



CITY OF ROSSLAND

AGE-FRIENDLY NEWSLETTER

Connecting Rosland seniors with local services and programs August / September 2019

ROSSLAND CITY HALL

2196 LeRoi Ave, Box 1179
Rosland, 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 Rosland, or are you a service provider or local business that offers services for seniors? We'd like to hear from you!

Rosland Age-friendly Coordinator:

Heather Anderson
Ph: 250-368-1896
- or -
City Hall: 250-362-7396

Email: age.friendly@rossland.ca
To register for events, please leave a message with your name, contact #, and the name and date of the event.

CALL FOR VOLUNTEERS !

Rosland's Age-friendly program has several new activities and events running this fall and we are looking for volunteers of all ages to assist with cooking, craft classes, lunches / teas and games. Please contact us if you'd like to help out!

ROSSLAND MUSEUM SENIORS PROGRAMMING

The Rosland Museum & Discovery Centre is happy to announce the beginning of some new and exciting seniors programming. For their debut this September they will be co-hosting a historical **Strawberry Tea** with Age-friendly Rosland in Esling Park on September 18th from 1-2:30pm. This will be a monthly event at varying venues with light refreshments, tea and coffee and an opportunity to share nostalgic stories. Admission is by donation. We will need a few volunteers to help out. If you'd like to help us bake some goodies for the tea the day before please see the reverse side for more details.

To sign up to attend the tea or to volunteer please call 250-368-1896 or email age.friendly@rossland.ca.

Classic Movies at the Museum?? We'd love to offer classic movie matinees in the Museum's theatre and would like to know if there's interest in the community. If you have a passion for old films let us know and send in your favorite movie suggestions!

Rosland Museum's fall hours will be Tuesday to Saturday 11:00am-5:00pm. Be sure to come see the 11:00am tours Fridays and Saturdays for the month of August and watch the Gold Fever Follies acting out some wonderful interactive skits! Also being featured is a traveling display from the Royal BC Museum; Gold Mountain Dream beginning in September. We hope to see you out and about this autumn!

**Contact the Rosland Museum for more information at: 250-362-7722
www.rosslandmuseum.ca**

Are you interested in Sr's housing in Rosland?

Cezary Ksiazek is a Rosland builder who is looking into the feasibility of constructing seniors housing on the former Cooke Avenue School property. He would like input from local seniors and will be hosting an informative meeting on September 12, 2019 from 5:00-6:00pm at the Rosland Seniors Hall, 1916 1st Ave.

For more information contact Cezary at 250-362-7716.

Better at Home Program looking at greater Trail area

A new Better at Home program is being considered for the greater Trail area, with a possible start later this fall. The program offers non-medical support for seniors at home. Stay tuned for more details coming this fall.

GOLD FEVER FOLLIES & APPETIZERS !

Come out and enjoy this summer's Gold Fever Follies show, *The Big BOOM Theory*, followed by appetizers at the Prestige. Tickets are only \$11/person and include show admission and appetizers (buy your own beverages).

For more information or to reserve a spot please call: 250-368-1896 or email: age.friendly@rossland.ca

Date: Tuesday August 20, 2019 - 3:00 Show

Time: Meet at 2:45 at the Miner's Hall
1765 Columbia Ave, Rossland

We'll go as a group to the restaurant after the show for appetizers from approx. 5:00-6:00pm.

GAMES AT THE ROSSLAND LIBRARY

If you enjoy playing board or card games drop in to the Rossland Library from 10:00-noon on September 11 & 25. FREE for anyone to attend. Bring a favorite game or play one of the games provided.

COOKING & BAKING WITH SENIORS

Freezer Meals: Join us in making healthy single-serving meals to freeze and cook at home! We'll make small lasagnes and garlic bread at our first session September 24, 9:00-noon. All are welcome from taste testers to culinary masters! Cost: \$4/person, you will get two meals to take home.

Baking for Strawberry Tea: We need volunteers to help bake some treats for the Strawberry Tea on September 18. Join us the day before on September 17 from 9:00-noon. All ingredients will be provided.

**If you have some favorite recipes please let us know!

For these events please call to sign up: 250-368-1896.

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

Rossland Seniors Association

The Rossland Seniors Association has been running in its current location at 1916 1st Ave since 1957! They have several activities including a weekly stretch class.

Membership is only \$10/year.

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

Age-friendly updates now available at rossland.ca

Links to the newsletter and program updates will be posted on the City's website at <http://rossland.ca/age-friendly>

CRAFTERS CORNER - Join us for fun and relaxing classes offered free or at low cost for seniors

These classes are offered by Age-friendly Rossland and Cabine. All supplies included. Maximum of 10 people per class - register early!
Ph: 250-368-1896 or email: age.friendly@rossland.ca



Succulent Teacup Garden

Turn a pretty antique teacup into a mini garden! All supplies provided, but feel free to bring a favorite teacup if you'd like.

Date: Sept. 10, 2019 10:00-noon

Cost: Free

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



Introduction to Watercolours

Join local artist Niva Helen for a fun introduction to watercolour painting workshop!

Instructor: Niva Helen

Date: Sept. 22, 2019 12:00-2:00

Cost: \$20

**Venue: Cabine
2006 Washington St, Rossland**