

## April 2017 Edition

### Volunteer Appreciation



Check your inbox for this year's invite to our Volunteer Appreciation reception on Monday, April 24<sup>th</sup> at the Hotel 540. Join us for an evening of fun and celebration with live music, light fare and refreshments along with door prizes and much more. This event could not be possible without our community sponsors such as [Hotel 540](#) and [Sabrina Weeks](#); thank you for your support. We look forward to seeing everyone at this year's appreciation event; if you have any questions or wish to RSVP please contact our office at 250-828-0600.

#### City of Kamloops Volunteer Appreciation

Please join Mayor and Council at the City of Kamloops 7th Annual Volunteer Appreciation BBQ to celebrate the volunteers who build, maintain, and grow healthy communities.

Please contact the City of Kamloops for further details.

April 26, 2017

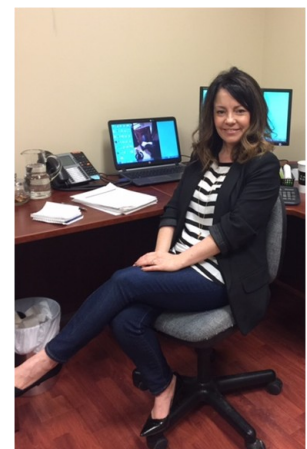
11:30-1:30

Sandman Centre Plaza



#### Meet our Staff

Greetings, most of you may know me by now but for those who don't I am Lorraine Mallon, the Volunteer Coordinator with Oncore Seniors Society. One thing you may not know is that I absolutely love what I get to do three days a week with a remarkable group of people and for a most deserving population of people in our community. With over 200 volunteers to manage there is certainly never a dull moment in my day however a large part of what I do is not only manage our current volunteers but also recruit new folks into our fold. I am also fortunate to have many opportunities to engage with our community, manage media and social media and work on programming with our Coordinator, Kirsten Herman. If you or anyone you know would like to join our dynamic volunteer team please contact me here at 250-828-0600.



Where to find us:  
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Website:  
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For our latest news and updates follow us on twitter and facebook



If you would like to contribute a story or share a community event to our newsletter, please email us at:

[info@oncoreseniorssociety.ca](mailto:info@oncoreseniorssociety.ca)

Reminder:

Space is still available for our tax program. Please call to register at 250-828-0600



## Programs

The Yard Work Maintenance program is filling up! Seniors who need weekly yard maintenance, including mowing and edging, can apply. The service runs from May-September and is delivered by a professional contractor. Cost of service is based on yard size and income level. Call Oncore Seniors Society at 250-828-0600 for more information

### City of Kamloops Yard Waste Program

Seniors (65+) can call to have yard waste picked-up by the City once in Spring (April/May) and once in the Fall (September/October). Contact the Parks Department at 250-828-3551 for more information.

## Upcoming Programs

### Farmers Market Nutrition Coupon Program

The Farmers Market Nutrition Coupon Program provides seniors with weekly coupons for the Kamloops Farmers Market which they can use to purchase fresh produce and other locally grown foods. As a community partner with the program, Oncore Seniors Society distributes the coupons to eligible seniors in the community. Coupon participants are required to attend Food Literacy Workshops during the program. Call Oncore Seniors Society at 250-828-0600 for details on how to apply.



## Executive Director's Corner

"I think one of the best words in the English language is 'compassion.' I think it holds everything. It holds love, it holds care... and if everybody just did something. We all make a difference."

Michael Crawford

This month we celebrate the compassion of our volunteers. Through the gracious contribution of their time and resources, our community is richer and the people who need our help are able to manage the challenges in their lives with dignity.

Keith

