



# NELSON SENIORS CENTRE SOCIETY

We service the City of Nelson and outlying districts.

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

## Newsletter May 2026

### From the Board

Happy Spring to all our members.

We recently held our semi-annual General Meeting and, while attendance was a relatively small percentage of our full membership, there was productive discussion and some good suggestions that came from the general membership. Thank you to all who attended. Coffee, tea and lots of cookies were served.

And speaking of cookies, we want to remind everyone that the bread and buns you see on the side counter each time you come in to the centre are there for the taking. Please help yourself. When baked goods are placed on the counter, and not in the fridge, they are excess and are available for any member to take home. Goodies and baked goods in the fridge, however, are intended to be served by the activity leaders at the activity events and are not to be taken home. Thank you for honoring our system.



### Activities and Events

**AT THE CENTRE:** If you're curious about activities at the centre and what times and days they happen don't forget to check the calendar. Sharon Browning keeps the calendar updated every month so you are always sure to have the most up to date information. <https://nelsonseniorscentre.ca/calendar/>

**CYCLING WITHOUT AGE :** The Nelson Chapter of Cycling Without Age has been operating since 2017. They use a small fleet of trishaws that allow for one or two people to enjoy the outdoors even if they have limited mobility. Peddle power is supplied by volunteers. Using specialized electric pedal-assisted trishaws each bicycle can carry up to two passengers on an adventure previously impossible for some. Envision harkening back to youthful memories of exploration and discovery thought forever lost. Local volunteers called 'pilots' visit care homes, senior centers and community groups to offer rides on the trishaw.



Being outdoors, reconnecting in the community, and chatting with the 'pilots' nurtures emotional well-being. Rides make passengers smile and allow them to be part of society again, renewing their appetite for life itself. Rides are always free and are available to anyone.

To book a ride contact: Wendy 250-505-1999 or cwanelson@gmail.com

## Health and Resources



**NAVIGATING THE BC HEALTH CARE SYSTEM:** In 2020 Pegasis McGauley (whom some of you may know through her work with the Seniors Coordinating Society) produced an amazing little booklet that's a rich resource for all of us. It not only provides a wealth of information about dealing with the health care system, but it also provides very specific information about services available right here in Nelson. The booklet was a result of an LIR course presented by Pegasis. The class members went on to become a focus group that worked on the material which was then printed, along with the assistance of local graphic designer, Keith Wiley. Pegasis has kindly donated copies of the booklet for our members. It's available at the Centre. Please pick up a copy and share it with friends and family who might find the information useful.

**MASSAGE:** Once again the Kootenay Columbia College Massage students will be offering free massage or acupuncture treatments for our members. We expect to have 20 coupons available for free services. Please check with your activity leader to receive a coupon. The students will be running clinics at specific times from now through to the end of August. To schedule your appointment book online at

<https://kootenaycolumbiacollege.janeapp.com/>

or by calling 250-352-5887.

In addition they offer another type of clinic on Mondays, where they book different types of clientele. On Monday, June 1 2026, they have an Inreach for Seniors. This is a massage by donation event to ensure it is accessible to anyone. KCC would like to formally invite our members to participate. The school is located at 402 W Richards Street, Nelson. Booking is on a first come, first served basis. Contact the Kootenay Columbia College at 250-352-5887.

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