

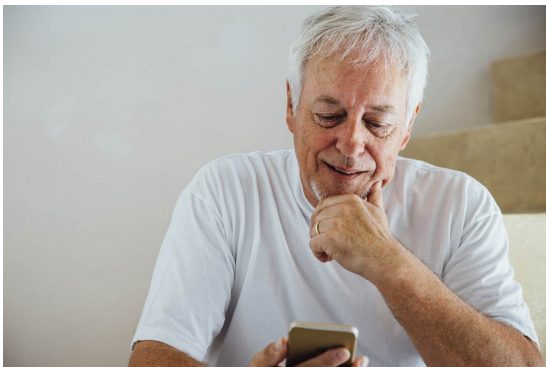
Seniors Socialization Opportunities

April 2020

Compassionate Neighbourhood Health Partners Society has the following services available:

- Friendly weekly telephone calls
- Daily 'check-in' calls if requested
- Group telephone conferencing
- Informal caregiver support for informal caregivers of older adults.

Contact 604-798-2023, or
neighbourhealth@gmail.com.



Chilliwack Senior Peer Counsellors are available to talk with seniors, share experiences, and help maintain the mental health and well being of older adults through a program of peer support.

Call 604-793-7204. Phones are being monitored remotely so please leave a message which will be responded to quickly.

Chilliwack & District Seniors' Resources Society is working from home. They are checking voicemails daily and returning calls for support.

Call 604-793-9979 or email info@cdsrs.ca.

Chilliwack Community Services is partnering with volunteers to grocery shop and deliver meals to seniors and vulnerable people in the community.

Call 778-860-5499 for grocery shopping.

Call 604-793-7242 for Meals on Wheels, both fresh and frozen foods.



Chilliwack Citizens for Change will pick up your grocery order and deliver it to your house free of charge. Call 778-244-8424.

MORE OPPORTUNITIES & SUPPORT



Prescription Drop-off

The following will pick up your prescriptions and drop them off at your residence, free of charge.

You can get a prescription refill without an updated prescription.

- Chilliwack Citizens for Change, 778-244-8424
- Chilliwack Taxi, 604-795-9111
- Lock's Pharmacy, 604-795-9488
- PharmacyBC Group, 1-855-224-6644.



YMCA at Home Workouts on YouTube (YThrive)

Find the channel by typing "YThrive YouTube" into an internet search bar, or

<https://www.youtube.com/channel/UCnMjjYuiaJZT7JilnXPo7jQ>.

Low impact workouts for people with reduced mobility.

On the YThrive channel select the GOLD videos, or

<https://www.youtube.com/playlist?list=PLA2C6WTfk7jXt74ZTc6DktqypvmiyCMR4>.

Yoga classes for all levels.

On the YThrive channel select the FLOW videos, or

<https://www.youtube.com/playlist?list=PLA2C6WTfk7jXZOSqAdNS9i3pYtJdavujh>.