington

Contact: Jaden-Lee Herrington

Phone: 250-463-4231

Info: Care-Aid (private - certified in Alzheimer's and Dementia)

Foot Care Nurse – Similkameen Pharmacy

Contact: Samanth Baker

Phone: (250) 499-5086

Address: 633 7th Ave, Keremeos

Info: Book through Similkameen Pharmacy 250-499-5086

Website: <https://similkameenpharmacy.ca/>

Foot Care Nurse

Contact: Janel Marie

Email: janelmariebailey@gmail.com

Phone: 250-462-5666

Info: May possibly work with insurance plans. Contact for details.

The Travelling Hygienist

Contact: Jackie

Email: info@thetravellinghygienist.com

Phone: 778-231-0475

Info: Provides mobile dental hygiene services in the home or care facility maintaining oral health

Website: www.thetravellinghygienist.com

Pharmasave

Phone: 250-499-5543

Address: 526 7th Ave, Keremeos

Website: <https://pharmasave.com/store/keremeos/>

Similkameen Pharmacy

Phone: 250-499-5086

Address: 633 7th Ave, Keremeos

Website: <http://similkameenpharmacy.ca/>

Personal Trainer

Contact: Hailey Tingley

Email: hailflex@yahoo.com

Phone: 778-872-6155

Seniors Heath Information

Info: Various topics regarding Seniors health

Website: <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors>

Health Connections - Healthlink

Phone: 811

Website: <https://www.healthlinkbc.ca/>

Family Caregivers of BC support line

Phone: 1-877-520-3267

Physiotherapy – Pro Physio

Phone: 250-490-8999

Info: Every Tuesday, please call for appointment.

Address: 310 Veterans Ave, Keremeos

Website: <https://www.prophysioclinic.ca/>

War Amps

Email: customerservice@waramps.ca

Phone: 1-800-250-3030

Info: Supports individuals living with limb loss through advocacy, peer support, information, and financial assistance for artificial limbs and related needs.

Website: <https://www.waramps.ca/home/>

Food & Housing

Cawston Food Bank

Phone: 250-499-9564 or 250-492-4788 (Penticton)

Info: Offers emergency food hampers and food support for individuals and families in need.

Address: 2334 Newton Rd, Cawston

Grapevine Soup Kitchen

Email: info@keremeoscc.ca

Phone: 250-499-2423

Info: Provides free meals, social connection, and a welcoming environment for individuals seeking food and community fellowship.

Address: Corner of 6th St & Veterans Ave, Keremeos

Soupateria

Info: Daily 11:30-12:30

Address: 150 Orchard Ave, Penticton

Purple Pantry

Email: pentictoncommunityfridge@gmail.com

Info: Free community pantry and fridge offering food and basic necessities for anyone in need.

Address: 343 Ellis St, Penticton

Hot Dog Cart

Info: June to Sept at Victory Hall Fridays from 11:30 to 1:30 - Through the Inclusion Centre

Address: 427 Crowsnest Hwy, Keremeos

Inclusive Community Garden

Contact: Albert McCormick

Email: albertsspirit@gmail.com

Phone: 250-278-0126

Info: Learn to grow vegetables, make new friends, help feed the community

Address: 701 Veterans Ave, Keremeos

Ntamtqen Community Garden

Contact: Hannah Field

Email: hannah.field@lsib.net

Phone: 250-408-4300

Info: Building community, food security and Indigenous Food Sovereignty

Address: 1425 BC-3, Cawston

Website: <https://ntamtqencommunity.garden/>

Meals on Wheels (LSCSS)

Contact: Patti Hillman

Email: VolunteerCoord@lscss.com

Phone: 250-499-7473

Address: 715 7th St, Keremeos

Website: www.lscss.com

Heart To Home Meals

Phone: 1-888-302-3586

Info: Frozen meals delivered. Order by phone or online.

Website: <https://www.hearttohomemeals.ca/>

BC Housing and Rental Subsidy

Email: interiorregion@bchousing.org

Phone: 250-493-0301

Info: Apply for rental housing

Address: 451 Winnipeg St, Penticton

Website: www.bchousing.org

Shelter Aid For Elderly Renters (SAFER)

Phone: 1-800-257-7756

Info: Lower income seniors renting in the private market, may be eligible for a rent supplement through SAFER.

Website: <https://www.bchousing.org/housing-assistance/rental-assistance-programs/SAFER>

BC Rent Bank

Email: provincewide@kamloopsefry.com

Phone: 236-597-2976

Info: When times are tough and you can't pay your rent or utilities, rent banks are here to help—offering financial support and connection to resources that can help keep you housed.

Website: <https://bcrentbank.ca/contact/>

Co-operative Housing Federation of BC - Coop (CHFBC)

Email: info@chf.bc.ca

Phone: 604-879-5111

Info: The Co-operative Housing Federation of BC (CHF BC) is made up of member housing co-ops and associated organizations across British Columbia.

Website: www.chf.bc.ca

BC Charms

Info: If you have fled from your home country because your life is in danger and you have come to British Columbia to seek asylum (make a refugee claim), this website will help you with information.

Website: <https://refugeeclaimbc.com/>

Ministry of Social Development

Contact: Kyle McVicar

Email: kyle.mcvicar@gov.bc.ca

Phone: 1-866-866-0800

Info: At the soup kitchen every Thurs 1:30 - 1:00

Residential Tenancy Branch

Email: HSRT0@gov.bc.ca

Phone: 1-800-665-8779

Info: Info for tenants and landlords about rights and responsibilities

Website: <https://www2.gov.bc.ca/gov/content/housing-tenancy/residential-tenancies>

Senior Services Society

Phone: 604-520-6621

Info: For over 40 years, the Senior Services Society of BC has been keeping vulnerable seniors 60 years+ from becoming homeless by providing housing navigation assistance and tailored support services so they can live independently.

Website: www.seniorsserviessociety.ca

Ambrosia, Cactus Court & Quail Crossing operated by LSCSS

Contact: Melanie King

Email: HousingCoord3@lscss.com

Phone: 250-499-7470

Address: 715 7th St, Keremeos

Website: <https://lscss.com/>

Mountain View Manor & Tumbleweed Terrace operated by LSCSS

Contact: Andrea Fossum

Email: HousingCoord2@lscss.com

Phone: 250-499-7419

Address: 715 7th St, Keremeos

Website: <https://lscss.com/>

Kyalami Place – Assisted Living operated by LSCSS

Contact: Siobhan Wyman

Email: kyalamicoord@lscss.com

Phone: 250-499-7479

Address: 720 3rd St, Keremeos

Website: <https://lscss.com/>

Rivervalley RV Park

Contact: Rhonda

Email: keremeosrivervalleyrvpark@gmail.com

Phone: 270-710-0018

Address: 3491 BC-3, Keremeos

Sunkatcher's RV

Contact: Robert

Phone: 250-499-2065 ex 167

Address: 174 - 4155 Hwy 3, Keremeos

Eagle RV

Email: eaglerv2016@yahoo.com

Phone: 250-499-5439

Address: 3491 Hwy 3, Keremeos

Alpine Inn/Elks

Phone: 250-506-0202

Address: 315 7th Ave, Keremeos

Copper Ridge MHP

Contact: ShirliGene Sadowick

Email: shirligene@gmail.com

Address: 1340 Hwy 3A, Keremeos

Indigenous Supports

Lower Similkameen Indian Band (LSIB Admin Office)

Phone: 250-499-5528

Address: 1420 BC-3, Cawston

Website: <https://www.lsib.net/>

Upper Similkameen Indian Band (USIB Admin Office)

Phone: 250-292-8733

Address: 161 Snaza'ist Dr, Hedley

Website: <https://usib.ca/>

Chuchuwayha Family Centre

Phone: 250-292-8299

Address: 196 Snaza'ist Dr, Hedley

Website: <https://usib.ca/chuchuwayha-family-centre/>

Vermillion Forks/Metis Association

Contact: Natasha Smith

Email: vermillionforkscc@mnbc.ca

Phone: 250-293-6712

Website: <https://vfma.ca/>

KUU-US Crisis Line

Phone: 1-800-588-8717

Info: First Nations & indigenous peoples - ind cultural safety

Website: <https://www.kuu-uscisisline.com/>

Metis Crisis Line

Phone: 1-833-638-4722

Info: The crisis line connects you with certified, trained personnel grounded in Indigenous cultural safety.

FNHA - First Nations Health Authority

Email: healthbenefits@fnha.ca

Phone: 1-855-550-5454

Info: Provides many different benefits

Address: Squamish

Website: <https://www.fnha.ca/>

RCMP Indigenous Policing

Contact: Pamela Scheidl

Email: Pamela.scheidl@rcmp-grc.gc.ca

Phone: 250-499-5511 or **Cell:** 250-487-8908

Recreation, Social Connection, Venues & Green Spaces

Seniors Activity Centre

Email: ksc09@telus.net

Phone: 250-499-2977

Address: 421 7th Ave, Keremeos

Similkameen Country Development Association (SCDA)

Contact: Vanessa Schwoegler-Abbott

Email: admin@similkameencountry.org

Phone: 250-499-5225

Info: They support a community-focused environment where older adults can stay active, connected, informed, and involved in Keremeos.

Address: 417 7th Ave, Keremeos

Website: <https://similkameencountry.org/>

Hedley Museum

Email: info@hedleymuseum.ca

Phone: 250-292-8278

Address: 712 Daly Ave, Hedley

Website: <https://hedleymuseum.ca/>

Keremeos Museum

Contact: John Armstrong

Email: info@keremeosmuseum.ca

Phone: 250-499-9204

Address: 415 9th Ave, Keremeos

Website: <https://keremeosmuseum.ca/>

Okanagan Regional Library

Email: keremeos@orl.bc.ca

Phone: 250-499-2313

Address: 638 7th Ave, Keremeos

Website: <https://orl.bc.ca/library/keremeos/>

Hedley Library

Phone: 250-292-8259

Address: 789 Scott Ave, Hedley

Website: <https://orl.bc.ca/library/hedley/>

Keremeos Community Church

Contact: Pastor Dwayne and Georgina Trelenberg

Email: info@keremeoscc.ca

Phone: 250-499-2422 or **Cell:** 250-499-8998

Address: Hwy 3A, Keremeos, BC at Bypass intersection.

Website: <https://www.keremeoscc.ca/>

Keremeos Community Church

Contact: Soup Kitchen - George Spencer

Phone: 250-502-0334

Address: Hwy 3A, Keremeos, BC at Bypass intersection.

Website: <https://www.keremeoscc.ca/>

Our Lady of Lourdes Parish

Contact: Joan (Pastor Dominique)

Email: keremeos@nelsondiocese.org

Phone: 250-295-3541

Address: 608 5th Ave, Keremeos

Website: <https://www.nelsondiocese.org/>

Community Garden - Keremeos

Contact: Albert McCormick

Email: inclusivegardens@gmail.com

Phone: 250-278-0126

Address: 701 Veterans Ave, Keremeos

Ntamtqen Community Garden

Contact: Hannah Field

Email: hannah.field@lsib.net

Phone: 250-408-4300

Address: 1425 BC-3, Cawston

Website: <https://ntamtqencommunity.garden/>

Keremeos Elks

Contact: Bruce Dennett - Exalt Ruler

Melodie Kolisnyk - Sec

Email: rclsouthsim192@gmail.com

Phone: 250-499-5634

Address: 310 7th Ave, Keremeos

Cawston Theatre

Email: cawstonplayers@gmail.com

Address: 2119 Main St, Cawston

Hedley Centre

Email: hedleycentre@gmail.com

Info: Provides social activities for seniors, follow on social media or contact for information.

Address: 789 Scott Ave, Hedley

Rec Centre RDOS

Contact: Carole Fittsell

Phone: 250-499-2400

Info: Archery, Bowling, Doodling, Fitness Gym, Whittling Group, Chair Yoga. Possibility of free passes with a prescription from doctor/nurse or community paramedic. Contact for details.

Address: 311 9th St, Keremeos

Website: -----

The Makers Hub

Contact: Karen Gurney

Email: simmakershub@gmail.com

Phone: 778-996-0761

Info: Craft supplies and crafting events, follow on social media or contact for information.

Address: 623 7th Ave B, Keremeos

Steps to Better Health Walking Group

Contact: Selena Despres

Email: s.despres@teampractice.ca

Info: Every Thurs 9am at Victory Hall - Spring to Fall (dependent on weather)

Address: 427 Crowsnest Hwy, Keremeos

100 Men Who Care

Contact: Aaron McRann

Kelly Helfrich

Email: aaronmcrann@cfso.net, admin@cfso.net

Phone: 236-700-6696 or 250-493-9311

Cell: 250.488.0036

100 Women Who Care

Email: info@100womensouthokanagan.com

Cawston Hall

Contact: Maggie McDonald

Email: cawstonhall@gmail.com

Phone: 250-499-9891

Address: 2119 Main St, Cawston

Website: <https://www.cawstoncommunityhall.com/>

Hedley Comm Club

Contact: Cindy Regier/Mike Galics

Email: hedleycommunityclub@gmail.com

Info: Occasionally hold events and hall is available for rental. Contact for details.

Address: 956 Scott Rd, Hedley

Keremeos Rodeo Assoc

Contact: Dave Barker

Email: barkerdh.dave@gmail.com

Phone: 250-502-9511

Address: 3012 River Rd, Keremeos

Website: <https://www.keremeos-rodeo-assoc.com/>

Grist Mill & Gardens

Phone: 250-499-2888

Info: The Grist Mill and Gardens in Keremeos is a historic heritage site and visitor attraction that offers a glimpse into early life in the Similkameen Valley.

Address: 2691 Upper Bench Rd, Keremeos

Website: <https://www.oldgristmill.ca/>

Royal Canadian Legion #192

Email: rclsouthsim192@gmail.com

Phone: 250-499-5634

Address: 510 Veterans Ave, Keremeos

Victory Hall

Contact: Village of Keremeos

Email: info@keremeos.ca

Phone: 250-499-2711

Info: There is an application package to rent the hall.

Address: 427 Crowsnest Hwy, Keremeos

Memorial Park

Info: Park hours 6am to 11pm - Apr 16 - Oct 14th - Public bathrooms 7am to 7pm

Address: 417 7th Ave, Keremeos

Pool

Email: rec@rdos.bc.ca

Phone: 250-499-5766

Info: Summer - contact or go to website for hours and fees.

Address: 703 4 St., Keremeos

Website: <https://www.rdos.bc.ca/community-services/regional-recreation/by-activity/aquatics/>

BC Games - 55+

Email: info@55plusbcgames.org

Phone: 778-426-2940

Info: Based in Victoria with 12 zones in B.C. Anyone can become a member. Volunteer led games

Website: <https://55plusbcgames.org/>

nix^wina Park (formerly Pocket Park)

Address: 615 7th Ave, Keremeos

Skateboard Park

Address: Veterans Ave, Keremeos

Pine Park

Info: Disc golf - 250-499-2400

Address: 551 12th Ave, Keremeos

Riparian Park

Address: 1245 7th St, Keremeos

Woodlie Park (Hedley)

Address: 897 Scott Ave, Hedley

River walk trail

Access at the end of 11th Ave, Keremeos

Info: The trail is a wide, flat gravel path that follows the river dike along the north bank of the Similkameen River. Rated as an easy trail, about 3.75 kms.

Volunteering

Lower Similkameen Community Services Society (LSCSS)

Contact: Patti Hillman

Email: VolunteerCoord@lscss.com

Phone: 250-499-7473

Info: Volunteer Drivers, Meals on Wheels, Fix-it, Friendly Visitor and more!

Address: 715 7th St, Keremeos

Website: <https://lscss.com/>

Volunteer BC

Email: admin@volunteerbc.bc.ca

Phone: 604-379-2311

Website: <https://www.volunteerbc.bc.ca/>

Ntamtqen Community Garden

Contact: Hannah Field

Email: hannah.field@lsib.net

Phone: 250-408-4300

Info: Harvest help in the Spring/Summer/Fall

Address: 1425 BC-3, Cawston

Website: <https://ntamtqencommunity.garden/>

Community Garden - Keremeos

Contact: Albert McCormick

Email: albertsspirit@gmail.com

Phone: 250-278-0126

Info: Able bodied people for the garden. Also need other positions like admin & fundraising

Address: 701 Veterans Ave, Keremeos

Keremeos Museum

Contact: John Armstrong

Email: info@keremeosmuseum.ca

Phone: 250-499-9204

Info: Strictly a volunteer organization. Volunteers to help w/students in summer. Volunteers who can occasionally take a day at the museum to have it open. Monthly meat draw at the legion.

Address: 415 9th Ave, Keremeos

Website: <https://keremeosmuseum.ca/>

Rec Centre RDOS

Contact: Andy Foster

Email: afoster@rdos.bc.ca

Phone: 250-499-2401

Info: Commission Members, Climbing wall volunteers (includes training), Programs (some are run by volunteer instructors), Skating lesson assistance, Hockey coaches for kids, Gym cleaning, Events

Address: 311 9th St, Keremeos

Website: <https://www.rdos.bc.ca/community-services/regional-recreation/overview/area-bg-recreation-similkameen/>

Similkameen Country Development Association (SCDA)

Contact: Vanessa Schwoegler-Abbott

Email: admin@similkameencountry.org

Phone: 250-499-5225

Info: Visitor Information, Special Events, Board & Community Engagement

Address: 417 7th Ave, Keremeos

Website: <https://similkameencountry.org/>

South Okanagan Immigrant & Community Services (SOICS)

Phone: 250-492-6299

Info: Need volunteers who are interested in supporting newcomers as they settle in the area, build connections, and become part of the community.

Address: 340 Ellis St, Penticton

Website: <https://www.soics.ca/>

Social Services & Navigation

Lower Similkameen Community Services Society (LSCSS)

Address: 715 7th St, Keremeos

Website: www.lscss.com

Community Connectors (LSCSS)

Contact: Sharon Shannon & Lisa Laflamme

Email: connector@lscss.com

Phone: 250-502-8402

Info: Community Connectors: Connecting older adults to activities, programs and services for better health and well-being.

Volunteer and Senior Service Opportunities (LSCSS)

Contact: Patti Hillman

Email: VolunteerCoord@lscss.com

Phone: 250-499-7473

Info: Volunteer Coordinator for services: Volunteer Drivers, Better at Home, Meals on Wheels, Fix-it, Friendly Visitor.

Community Outreach Program (LSCSS)

Contact: John Weirsema

Email: communityoutreach@lscss.com

Phone: 250-499-7460

Info: The Community Outreach Program (CORP) is a community-based program designed to assist people with navigating the medical system and to ensure everyone can access all appropriate and available resources.

Counselling and Mental Health (LSCSS)

Contact: Signe Percevault

Email: stv@lscss.com

Phone: 250-499-7439

Info: Counselling/PEACE/Stopping the Violence women's counselling

Adult Day Services (LSCSS)

Contact: Candice Robertson

Email: adp@lscss.com

Phone: 250-499-7448

Info: Adult Day Services (ADS) is designed to support seniors, and their caregivers, who are at risk of losing their independence.

Technical and Device Support (LSCSS)

Contact: Lisa Shields

Email: TechSavvy@lscss.com

Phone: 250-499-7472

Info: Techsavvy

Provides FREE technical support on digital devices, mostly for seniors but support all who are challenged with technology.

Seasonal Worker Support (LSCSS)

Contact: Gabriela Pereira

Email: SSWCoord@lscss.com

Phone: 250-502-5607

Info: Seasonal Support Worker: The Similkameen Seasonal Workers Program supports migrant agricultural workers living and working in the Similkameen Valley.

One Sky Community Resources

Email: info@oneskycommunity.com

Phone: 250-492-5814

Info: Services: Community Health & Housing, Community Inclusion, Senior Wellness, Counselling Services.

Address: 330 Ellis St, Penticton

Website: <https://oneskycommunity.com/>

South Okanagan Immigrant & Community Services (SOICS)

Phone: 250-492-6299

Info: Services: Language Programming, Settlement and Integration, Community Connections, Employment, Local Immigration Partners.

Address: 340 Ellis St, Penticton

Website: <https://www.soics.ca/>

Similkameen Country Development Association (SCDA)

Contact: Vanessa Schwoegler-Abbott

Email: admin@similkameencountry.org

Phone: 250-499-5225

Info: Connects residents with community programs, services, and development initiatives that support quality of life and community well-being in the Similkameen Valley.

Address: 417 7th Ave, Keremeos

Website: <https://similkameencountry.org/>

Okanagan Inclusion

Contact: Michelle Young

Email: keremeosco.okinclusion@shaw.ca

Phone: 250-499-2388 or **Cell:** 250-490-5174

Info: Tues 9:30 - 1:30 & Wed-Fri 9:30 - 2:30. Support for people w/developmental disabilities

Address: 427 7th Ave, Keremeos

Website: <https://www.okinclusion.ca/>

South Okanagan Women in Need Society (SOWINS)

Email: info@sowins.com

Phone: 250-493-7233 or 1-800-814-2033

Info: Emergency Shelter for Women

Address: 1027 Westminster Ave W, Penticton

Website: <https://sowins.com/>

BC Healthy Communities

Info: Provides resources and programs that help communities support healthy aging, social inclusion, accessibility, and quality of life for older adults

Website: <https://bchealthycommunities.ca>

Govt & Municipal

MLA - Boundary Similkameen

Contact: Donegal Wilson

Email: donegal.wilson.mla@leg.bc.ca

Phone: 250-498-5122

Address: 712 5th St, Keremeos

RDOS

Email: info@rdos.bc.ca

Phone: 250-492-0237

Address: 101 Martin St, Penticton

Village of Keremeos

Contact: Sylvia Krueger

Email: coordinator@keremeos.ca

Phone: 250-499-2711

Address: 702 4th St., Keremeos

Ministry outreach

Contact: Kyle McVicar

Phone: 1-866-866-0800

Info: At the Soup Kitchen on Thursdays 10:30 - 1:00

Address: 6th St & Veterans Ave, Keremeos

Public Washrooms

Memorial Park

Email: info@keremeos.ca

Phone: 250-499-2711

Info: Avail from 7am to 7pm daily. Open from Apr 15 to Oct 15th

Address: 417 7th Ave, Keremeos

Pine Park

Email: info@keremeos.ca

Phone: 250-499-2711

Info: Avail from 7am to 7pm daily. Open from Apr 15 to Oct 15th. Porta Potty set up in winter

Address: 551 12th Ave, Keremeos

Visitor Information Centre

Phone: 250-499-5225

Address: 417 7th Ave, Keremeos

Village Office

Phone: 250-499-2711

Address: 702 4th St, Keremeos

Woodlie Park (Hedley)

Info: Open from Spring to Fall

Address: 897 Scott Rd, Hedley

LSCSS (Lower Similkameen Community Services Society)

Info: Monday to Friday 8:00 – 3:00

Address: 715, 7th St, Keremeos

Other Services

Klippers Organics, Klippers Guest Suites, Row Fourteen

Email: klippersorg@gmail.com

Phone: 604-316-3863 or 250-499-0758

Address: 625 Mackenzie, Cawston

229 Ferko Rd, Cawston

725 Mackenzie, Cawston

Website: <https://www.klippersorganics.com/farm-market>

Kool Beans Coffee House

Email: koolbeanskeremeos@gmail.com

Phone: 250-295-6224

Address: 618A 7th Ave, Keremeos

Don & Anna's Greenhouses

Email: don_annas@nethop.net

Phone: 250-499-5785

Address: 31 Ashnola Rd, Keremeos

The Ranch Restaurant

Email: Eunios@shaw.ca

Phone: (250) 499-5123

Address: 511 7th Ave, Keremeos

Valley First Credit Union

Phone: 1-888-597-8083

Address: 704 7th Ave, Keremeos

Law Depot

Info: One week trial - for wills and other law services

Website: <https://www.lawdepot.ca/>

The Notary Group

Email: info@thenotarygroup.ca

Phone: 250-499-8021

Info: In Keremeos on Fridays

Address: 638 7th Ave, Keremeos

Website: <https://thenotarygroup.ca/locations/keremeos-location/>

Providence Funeral Homes (formerly Hansons Arbor Funeral)

Email: info@providencefuneralhomes.com

Phone: 250-499-2121

Info: By appointment only

Address: 702, 7th Ave, Keremeos

Website: <https://www.providencefuneralhomes.com/>

Doug's Do All Services

Contact: Doug

Email: busman84@hotmail.com

Phone: 250-499-5251 or **Cell:** 604-785-9850

Info: Painting, Gardening, Home Repairs and more

Keremeos Computers

Contact: Aaron Bassani

Phone: 250-265-0129

Address: 700 7th St, Keremeos

Paw St. Market

Email: keremeos@pawSt.market.com

Phone: 250-506-0292

Info: Offers pet food, pet care products, and washing stations.

Address: 530 7th Ave, Keremeos

Website: <https://www.pawSt.market.com/>

Save On Foods

Phone: 250-499-5532

Info: Customer appreciation day 1st Tuesday every month

Address: 701 7th Ave, Keremeos

Girlfriends Boutique

Contact: Nicole

Email: bossfoxy46@gmail.com

Phone: 250-317-4946

Info: Provides affordable clothing, household items, and unique finds while supporting programs and services that benefit the local community.

Address: 622 7th Ave, Keremeos

Ponderosa Mobile Vet

Contact: Dr. Hanna Vesper

Email: drvesper@ponderosamobilevet.ca

Phone: 250-488-3721

Info: Mobile large animal vet services, farm animals/at home euthanasia for dogs& cats

Seniors BC - BC Government

Phone: 1-800-663-7867

Info: Informational portal connecting to details about government-run programs, benefits and financial support, housing, health care, and transportation promoting independence and well-being

Website: <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors>