



CITY OF ROSSLAND

AGE-FRIENDLY NEWSLETTER

Connecting Rossland seniors with local services and programs

October 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.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
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.

ROSSLAND OFFICIALLY RECOGNIZED AS AGE-FRIENDLY!

Rossland is one of ten communities in B.C. that are being recognized in 2019 by the Province as age-friendly, meaning they are taking steps to ensure that British Columbia seniors can live active, socially engaged and independent lives. The other communities recognized this year are Cranbrook, Gibsons, Houston, Kelowna, Lake Cowichan, Nanaimo, Naramata, Okanagan Falls, and Osoyoos.



HOW DOES AGE-FRIENDLY BENEFIT ROSSLAND SENIORS?

Rossland Age-friendly is a program run by the City of Rossland with the goal of helping people age well in our community. We are here to provide information and support local business and service groups that offer services or programs for seniors. We also run some activities to help fill in the gaps where we see a need such as organizing health and wellness workshops or social activities. Some of these activities have been held at the Rossland Sr's Hall, however Rossland Age-friendly is a separate entity from the Rossland Sr's Association which maintains and runs the Sr's Hall at 1916 1st Ave.

The calendar of activities for seniors (see reverse side) includes events run by the Rossland Sr's Association and other groups that use the Sr's Hall (such as the painting and quilting groups), the Rossland Museum, as well as activities that local businesses are running for seniors such as art classes at Cabine. A few events that are being held at the Trail Aquatic Centre are also included as they may be of interest to Rossland seniors. The activities are colour coded to make it easy to see which group is offering the activity. Contact information for the various groups is provided below the calendar. We welcome ideas and feedback from seniors of all ages.



Macramé Plant Hanger

Learn the basics of macramé while making a gorgeous plant hanger! Materials included.

Instructor: Erica of Aster & Vine

Date: Oct 18, 2019 1:00-3:00

Cost: \$20

Venue: Cabine - 2006 Washington St Rossland
Register: 250-368-1896

Rossland Age-friendly

OCTOBER 2019

Activities for Seniors in Rossland & Area

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Sr's Hall: Coffee Drop-in 9-10:30am Library Time 1-3:30pm	3 Sr's Hall: Stretch Class 9:30am Social Drop-in 1-3:30pm	4 Sr's Hall: Bridge 1-3:30pm \$2 swim 4-5pm Trail Aquatic Centre	5
6	7 Sr's Hall: Painting 1-3:00pm Quilters Guild 7-9pm	8	9 Sr's Hall: Coffee Drop-in 9-10:30am Library Time 1-3:30pm	10 Sr's Hall: Stretch Class 9:30am Social Drop-in 1-3:30pm	11 Sr's Hall: Bridge 1-3:30pm \$2 swim 4-5pm Trail Aquatic Centre	12
13	14 Sr's Hall: Quilters Guild 7-9pm	15	16 Sr's Hall: Coffee Drop-in 9-10:30am Library Time 1-3:30pm Will & Estate Planning: Trail Aquatic Centre call 250-364-0888	17 Sr's Hall: Stretch Class 9:30am Social Drop-in 1-3:30pm	18 Sr's Hall: Bridge 1-3:30pm Macrame Plant Hanger @ Cabine 1-3:00pm \$2 swim 4-5pm Trail Aquatic Centre	19
20	21 Sr's Hall: Painting 1-3:00pm Quilters Guild 7-9pm	22 Rossland Museum Sr's Tea 1-2:30pm Location: Rossland Library	23 Sr's Hall: Coffee Drop-in 9-10:30am Library Time 1-3:30pm	24 Sr's Hall: Stretch Class 9:30am Social Drop-in 1-3:30pm	25 Sr's Hall: Bridge 1-3:30pm \$2 swim 4-5pm Trail Aquatic Centre	26
27	28 Sr's Hall: Quilters Guild 7-9pm	29	30 Sr's Hall: Coffee Drop-in 9-10:30am Library Time 1-3:30pm	31 Sr's Hall: Stretch Class 9:30am Social Drop-in 1-3:30pm		

BLUE: Sr's Hall Activities, contact Les & Violet for more information: 250-362-5532 or 250-231-4573

All blue listings are held at the Rossland Sr's Hall located at 1916 1st Ave, Rossland

RED: Activities at the Trail Aquatic Centre, for more information call: 250-364-0888

GREEN: Art classes at Cabine, for more information or to register call: 250-368-1896 or email: age.friendly@rossland.ca

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