

Lake Country

Community Resource Directory

2017

Brought to you by:



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Disclaimer: Lake Country Health Planning has created this directory to assist in identifying *options* for services. Please note that we do not directly endorse one resource over any other; it is up to the individual using the guide to do their research. If at any time a resource listing is inaccurate, needs to be removed, or you would like to submit your resource for approval, please contact our office.

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Medical Services

Lake Country Family Practice	250-766-3938	
Notes: Family doctors & Walk-In Clinic. Hours: Mon-Fri, 9am-5pm; Sat, 10am-12pm; Closed Sundays. Located at 9966 Pollard Rd.		

Interior Health	250-862-4200	interiorhealth.ca
Interior Health Home and Community Care	250-980-1400	interiorhealth.ca/YourCare/HomeCommunityCare
Interior Health Aboriginal Patient Navigators (APN)	250-309-9436	interiorhealth.ca/YourHealth/AboriginalHealth
Notes: To find health care providers and services; home health services, needs assessments, care plans & coordinating access to publicly subsidized housing or residential care; culturally sensitive health care.		

HealthLink B.C.	8-1-1	healthlinkbc.ca
Notes: 24 hour/ 7day a week resource for non-urgent health care advice. Consult a nurse, pharmacist, or dietitian.		

Medical Services

HealthLink B.C. for Deaf or Hard of Hearing (TTY)	7-1-1	healthlinkbc.ca
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Notes: 24 hour/ 7day a week resource for non-urgent health care advice. Consult a nurse, pharmacist, or dietitian.

Mobile Assessment Unit for Seniors	250-718-8116	divisionsbc.ca/cod
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Notes: For seniors over 65 in the Central Okanagan who are without a family doctor. Register to be matched with a doctor when one becomes available.

Valley Medical Laboratory	250-766-4443	valleymedicallaboratories.com
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Notes: Quality, timely diagnostic tests and information. Hours: Mon-Fri, 8:30am-4:30pm. Located at 9966 Pollard Rd.

Red Cross Medical Equipment Loan Service	250-766-2227	redcross.ca
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Notes: Service is located at the back of Winfield Memorial Hall, 10130 Bottom Wood Lake Rd. There is a wide range of equipment available for loan.

Medical Services

Medical Services Plan of BC	1-800-663-7100	gov.bc.ca
Notes: Medical plan for residents of B.C.; Premium assistance for persons with low income (please note, you have to file your income tax in order to be eligible for PharmaCare program). Application forms available online, at local pharmacies or health unit.		

Pharmacies

Lake Country Remedy's Rx	778-480-6548	remedysrx.ca
Notes: Home healthcare, prescriptions and other pharmacy needs. Offers free prescription delivery. Located at 9966 Pollard Rd. Mon-Fri, 9am-5:30pm; Sat, 10am-12pm, closed Sundays		

Shopper's Drug Mart	250-766-2345	shoppersdrugmart.ca
Notes: Home healthcare and medical supplies for sale, prescriptions, & other pharmacy needs. Located at 9970 Main Street. 8am-10pm daily.		

Winfield IDA	250-766-2666	ida-pharmacy.ca
Notes: Home healthcare and medical supplies for sale, prescriptions and other pharmacy needs. Post office inside. Located at 9522 Main Street. Open 9am-8-pm, Mon thru Fri; 9am-7pm Saturdays; 9am-6pm Sundays. A 2 nd location will be opening at Turtle Bay Crossing (Oceola and Hwy 97).		

Dental Services

Dr. Sokolowski	250-766-3944	
Notes: Offers a range of quality dental services; accepts dental insurance plans. Located at #118-3121 Hill Rd.		

Jade Bay Dentistry	250-766-4494	jadebaydental.ca
Notes: Offers a range of quality dental services, including orthodontics. Accepts dental insurance plans. Located at 10564 Powley Court. Hours: Mon, Wed, Thurs, Fri: 9am-4:30pm, Tuesdays 9am-6pm		

Lake Country Family Dentistry	250-766-2488	derektownsend.com
Notes: Offers complete dental care and accepts dental plans. Located at #200-3121 Hill Rd. Hours: Mon, Tues, Thurs, Fri: 8am-5pm, Wednesdays 8am-6pm.		

Winfield Dental Centre	250-766-1003	winfielddentalcentre.ca
Notes: Offers family dentistry, cosmetic dentistry, implants, orthodontics, sleep dentistry and more. Located at #208-3121 Hill Rd. Open Monday thru Thursday, 8am-5pm.		

Dental Services

Winfield Denture Clinic	250-766-5423	
Notes: Offers new dentures, partials, relines and repairs. Located at 9778 Hwy 97. Hours: Mon thru Thurs, 8:30am-5pm		

Physiotherapy

Sun City Physiotherapy	250-766-2544	suncityphysiotherapy.com
Notes: Utilizes evidence based practice, and a hands on therapy to treat a wide variety of injuries, disorders and conditions. Also offers registered massage therapists, pre-natal massage and orthotic services. Located at #40-9522 Main Street. Hours: Mon thru Fri, 7am-8pm.		

Chiropractors

Health First Chiropractic	250-766-2141	healthfirstchiro.net
Notes: Offers a wide range of chiropractic services. Located at 2915 Robinson Rd. Hours: Mon, Tues, Thurs: 10am-6pm; Wed and Fri: 9am-12pm.		

Lake Country Chiropractic	250-766-3155	lakecountrychiropractic.com
Notes: Chiropractic services and orthotic services available. Accepts health plans, MSP and WorkSafeBC claims. Located at 9750 Read Rd. Hours: Mon, Tues, Thurs: 8am-5pm; Wed & Friday: 8am-12pm		

Chiropractors

Lake Country Spine and Wellness	250-766-1300	lakecountryspineandwellness.com
Notes: Chiropractic care, registered massage therapy and foot care. Accepts private insurance and is an ICBC and WCB provider. Located at 11852 Hwy 97 (Lake Wood Mall). Call for hours.		

Massage Therapy

Essential Health Massage Therapy Clinic	250-766-5446	
Notes: Registered massage therapist. Located at 2282 Blair Court. Please call for hours.		

The Healing House	250-766-2542	thehealinghouseonthelake.com
Notes: Registered massage therapy, energy work and spa treatments. Located at 3338 Clement Rd. Call for appointments.		

Lake Country Massage Therapy	250-681-0911	lakecountrymassage.com
Notes: Registered massage therapist provides a wide variety of massage therapy techniques including myofascial, cranial sacral and pregnancy massage. Located at 2553 Sunny Lake Court. Hours: Mon-Fri, 9am-6pm.		

Massage Therapy

Nalu Massage Therapy and Wellness	778-480-6258	naluwellness.com
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Notes: Registered massage therapists providing a variety of massage techniques. Located at #214-3121 Hill Rd. Hours: Mon-Thurs, 9am-6pm; Fridays 9am-1pm

Phyllis DeRousie	250-766-4135	
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Notes: Registered massage therapist. Located at 11274 Mimir Rd. Please phone for an appointment.

Viola Grohs	250-878-6405	
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Notes: Registered massage therapist, offers mobile massage services. Please call for appointments.

Winfield Massage Therapy Clinic	250-766-0770	winfieldmassagetherapy.com
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Notes: Registered massage therapists providing a wide variety of techniques. Located at 3151 Wageman Rd. Hours vary for individual therapists. Please visit website or call for more information.

Alternative Services and Therapies

Holistic Tapestries	250-766-2005	kinesiologycollegeofcanada.com
Notes: Offers kinesiology and energy balancing. Located at #126-3121 Hill Rd. Please call for appointment		

JH Health Coaching	778-363-4003	jhlifestyles.myshaklee.com
Notes: offers a personalized health and lifestyle assessment and plan to reach optimum health and wellness based goals. Includes cleansing programs, nutrition & lifestyle plans and smoothie workshops. Located at 11655 Middleton Rd. Please call or email for more information or to book an appointment.		

Optometrists

Lake Country Optometry	250-766-4240	lakecountryoptometry.ca
Notes: Offers a wide range of eye care services including eye emergencies, eye exams & glasses/contact lens fittings. Located at #49-9522 Main Street. Hours: Mon-Fri, 9am-6pm, Saturdays 9am-3:30pm		

Mona Vision	250-766-0555	monavision.ca
Notes: Offers full service optical and eye care needs, repairs, glasses and lenses. Located at #100-3121 Hill Rd. Hours: Monday thru Friday, 9am-5:30pm, Saturdays 10am-2pm.		

Hearing Services

Lakeside Diagnostic Hearing & Tinnitus Centre	250-766-0294	lakesidehearing.com
Notes: Wide range of audiology and specialized hearing services, from hearing aids to cochlear implants. Located at 3121 Hill Rd. Hours: Monday thru Friday, 9am-4:30pm, Saturdays 10am-2pm. Please call for appointment.		

Okanagan Mobile Hearing Services	778-363-4327	okanaganmobilhearing.ca
Notes: Registered and Board Certified Hearing Instrument Practitioner. Offers in-home hearing assessments, instrument adjustments and hearing aid fittings. Serves Lake Country, Kelowna, West Kelowna and Peachland. Financial assistance may be available. Hours are 9am-6pm, Sunday through Friday. Closed Saturdays.		

Foot Care

Annette's Foot Care	250-575-7358	
Notes: Certified podologist and reflexologist. Please call for appointments.		

Kizzy's Happy Feet Foot Care	778-212-0067	
Notes: Mobile Foot Care for Lake Country and Vernon area. Advance foot care nurse specializing in diabetic and senior foot care. Call for appointment.		

Foot Care

Lake Country Advanced Foot Care	250-766-2548	
Notes: This is a mobile service provided by a practical nurse certified in foot care. Please call for appointments.		

Metamorphosis Mobile Foot Care & Reflexology	250-491-0808	
Notes: Offers mobile foot care, reflexology and home care supports by a certified technician. Please call to make an appointment.		

One Step Foot Care	250-938-3663 or 250-215-5629	onestepfootcare.com
Notes: Is a mobile service offering professional in-home foot care by a licensed practical nurse. A wide range of foot care services available. They are a Blue Cross Service provider for Veteran's Affairs Canada. Please call for an appointment.		

Sole Revival	250-766-0012	
Notes: Offers shoes, foot care and orthotics, as well as supports, separators, and straighteners. Assistance with a variety of foot care issues by a registered nurse/certified podologist. Located at Unit #2-10074 Hwy 97 (behind Dairy Queen). Hours: Mon, Tues, Thurs 9:30am-5:30pm, Fri & Sat 9:30am-5pm and closed Wednesday and Sunday.		

Counselling

Assunta Rosal Counselling Service	250-878-5517	rosalassunta@gmail.com
Notes: Has 15 years of experience in Social Work; provides counselling for individuals, couples or families. Extensive experience working with young people, persons with disabilities and Aboriginal communities. Able to help you set goals, overcome personal difficulties and work toward making positive changes in your life. Located in the Art House, 10356A Bottom Woodlake Rd. Please call for appointments.		

Lake Country Counselling Services	250-899-1265	lakecountrycounselling.com
Notes: Offers a variety of counselling needs. Located at 12025 Oceola Rd. Please call for an appointment.		

Reach Out Youth Counselling	250-763-7892	reachoutyouthcounselling.com
Notes: Counselling for youth 13-25, families & couples. Provides youth services in LC through a school based program. Services charged on a sliding scale based on income. Please call to book an appointment.		

Community Support

Empowered Recreation and Rehabilitation	250-540-9770	empoweredrandr.com
Notes: Offers fully certified and insured staff who provide recreation and rehabilitation for seniors and people living with a disability. In home services available. Hours: Mon & Tues, 9am-5pm; Wed-Fri, 9am-7pm. Please contact for further information.		

Community Support

Hands in Service	250-861-5465	handsinservice.ca
Notes: Offers non-medical home care, food assistance, housecleaning etc. to those 65 and under w/disabilities at no cost.		

Lake Country Connect	250-469-9358	connectcommunities.ca
Notes: Offers transitional rehabilitation and residential services for up to 42 people living with acquired brain injuries. Located at 11438 Bottom Wood Lake Rd. Please call for more information.		

Lake Country Food Assistance Society	250-766-0125	See their Facebook page
Notes: Assists local area residents with food needs. Located at 9830 Bottom Wood Lake Rd. (next to the arena and Seniors Activity Centre). Hours are Tues & Wed, 9am-2:30pm, Thurs, 1pm-2:30pm. Please call for an appointment. Must provide ID for each person in the family as well as proof of address. Thrift store available as well, open Tues & Thurs, 11am-4pm. All proceeds go directly to the food bank.		

Community Support

Lake Country Health Planning Society	778-215-5247	lakecountryhealth.ca
Notes: Offers the Health Hub: providing local and regional information, resources and referrals; the Better At Home Program: non-medical support services for independently living seniors 65+; the Wise & Well program: building mentally fit older adults, CARES kits: elder abuse information kits; a locally focused Resource Directory, an annual Health & Wellness Fair, and a variety of senior, child and youth initiatives. Located at 10080 Main Street. Please call for more information on any of our programs or services.		

Meal Programs and Food Services

Country Kitchen & Store	250-766-4255	sweetlife.com
Notes: Located at the Holiday Park Resort, 415 Commonwealth Rd. The Country Kitchen sells a variety of frozen, homemade, pre-made meals. Costs range depending on dish. \$8.95-\$9.95. Hours are Monday thru to Sunday, 7am-9pm.		

Lake Country Seniors Buffet	250-766-4220	
Notes: Offers a great meal for \$9, Tuesdays at noon at the Seniors Centre. Also provides some take away meals for \$7 and \$5 freezer meals. Please call Dorothy at 250-766-4568 to arrange freezer meals. Seniors Centre is located at 9832 Bottom Wood Lake Rd., next to the Food Bank and the Arena. Open Monday-Friday, 10am-2pm.		

Meal Programs and Food Services

Lake Country Marketplace IGA	250-766-4574	markeplaceiga.com
Notes: Offers grocery shopping service and delivery. Minimum delivery fee \$10. Located at 10017 Main Street. Open daily, 8am-9pm.		

Wooden Nickel Café	250-766-5550	Find them on Facebook
Notes: Offers homemade, delicious, low sodium frozen meals for \$7. Willing to deliver for seniors who cannot get to the café. A small delivery fee may apply. Located at 10051 Hwy. 97, beside CIBC bank.		

Transportation

Better at Home Program	778-215-5247	lakecountryhealth.ca
Notes: Offered by the Lake Country Health Planning Society, the Better at Home program utilizes volunteers to help get independently living seniors 65+ where they need to go. Grocery shopping and transportation to appointments in Lake Country, Kelowna or Vernon available. You need to call and register with this program. Minimal fees apply. Please call for more information. Office is located at 10080 Main Street.		

handyDART	250-762-3278	bctransit.com (search: Kelowna/rider info/handydart)
Notes: Accessible door to door shared transit service for people with permanent or temporary disabilities that prevent them from using fixed route transit. You must register, at no charge, for this program before using it. Service hours are: Mon-Fri, 9:15am-8pm, Saturdays, 9am-6pm. No services available Sundays or Holidays.		

Transportation

Lake Country Seniors Bus Society	250-766-3227	
Notes: Offers low cost social and recreational group trips on the 4 th Wednesday of the month at 10am. Picks you up at your door. Please call Marg to make a reservation on the bus.		

Housing and Facility Care

Blue Heron Villa	250-766-1660	blueheronvilla.ca
Notes: A 25 unit assisted living facility located at 9509 Main Street. Provides assistance with activities of daily living, lunch, dinner & snacks, weekly housekeeping and recreational activities. Residents pay 70% of their monthly, after tax income up to a maximum amount. Tenancy is based on need; tenants must apply through the Interior Health Authority. Call Blue Heron for more info.		

Cedar Court	778-478-7977	societyofhope.org
Notes: Independent senior living (55+). Rent is based on 30% of the gross family income. Located at 10230 Bottom Wood Lake Rd. Must fill out a Society of Hope housing application to get on their waiting list.		

Housing and Facility Care

Homestead Place	778-480-4008 250-869-7690 (cell)	homesteadplace.ca
Notes: A private, licensed assisted living home. Located at 11773 Middleton Rd. Please call for more information.		

Lake Country Lodge and Manor	250-766-3007	lakecountrylodge.ca
Notes: Licensed facility; services include Supportive Housing, Complex Care, and Respite Care. Located at 10163 Konschuh Rd. Please call Brenda for a tour or more information.		

Pinewood Villas	778-478-7977	societyofhope.org
Notes: Affordable housing for seniors and people w/disabilities. Located at 10274 Bottom Wood Lake Rd. Must fill out a Society of Hope housing application to get on their waiting list.		

Providence Meadows	778-478-7977	societyofhope.org
Notes: Family housing for singles or couples with at least 1 dependent child. Rent is related to income. Located at 3250 Woodsdale Rd. Must fill out a Society of Hope housing application to get on their waiting list.		

Housing and Facility Care

Woodsdale Place	778-478-7977	societyofhope.org
Notes: Provides housing for seniors. 60% of the units have the rent based on family income; the other 40% are based on low-end-of-market values. Located at 11505 Bottom Wood Lake Rd. Must fill out a Society of Hope housing application to be on their waiting list.		

Schools

Davidson Rd. Elementary School	250-870-5117	dre.sd23.bc.ca
Notes: Public elementary school. Located at 2115 Davidson Rd.		

École Peter Greer Elementary School	250-870-5129	pge.sd23.bc.ca
Notes: Public elementary school. Offers a dual track system of English and French Immersion. Located at 10300 Sherman Dr.		

George Elliot Secondary School	250-870-5102	ges.sd23.bc.ca
Notes: Public high school. Located at 10241 Bottom Wood Lake Rd.		

Schools

Oyama Traditional School	250-870-5121	ots.sd23.bc.ca
Notes: Public elementary school. Based on a Traditional Philosophy of student achievement, behaviour, and social responsibility. Students wear uniforms. Located at 15525 Greenhow Rd.		

Municipal and Cultural Information

District of Lake Country	250-766-5650	okanaganway.ca/municipal
Notes: Located at 10150 Bottom Wood Lake Rd. Open Monday-Friday, 8:30am-4:30pm. Closed Statutory Holidays.		

Lake Country Art Gallery	250-766-1299	lakecountryartgallery.ca
Notes: Offers a schedule of diverse exhibitions, and public programming initiatives for adults and youth. Located at 10356A Bottom Wood Lake Rd. Open Wednesday-Sunday, 10am-4pm. Please call for more info regarding programs.		

Lake Country Community Complex Creekside Theatre	Info: 250-766-5669 Reservations: 250-766-9309	okanaganway.ca/creekside-theatre
Notes: Offering films, live theatre and music almost any night of the week. Located at 10241 Bottom Wood Lake Rd. in George Elliot Secondary School.		

Municipal and Cultural Information

Lake Country Museum	250-766-0111	lakecountrymuseum.com
Notes: Collects, preserves and presents to the public the artifacts and history of Lake Country. Located at 11255 Okanagan Centre Rd. West, in the heart of Okanagan Centre. Open in the summer 10am-4pm, 7 days a week. Otherwise, open Wednesdays and Saturdays 1pm-4pm, or by appointment.		

Lake Country Native Association	250-548-3723	fnbc.info
Notes: Facilitates cultural, recreational, and self-development activities for off-reserve and Duck Lake Reserve Aboriginal families. Operates under a contract with the Ministry for Children and Family Development. Located at 14350 Oyama Rd. Please contact Ann Bell for more information on programming.		

Lake Country Parks and Recreation	250-766-5650	okanaganway.ca/municipal/parks-recreation-culture
Notes: Includes a seasonal activity guide and has links to the many events, shows, groups, and teams available in Lake Country.		

Live! In Lake Country	250-766-5669	liveinlakecountry.ca
Notes: Offers free, open air, summer concerts in the parks around Lake Country during July & August. Starts July 1 st and continues every Saturday evening. For more information contact Cultural Development Coordinator Ryan Donn.		

Recreational Facilities

Beasley Community Centre	250-766-5650	okanaganway.ca/municipal
Notes: A community hall available to rent for any occasion. All bookings go through the District of Lake Country. 125 person capacity, full kitchen, and lots of parking. Wheelchair accessible. Located at 3450 Woodsdale Rd.		

Okanagan Centre Hall	250-766-2372	okanagancentre.net
Notes: Events include yoga, pub night, and dances. Facility is also available for rent. Can accommodate up to 120 people. Offers a stage, full kitchen, and lots of parking. Wheelchair accessible. Located at 11099 Maddock Ave.		

Oyama Community Hall	250-548-3204	oyamahall.ca
Notes: Hosts community events such as Oyama Fun Day and Turkey Bingo. Hall is available to rent for private occasions. Offers full kitchen, stage, and is wheel chair accessible (Main Hall only). 250 person capacity in the main hall; 113 person capacity in the memorial hall. Also offers onsite camping for weekend events. Located at 15710 Oyama Rd.		

Seniors Activity Centre	250-766-4220	
Notes: Hosts many events and regular activities, such as art classes, cribbage, wood shop, prime time, songsters, tai chi, seniors' buffet and more. Please call to find out more about activities and scheduling. Located at 9832 Bottom Wood Lake Rd. (next to the Winfield Arena)		

Recreational Facilities

Winfield Arena	250-766-3030	okanaganway.ca
Notes: Programs include public skating, lessons, figure skating, hockey, Friday night DJ skates, and private bookings. Dry floor is available in the off season. Located at 9830 Bottom Wood Lake Rd. Please visit the Activity Guide provided by the District of Lake Country for more information on programs and schedules.		

Winfield Curling Club	250-766-3318	winfieldcurlingclub.com
Notes: Curling and bonspiels, please see schedule on line. Drop-ins welcome. Also has a facility available to rent for community and personal functions. Please call for more details. Located at 9830 Bottom Wood Lake Rd.		

Winfield Memorial Hall	250-766-4131	winfieldmemorialhall.com
Notes: Available for rent for any occasion. Main hall can accommodate 260 people, Centennial Room 65 people, and Arnold Room 15 people. Located at 10130 Bottom Wood Lake Rd.		

Child Care/Preschool Services

Blossom Progressive Montessori Preschool	250-808-4769	blossom-montessori.ca
Notes: Fully licensed and accredited facility that provides quality preschool learning. Activities are based on the Montessori approach and are designed to cultivate a child's desire to learn at their own unique pace. Located at 10300 Sherman Drive.		

Care-a-lot Preschool	250-548-3261	
Notes: Licensed facility providing quality preschool care for over 10 years. Located at 15326 Oyama Rd.		

Copper Hill Daycare Centre	250-899-1971	
Notes: A licensed family childcare centre. Located near Peter Greer. Please call for more information.		

Creative Kids Preschool	250-317-5309	
Notes: A licensed childcare facility. Located at 11414 Lakewood Rd. Please call for more information.		

Childcare/Preschool Services

Green Guardian Child Care	250-938-5665	
Notes: Licensed family childcare facility. Offers gardening, recycled crafts, nature walks, yoga, cooking participation, physical activity, reading and healthy snacks and meals. Located at 9950 Chase Rd. Open 7am-5pm, Monday to Friday. Please call for further information.		

Lake Country Adventure Centre	250-859-9891	lakecountryadventurecentre.com
Notes: A fully licensed facility offering before and after school programs for school aged kids. Philosophies of self-directed play, outdoor adventure, sustainability, and an electronic free zone, all in a supervised group setting. Provides pick-up and delivery to Davidson Rd., Peter Greer and Oyama Traditional. Located at 10303 Bottom Wood Lake Rd. at the Aspen Grove Golf Course.		

Lake Country Imagination Academy	250-801-8430	lakecountrykids.ca
Notes: Housed in the Lake Country School of Dance and Lake Country Gymnastics Centre, this academy integrates a “Learn through Play” curriculum that is enhanced through gymnastics and dance taught by staff members. Has a private, fenced playground for outdoor play. Please see website for more information. Located at 10251 Newene Rd.		

My Friends Family Day Care	250-878-5555	Find them on Facebook
Notes: Fully licensed day care for children ages 1-6. Located right beside Peter Greer Elementary at 10376 Sherman Dr.		

Childcare/Preschool Services

Nature's Kids Educational Child Care	250-766-4626	natureskids.wix.com
Notes: A fully licensed nature based child care centre, for kids aged 2-5. Offers a full 4 day Pre-K readiness program. Located at 9362 Mountview Rd. Open Monday thru Friday, 7am-5:30pm.		

New Beginnings Early Learning Center	250-766-3788	newbeginningscenter.ca
Notes: A fully licensed facility that offers preschool, daycare and after school care. Located at 12008 Pretty Rd, behind Lake Wood Mall. Provides transportation from Davidson Rd. and Peter Greer Elementary Schools for after school care. Childcare subsidy accepted. Hours are 7:30am-5:30pm Monday-Friday.		

Okanagan Boys & Girls Club	250-766-5277	boysandgirlsclub.ca
Notes: Provides daycare, before school and after school care, recreational programs, and youth and family supports & programs. Open Monday to Friday, 7am-6pm. Located at 3130 Berry Rd. After school care also offered on site at Peter Greer Elementary. Offers transportation to/from all three elementary schools. Find them on Facebook too.		

Childcare/Preschool Services

Strong Start Early Learning Centre	250-870-5129	
Notes: Provides a drop-in, early learning program for kids who are accompanied by parents or caregivers. Offers creative, interactive playtime with your child, promotes connections with other parents, and provides parenting information and support. Program is facilitated by a licensed Early Childhood Educator. Located at Peter Greer Elementary, 10300 Sherman Dr. Classes run from 8:45am-11:45am, Monday thru Friday on days when school is in session. First come, first served basis.		

Faith Communities

Baha'i Faith	250-766-5063	bahai.org
Notes: Members of the Lake Country chapter meet in private residences. Please visit their website for more information.		

Jehovah's Witnesses	250-766-5710	
Notes: Located at 10191 Bottom Wood Lake Rd.		

Lake Country Alliance Church	250-766-4433	lakecountrychurch.com
Notes: Located at 12025 Oceola Rd. Please visit their website for more information.		

Faith Communities

Lake Country Life Center	250-317-0259	lakecountrylifecenter.ca
Notes: Located at 3110 Berry Rd. Please see their website for more information.		
Seventh Day Adventist Church	250-766-4266	winfieldadventist.ca
Notes: Located at 11370 Bottom Wood Lake Rd. Please visit their website for more information.		
St. Edwards Catholic Church	250-766-3146	stedwardsparish.ca
Notes: Located at 11123 Okanagan Centre Rd. E. Please see their website for more information.		
St. Francis Anglican Parish	250-766-0919	
Notes: Located at 10162 Newene Rd.		
Willow Park Church	250-765-6622	willowparkchurch.ca
Notes: Located at 10241 Bottom Wood Lake Rd. (at Creekside Theatre). Please see their website for more information.		

Faith Communities

Winfield Community Church	250-766-2753	winfieldcommunitychurch.org
Notes: Located at 9460 Glenmore Rd. Please see their website for more information.		

Winfield United Church	250-766-4458	winfieldunitedchurch.ca
Notes: Located at 3751 Woodsdale Rd. Also has a thrift shop. Please visit their website for more information.		

Community Service Clubs/Groups

Kiwanis Club	250-766-1515	kiwaniskelowna.org kiwanis.org
Notes: Dedicated to improving the world one child and one community at a time. Please call Tom Cockrell for more information.		

Lake Country Chamber of Commerce	250-766-5670	lakecountrychamber.com
Notes: Organization through which members work together for the common good of the community. The goal is to build a healthy economy and improve the quality of life in Lake Country. Located at #106-3121 Hill Rd.		

Community Service Clubs/Groups

Lake Country Lions Club	250-766-4944	lakecountrylions.com
Notes: Dedicated to providing our community with valuable, caring, and fun service through their committed volunteers. Please call for more information.		

Oceola Fish & Game Club		oceola.ca
Notes: A non-profit organization that promotes conservation for fish and wildlife for future generations to enjoy. Located at 11888 McGowan Rd. Visit their Facebook page as well.		

Rotary Club of Lake Country	250-766-3681	lakecountryrotary.ca
Notes: A leadership organization made up of local business, professional and civic leaders committed to make a difference in our community. Meetings are held at in the Okanagan Room at Holiday Park Resort, 415 Commonwealth Rd. on Thursday mornings at 7am. Please call Margaret for more information or visit their Facebook page.		

Fitness Facilities

A Place for Yoga and Health	250-766-3122	aplaceforyoga.com
Notes: A certified Iyengar yoga instructor, offers classes for all levels and abilities. Located at 2611 Stillwater Way (in The Lakes)		

Fitness Facilities

Bodyz in Motion Health & Fitness	250-766-0611	bodyzinmotion.ca
Notes: A health and fitness facility that offers 2 floors of top of the line equipment, classes, personal trainers, supplements, childminding, tanning and more. Located at 391 Tilley Rd. (Winfield Industrial Park, next to Sysco on Jim Bailey Rd.) Open Monday thru Friday, 5:30am-9:30pm, Saturday 8am-6pm, and Sunday, 10am-5pm.		
Crave Fitness	250-575-8292	cravefitness.ca
Notes: Offers a selection of fitness and yoga classes as well as personal training and private group training. Located at 10303 Bottom Wood Lake Rd. (Aspen Grove Golf Course).		
Polaris Fitness	250-307-3207	polarisfitness.ca
Notes: Offers classes, personal training, partner and small group training, as well as online Skype personal training. Located at 11908 Oyama Rd.		
Second Wind Fitness	250-979-8489	secondwindfit.ca
Notes: Offers personal training, as well as triathlon training. Located at 11025 Jardines Rd.		

Fitness Facilities

For more information on sports and recreational opportunities please visit the following:

okanaganway.ca/live/community-resources/community-groups
or check out the Lake Country Activity Guide at okanaganway.ca/municipal

Legal Services

Canadian Bar Association BC Lawyer Referral Service	1-800-663-1919	cbabc.org/for-the-public/lawyer-referral-service
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Notes: Enables the public to access lawyers in their geographical location and provides the opportunity to have a consultation with a lawyer for up to 30 minutes for a fee of \$25 plus tax. Service open Monday thru Friday, 8:30am-4:30pm.

D. Oscar Barnes Barrister & Solicitor	250-766-0660	
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Notes: Located at 10026 Hwy 97. Please call for more information.

Kathryn Battrum, Notary Public	778-480-0900	lakecountrynotary.com
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Notes: A full service Notary Public serving Lake Country. Offers 30 minute free consultations for some services. Call for appointments anytime. Closed Sundays. Located at #43-9522 Main Street.

Legal Services

Lake Country RCMP	250-766-2288	rcmp-grc.gc.ca
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Notes: This number is for **non-emergency** inquiries only. Please call 9-1-1 in case of emergency. Located at 3231 Berry Rd.

Legal Services Society	1-866-577-2525	lss.bc.ca
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Notes: A non-government, non-profit organization that offers legal information, legal advice, and legal representation for people with low incomes. Hours are Monday, Tuesday, Thursday and Friday, 9am-4pm and Wednesdays from 9am-2:30pm.

McKenzie-Brown Law	778-480-6229	mckenziebrownlaw.ca
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Notes: Offers services primarily in the areas of wills and trusts, estates, and business law. Hours are 8:30am-5pm Monday through Friday. Located at 102-3121 Hill Rd.

Nicholas Aubin, Notary Public	250-766-4444	aubinandassociates.com
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Notes: Serves Kelowna, Lake Country and West Kelowna. Specializes in real estate and estate planning. Located at #10-11852 Hwy 97 (Lake Wood Mall).

Supportive Health Services Outside of Lake Country

Alzheimer's Society	250-860-0305	alzheimerbc.org
Notes: Offers information, education, and support for people and their caregivers. Located at 865 Bernard Ave.		

Arthritis Society	250-868-8643	arthritis.ca
Notes: Provides education, programs and support to those living with arthritis. Located at 1855 Kirschner Rd.		

BC 211	1-800-663-1441 TTY: 604-875-0885	bc211.ca/help-lines
Notes: A Vancouver based non-profit organization that specializes in offering information and referrals regarding community, government, and social services in B.C. Offers Alcohol and Drug Information and Referral Service, the Problem Gambling Helpline, VictimLink BC, and the Youth Against Violence Line. Services are free, confidential, multilingual, and available 24/7.		

Canadian Cancer Society	250-762-6381 Toll Free: 1-800-656-6426	cancer.ca
Notes: Offers information, support services, prevention and screening, referrals and ways to become involved. Kelowna office is located at #102-1433 St. Paul Street.		

Supportive Health Services Outside of Lake Country

Canadian Mental Health Association	250-861-3644	kelowna.cmha.bc.ca
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Notes: Offers information, support, and programs and services for mental health needs of Youth and Families. Housing and Navigation, Wellness Programs and affordable frozen meals for \$5 (pick up only) also offered. Located at 504 Sutherland Ave.

Supportive Services Outside of Lake Country

Central Okanagan Hospice Association	250-763-5511	hospicecoha.org
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Notes: Provides practical and emotional support for terminally ill people and their families in extended care facilities, at KGH, Central Okanagan Hospice House, residential facilities, and in private homes. Services include vigil, respite for caregivers, patient advocacy, bereavement group supports, professional counselling and a comprehensive lending library. All services are free of cost. Office is located at #104-1456 St. Paul Street.

Crisis Line	1-800-784-2433	crisislines.bc.ca
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Notes: Provides emotional support, crisis and suicide assessment/intervention, and resource information on mental health to anyone requiring support. Open 24 hours a day, 7 days a week, 365 days a year.

Supportive Services Outside of Lake Country

Kelowna Community Resources	250-763-8008	kcr.ca
Notes: Offers family services, crisis lines, immigration services, employment services, adoption services and an on-line, searchable directory of resources found in the Okanagan. Located at 620 Leon Ave. Hours are Monday thru Friday, 8:30am-12pm & 1pm-4:30pm		
ME/FM Society of BC	1-888-353-6322	mefm.bc.ca
Notes: Offers supports and resources for people and their families with Myalgic Encephalomyelitis (Chronic Fatigue Syndrome) and Fibromyalgia.		
Parkinson Society B.C.	1-800-668-3330	parkinson.bc.ca
Notes: Offers education, community outreach, scientific research, advocacy, public awareness, one-to-one peer programs, consultations, newsletters, conferences and workshops for both individuals and healthcare professionals. Hours are Monday thru Friday, 8:30am-4:30pm.		
Seniors Advocate	1-877-952-3181	
Notes: Provides a single provincial phone line that allows seniors and their families to report concerns about care, and to provide such clients with direct support and timely follow-up through to resolution.		

Frequently Requested Government of Canada Contact Numbers

Government of Canada	1-800-622-6232 TTY: 1-800-926-9105	canada.ca
Notes: This one toll free number offers you access to all Government of Canada services		
Canada Border Services Agency	1-800-461-9999 TTY: 1-866-335-3237	cbsa-asfc.gc.ca
Canada Education Savings Grant	1-888-276-3624 TTY: 1-866-260-7723	canlearn.ca
Canada Savings Bonds	1-800-575-5151 TTY: 1-800-354-2222	csb.gc.ca
Canada Pension Plan and Old Age Security	1-800-277-9914 TTY: 1-800-255-4786	servicecanada.gc.ca
Canada Revenue Agency	1-800-267-6999 TTY: 1-800-665-0354	cra-arc.gc.ca

Frequently Requested Government of Canada Contact Numbers

Canada Child Tax Benefit	1-800-387-1193	
Tax Information (Individuals)	1-800-959-8281	
Tax Information (Business)	1-800-959-5525	
GST/HST	1-800-959-1953	
Payment Arrangements	1-866-864-5823	
Universal Child Care Benefit	1-800-387-1193	
Canada Student Loans	1-888-815-4514 TTY: 1-888-815-4556	canlearn.ca
Employment Insurance (EI)	1-800-206-7218 TTY: 1-800-529-3742	servicecanada.gc.ca
Health Canada	1-866-225-0709 TTY: 1-800-267-1245	hc-sc.gc.ca

Frequently Requested Government of Canada Contact Numbers

Immigration, Refugees, and Citizenship Canada	1-888-242-2100 TTY: 1-888-576-8502	cic.gc.ca
Indigenous and Northern Affairs Canada	1-800-567-9604 TTY: 1-866-553-0554	aadnc-aandc.gc.ca
Passport Canada	1-800-567-6868 TTY: 1-866-255-7655	canada.ca/passport
Social Insurance Number (SIN)	1-800-206-7218 TTY: 1-800-529-3742	servicecanada.gc.ca
Veterans Affairs Canada	1-866-522-2122 TTY: 1-800-465-7735	veterans.gc.ca

