

South Kootenay Seniors Newsletter – Spring & Summer 2022

Age-friendly Program for Trail, Warfield & Rossland

March – July, 2022



South Kootenay Seniors

'South Kootenay Seniors' is the regional age-friendly program for the City of Trail, Village of Warfield and City of Rossland. The three municipalities are working together to support local seniors, and businesses and organizations that provide services for seniors.

Please visit our website or contact us if you are looking for information on local resources, or to register for one of our events.

Mon – Fri, 9:00AM – 5:00PM

-  age.friendly@rossland.ca
-  www.rossland.ca/skseniors
-  www.facebook.com/skseniors
-  250-368-1896

Seniors Teas & Lunches

South Kootenay Seniors will be hosting a monthly lunch or tea, rotating venues to include all three communities. All events are open to seniors from Trail, Warfield and Rossland. Everyone must register in advance by email, or phone if you don't have email access.

You may register for a table of up to 6 people but must provide all names and contact information at time of registration.

All COVID restrictions at the time of the events will be followed. As COVID restrictions are evolving, updates will be posted on our website and Facebook page.



March Lunch – Trail

Join us March 30th for lunch at the Colander!

Time: 12:00 noon

Cost: \$5.00 payable at the lunch, includes one entree and soft drink or coffee/tea per person.

Registration Opens:

March 21, 2022, 9:00AM

Registrations Closes:

March 28, 2022, 5:00PM

Please provide us with your lunch order when registering. The lunch menu can be found at: www.colandertrail.ca



April Brunch – Rossland

Easter brunch at the Rossland Prestige Mountain Resort ballroom.

Date: April 13, 2022, 11:30AM
Cost: \$10.00 payable at brunch

Registration Opens:
April 1, 2022, 9:00AM
Registrations Closes:
April 8, 2022, 5:00PM



May Tea – Warfield

Spring tea at the Warfield Hall. Volunteers needed, please contact us if you'd like to help.

Date: May 18, 2022, 1:00-2:00PM
Cost: FREE but advance registration is required.

Registration Opens:
May 9, 2022, 9:00AM
Registrations Closes:
May 13, 2022, 5:00PM

June Tea – Trail

Afternoon tea at the Colombo Lodge in Trail. Information on how to protect yourself from scams will be presented.

Date: June 8, 2022, 1:00-2:00PM
Cost: FREE but advance registration is required.

Registration Opens:
May 30, 2022, 9:00AM
Registrations Closes:
June 6, 2022, 5:00PM



July Tea – Rossland

July 13th tea at the Rossland Seniors Hall with guest speaker.

Date: July 13, 2022, 1:00-2:00PM
Cost: FREE but advance registration required.

Registration Opens:
July 4, 2022, 9:00AM
Registrations Closes:
July 11, 2022, 5:00PM

Events at the Trail & District Public Library

South Kootenay Seniors, the Trail & District Public Library and the Lower Columbia Better at Home program have partnered to offer several events this spring and summer! For more details and to register, please visit: www.traillibrary.com or phone 250-364-1731

Here are some of the upcoming events:

- April 5: Easter chocolate & card making
- May 13: Pizza herb garden planting & pizza lunch
- May 27: Chair yoga & tea in the park
- June 17: Celebrate National Indigenous Peoples Day with lunch & Indigenous craft
- July 15: Royal Theatre special showing of Casablanca

There are a variety of scams and frauds happening in Canada. Learn how you can protect yourself – visit Canada Revenue Agency for information on numerous scams at:

<https://www.canada.ca/en/revenue-agency/campaigns/fraud-scams.html>

The Rossland Museum has some great programs for seniors this spring! For details or to register:

www.rosslandmuseum.ca
or phone: 250-362-7722