

CITY OF ROSSLAND

AGE-FRIENDLY NEWSLETTER

Connecting Rossland seniors with local services and programs June / July 2019

ROSSLAND CITY HALL

2196 LeRoi Ave, Box 1179
Rossland, BC V0G 1Y0
Hours: 9 am - 4 pm
Ph: 250-362-7396
rossland.ca

ROSSLAND AGE-FRIENDLY

Do you have an idea for an event or service for seniors in Rossland, or are you a service provider or local business that has services for seniors?

Would you like to volunteer with seniors?

We'd like to hear from you!

Rossland Age-friendly Coordinator:

Heather Anderson
Ph: 250-368-1896
- or -
City Hall: 250-362-7396
Email: age.friendly@rossland.ca

ROSSLAND AGE-FRIENDLY

Rossland's age-friendly program is here to provide local seniors with information on services such as transportation, home support, health care, housing, meal services, recreation and other programs and events in Rossland and the region. We'll highlight a few services in this edition of the age-friendly newsletter, as well as some upcoming events for seniors. Age-friendly Rossland is funded by the City of Rossland and the Union of BC Municipalities.

Contact us if you would like additional information on any of these programs or to be added to our mailing list to receive future age-friendly newsletters.

SERVICE SPOTLIGHT: ROSSLAND LIBRARY

With your Rossland Public Library card a world of reading, learning and enjoyment is free. The Library has a collection of fiction in large print and audiobooks on CD. We also have access to thousands of large print books, audiobooks and movies from libraries throughout BC. For anyone with trouble reading due to a learning, physical or visual disability we can bring in books on CD in a range of subjects, genres and classics and we work with you one-on-one to find the books you want. The Library offers drop-in, one-on-one help for seniors to do the things you want on your tablet, phone, laptop or e-reader. If it is hard to get down to the Library we can arrange home delivery. All our staff are here to help.

Contact the Rossland Library at : 250-362-7611

MEAL SERVICES

Could you use a break from cooking? The following service offers pre-cooked frozen meals:

Dinners at Home: meals can be ordered and picked up at either Columbia View Lodge (250-231-2947) - or - Gift Shop, Kootenay Boundary Regional Hospital (250-368-3311 Ext 2330)

We have a list of other meal suppliers - contact us for more details.

Looking for a ride to a medical appointment?

The West Kootenay Volunteer Driver Program provides low cost rides, by appointment only. Call at least one week in advance to book.

Ph: 1-877-304-2990

EVENTS & ACTIVITIES for Seniors in Rossland June /July 2019

ROSSLAND SENIORS ASSOCIATION

The Rossland Seniors Association has been running since 1947, and in its current location since 1957! The Seniors Hall, located at 1916 1st Ave, has been extensively renovated over the past few years. It is now a refreshed and cheerful space to host events and activities for seniors, and the space is also available to rent.

Membership is only \$10/year. The following activities are offered at the Hall, free for members or at a low cost drop-in fee for non-members.

Stretch Class: Thursday's 9:30-10:30 followed by coffee/ tea.

Summer picnic: date to be announced.

To become a member or for more information contact: Les or Violet Anderson 250-231-4573

HEALTH & WELLNESS WORKSHOPS

You're invited to these free workshops offered by COSCO (Council of Seniors Citizens' Organizations of BC).

Workshops are FREE for anyone to attend.

Please register: 250-368-1896 age.friendly@rossland.ca

Memory and Aging

June 28, 2019 1:00-2:30pm

(Register by June 25)

Venue: Rossland Sr's Hall
1916 - 1st Ave

This workshop explains how memory functions and how it changes as we age. We give tips for maintaining and improving memory, and information about when to seek professional help.

Sleep

July 19, 2019 1:00-2:30pm

(register by July 16)

Venue: Rossland Sr's Hall
1916 - 1st Ave

Many older adults find it difficult to get enough sleep and this workshop explores the reasons and remedies. Information about lifestyle changes that may help is provided.

CRAFTERS CORNER - Join us for fun and relaxing classes offered FREE for seniors

These classes are offered free of cost for seniors by Age-friendly Rossland.

All supplies included. Maximum of 10 people per class - register early!

Registration deadline 5 days prior to class.

Ph: 250-368-1896 or email: age.friendly@rossland.ca



Decoupage Flower Pot

Create a decoupage summer flower pot—these make great gifts! All supplies provided, including flowers.

Date: June 25, 2019 1:00-2:30

Venue: Rossland Seniors Hall
1916 - 1st Ave, Rossland



Silk Scarf Painting

Add your personal touch to a beautiful silk scarf. All supplies provided, including scarf.

Date: July 17, 2019 1:00-3:00

Venue: TR by Hand Studio
2087 Park St, Rossland



Paper Flower Bouquet

Make a pretty paper flower bouquet using a variety of techniques. All supplies included.

Date: July 30, 2019 1:00-2:30

Venue: Rossland Seniors Hall
1916 - 1st Ave, Rossland