

## AGE-FRIENDLY NEWSLETTER

Connecting Rossland seniors

### ROSSLAND CITY HALL

2196 LeRoi Ave, Box 1179

Rossland, BC V0G 1Y0

Hours: 9 am - 4 pm

Ph: 250-362-7396

[rossland.ca](http://rossland.ca)

[rossland.ca/age-friendly](http://rossland.ca/age-friendly)

### 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? 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](mailto:age.friendly@rossland.ca)

To register for events, please leave a message with your name, contact #, and the name and date of the event.

### Sr's Lunch & Dinner at Rossland Legion:

The Rossland Legion Ladies Auxiliary will be serving a lunch for seniors on Dec. 7th at 11:30am and a dinner on Dec. 15th at 5:00pm. Please sign-up at Nelson & District Credit Union for the lunch and at RHC Insurance for the dinner (Rossland branches).

### Getting Around Town in Winter

City staff and local businesses work hard to keep our streets and sidewalks safe and accessible in winter. However, with our topography and frequent snowfall it can be difficult on some days to get out and about, especially for seniors or those with mobility challenges. If you have suggestions or concerns about accessibility, or how to make our public spaces more age-friendly (such as benches downtown) please contact Rossland Age-friendly to let us know.

Many communities have adopted a 'Snow Angels' program to help seniors safely access their homes in winter. 'Snow Angels' are caring neighbours that volunteer to help shovel the sidewalk or pathway from the road to the house of someone that would otherwise have a difficult time shovelling the snow. While not yet a formal program in our community we encourage Rosslanders to help a neighbour in need so that our seniors stay safe and enjoy the winter!

### Jolly Jamboree at the Rossland Museum !

The Rossland Museum is hosting a day of festivities on Saturday December 14th, and there will be special programming just for seniors including a classic holiday movie in their theatre at 12:00pm. Buy a hot chocolate and popcorn for \$2! Admission is by donation. Anyone who would like to help out with some kids crafts or by bringing some holiday baking is welcome to do so. More details will be posted soon at [www.rosslandmuseum.ca](http://www.rosslandmuseum.ca) or call 250-362-7722.

Rossland Age-friendly is providing a FREE shuttle to and from the Museum so seniors can come and enjoy this event regardless of weather - a fun opportunity to get out without worrying about a ride! We will be arranging the shuttle around those requiring it, so please contact us by December 12th to schedule a pick-up time at 250-368-1896.



### Festive Frosted Candles

Join us in creating a holiday candle, complete with LED tea or fairy lights for a festive glow!

All supplies included. Cost: FREE

Date: December 12, 2019

Time: 1-2:30pm

Venue: Rossland Sr's Hall

1916 - 1st Ave, Rossland

Register: 250-368-1896



# Rossland Age-friendly

## December 2019

## Activities for Seniors in Rossland & Area

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Sr's Hall: Annual Sr's Association Membership Christmas dinner 1:00pm (for members)	2 Sr's Hall: Painting 1-3pm Quilters Guild 7-9pm	3 Rossland Library: Tech Help 3-5pm	4 Sr's Hall: Coffee Drop-in 9-10:30am Ladies Social 1-3:30pm	5 Sr's Hall: Stretch Class 9:30am Social Drop-in 1-3:30pm Rossland Library: Knitters group 10-noon Tech Help - 3-5pm	6 Sr's Hall: CPR 10-11am Bridge 1-3:30pm Public Skate 10-11:15am	7 Seniors lunch at Rossland Legion 11:30am; see reverse for more information Co-ed Hockey for Mature Adults 6-7:15pm
8	9 Sr's Hall: Free concert "Concert in Care" 10:30am Quilters Guild 7-9pm	10 Rossland Library: Tech Help 3-5pm	11 Sr's Hall: Coffee Drop-in 9-10:30am Ladies Social 1-3:30pm	12 Sr's Hall: Stretch Class 9:30am Social Drop-in 1-3:30pm <b>Craft: Holiday Candles 1-2:30pm (see reverse)</b> Rossland Library: Knitters group 10-noon Tech Help - 3-5pm	13 Sr's Hall: CPR 10-11am Bridge 1-3:30pm Public Skate 10-11:15am	14 Rossland Museum Jolly Jamboree 12-2:30pm Co-ed Hockey for Mature Adults 6-7:15pm
15 Seniors dinner at Rossland Legion 5:00pm; see reverse for more information <b>\$2 swim 4-5pm</b>	16 Sr's Hall: Painting 1-3pm Quilters Guild 7-9pm	17 Rossland Library: Tech Help 3-5pm <b>\$2 swim 4-5pm</b>	18 Sr's Hall: Coffee Drop-in 9-10:30am Ladies Social 1-3:30pm <b>\$2 swim 4-5pm</b>	19 Sr's Hall: Stretch Class 9:30am Social Drop-in 1-3:30pm Rossland Library: Knitters group 10-noon Tech Help - 3-5pm <b>\$2 swim 4-5pm</b>	20 Public Skate 10-11:15am <b>\$2 swim 4-5pm</b>	21
22 <b>\$2 swim 1-2pm</b>	23 <b>\$2 swim 1-2pm</b>	24 <b>\$2 swim 1-2pm</b>	25 Christmas Day	26 Boxing Day	27 Toonie Skate 10-11:15am <b>\$2 swim 1-2pm</b>	28 <b>\$2 swim 1-2pm</b>
29 <b>\$2 swim 1-2pm</b>	30	31 New Year's Eve	<p>'Tech Help' at Rossland Library - bring your device; call Library for info and to confirm times: 250-362-7611</p> <p>'Lost Sheep Knitters' at the Rossland Library is open to all knitting abilities, Thursday's 10-12noon</p> <p>'Ladies Social' drop-in for coffee/tea and chat from 1-3:30pm Wednesday's at the Sr's Hall</p> <p>'Social' drop-in to visit, play games, enjoy coffee/tea etc Thursday's 1-3:30pm at the Sr's Hall</p> <p>CPR - opportunity to learn and practice CPR at the Sr's Hall Dec. 6th and 13th from 10-11am</p>			

**BLUE:** Rossland Sr's Hall activities, contact Les & Violet for more information: 250-362-5532 or 250-231-4573 Blue listings are held at 1916 1st Ave, Rossland

**RED:** Activities at the Trail Aquatic Centre, for more information and to confirm swim times call: 250-364-0888

**GREEN:** Rossland Arena activity; additional public skate times are available, for more information call Rossland Recreation: 250-362-2327 or www.rossland.ca

**PURPLE:** Rossland Museum Activities, for more information call: 250-362-7722 or www.rosslandmuseum.ca

**ORANGE:** Rossland Age-friendly event, held at the Rossland Sr's Hall. For more information or to register call 250-368-1896 or email age.friendly@rossland.ca