

Information, Referral Or Advocacy

*The following agencies can
direct you to appropriate services.*

NexusBC

250.545.0585

8 am to 4 pm - Monday to Friday

www.nexusbc.ca

John Rudy Health Resource Centre

250.938.8092

info@johnrudyhealth.ca

9 am to 1 pm - Monday to Thursday

#107, 34020 - 27 Avenue at People Place

www.johnrudyhealth.ca

Interior Health - Integrated Care Coordinator

1.800.707.8550

New Clients, Select 2

for North Okanagan, Select 7

8 am to 4:30 pm - Monday to Friday

www.interiorhealth.ca

Independent Living

250.545.9292

8:30 am to 4 pm • Monday to Thursday

www.ilvernon.ca

VERNON SENIORS ACTION NETWORK

OUR VISION

Vernon Seniors Living Well

OUR MISSION

The community works together
to identify and address the needs
of Vernon Seniors



F.E.T.C.H.

Community Health and Social Service Programs

www.northokanagan.fetchbc.ca

811

*Free of charge phone line for
provincial health information and advice*

Phone: 8-1-1

www.healthlinkbc.ca

Good Morning Program Canadian Mental Health Association (CMHA)

*Telephone service offered to
individuals who are living alone
or feeling isolated in the community*

Phone: 250.542.3114

www.vernon.cmha.bc.ca

Crisis Line

*Provides confidential, non-judgemental
short-term emotional support*

Phone: 1.888.353.2273

www.vernon.cmha.bc.ca

Interior Health - Lifeline

Canada's #1 Medical Alert Service

Phone: 1.866.817.5185

www.lifeline.ca

Office of the Seniors Advocate

Information and referral services for Seniors

Phone: 1.877.952.3181

www.seniorsadvocatebc.ca

Vernon Jubilee Hospital

Non-emergency number

Phone: 250.545.2211

www.interiorhealth.ca/FindUs

Vernon Seniors Resource Guide



Where Should I Go With Questions About...

Meals and Nutritional Support

Schubert Centre - Meals on Wheels
250.549.4201, ext 6

schubertcentre.mow@gmail.com
Monday-Wednesday-Friday Service
www.schubertcentre.com/meals-on-wheels

John Rudy Health Resource Centre
250.938.8092

info@johnrudyhealth.ca
9 am to 1 pm - Monday to Thursday
#107, 34020 - 27 Avenue at People Place
www.johnrudyhealth.ca

Interior Health - Community Care
1.800.707.8550,

New Clients, Select 2
for North Okanagan, Select 7
8 am to 4:30 pm - Monday to Friday
www.interiorhealth.ca

Physical Activity

Greater Vernon Recreation
250.545.6035

8:30 am to 4:30 pm - Every day
www.gvrec.ca

Interior Health - Community Care
1.800.707.8550,

New Clients, Select 2
for North Okanagan, Select 7
8 am to 4:30 pm - Monday to Friday
www.interiorhealth.ca

Schubert Centre
250.549.4021

8 am to 3 pm - Monday to Friday
www.schubertcentre.com

Halina Activity Centre
250.542.2877 • halinaseniors@telus.net
8:30 am to 4:30 pm - Monday to Friday
www.halinacentre.com

Housing

NexusBC - Connect

250.545.0585, extension 4
8 am to 4 pm - Monday to Friday
www.nexusbc.ca

Interior Health - Community Care
1.800.707.8550

New Clients, Select 2
for North Okanagan, Select 7
8 am to 4:30 pm - Monday to Friday
www.interiorhealth.ca

John Rudy Health Resource Centre
250.938.8092

info@johnrudyhealth.ca
9 am to 1 pm - Monday to Thursday
#107, 34020 - 27 Avenue at People Place
www.johnrudyhealth.ca

Health and Wellness

Interior Health - Community Care
1.800.707.8550,

New Clients, Select 2
for North Okanagan, Select 7
8 am to 4:30 pm - Monday to Friday
www.interiorhealth.ca

John Rudy Health Resource Centre
250.938.8092

info@johnrudyhealth.ca
9 am to 1 pm - Monday to Thursday
#107, 34020 - 27 Avenue at People Place
www.johnrudyhealth.ca

Interior Health - Mental Health
250.549.5737

8 am to 4:30 pm - Monday to Friday
www.interiorhealth.ca

Canadian Mental Health Association
250.542.3114

vernon@cmha.bc.ca
9 am to 5 pm - Monday to Friday

Recreational, Social or Educational Programs

Greater Vernon Recreation
250.545.6035

Monday to Friday: 6:30 a.m. - 9:00 p.m.
Sat: 9 am - 4 pm and Sun: 8 am - 4 pm
Stat Holidays: 12 pm - 4 pm
www.gvrec.ca

Schubert Centre
250.549.4021

8 am to 3 pm - Monday to Friday
www.schubertcentre.com

Halina Activity Centre

250.542.2877 • halinaseniors@telus.net
8:30 am - 4:30 pm - Monday to Friday
www.halinacentre.com

NexusBC - TEAS Program
250.545.0585, ext 303

8 am - 4pm - Monday to Friday
www.nexusbc.ca

Interior Health - Community Care
1.800.707.8550,

New Clients, Select 2
for North Okanagan, Select 7
8 am to 4:30 pm - Monday to Friday
www.interiorhealth.ca

Transportation

HandyDart
250.545.7221

8 am to 4:30 pm • Monday to Friday
10 am to 5 pm • Saturday
www.bctransit.com

Better At Home Program
250.545.0585 - Ext. #3

9 am to 4 pm • Monday to Friday
www.nexusbc.ca

Independent Living
250.545.9292

8:30 am to 4 pm • Monday to Thursday
www.ilvernon.ca