



Hello Homeowners & Residents,

We hope your summer is off to a great start!

We are sharing some information from the City of Kelowna that you may find of interest.

As temperatures continue to rise, let's look out for one another—especially our seniors and those more vulnerable to extreme heat.

Older adults (65+) and young children are at greater risk of heat-related illnesses, especially if they live alone or without access to cool indoor spaces. Please take a moment to check in on neighbours, friends, or family during heat warnings—and if you live alone, consider arranging a “heat buddy” to check in with you too.



Tips to keep cool at home:

- Use thermal curtains or window coverings
- Use fans to draw in cooler air during early morning/evening hours
- Keep a digital thermometer to monitor indoor temperatures (above 31°C indoors is dangerous)
- Identify nearby cool places like libraries, malls, or official Cooling Centres



Local Cooling Centres (open during heat emergencies until 10:00pm):

- **Downtown Library** – 1380 Ellis Street
- **MNP Place** – 4105 Gordon Drive
- **Parkinson Rec Centre** – 1800 Parkinson Way
- **Rutland Family YMCA** – 375 Hartman Rd



Free transit is available if you're heading to a cooling location during a heat warning. Just let the driver know.



Feel free to post or share the included printable resources (a [Heat Safety Poster](#) and the [NCCEH Extreme Heat Event Check List](#)).

Let's stay connected, stay hydrated, and stay safe this summer!

Kind regards,
TRCA

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