



NELSON SENIORS CENTRE SOCIETY

We service the City of Nelson and outlying districts.

<http://www.nelsonseniorscentre.ca/>

Newsletter April 2026

From the Board

NOTICE OF MEETING:

Upcoming General Members Meeting: The semi-annual general meeting will be held Monday, May 4, 10:30. All members in good standing are encouraged and welcome to attend. Goodies and coffee and tea will be provided. Please plan to attend.

Pandas by A. Kimmel

BUILDING MAINTENANCE:

The City will be installing an air source heat exchange mini-split unit for heating/air conditioning this summer. They will integrate that with the furnace and existing duct work. This should make our Centre much more comfortable during the summer months. Additionally they will be installing a new roof this month. It won't interfere with our activities but there will be noise and probably dust from the installation. Please be patient. This is a critical upgrade.

ANIMALS IN THE CENTRE:

All members should be aware that only certified service animals are allowed in the building. So sorry but your furry friends must stay home when you are here enjoying the activities.

ACTIVITIES:

The Centre is a wonderful social centre for seniors and, just in case you didn't know about all the fun activities, here is a reminder. Maybe it's time to try a new activity: Crib, Bridge, Chair Yoga, Snooker, Book Club, Scrabble, Rug Hooking, Crocheting, Stitching, Knitters, Chess, Canasta (Possibly), Euchre, Jig Saw Puzzles . Plus we have a large selection of paper-back books available for members to borrow.



Kathy Hartley
Newsletter Editor

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NELSON TROLLEY STARTS FOR THE SEASON

The dedicated crew at the Nelson Trolley have been working hard all winter to refurbish Car 23, rebuild mechanical components, and clean up the tracks to get ready for the 2026 season. Did you know that the every aspect of the Trolley is completely run by volunteers? Mostly seniors? Please plan to come down and take a ride on opening weekend May 16,17,18 to support our local historical treasure.



Painting by Seniors Centre Member Gayll Morrison

HEALTH NEWS

HEALTH RESEARCH STUDY

When rural communities are left out of research studies results don't fully apply to them. This can lead to policies and treatments that don't meet rural needs, creating unfair gaps in health care. Challenges facing rural residents in joining health studies include: distance and travel, limited local resources e.g. internet, work and privacy concerns.

To address this gap, the Rural Research Inclusion Study will talk to rural residents and researchers about their experiences, challenges, and ideas for improvement. If you live in a rural environment please contribute to the survey.

This study is led by Dr. Jude Kornelsen of UBC Family Medicine and the Centre for Rural Health Research. For more information or to get involved please contact our Research Coordinator, Sarah Jackson at sarah.jackson2@ubc.ca.

PATIENT RESOURCE

If you have had any experiences with the BC Health Care System that have concerned you, and your concerns have not been resolved by your nurse or doctor at the time of your discharge, you can contact:

Patient Care Quality Office (Kelowna, BC)

Toll-Free: 1-877-442-2001

Or phone: 250-870-4669

Office hours: Monday - Friday. 8:30 - 4:30

WEST KOOTENAY COMMUNITY TEETH CLINIC

The West Kootenay Community TEETH Clinic Society is a not-for-profit low cost dental clinic for low income individuals. All area residents are welcome to apply. All low-income community residents in the West Kootenay-Boundary area, not covered by the Canadian Federal Government Canadian Dental Care Plan (CDCP) may be eligible for dental services at this clinic.



Open Mondays, Fridays and Saturdays.

Located at 632 Front St.

Phone: 778-463-2232

ART AT THE CENTRE



**Nelson Seniors Centre
Summer 2026 Art Exhibition**

LOCAL ARTISTS NEEDED

Are you a creative looking to add a little colour to your community? The Nelson Seniors Centre is in search of volunteer Kootenay based artists to display their work in our space located on Vernon St for a small exhibition for our seniors. If you or someone you know has a creative piece you'd like to voluntarily submit or for more information please reach out to our curator via the email below by APRIL 23, 2026.

[**nscsartcommittee@gmail.com**](mailto:nscsartcommittee@gmail.com)

