

Mother's Day Origins

Ancient Civilizations: The Greeks held festivals for Rhea, the mother of the gods, while the Romans celebrated Cybele (Magna Mater) during the Matronalia festivals.



Mothering Sunday: A Christian tradition in the UK and Europe where faithful returned to their “mother church” on the fourth Sunday of Lent (March). Over time, it evolved into a day for domestic servants to visit their own mothers.

Anna Jarvis (The Founder of the Modern Official Mother's Day): Following her mother's death in 1905, Anna campaigned for an official holiday. The first “official” service was held on May 10, 1908, at St. Andrew's Methodist Church in Grafton, West Virginia. While Anna's version became the national holiday we recognize today, the tradition has roots in ancient festivals and early 19th-century social activism.

Country Living: “Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude” - Denis Wailey

Poem: **Your Love has been my quiet guide,
A steady hand through every tide.
In all I am and hope to be,
Your heart lives on inside of me.**



Artist: Joanne Short

When Can Rent Be Increased?



Rent can be increased once every 12 months which is set by the [Residential Tenancy Branch](#).
Call toll-free: 1-800-663-7867

Landlords can only apply rent increases for the current year and if it has been at least 12 months since:

- Rent was set at the beginning of a tenancy or
- Rent was last legally increased during an existing tenancy

This rule applies if there is a new landlord or a new tenant [through a sublet or assignment of a tenancy agreement](#).

2025 and 2026 rent increase limit

The **2026** rent increase limit for residential tenancies is **2.3%**
The 2025 rent increase limit for residential tenancies is **3%**



If utilities and other fees are included in the rent, the landlord still cannot increase the rent beyond this amount even if their costs are higher. Find out if the Residential Tenancy Act [covers your tenancy](#).

Tenants must get at least 3 months' notice

Landlords must provide tenants with three full months of a rent increase.

This written notice must include:

- The exact dollar amount of the increase
- The date the rent increase goes into effect.

Landlords must use the [Notice of Rent Increase](#)- Form RTB-7 to let tenants know about rent increases.

Calculating a rent increase

Use this [rent increase calculator](#) to find out when and by how much rent can be increased for existing tenants.

Utilities and other fee increases

Utilities and [other fees](#) can only be increased with the tenant's agreement. This applies whether utilities are included in the tenancy agreement or if there is a separate agreement.

Tenants should make sure to get a copy of the utility or service bill from their landlord before paying.



Meadowlark Nature Festival—Find Your Wild!

Presented by the Okanagan Similkameen Conservation Alliance, offers interactive, outdoor events that explore and celebrate the spectacular natural environment of the Okanagan Similkameen. All tours are ecological or culturally focused, led by incredible local mentors and conservation partners.

Featured Artist’s Talk

Meeting Place: Penticton Art Gallery, 199 Marina Way, Penticton

Date: Saturday, May 16, 2026

Time: 2:30pm to 3:30pm

Price: \$0



The Wonders of White lake

Meeting Place: SOEC parking lot, 853 Eckhardt Ave W, Penticton (near front doors)

Date: Friday, May 15, 2026

Time: 8:30am to 12pm

Price: \$5—\$40



MeadowlarkFestival.ca
 meadowlarkfestival.ca/how-to-buy-tickets
 or Call 250 492-5275
 presented by Okanagan Similkameen Conservation Alliance

NeighbourLink Soup Social

DATE: May 21 @ 12pm

Summerland Community Centre
9710 Brown St
Summerland



NeighbourLink Summerland
Monthly SOUP SOCIAL
 Third Thursdays at 12 noon at the Summerland Community Centre (except in summer).
 Soup, bun, dessert, tea/coffee
FREE LUNCH - DONATIONS GRATEFULLY RECEIVED
 www.facebook.com/nlinksummerland
 www.neighbourlinksummerland.org

Become a member of this great group for **FREE** and enjoy a soup social every month, entirely provided by volunteers. Soups are homemade and are served with a bun. Gluten free and vegetarian versions are always available.

Tea or coffee and dessert are provided.

Getting back at low back pain!



Exploring non-medicine and non-surgical treatments

- Low back pain is a major cause of disability around the world.
- 90% of cases of low back pain cannot be linked to a specific cause.
- Various non-medicine and non-surgical strategies like acupuncture, exercise, advice, psychological therapies, and multidisciplinary therapies can be effective in adults with non-specific low back pain.
- Work with your healthcare team to develop an individualized treatment plan that meets your needs and consists of multiple components.

Research tells us:

Adults with acute low back pain who remain active decrease pain and increase function compared to rest in bed. **“Motion is lotion”.**

Adults with subacute low back pain who use multi disciplinary therapies (mental, physical and social) are more likely to decrease pain compared to usual care.

Adults with chronic low back pain (lasting longer than 12 weeks) using acupuncture, exercise and multidisciplinary therapies are more likely to decrease pain and enhance function compared to placebo or no treatment or usual care. Therapies that tackle muscle relaxation, fear and managing one’s condition are also likely to reduce pain. Benefits are seen from 3 months to a year.



SCAMS: Resources to help on the preventative end of scams

[Telus Call Control](#) - Landline

[Telus Call Control](#) - Mobile

Blocking unwanted calls for Rogers/Shaw landlines

Also recommended: Add your name to the [National Do Not Call List](#). Or call: 1-866-580-3625 This is super quick and will cut down on the number of telemarketing calls you receive.

The Canadian Anti-Fraud Centre has a [video library](#) dedicated to educating the public on various scams.



World Laughter Day—1st Sunday in May (May 3 2026)

World Laughter Day raises awareness of laughter and the many healing benefits it provides. Another goal of the day is to manifest World Peace and build a global consciousness through laughter.

“Laughter is the best medicine”. Psychologists and medical doctors say there is truth to this statement. That’s because there is evidence that laughter can do so many wonderful things.

Here are just some of the many benefits of laughter:

- Helps to reduce pain and allows people to tolerate discomfort.
- Reduces blood sugar levels and increase glucose tolerance.
- Improves job performance.
- Makes marriages and intimate relationships healthier.
- Relieves stress and helps the body to relax.



What do dentists call x-rays? Tooth pics.

Where do waiters with one leg work? IHOP.

What to call a toothless grizzly? Gummy bear.

What do you call a pig that’s a black belt? A Pork Chop.

What did the buffalo say when his son went to college? Bison.

I stayed up one night wondering where the sun was. Finally, it dawned on me.



Date: Sunday, May 31

Time: 1pm to 4pm

Where: Penticton & South Okanagan Walk

Location: Penticton—Gyro Park & Bankshell, 55 Main St, Penticton

Registration time: 1pm

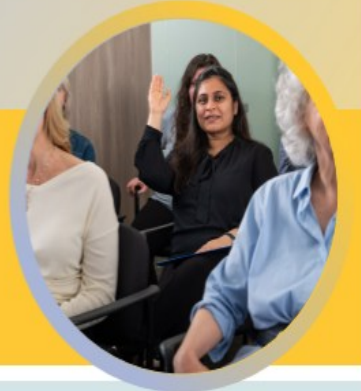
Opening ceremony: 2pm (followed by walk)

On Sunday, May 31. Join more than 2,000 fellow British Columbians to show people living with dementia, as well as their families and caregivers, they don’t have to walk alone.

Funds raised through the Walk are instrumental in helping the Alzheimer Society of BC and Yukon deliver programs and services to people affected by dementia and enable research to change the future of the disease.

DEMENTIA WORKSHOP

Responding to late-day confusion



People living with dementia may become restless or confused late in the day, a phenomenon that has been referred to as “sundowning”. Caregivers may feel helpless, not knowing how to alleviate the restlessness and agitation. Learn the signs and explore strategies for responding. Free to attend. **For caregivers.**



WHERE
Penticton Resource Centre
104 - 35 Backstreet Boulevard



WHEN
Wednesday, May 20
1 to 3 p.m.



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



Adapting to Change and Building Resilience with Lucinda Bibbs MC,RCC,

Workshop Overview:

Had a recent change in your life or finding it hard to bounce back when things don't go to plan? Change is constant—but that doesn't make it easy. This session gives people a realistic framework for navigating uncertainty, processing setbacks, and moving forward with more confidence.

Date: Monday, May 4th **Location:** 103-1873 CMHA Main St, Penticton

Time: 10am to 11am **Format:** In-person

Cost: FREE **Register:** Call: 250-493-8999 or [Click Here](#)



The Forget-Me-Not Cafe

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

Next Cafe:

MONDAY May 25th, 2026

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

Enjoy lunch, music, arts,
conversation & laughter

Pre-register for the Cafe by:

- Calling 250-492-6861 or
- Emailing: pentictondementiacafe@gmail.com



Our Redeemer Lutheran Church*
1370 Church Street, Penticton

*Accessible Back Entry

THANK YOU to our SPONSORS!

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A Workshop on Grief, Loss & Trauma

As it relates to caregivers
of those living with dementia



Tuesday May 19, 2026 1:00pm - 4:30pm

with Dr. Max Uhlemann, Psychologist
hosted by

The Forget-Me-Not Cafe at
Our Redeemer Lutheran Church**
1370 Church Street, Penticton

Refreshments provided.
Donations gratefully accepted
to cover workshops expenses.

Please pre-register by April 30th, 2026

- by email-pentictondementiacafe@gmail.com or
- by calling ORLC office 250-492-6861



**Accessible Back Entry



Coffee Connections

Every Monday from March 2 to May 25

Time: 10 am to 11:30am

Where: Penticton Library



Join staff from OneSky Community Resources and the Penticton Public Library to meet new people over **FREE** coffee and cookies! This program is an informal get-together for people living with dementia and their unpaid care partners.

Please note, registration is required

To register, call Sheena: **250-488-7455**

Family Movie Night: Freakier Friday (2025)

Date: May 7, 2026

Time: 6pm to 8pm

Cost: **FREE** (bring your bowl of popcorn)

Where: Penticton Library

Movie Info:

22 years after Tess and Anna endured an identity crisis, Anna now has a daughter and a soon-to-be stepdaughter. As they navigate the challenges that come when two families merge, Tess and Anna discover that lightning might strike twice!



Penticton Arts Council Drop-Ins

By donation, open to all ages unless specified.






Yarn Yakkers (16+) A knitting and crochet group that likes to laugh!
Mondays: 1:00 pm to 3:00 pm*

Artsy Aging with Alice (55+) Crafts and painting with Alice Strohmaier.
Tuesdays & Thursdays: 10:00 am to Noon

Wednesday Write-Ins (18+) Come and write together!
Third Wednesday each month: 5:00 pm to 7:00 pm

First Friday Felters (18+) All types of fibre arts welcome!
First Friday each month: 11:00 am to 2:00 pm

CALL FOR MORE INFORMATION: (250) 492-7997
LOCATION: Leir House, 220 Manor Park Ave, Penticton

Medical Assistance in Dying (MAiD) Webinar

Medical Assistance in Dying (MAiD) and hospice palliative care: This webinar will provide an overview of how the relationship between Medical Assistance in Dying (MAiD) and hospice palliative care is presented in academic literature, with reflections on how this relationship can be seen within current end-of-life care research. Considerations for future research will also be discussed.

[Register Here](#)

Presenter: Jennifer Dorman, PhD, RN, CHPCN(C)

Date: Tuesday, May 5

Time: 11 am

Where: Online



THE UNIVERSITY OF BRITISH COLUMBIA

Okanagan Campus



Is it normal aging or mild cognitive impairment?

Normal aging brings about some cognitive changes, such as slower thinking speed and challenges with complex tasks. However, these changes do not impact independence.

The brain is not different from other organs or experiences that you have. You might not be able to run as fast or jump as high, and the brain might not function exactly as it once did. However, vocabulary and wisdom can improve over time.

Promoting brain health is crucial for reducing the risk of MCI (Mild Cognitive Impairment): Physical activity, weight management, blood vessel health, a healthy diet, and avoiding smoking and excessive alcohol consumption are all beneficial. Cognitive and social activities are also very important. **“What’s good for the brain, is good for the body; and vice versa”** Dr Levinson.

Addressing denial about cognitive decline can be challenging. It is important to be kind and consistent in feedback and to seek the help of a trusted professional. Documenting instances of cognitive lapses can provide objective evidence. In some instances, emotional and behavioural changes are related to mild

Penticton & District Manufactured Home Owners Park Association

Annual General Meeting - May 22, 2026 at 1:30 pm

Oasis Church

2964 Skaha Lake Road

Call Elaine for more inquires: 250-487-3235





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

