



NELSON SENIORS CENTRE SOCIETY

We service the City of Nelson and outlying districts.

Newsletter

Communication is our commitment to all members. Here we'll note items we'd like to bring to your attention. We always encourage feedback.

Simply email nelsonseniorscentre@gmail.com

Board Notes

- **Something New-** We're excited to announce the successful launch of our **"Art on the Walls"** project! The Nelson Seniors Centre is now showcasing the talent of local Kootenay artists in our bright and welcoming activity space. This is a wonderful chance for artists to share their creativity, connect with the community, and gain exposure—while adding beauty and inspiration to our Centre. The colorful displays bring new life to our walls creating a vibrant backdrop for all the activities you love.

Over the summer, our Art Selection Committee carefully curated a collection of wonderful pieces, now proudly on display. The artwork will rotate every four months, ensuring there's always something new to discover and enjoy.

As we all know, art speaks to each of us in different ways—that's what makes it so special. What might not resonate with one person could deeply inspire another. We kindly ask everyone to celebrate the creativity and effort behind this project by keeping feedback



positive and encouraging. And if a particular piece truly captures your heart, consider sending the artist a quick note of appreciation—they'll be thrilled to hear from you!

A heartfelt thank-you goes out to everyone who helped make **"Art on the Walls"** possible: *Mary Prothro, Gayll Morrison, Andromeda Drake, Kathy Hartley, Els Lundgaard, Kim Irving*

SWAN LANDING by Natalie Green

- **Insights & Laughter with the BC Seniors Advocate** - On July 16 we were delighted to welcome BC Seniors Advocate, Dan Levitt, for a talk on seniors' issues in our province. The event co-hosted by the Nelson Seniors Centre and the Nelson and District Seniors Coordinating Society drew a great turnout for a summer day.

Those who attended enjoyed a presentation that was lively, humorous, and full of useful information. Dan's energy and insight made the session both engaging and memorable.

If you weren't able to join us but would like to learn more about the important work of the BC Seniors Advocate, you can visit: <https://seniorsadvocatebc.ca/>

- **One more bit of good news from the board...**the city has confirmed plans to install a heat pump in our building by next summer. Along with heating, it will finally bring some much-needed cooling relief during the warmer months.
-

Volunteer Opportunity

Are you familiar with the **Word** program in Microsoft Office? Our newsletter writer could use occasional help: formatting issues, inserting pictures, and organizing files.

You don't need to be an expert, just willing to help. Please call Mary at 250-505-2907.

Community Connections

Here we highlight organizations that either directly support our Centre or offer activities that may be of interest to our members

SMOKE FILTERS – Keeping Our Air Clean

More good news! The City has let us know that if smoky conditions develop outside, special carbon filters will be added to the Seniors Centre air system. This means our indoor air will stay fresh and well-filtered, so you can continue enjoying activities in comfort.

We'd also like to share a simple idea for improving air quality at home. A recent CBC report highlighted an easy, do-it-yourself smoke filter solution that costs about \$75. Supplies are available at both Home Hardware stores in town, and likely at other outlets too.

If you'd like to give this a try but need a hand putting it together, Doug Scott is happy to help!

Contact Doug: doug13scott@gmail.com 250-352-5997

Learn more here: <https://bclung.ca/lung-health/air-quality/breathe/>

Is there anything you want to know about what's happening at the Centre? You can email us to let us know what's on your mind. And why not forward the newsletter to friends?

It's best to add nelsonseniorscentre@gmail.com to your contacts list.

That's it for now. Thanks for reading!

*Our vision is to promote companionship in an inclusive, caring,
and a supportive environment.*