

MEDICAL AND HEALTH SERVICES

Ambulance Service of B.C.

250-547-6917

1785 Miller Street
Lumby, BC V0E 2G0

Bloom Wellness Centre

250-547-6066

250-547-6164 (fax)

2161 Shuswap Avenue
Lumby, BC V0E 2G0

Monday 9:00 – 1:00

Tuesday – Friday 9:00 – 5:00

Website: www.bloomwellnesscentre.ca

Diabetic Clinic

250-558-1210

By referral from your doctor to Vernon Jubilee Hospital. Open in Vernon.

Monday – Friday 8:00 – 4:00

Clinics in Armstrong and Enderby

Doctor

250-547-2127

250-547-2196 (fax)

Lumby Health Centre

2135 Norris Avenue, Box 247
Lumby, BC V0E 2G0

Website: www.lumbyhealthcentre.org

Lumby & District Health Services Society

250-547-9741

250-547-9743 (fax)

2135 Norris Avenue, Box 520
Lumby, BC V0E 2G0

Website: www.lumbyhealthcentre.org

X-Rays:

Tuesday 9:15 – 1:45

Thursday 9:45 – 1:45

Friday 9:45 – 1:45

Lab:

Tuesday 7:30 – 9:45

Thursday 12:30 – 2:15

Options for Sexual Health:

Wednesday evenings 6:00 – 9:00

Drop-ins welcome.

Lumby I.D.A. Pharmacy

250-547-2324

250-547-9593

1958 Vernon Street, Box 1030
Lumby, BC V0E 2G0

Monashee Dental**250-547-2104****250-547-2133 (fax)**

2000 Norris Avenue, Box 700

Lumby, BC V0E 2G0

Monday – Friday

8:30 – 5:00

Public Health**250-547-2164****250-547-6931 (fax)**

2135 Norris Avenue, Box 520

Lumby, BC V0E 2G0

Early Childhood Development, Communicable Diseases, School Health,
Reproductive Health, Breastfeeding Mothers Support.**Vernon Home & Community Care****250-541-2200****250-541-2244 (fax)****Health Services Centre – Interior Health Authority**4505 25th Street

Vernon, BC V1T 4S8

Acute & Long Term Care Health Services upon referral from client,
family, family physician or other agencies.**Work BC Employment Services Centre****250-547-6483**

3 – 2095 Shuswap Avenue

Lumby, BC V0E 2G0

CHERRYVILLE SOCIAL RESOURCES

Cherryville APC 250-547-6550

(Advisory Planning Commission)

Email: apc@cherryville.net

Cherryville & Area Historical Society 250-547-2430

425 Highway 6

Cherryville, BC

Cherryville Artisans Association 250-547-2070 or 250-547-0020

1187 Highway 6

Cherryville, BC V0E 2G1

Email: cherryvilleartisans@gmail.com

Website: www.cherryvilleartisans.com

Cherryville Community Club / Hall 250-547-6540

158 North Fork Road

Cherryville, BC V0E 2G3

Email: communityclub@cherryville.net

Website: www.cherryville.net/communityclub.html

Cherryville Community Food Bank Society 250-547-6646

158 North Fork Road

Cherryville, BC

Email: foodbank@cherryville.net

Cherryville & District Community Shooting 250-547-6480

Range Association

Cherryville, BC

Cherryville Elementary PAC 250-547-6163

(Parents Advisory Committee)

Cherryville Elementary School

108 North Fork Road

Cherryville, BC V0E 2G3

Cherryville Farmers Market Association 250-306-2660

Cherryville, BC

Email: farmersmarket@cherryville.net

CHERRYVILLE SOCIAL RESOURCES

Cherryville Food Bank**250-547-6646**

158 North Fork Road

Cherryville, BC

Short term food is available for those in need of support. Needs filled as required, limited to once per month.

**Cherry Ridge Management Committee
(CRMC)****250-308-2866**

158 North Fork Road

Cherryville, BC V0E 2G3

Cherryville Rink Society**250-547-6236**

Cherryville, BC

Email: rink@cherryville.netWebsite: www.cherryville.net/rink.html**Cherryville Seniors Society****250-547-2130**

Cherryville, BC

LUMBY SERVICES

Good Food Box

250-547-8866 or 250-545-6412

A monthly box of quality fresh fruits and veggies. Open to everyone!

A payment of \$17.00 can be made at the Whitevalley Community Resource Centre by the second Wednesday of the month.

Lumby Food Bank

250-547-2225

Emergency Short Term Food Aid.

Call ahead by the 2nd Tuesday of the month. Leave your name, number and how many adults / teens / children in your family. Pick up is the 2nd Wednesday between 12:30 pm – 1:30 pm.

NEW LOCATION: Across the street from Snac Shac.

Lumby Thrift Store

778-473-3003

1879 Vernon Street

Lumby, BC V0E 2G0

Drop off depot for donations of clean, good quality clothing.

Monday, Wednesday, Friday 10:00 – 4:00

Tuesday & Thursday 10:00 – 3:00

Located in the Arbour Mall next to the Dollar Store.

Website: www.lumbythrift.webs.com

Lumby Village Office

250-547-2171

250-547-6894 (fax)

1775 Glencaird Street, Box 430

Lumby, BC V0E 2G0

Website: www.lumby.ca

Email: info@lumby.ca

Lumby Volunteer Fire Department

250-547-9516

250-547-9094 (fax)

1769 Shuswap Avenue

Lumby, BC V0E 2G0

Email: lumbyfire@shaw.ca

RCMP Lumby Detachment

250-547-2151

2208 Shuswap Avenue

Lumby, BC V0E 2G0

**NORTH OKANAGAN REGIONAL DISTRICT
(N.O.R.D.)**

250-550-3700

250-550-3701 (fax)

9848 Aberdeen Road, Vernon, BC V1B 2K9

Email: info@rdno.ca

- Building Inspection, Special Permits
- Area Recreation Facilities, Dog Control
- Agriculture Land Reserve (ALR) Zoning Bylaws
- Official Community Plan (OCP) Subdivision Bylaws
- Ground Water Supply Requirements

Red Cross Medical Equipment Loan Service

250-545-3111

250-545-3116 (fax)

2809 44th Avenue

Vernon, BC V1T 7P4

Monday, Tuesday, Thursday, Friday 9:00 – 1:00

Recreation Program Coordinator:

250-547-6349

Saddle Mountain Housing Society

250-547-2060

1751 Glencaird Street

Lumby, BC V0E 2G0

Pat Duke Arena

250-309-4341

White Valley Community Centre

250-547-6404

Work BC Employment Services Centre

250-547-6483

3 – 2095 Shuswap Avenue

Lumby, BC V0E 2G0

LAVINGTON SERVICES

Adult Recreation at **250-545-1710**

Lavington Elementary School

9715 School Road

Coldstream, BC V1B 3G4

Co-ed Volleyball:

- Tuesday, Friday 7:00 – 9:30

Co-ed Fitness:

- Monday, Thursday 7:00 – 8:30

Co-ed Walk / Run:

- Tuesday, Wednesday, Friday 6:00 – 7:00

Lavington Community Association **250-542-5072**

9775 School Road

Coldstream, BC V1B 3G4

Lavington Elementary PAC **250-545-1710**

(Parent Advisory Committee)

9715 School Road

Coldstream, BC V1B 3G4

Lavington Preschool **250-542-9200**

9715 School Road

Coldstream, BC V1B 3G4

Lavington Volunteer Fire Department **250-542-6878**

9739 School Road

Coldstream, BC V1B 3G4

North Okanagan Valley Gleaners **250-558-5872**

Processing Plant

973 Whitevale Road

Lavington, BC

SCHOOLS

Charles Bloom Secondary School

1894 Glencaird Street, Box 220

Lumby, BC V0E 2G0

250-547-2191

250-547-9553 (fax)

Cherryville Elementary

108 North Fork Road

Cherryville, BC V0E 2G3

PAC Email: pac@cherryville.net

250-547-6163

250-547-0142 (fax)

CrossRoads School

1930 Miller Street

Lumby, BC V0E 2G0

250-547-2593

250-547-8952 (fax)

Lavington Elementary

9715 School Road

Coldstream, BC V1B 3G4

Lance Johnson: Principal

250-547-8994

School District Trustees

250-549-9226

Vernon School Board Office

1401 - 15th Street

Vernon, BC V1T 8S8

Email: district_web@sd22.bc.ca

250-542-3331

CHURCHES

Catholic Women's League 250-307-2196

Involved in charity, Food Bank & other community activities.

Cherryville Gospel Church 250-547-6646

77 Aumond Road

Cherryville, BC

Service & Sunday School Program: 10:30 am

Creighton Valley Richlands 250-575-7809

Community S.D.A. Church

12 Hammond Road

Cherryville, BC V0E 2G3

Saturday Service: 9:30 / Worship 11:00

Kingdom Hall of Jehovah's Witnesses 250-547-8822

256 Mabel Lake Road

Lumby, BC V0E 2G5

Website: www.jw.org / www.watchtower.org

Lavington Fellowship Baptist 250-545-9390

9681 School Road

Lavington, BC V1B 3G4

Sunday Service: 10:00 am

SERVICE CLUBS

Cherryville Community Club

250-547-6540

158 North Fork Road, Cherryville

Email: Cherryvillecommunityclub@cherryville.net

Meets 2nd Tuesday of the month, 7:30 pm @ the Cherryville Community Hall.

Website: www.cherryville.net/communityclub.html

Legion Ladies Auxillary

250-547-9770 or 250-547-0023

Box 217

Lumby, BC V0E 2G0

Meets 2nd Monday of the month, 2pm @ the Legion (upstairs).

"All new members welcome"

Lumby Days Society

250-547-6360

Box 303

Lumby, BC V0E 2G0

Meets 3rd Thursday of the month, 7 pm @ the Village Office.

Website: www.lumbydays.ca

Lumby & District Chamber of Commerce

250-547-2300

250-547-2390 (fax)

1882 Vernon Street, Box 534

Lumby, BC V0E 2G0

Website: lumbychamber@shaw.ca

Hours of Operation:

September – May: Monday – Friday 9:00 am – 3:00 pm

June – August: 7 days a week 9:00 am – 5:00 pm

Lumby & District Senior Citizens

250-547-2060

Housing Society

1751 Glencaird Street, Box 565

Lumby, BC V0E 2G0

Email: info@saddlemountainplace.ca

Lumby Lions Club

250-547-7900

Meets 1st and 3rd Tuesday, 6:30 pm @ the Whitevalley Community Hall.

Lumby Public Market

Saturday 9:00 am – 1:00 pm

May to October in the Community Oval Park, Norris & Glencaird

Mabel Lake Community Club**250-547-2567**

111 Shuswap Falls Road
Lumby, BC V0E 2G7

Lumby OAP /**250-547-6417****Monashee 50+ Club Branch # 117**

1737 Glencaird Street, Box 1099
Lumby, BC V0E 2G0
Open to 50 years and over.

Pythian Sisters**250-547-9425**

Meets 1st and 3rd Wednesday, 1:30 pm @ the United Church.

Royal Canadian Legion**250-547-2338**

2016 Miller Street
Lumby, BC V0E 2G0
Meets 3rd Wednesday, 7:00 pm @ the Legion.

RECREATIONAL SERVICES

Artistic Connections Art Program - 250-547-6397
Learn how to do Watercolor Painting
Tuesdays 12:00 pm – 4:00 pm @ the Whitevalley Community Centre.

Coldstream Golf Course 250-547-6048
12 Dure Meadow Road
Lumby, BC V0E 2G6
Scottish Style, 9 Hole, Driving Range

Figure Skating Club 250-547-6060
Tuesday, Thursday & Friday

Girl Guides 250-306-4927
Email: brandyhansenguider@gmail.com

Lumby Curling Club 250-547-2377
2230 Shields Avenue
Lumby, BC V0E 2G0
Monday Mixed League 7:00 pm
Wednesday Mixed League
Friday Mixed Curling & Junior League
Tuesday & Thursday 9:30 am
Seniors and Drop ins
Saturday open for rentals, banquet room and 5PAC mixed

Lumby & District Wildlife Association 250-547-6708
Organizes Spring and Fall trap shoots, pistol and archery tournaments.
Meetings 2nd Wednesday of each month, 7:00 pm. Annual wildlife banquet.

Lumby Golf Course 250-547-9890
Highway 6 East
Nine holes, sand greens, 5 minutes from town.

Lumby Lions Campground 250-547-2005
Open May to October

Lumby Pool 250-547-6835
1811 Glencaird Street
Lumby, BC
Open May through August

Minor Hockey 250-540-3097

Monashee Arts Council 778-473-3029

1961 Vernon Street

Lumby, BC V0E 2G0

(former Family Café)

Open Tuesday & Thursday 9:00 am – 2:00 pm

Email: monasheeartscouncil@gmail.com

Monashee Toastmasters Club 250-547-9335 or 250-547-6480

Meets weekly on Tuesdays, 7:00 pm – 8:30 pm @ the Blue Ox Pub meeting room.

A toastmaster is an opportunity to improve on your communication and leadership skills with a supportive and fun group of people.

Parents & Tots (Free) 250-547-6858

Monday, Wednesday & Friday 11:00 am – 12:00 pm

River Ridge Golf Course 250-547-9660

1361 Highway 6

Cherryville, BC

Nine hole, grass, licensed clubhouse and restaurant. 12 miles east of Lumby.

Skating Arena 250-547-6349 or 250-309-4341

2270 Shields Avenue

Lumby, BC

Open October – March

Public Skating

Wednesday 2:30 pm – 4:00 pm

Saturday 6:00 pm – 7:30 pm

Sunday 5:30 pm – 7:00 pm

Swim Club 250-540-3097

Website: www.lumbylightning.ca

White Valley Parks & Recreation 250-547-6404

2250 Shields Avenue

Recreational programmer for bookings of the hall, meeting room, etc.

Email: recreation@lumby.ca

LIBRAIRIES

Cherryville Okanagan Regional Library **250-547-9776**

1114 Highway 6

Cherryville, BC

East of Frank's Store in the "Dip"

Wednesday 4:00 pm – 8:00 pm

Thursday 10:00 pm – 2:00 pm

Website: www.orl.bc.ca

Lumby Okanagan Regional Library **250-547-9528**

2250 Shields Avenue

Lumby, BC V0E 2G0

Hours:

Tuesday 10:00 am – 7:00 pm

Wednesday 10:00 am – 2:00 pm

Thursday 3:00 pm – 7:00 pm

Friday 10:00 am – 2:00 pm

Saturday 10:00 am – 2:00 pm

Sunday Closed

Monday Closed

Website: www.orl.bc.ca

MISCELLANEOUS

4-H Beef Club **250-547-6535**

Website: www.bc4h.ba.ca

Cadet Leader **250-547-6403**

Cherryville Preschool **250-547-2555**

Cherryville Community Hall

Monday & Thursday 10:00 am – 12:30 pm

September - June

Lumby Preschool **250-547-6404**

White Valley Community Centre

2260 Shields Avenue

Lumby, BC V0E 2G0

Offers a wide variety of morning and afternoon programs.

VERNON SOCIAL AGENCIES

Adult Alcohol and Drug Services 250-549-5737

Vernon Health Unit

1440 - 14th Avenue

Vernon, BC

Provision of clinical alcohol and drug services to adults, community preventative programs.

Corrections Branch Probation Officer 250-503-4406

Youth Probation 250-558-2700

Good Morning Program 250-545-8074

Operated by the Crisis Line. Check in phone call to seniors living in their own home. Referrals can be made by self, family, friends or a professional.

Family Resource Centre 250-545-3390

201 - 3402 27th Avenue

Vernon, BC

Offers family and sexual abuse counseling; intervention for children, women and men; Healthy Families Project; Community Support Volunteer; Elderly Services Support; Marriage Preparation and Library Services. Services are free and confidential. There may be a minimal cost for some programs.

Website www.vernonfrc.ca

Good Morning Program 250-545-8074

Operated by Crisis Line

Check in phone call to seniors living in own home. Referrals can be by self, family, friends or a professional.

Legal Advocate 250-542-3555 Ext. 209

Women's Transition House

10 - 3301 24th Avenue

Vernon, BC

Drop ins on Wednesdays 9:00 am – 9:30 am

North Okanagan Hospice Society 250-503-1800

Volunteer and professional support to the terminally ill and their loved ones. Social, emotional, spiritual, grief and bereavement counseling. Volunteer visits in home and 24 hour residential care at the Hospice House at the end of life.

North Okanagan Youth and Family Services 250-545-3572 250-545-1510 (fax)

3100 - 32nd Avenue

Vernon, BC

Offers counseling and support services to children and their families. Access varies from program to program.

Website: noyfssreception@noyfss.org

People in Need Crisis Line 1-888-353-2273 250-545-8074 (office)

24 hours, 7 days a week. Telephone intervention program provides listening and information for people with depression or that are in a crisis. The program will provide referrals for community services and interventions if necessary.

Services of North Okanagan Seniors 250-545-0585 250-545-5418 (fax)

102 - 3201 30th Street

Vernon, BC

Website: seniors@nexusbc.ca

Specialized Victims' Assistance Service 250-542-3322 250-542-3224 (fax)
& Legal Advocate Program

210 – 3001 27th Street (Court House)

A support and advocacy service for spousal assault, sexual assault, child sex abuse and elder abuse.
Monday – Friday 9:00 am – 4:30 pm

Vernon Women's Transition House 250-542-1122

Emergency shelter for women with or without their children; Lifeline Teen Pregnancy Program, residential care from fifth month of pregnancy to three months after birth; Victims' Assistance, along with the Second Stage Program. Emergency transportation assistance from our community.

VERNON SOCIAL AGENCIES

BC Housing and BC Registry	1-800-257-7756	
Boys & Girls Club	250-542-3121	
Canadian Cancer Society	250-542-0770	
Community Living Life Skills Program	250-549-2744	
Eating Disorder Program	250-542-7111	
BC Employment and Income Assistance (BCEA) 2820 28 th Avenue Vernon, BC Website: https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance/access-services	1-866-866-0800	1-855-771-8798 (fax)
Women's Outreach Worker Women's Transition House	250-542-1185	
Independent Living Vernon Creates sustainable community links by working for societal change and removing barriers for people with disabilities.	250-545-9292	
Learning Disabilities Association	250-542-5033	
Ministry of Social Development & Social Innovation	1-866-866-0800	1-855-771-8798 (fax)
NeighbourLink Local churches help people of the community with food, transportation, etc.	250-558-5527	
Seniors Action Network (SAN)	250-545-0585	

MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT

Aboriginal Services Team

250-549-5533

300 – 1300 30th Avenue

Vernon, BC

Provides services to Aboriginal families.

Child & Youth Mental Health

250-549-5404

A variety of child, teen, and family services are available throughout the province.

3007 – 35th Avenue

Vernon, BC

Integrated Youth Service Office

250-558-2700

2809 – 28th Street

Vernon, BC V1T 4Z5

Investigation of child protection complaints, new request for services and general inquiries. Provides services to families and children who are in the Ministry's care temporarily. Responsible for the recruitment and retention of Family Care homes and contract Child Care resources.