

How to set Intentions for 2026 without the pressure of resolutions

Life changes, and so can your intentions. It's perfectly okay to pause, reflect, and adjust as needed. Checking in with yourself every few months can help ensure your intentions still fit your needs and circumstances. Setting gentle, meaningful intentions can be a powerful way to support your well-being, one thoughtful step at a time.

What's the difference between intentions and resolutions?

Resolutions tend to be rigid and outcome-focused: lose weight, exercise every day, quit a habit. Intentions, on the other hand, focus on how you want to live and feel, not just what you want to achieve.

New Year Intentions to help you feel the way you want to feel!

(an intention doesn't need to be big or bold. In fact, smaller intentions are often the most powerful).



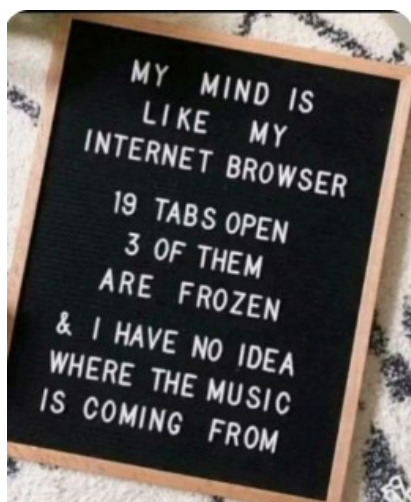
Ask yourself:

- What do I want more of my life this year?
- What feels realistic and supportive right now?
- What helps me feel well, connected, or fulfilled?

Keep it simple and kind

- I intend to move my body in ways that feel good.
- I intend to stay socially connected.
- I intend to be patient with myself.

Intentions leave room for life's ups and downs and that flexibility can make them easier to sustain.



TD1 2026 Personal Tax Credits Return



Government
of Canada

Why should I do my taxes?

Every year, many people in B.C. miss out on hundreds or thousands of dollars in benefits to help with the cost of living. You're automatically signed up to receive the benefits you're eligible for when you file a tax return. You can also claim credits to lower or refund your taxes.

Everyone should file a tax return every year, even if you have little to no income to report, so you can get the money you are entitled to.

2026 Income Tax Tips for Seniors

New laws & rules coming into effect 2026 TAXES

Middle-class tax cut

A new "middle-class tax cut" goes into effect for the 2025 tax year. **Announced in late June**, the personal income tax rate for those who make \$57,375 per year or less was dropped to 14.5 per cent for the 2025 tax year and 14 per cent for 2026 and subsequent tax years. It previously stood at 15 per cent. Ottawa expects nearly 22 million Canadians will benefit from this measure, which will equal a maximum tax savings of \$420 per person or \$840 per couple.

Even if your earnings put you above the lowest tax bracket, **the lower tax rate** will still be applied to the first \$57,375 of taxable income you earn. For example, if you make \$77,375 in 2025, you will be taxed at 14.5 per cent for the first \$57,375 you earn, and 20.5 per cent for the remaining \$20,000

Pension T4 Tax Statements will be mailed out January 29—February 19th

Taxes—low income families will be completed by gov.

Automatic tax filing

Starting in the 2026 tax year, the Canada Revenue Agency will begin **automatically filing taxes** for about one million low-income Canadians to help ensure they receive the federal benefits they qualify for, like the Canada Child Benefit and the FST/HST credit. The deadline to file 2026 taxes will be in April 2027. The system is expected to be scaled up to include 5.5 million people in the 2028 tax year.



The 2026 federal tax brackets are:

- **Income up to \$58,523.** Income up to the threshold of the lowest bracket will be taxed at a rate of 14 per cent. The upper limit for this bracket was \$57,375 in 2025.
- **Income above \$58,523 and up to \$117,045.** For every dollar of income between the limits of the second tax bracket, Ottawa applies a tax rate of 20.5 per cent. The upper threshold was \$114,750 in 2025.
- **Income above \$117,045 and up to \$181,440.** For every dollar of income falling in the third bracket, the federal income tax rate is 26 per cent. The previous upper limit was \$177,882.
- **Income above \$181,440 and up to \$258,482.** The federal rate for the fourth bracket is 29 per cent, with the previous upper threshold at \$253,414.
- **Income above \$258,482.** The top federal tax rate is 33 per cent.

Tax return deadline: Thursday April 30, 2026

Get your Taxes Filed for FREE!

Free Volunteer Income tax clinics are available for seniors on **LOW TO MODEST INCOME** and a simple tax situation.

SENIOR DROP-IN CENTRES

Tel # 250-493-2111

By appointment only

SOUTHERN OKANAGAN IMMIGRATION SERVICES

Tel # 250-492-6299

By appointment only

ACCESS CENTRE

Tel # 250-493-6822

By appointment only & meet the eligibility criteria—see below

ELIGIBILITY CRITERIA

Simple Returns for:

- 1 person.... income up to \$35,000
- 2 people.... income up to \$45,000
- 3 people.... income up to \$47,500
- Each additional Dependand....\$2,500



Coffee Connections

From: January 5, 2026 to March 30, 2026

Time: 10:00am—11:30am

No programs on: Jan 26, Feb 16, Feb 23, Mar 23



This program is an informal get-together for people with dementia and their unpaid care partners.

Join staff from OneSky Community Resources and the Penticton Public Library to meet new people over **FREE** coffee and cookies!

This program runs most Mondays except: Statutory Holidays, and the 4th Monday of the month (4th Monday of the month, another group holds **The Forget Me-Not Café**).



Great news! We’ve received a wonderful donation of diabetes-care equipment and a pair of hearing aids.

If you would like further information on these products, please contact our Seniors Wellness team for details on availability & distribution.

Call: 250-492-5814

Email: seniorswellness@oneskycommunity.ca

Please note that these products have not been tested or evaluated by Seniors Wellness staff.

A big thank you to everyone who responded to:

Write a Caption

Here are a few samples of the responses I received.

“Morning chatter on the branch—who’s got the juiciest gossip?”

“Voices rise, wings rest-life unfolds on a branch”

“Squawk squad reporting for duty”

“Caught mid-drama: the branch-side soap opera”





Be Kind To Your Heart - FREE EVENT

Start your day with calm, care, and connection.

Date: February 25th, 2026

Location: St. Andrew’s Presbyterian Church, 397 Martin St, Penticton

Time: 9:30am—11:00 am

Speakers: Dr. Tom Ashton—Retired Cardiologist & Rev. Laura Turnbull

Join us for a morning with Dr. Tom Ashton, retired cardiologist and Zen master, and Rev. Laura Turnbull.

Discover how meditation can bring peace, tranquility, and kindness to your well-being while supporting a healthy heart. Rev. Laura Turnbull will guide you through a gentle meditation to help you start your day with mindfulness, reflection, and caring attention for your mind, body and spirit. Together, they will share heart-health tips, along with insights into meditation, spirituality, and overall heart wellbeing.

Snacks, coffee and tea provided, as well as a light lunch: make your own sandwich, fresh veggies and chips.

To sign up: Call tel #: 1-888-576-5661



3 Alternative options for pain relief

* Drugs are the “go-to” solution for pain relief but may also cause side effects and serious health complications.

* There is evidence that alternative, non-drug options such as relaxation techniques, exercise and cognitive behavioural therapy can provide relief.

The tide is beginning to turn as more healthcare professionals advocate for medication reviews, deprescribing and the use of ‘alternative’ or non-drug therapies.

Here are three that have been tested by researchers.

1. **Get your groove on**—According to evidence, listening to certain kinds of music before, during and/or surgery helps reduce pain, anxiety and depression.
2. **Get a move on**—If we want to stay healthy and mobile, we need to make exercise a part of our daily routine.
3. **Change your mindset**—Cognitive-behavioural therapy may also help relieve pain.

Non-drug strategies are worth trying as a safer first line of defense.



RAFFLE CONTEST

TICKETS: \$10 EACH OR 3 FOR \$25.00
SALES START: NOVEMBER 1ST

DON'T MISS OUT ON THIS OPPORTUNITY!

Draw Date 1 pm
JUNE 1 2026

LEO 4 WHEEL SCOOTER VALUE: \$3600.00

Penticton Seniors' Drop-In Centre
 2965 South Main Street
 250-493-2111 www.pentictonseniors.ca
 Partnered with Premium Mobility Products Inc.

Gaming license # 166488

DEMENTIA WORKSHOP

Targeted strategies for word salad, wanting to go home and more



Dementia affects how a person conveys their thoughts and feelings; common behaviours can include mixing up words (word salad) and creating false memories without motivation (confabulation) which can lead to misunderstandings and frustrations. Learn how to address these behaviours and respond to other questions, like wanting to go home and asking about deceased relatives. Free to attend. For caregivers.



WHERE

35 Backstreet Blvd
Penticton



WHEN

Friday February 6th
10-11:30 am



REGISTRATION

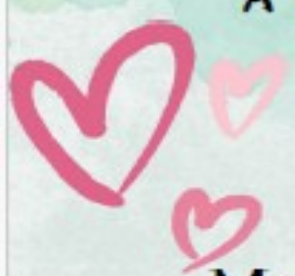
Please call the First Link®
Dementia Helpline at
1-800-936-6033.

***Masks are optional.**

Learn more about safety protocols at alzbc.org/COVID-safety

The Forget-Me-Not Cafe

A Dementia Friendly Neighbourhood Cafe
welcoming those with dementia
& their family or friends



Next Cafe:

Monday February 23, 2026

11:30am - 1:30-ish (\$5.00/person)

Enjoy lunch, music, arts,
conversation & laughter

Pre-register for the Forget-Me-Not
Cafe by:

- Calling 250-492-6861 (Tues/Thurs 9-12) or
- Emailing: pentictondementiacafe@gmail.com



Our Redeemer Lutheran Church*
1370 Church Street, Penticton



*Accessible Back Entry

Managing Stress & Preventing Burnout: Emotional Health for Caregivers



Join us at the **Summerland Library** on **Thursday, February 12 at 11:30 AM** for a supportive and informative **Lunch & Learn** focused on caregiver wellness.

Learn practical tips for managing stress, preventing burnout, and caring for your emotional health as a caregiver.

Presented by a **Caregiver Support Facilitator from OneSky**, this session offers insight, support, and tools to help you care for yourself while caring for others.

Bring your lunch—and take a well-deserved break.



Penticton Arts Council Drop-Ins

By donation, open to all ages unless specified

CALL FOR MORE INFORMATION: (250) 492—7997

LOCATION: Leir House, 220 Manor Park Ave,
Penticton

DROP-IN GROUP
Yarn Yakkers
 Every Monday
 1:00 pm - 3:00 pm
 By Donation
 Community Art Room
 Leir House Cultural Centre
 220 Manor Park Ave
 Learn More: pentictonartscouncil.com

DROP-IN GROUP
First Friday Felters
 First Friday of Every Month
 11:00 am - 2:00 pm
 By Donation
 Community Art Room
 Leir House Cultural Centre
 220 Manor Park Ave
 Learn More: pentictonartscouncil.com

**Artsy Aging
 with Alice**
 10 - 12 pm
 Every Tuesday and Thursday at the
 Leir House

FEB 23
Free meal

with featured artists

Monday
every last Monday of the month
SUPPERS

hosted by
Summerland United
@ the stone church
on Prairie Valley

Beef Stew
& always a veg option

Lee & Judy Rempel

[www.Summerland United.BC.CA](http://www.SummerlandUnited.BC.CA)

South Okanagan Loss Society

Supporting new beginnings for meaningful endings

You are welcome to join our weekly facilitated Drop-in Support Groups

Seniors Living with Loss

Monday mornings @ 10:30 am

Leir House (Downstairs @ side door)

220-Manor Park Ave. Penticton

Conversations on Loss and Grief

Tuesday evenings 6:30-8:30pm

Community Futures

#102-3115 Skaha Rd, Penticton



Beefy Italian Vegetable Soup

This one-pot, easy to make soup is full of beef and vegetables that it could almost be called a stew.

Ingredients:

1 tsp vegetable oil
 12 ounces boneless beef sirloin steak, cut into bite-size pieces
 8 ounces fresh mushrooms, quartered
 1 medium onion, chopped
 3 cloves garlic, minced
 1tbsp balsamic vinegar
 2 (14 ounces) cans reduced-sodium beef broth
 1 (14.5 ounces) can no-salt-added diced tomatoes, undrained
 1/4 cup dry red wine (optional)
 1/2 tsp dried Italian seasoning, crushed
 1/4 tsp fennel seed, crushed
 1/4 tsp ground pepper
 3 cups kale, chopped
 1 cup fresh green beans, bias-sliced into bite-size pieces
 1 medium yellow bell pepper, chopped



Step 1—Heat oil in large pot, add beef and cook over medium-high heat until browned, remove from pot.

Step 2—Add mushrooms, onion, garlic to the pot and stir until tender and mushrooms are browned. Add vinegar and stir to remove browned bits on the bottom of the pan.

Step 3—Add broth, undrained tomatoes, wine (if desired), Italian seasoning, fennel see, and ground pepper. Bring to boil. Add beef, kale, green beans and bell pepper. Reduce heat and simmer, covered, about 15 minutes or until vegetables and beef are tender. To serve, ladle soup into bowls. **Enjoy!**

Seniors Wellness at OneSky

Call **250-492-5814** or email seniorswellness@oneskycommunity.com as your first point of contact for all questions related to seniors. We provide local information and resources, help filling out forms and connections to various programs or other services in the community.

Visit our website at oneskycommunity.com to learn more about our programs for seniors:

Better at Home

Social Prescribing

Out & About

Choose to Move

Caregiver Support

Cycling Without Age

330 Ellis St., Penticton BC V2A 4L7

