

# CITY OF ROSSLAND

## AGE-FRIENDLY NEWSLETTER



Connecting Rossland seniors with local services and programs

November 2019

### 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.

### CALL FOR VOLUNTEERS !

Rossland'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.

### November is Fall Prevention Month

According to the B.C. Ministry of Health, falls are the leading cause of injury for seniors and one in three British Columbians over age 65 will fall once every year. Falls are the primary reason that older adults lose their independence.

Age-friendly Rossland is hosting a 'Fall Prevention' workshop presented by Theresa Buchner, a facilitator for the Council of Senior Citizens' Organizations of B.C. (COSCO). The presentation is offered free for anyone to attend.

To register please call: 250-368-1896

Date: November 14, 2019 1-2:30 pm

Location: Rossland Sr's Hall, 1916 1st Ave, Rossland

### Sr's Association Looking for Volunteers

As the Rossland Seniors Association ramps up their program offering at the Seniors Hall, they could use some help from volunteers. They are adding a 'Ladies Coffee/Tea and Chat' drop-in on Wednesday afternoons from 1-3:30 pm and a 'Social' drop-in Thursday afternoons from 1-3:30 pm. Volunteers are needed to open the Hall, make coffee, and to assist with cleaning up. Volunteers of all ages are welcome! Please contact Les & Violet if you can help out at: 250-362-5532.

### Presentation on Elder Abuse

Sandi McCreight, Seniors Advocate, CRN/IRIS will be giving a presentation titled 'It's Not Right', providing information and discussion on ageism, what elder abuse looks like, how seniors can keep each other safe and how all community members can help ensure vulnerable adults are safe.

To register please call: 250-368-1896

Date: November 20, 2019 1-2:30 pm

Location: Rossland Sr's Hall  
1916 1st Ave, Rossland



### Tech Help for Sr's at Rossland Library

Need help with one of your devices such as a tablet or cell phone? If so, call the Library to inquire about the next tech help session. One-on-one help is offered free for seniors!

Contact: 250-362-7611



## Rossland Age-friendly

## November 2019

## Activities for Seniors in Rossland & Area

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Notes: Sr's Hall is located at 1916 1st Ave, Rossland                      'Lost Sheep Knitters' at the Rossland Library is open to all knitting abilities, Thursday's 10-12noon                      'Ladies Social' drop-in for coffee/tea and chat from 1-3:30pm Wednesday's at the Sr's Hall                      'Social' drop-in to visit, play games, enjoy coffee/tea etc Thursday's 1-3:30pm at the Sr's Hall</p>						
3\$2 swim 3-4pm Trail Aquatic Centre	4 Sr's Hall: Painting 1-3pm Quilters Guild 7-9pm	5	6 Sr's Hall: Coffee Drop-in 9-10:30am Ladies Social 1-3:30pm	7 Sr's Hall: Stretch Class 9:30am Social Drop-in 1-3:30pm	8 Lost Sheep Knitters Rossland Library 10-2pm Sr's Hall: Bridge 1-3:30pm Public Skate 10-11am	9 Lost Sheep Knitters Rossland Library 10-2pm Sr's Hall: Bridge 1-3:30pm Public Skate 10-11am
10 \$2 swim 3-4pm Trail Aquatic Centre	11 Rossland Legion Remembrance Day: Legion service 10:00am; walk from Legion to Cenotaph 10:45; after ceremony stew luncheon at Legion, by donation.	12 Rossland Museum Sr's Tea 1-2:30pm Location: Sr's Hall Call: 250-362-7722 for more info.	13 Sr's Association Potluck Lunch 12-1pm Followed by monthly meeting 1-2pm at Sr's Hall	14 Sr's Hall: Stretch Class 9:30am Social Drop-in 1-3:30pm Presentation 'Fall Pre- vention' - Sr's Hall 1-2:30pm Register:250-368-1896	15 Lost Sheep Knitters Rossland Library 10-2pm Sr's Hall: Bridge 1-3:30pm Public Skate 10-11am	16 Lost Sheep Knitters Rossland Library 10-2pm Sr's Hall: Bridge 1-3:30pm Public Skate 10-11am
17 \$2 swim 3-4pm Trail Aquatic Centre	18 Sr's Hall: Painting 1-3pm Quilters Guild 7-9pm	19	20 Sr's Hall: Coffee Drop-in 9-10:30am Presentation "It's Not Right" 1-2:30pm Sr's Hall Register: 250-368-1896	21 Sr's Hall: Stretch Class 9:30am Social Drop-in 1-3:30pm	22 Lost Sheep Knitters Rossland Library 10-2pm Sr's Hall: Bridge 1-3:30pm Public Skate 10-11am	23 Lost Sheep Knitters Rossland Library 10-2pm Sr's Hall: Bridge 1-3:30pm Public Skate 10-11am
24 \$2 swim 3-4pm Trail Aquatic Centre	25 Sr's Hall: Quilters Guild 7-9pm	26	27 Sr's Hall: Coffee Drop-in 9-10:30am Ladies Social 1-3:30pm 'Knowing Your Bladder': Trail Aquatic Centre 1-2:30 Register: 250-364-0888	28 Sr's Hall: Stretch Class 9:30am Social Drop-in 1-3:30pm	29 Lost Sheep Knitters Rossland Library 10-2pm Sr's Hall: Bridge 1-3:30pm Public Skate 10-11am	30 Lost Sheep Knitters Rossland Library 10-2pm Sr's Hall: Bridge 1-3:30pm Public Skate 10-11am

**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 call: 250-364-0888

**GREEN:** Rossland Arena activity (Public Skate), for more information call Rossland Recreation: 250-362-2327

**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