

Lake Country

Community Resource Directory

2016

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.

Medical and Dental Services

Resource	Phone Number	Website	Notes
Lake Country Family Practice	250-766-3938		Family doctors and walk-in clinic
Interior Health	250-862-4200	www.interiorhealth.ca	To find health care providers and services
HealthLink BC	8-1-1	www.healthlinkbc.ca	24 hour resource for non-urgent health care advice
Central Okanagan Mobile Assessment Unit for Seniors	250-718-8116	www.divisionsbc.ca/cod	For seniors over 65 without a family doctor. Register to be matched w/a family doctor when one becomes available.
Valley Medical Laboratory	250-766-4443	www.valleymedicallaboratories.com	Quality, timely diagnostic tests and information
Sun City Physiotherapy	250-766-2544	www.suncityphysiotherapy.com	Treats a wide variety of injuries, disorders and conditions. Also offers orthotic services.
Jade Bay Dentistry	250-766-4494	www.jadebaydental.ca	Range of quality dental services, including orthodontics. Accepts dental insurance plans.
Dr. Sokolowski	250-766-3944		Range of quality dental services; accepts dental insurance plans.
Lake Country Family Dentistry	250-766-2488	www.derektownsend.com	Quality dental services, accept dental insurance plans.
Winfield Denture Clinic	250-766-5423		New dentures, partials, relines and repairs.
Winfield Dental Centre	250-766-1003	www.winfielddentalcentre.ca	Family dentistry, cosmetic, implants, orthodontics, and sleep dentistry.

Chiropractic and Massage Therapy

Resource	Phone Number	Website	Notes
Lake Country Chiropractic	250-766-3155	www.lakecountrychiropractic.com	Chiropractic services, as well as orthotic services. Accept health plans, MSP, and Worksafe claims.
Health First Chiropractic	250-766-2141	www.healthfirstchiro.net	A wide range of chiropractic services.
Lake Country Spine and Wellness	250-766-1300	www.lakecountryspineandwellness.com	Chiropractic care, registered massage therapy and footcare. Accepts private insurance, and is an ICBC and WCB provider.
Winfield Massage Therapy Clinic	250-766-0770	www.winfieldmassagetherapy.com	Registered massage therapists; therapeutic, deep tissue and injury prevention.
Lake Country Massage Therapy	250-681-0911	www.lakecountrymassage.com	Wide variety of massage therapy techniques including myofascial and cranial sacral, as well as pregnancy massage.
The Healing House	250-766-2542 or 250-215-7139	www.thehealinghouseonthelake.com	Registered massage therapy, relaxation massage, energy work and facials.
Essential Health Massage Therapy Clinic	250-766-5446		Registered massage therapy
Viola Grohs	250-878-6405		Registered massage therapist

Optometrists and Hearing Services

Resource	Phone Number	Website	Notes
Lake Country Optometry	250-766-4240	www.lakecountryoptometry.ca	Wide range of eye care services, including eye emergencies, eye exams and glasses/contact lens fittings.
Mona Vision	250-766-0555	www.monavision.ca	Full service optical and eye care needs, repairs, glasses and lenses.
Lakeside Diagnostic Hearing & Tinnitus Centre	250-766-0294	www.lakesidehearing.com	Wide range of audiology and specialized services; from hearing aids to cochlear implants.

Foot Care

Resource	Phone Number	Website	Notes
Lake Country Advanced Footcare	250-317-0450		LPN providing service to Okanagan area seniors and veterans
Kizzy's Happy Feet Footcare	778-212-0067		Advance foot care nurse specializing in diabetic and senior foot care. Mobile service.
Mobile Foot Care and Reflexology	250-491-0808		Mobile foot care, reflexology, and home care supports.
One Step Foot Care	250-938-3668 or 250-215-5629	www.onestepfootcare.com	Professional in-home foot care for seniors, athletes, expectant mothers, diabetics and more.
Annette's Foot Care	250-575-7358		

Medical Supplies and Pharmacies

Resource	Phone Number	Website	Notes
Red Cross Medical Equipment Loan Service	250-766-2227	www.redcross.ca	Service is located at the Winfield Memorial Hall. Wide range of equipment available for loan.
Winfield IDA	250-766-2666	www.ida-pharmacy.ca	Home healthcare supplies for sale, prescriptions, and other pharmacy needs. Post office located inside.
Shoppers Drug Mart	250-766-2345	www.shoppersdrugmart.ca	Home healthcare supplies for sale, prescriptions, and other pharmacy needs.
Lake Country Remedy's Rx	778-480-6548	www.remedysrx.ca	Located in Lake Country Family Practice building.

Alternative Services and Therapies

Resource	Phone Number	Website	Notes
Holistic Tapestries	250-766-2005	www.collegeofkinesiology.com	Kinesiology and energy balancing.
Lake Country Homeopathy	250-470-2463	www.healthcommunity.org	Chronic and acute illness treatment w/homeopathy.

Housing and Facility Care

Resource	Phone Number	Website	Notes
Blue Heron Villa	250-766-1660	www.blueheronvilla.ca	Community minded, assisted living facility.
Lake Country Lodge and Manor	250-766-3007	www.balticproperties.ca	Supportive housing facility and licensed complex care facility.
Homestead Place	778-480-4008	www.homesteadplace.ca	Private, licensed assisted living home. Offers respite care.
Cedar Court, Society of Hope	250-862-8233	www.societyofhope.org	Independent living for people with a disability or 55+. Some units are income geared. Rent includes utilities.
Pinewood Villas, Society of Hope	250-862-8233	www.societyofhope.org	Affordable housing for seniors and people w/disabilities. Some units are income geared.
Woodsdale Place, Society of Hope	250-862-8233	www.societyofhope.org	Affordable housing for seniors and people w/disabilities. Some units are income geared. Rent includes heat only.
Providence Meadows	250-862-8233	www.societyofhope.org	Affordable housing for singles or couples with at least 1 dependent child. Rent is related to income; utilities not included.
Lake Country Connect	250-469-9358	www.connectcommunities.ca	Transitional rehabilitation and residential services for up to 42 people living with brain injuries.

Community Support and Counselling

Resource	Phone Number	Website	Notes
Lake Country Health Planning Society	778-215-5247	www.lakecountryhealth.ca	Better at Home: non-medical support services for 65+, elder abuse information, resource library and directory.
Hands in Service	250-861-5465	www.handsinservice.ca	Non-medical home care, referral and food assistance for ages 65 and under.
Empowered Recreation and Rehabilitation	250-540-9770	www.empoweredrandr.com	Recreation and rehabilitation services for seniors and people living w/a disability
Mental Health Exchange Association of B.C.	250-766-7100	www.mental-health-exchange.ca	Information on mental health issues.
Perpetua Hope Counselling	250-470-3806	http://www.cpcarpc.ca/ <i>Search for Perpetua Hope Counselling</i>	RPC dealing w/addictions, crisis intervention, grief, and more.
Counselling Lake Country	250-864-4995 or 778-363-3564	www.theravive.com/cities/bc/counselling-lake-country.aspx	Clinical counsellors and psychotherapists; marriage, family, youth, divorce, mental health, addictions, and more.
Mary Dougherty Consulting	250-766-7295	www.facebook.com/MaryDoughertyConsulting	Registered clinical counsellor and registered clinical psychologist. Individual, couple, and family therapy.
Reach Out Youth Counselling	250-763-7892	www.reachoutyouthcounselling.com	Variety of services for youth and adults 13-25.

Meal Programs and Food Services

Resource	Phone Number	Website	Notes
Lake Country Seniors Buffet	250-766-4220 or 250-766-4568 (take home meals)		Tuesdays at noon at the Seniors Centre, cost is \$8. Some take home meals available.
Lake Country Food Assistance Society	250-766-0125		Offers local area residents assistance with food needs. Call to make an appointment. Thrift store available as well.
Wooden Nickel Café	250-766-5550	www.facebook.com/wooden.nickel.07	Offers frozen meals for \$7.
Lake Country Marketplace IGA	250-766-4574	www.marketplaceiga.com	Offers grocery shopping service and delivery. Minimum fee \$10.
Farmer's Fruit and Produce	250-766-2226		Offers grocery shopping service, delivery not yet available.

Transportation

Resource	Phone Number	Website	Notes
handyDART	250-762-3278	www.bctransit.com/kelowna/riderinfo/handydart/register	Accessible bus and taxi options
Lake Country Seniors Bus Society	250-766-3227 Ask for Marg.		Scheduled group trips to social and recreational opportunities.
Lake Country Taxi and Shuttle	250-766-4440 or 250-766-2222		All forms of transportation services.
Better At Home Program in LC	778-215-5247	www.betterathome.ca or www.lakecountryhealthplanning.com	Transportation to appointments and grocery shopping

Recreational Facilities

Resource	Phone Number	Website	Notes
Lake Country Parks and Recreation	250-766-5650	www.okanaganway.ca/municipal/parks-recreation-culture	Includes seasonal activity guides and links to the many events, shows, groups, and teams available in Lake Country.
Seniors Activity Centre	250-766-4220	www.okanaganway.ca/live/community-services/seniors-activity-centre	Many events and regular activities, including tai chi, primetime, songsters and more.
Winfield Arena	250-766-3030	www.okanaganway.ca/municipal/parks-recreation-culture/winfield-arena	Programs include public skating, lessons, figure skating, hockey and private bookings. Dry-floor available in off season.
Winfield Curling Club	250-766-3318	www.winfieldcurlingclub.com	Offers lessons, leagues, bonspiels and more. Facility available for community and personal functions.
Beasley Community Centre	250-766-5650	All bookings go through the District of LC www.okanaganway.ca/municipal	Community Hall available to rent for any occasion
Oyama Community Centre	250-548-3204	www.oyamahall.ca	Events including turkey bingo and Halloween Howler. Facility available for rent.
Winfield Memorial Hall	250-766-4131	www.winfieldmemorialhall.com	Available to rent for any occasion.
Okanagan Centre Hall	250-766-5345 or 250-766-2372	www.okanagacentre.net	Events including yoga, pub night, and dances. Facility available for rent.

Child Care Services

Resource	Phone Number	Website	Notes
Okanagan Boys and Girls Club	250-766-5277	www.boysandgirlsclub.ca <i>Search Lake Country club to find specific programs in LC</i>	Supporting families and youth. Provides daycare, after school care and many recreational programs.
Strong Start Early Learning Centre	250-766-2104	www.sd23.bc.ca <i>Search Strong Start Peter Greer</i>	Free, drop-in early learning program for parents and kids 0-5 (pre-kindergarten).
Blossom Progressive Montessori Preschool	250-808-4769	www.blossom-montessori.ca	Quality preschool learning. Licensed facility. Activities are designed to cultivate a child's desire to learn at their own unique pace.
Care-a-lot Preschool	250-548-3261		Providing quality preschool care for over 10 years in LC. Located in Oyama. Licensed facility.
New Beginnings Early Learning Centre	250-766-3788	www.newbeginningscenter.ca	Licensed facility offering preschool, daycare, and after school care.
Lake Country Adventure Centre	250-859-9891	www.lakecountrychildcare.com	Offers childcare before and after school, on ProD days, holidays and for early dismissal. Licensing in progress.

My Friends Family Daycare	250-878-5555	Find them on Facebook	Licensed for kids aged 1-6. Located beside Peter Greer.
Nature's Kids Educational Child Care	250-766-4626	www.natureskids.wix.com	Licensed facility that focuses on using nature as a classroom. Open for ages 2-5 and offers a variety of programs.
Lake Country Imagination Academy	250-864-8658	Find them on Facebook or email lcimaginationacademy@gmail.com	Preschool programs for ages 3-5. Dance and gymnastics are a part of the weekly curriculum. ECE certified and professional instructors.
Creative Kids Preschool	250-766-3747		Licensed child care.
Kelowna Child Care Society	250-762-3536	www.kelownachildcare.com	Provides a variety of information and services for families. Can help w/parenting questions and childcare referrals.

Fitness Services

Resource	Phone Number	Website	Notes
Bodyz in Motion Health and Fitness	250-766-0611	www.bodyzinmotion.ca	Health and fitness facility. Offers personal trainers, instructors, supplements, and tanning.
Kee's Tae Kwon Do	250-766-5753	www.keesokanagan.com	Martial arts training and education for kids, teens & adults
Fung Loy Kok Taoist Tai Chi	250-766-5128	www.pacific.canada.taoist.org <i>Search for Oyama branch</i>	Gentle turning and stretching allows improved circulation, better balance and reduced stress.
Jessica Pallas	250-808-2673	www.jessicapallas.com	Nutrition, fitness, wellness, and deep tissue massage. Mobile services provided.
A Place for Yoga and Health	250-766-3122	www.aplaceforyoga.com	Certified Iyengar yoga instructor offers classes for all levels and abilities. Located in The Lakes.
Yogalign	250-766-0393	www.okanagancentre.net/events	Yoga that focuses on spinal alignment, deep core muscles, and creating strength to allow your body to move more naturally.
Second Wind Fitness	250-979-8489	www.secondwindfit.ca	Personal trainer; a babyboomer helping other babyboomers.
Polaris Fitness	250-307-3207	www.polarisfitness.ca	In home personal training, pilates and group fitness.
Crave Fitness	250-575-8292	www.cravefitness.ca	Certified personal trainer offering a wide variety of classes.

Faith Communities

Resource	Phone	Website	Notes
Baha'i Faith	250-766-5063	<i>For more information on any of the faith communities in LC, please visit the following website address:</i> www.okanaganway.ca/live/wellness/centres-of-worship	LC Faith Community
Jehovah's Witnesses	250-766-5710		LC Faith Community
Lake Country Life Centre	250-275-5071		LC Faith Community
Lake Country Church	250-766-4433		LC Faith Community
Seventh Day Adventist Church	250-766-4266		LC Faith Community
St. Edwards Catholic Church	250-766-3146		LC Faith Community
St. Francis Anglican Parish	250-766-0919		LC Faith Community
Willow Park Church	250-765-6622		LC Faith Community
Winfield Community Church	250-766-2753		LC Faith Community
Winfield United Church	250-766-4458		LC Faith Community

Legal Services

Resource	Phone Number	Website	Notes
Lake Country RCMP	250-766-2288		Non-emergency inquiries only
D Oscar Barnes Barrister & Solicitor	250-766-0660 or toll free 1-877-319-9990		General Practice Attorney deals with Civil Litigation, Family Law, and Personal Injury. A full service law firm
Gerry M Laarakker Law Corporation	250-766-3144	www.laarakkerlaw.com	General Practice Attorney & Notary specializing in Small Business Commercial & Corporate Law, Wills & Estates, and Collaborative Family Law
Nicholas Aubin Notary Corporation	250-766-4444	www.kelownanotary.ca	Deals with Real Estate Matters, Powers of Attorney, and Wills & Representation Agreements
Kathryn Battrum Notary Public	778-480-0900	www.lakecountrynotary.com	Full service notary public, deals with Wills, Power of Attorney, Representation Agreements, Estate Planning and more.
Legal Services Society: Legal Aid	1-866-577-2525	www.lss.bc.ca	Info, advice, representation and mediation for people w/low incomes
Canadian Bar Association, BC Lawyer Referral Service	1-800-663-1919	www.cbabc.org/For-the-public/Lawyer-Referral-Service	Referrals and consultations
Justice B.C.: Family Justice Information and Support		www.justicebc.ca	General information about family law in British Columbia. Has links and telephone numbers available.

Supportive Health Services outside of Lake Country

Resource	Phone Number	Website	Notes
Interior Health, Home and Community Care	250-980-1400	www.interiorhealth.ca <i>Search home and community care</i>	At-home and community services for acute, chronic, palliative, or rehabilitative health care needs, caregiver support and respite.
Kelowna Community Resources	250-763-8008	www.kcr.ca	Offers family services, crisis lines, immigration services and an online, searchable directory of resources found in the Okanagan.
Seniors Outreach and Resource Centre	250-861-6180	www.seniorsoutreach.ca	Information, support and referral in the areas of: housing, financial, social, recreational, health, safety, legal and estate planning for seniors.
Alcohol and Drug Information	1-800-663-1441	www.bc211.ca/help-lines	Information and referral
Alzheimer's Society	250-860-0305	www.alzheimerbc.org	Information, support, and referral.
Canadian Cancer Society	250-712-1101	www.cancer.ca/en/?region=bc	Information, support and referral.
Canadian Mental Health Association	250-861-3644	www.kelowna.cmha.bc.ca	Information, support, and referral.
Crisis Line	1-800-784-2433	www.crisislines.bc.ca	Assistance w/issues such as homelessness, mental health, addiction, abuse, poverty, and suicide.
Parkinson Society	1-800-668-3330	www.parkinson.bc.ca	Information, support and referral.
Veterans Affairs Canada	1-866-522-2122	www.veterans.gc.ca	Information, support and referral

