



NELSON SENIORS CENTRE SOCIETY

We service the City of Nelson and outlying districts.

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

Newsletter September 2026

From the Board

Welcome back from your summer. The Board of Directors met recently to start the new season and we have some exciting news for you. Fast forward to the Activities and Events section below for a new activity. Also, new art work will be going up on our walls in September so watch for that. Our snooker tables in the basement have now been completely refurbished and are back in working order. The snooker group is delighted.



Air conditioner – the new heat exchange unit has now been installed and should provide more efficient heating and cooling at the Centre. Please allow some time for us all to adjust to the new system.

Activities and Events

Pilates – We are pleased to announce that the Centre will be adding a Pilates class to our activities schedule. As mentioned in the June newsletter, we have received a wonderful offer from a local Pilates instructor who's willing to run Pilates mat classes at the Centre. Emma is a certified Pilates instructor who runs other courses in the area but she will be offering a weekly one hour class specifically for our members on Tuesday afternoons at 3:30 starting October 6. Fees for this activity will be \$3.00 each time. A super bargain! Bring your own yoga mat and wear loose, comfortable clothing. Usually Pilates is practiced as a floor exercise on a mat but modifications are available for sitting on a chair or standing.



Attendees will need to fill out a Waiver of Liability and a health questionnaire before attending. You can receive these electronically or fill out a paper copy at the first class. We also have copies in the Centre for people who do not have email.

To register please provide your name, email address and phone number to the instructor at: emma@aligndefine.ca

Fairview Dementia-friendly group - This group offers a supportive conversation gathering for people who are influenced by dementia. The group is educational and helpful for

caregivers, helper friends, and those living with early-stage dementia. It is open to anyone in the community and meets once monthly on Wednesdays, 1-2:30 pm. in Fairview. For information with specific location and dates, contact Lee Reid: 250-352-3870 (landline). OR check out their Facebook messages at: Fairview Dementia Friendly Neighbourhood.

Help at Home - Kootenay Seniors, a program under the umbrella of the Nelson Cares Society, offers a light housekeeping program designed to help seniors live independently at home for as long as possible. If you, or someone you know, needs help with: Cleaning kitchens and bathrooms, dusting, vacuuming, laundry or other small household tasks they can help. Affordable rates tailored to seniors. With their help you can focus on what matters most – staying independent and enjoying your home. Call: 778-463-5248

Parking

Parking to attend activities at our Centre is always an issue. Some years ago Carol Howard was able to negotiate a few free parking spots for our people who have regular business at the Centre but these few spots are woefully inadequate and are often misused by others parking there when they are not authorized. In addition, the City has reduced the number of spots we have and are likely to be eliminating them altogether very shortly. Can everyone please try to give some thought to any long term solutions you can come up with, no matter how far-fetched, to address the issue of finding parking for our members. Perhaps we could come up with a shared car-pooling system. Perhaps some arrangement with the Seniors Coordinating Society who occupy the office space next door. Perhaps pooling our resource and renting space somewhere in the downtown core. Maybe purchasing bus passes to share. Any ideas are welcome. We'll talk about this at the upcoming AGM in November. If we can come up with some way to avoid having each and every member driving an individual vehicle downtown we would be doing our part toward reducing carbon emissions. Let's give it some thought.



AGM Meeting Notice

Speaking of our AGM please mark your calendars now and hold the date:

Monday, November 2, 2026 10:30 am

At that meeting we will be calling for volunteers to serve on the Board. Specifically we are looking for a Recording Secretary, a Treasurer, and at least 2 Members at Large who would be able to take on one time jobs as they arise. Please consider giving back to your Centre by sharing your time and skills. We need you.

Autumn



*It's time to wave goodbye to Summer once again
And while we're sad to see her go
There is relief as well.
Like saying goodbye to a beloved friend
Or family member who stayed a bit too long
And brought with them some dreadful habits
Like setting fires throughout your house,
Filling your home with smoke,
And cranking up the heat far beyond comfort.
So when Summer slowly fades into the distance
You rush to open windows and doors
To let in Autumn
Her crisp, clean air, crystal skies and cool nights.
Her sweet, ripe apples and her glorious red-gold clothes.
Your sadness is gently tempered
By a sigh
Of gratitude.*

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