

## BETTER AT HOME NICOLA VALLEY - MONTHLY BULLETIN



Photo of Nicola Valley - by Sebastian Fraalic

### Welcome, July

There is an updated Senior's Resource Guide, available now in community, and online (see note below).

Information includes resources, supports, community activities, and volunteer opportunities.

The intention to ensure information is updated regularly, and to include new resources, as they become available.

Thank you in advance to those who help share information to benefit those around us.

Better at Home (Nicola Valley) Bulletin is available

### Online

<https://interiorcommunityservices.bc.ca/programs/better-at-home/>

JCM

## Around Town...

Music in the Park  
Thursdays in July & August  
6:00p - 8:00p  
Starting July 2



Farmer's Market  
Saturdays  
9:30am - 1:00pm



## Better at Home & Community Events

	Sun	Mon	Tue
<p>Better at Home Seniors' Social @ The Boardroom - Valley Graze, 2114 Nicola Ave; 10:30am to 12:30pm on July 4, 11, &amp; 18</p>		July	
<p>Better at Home Let's Connect Social @ Valley Graze cafe (2114 Nicola Ave); 11:00am to 1:00pm on July 28</p>	5	6	7
<p>Seniors' Tech Table &amp; Navigation Peer Support drop-ins are <u>paused for the summer</u>; call the program coordinator to ask about a time to connect with your questions.</p>	12	13	14
			
<p>Music in the Park, Thursday evenings, 6:00p - 8:00p</p>	19	20	21
<p>Farmers' Market @ parking lot next to Baillie Property; 9:00am - 1:30pm on Saturdays</p>			
	26	27	28 Senior Social: Let's Connect @ Valley Graze; 11 - 1p

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Wed	Thu	Fri	Sat
1 Canada Day Events in community	2 Music in the Park 6-8p	3	4 Seniors' Social 10:30- 12:30  Farmers Market 9-1:30
8	9 Music in the Park 6-8p	10	11 Seniors' Social 10:30- 12:30  Farmers Market 9-1:30
15	16 Music in the Park 6-8p	17	18 Seniors' Social 10:30- 12:30  Farmers Market 9-1:30
22	23 Music in the Park 6-8p	24	25 Farmers Market 9-1:30
29	30 Music in the Park 6-8p	31	

## What Is Extreme Heat?

The **BC Heat Alert and Response System (BC HARS)** is used in BC to define extreme heat and set criteria for issuing heat warnings. BC HARS sets heat warning criteria using zone-specific maximum and minimum temperature ranges. **Merritt is part of BC HARS Zone 4.** BC HARS Zone 4 uses the following temperature ranges:

- **Maximum.** 33–35 °C
- **Minimum.** 16–17 °C

Environment and Climate Change Canada (ECCC) issues heat warnings when BC HARS heat warning criteria are met. ECCC uses the following three tiers of heat warning:

### Yellow Warning

Temperatures in the forecast region are unusually high and expected to reach the minimum temperature and maximum temperature ranges for at least two days.

### Orange Warning

Temperatures are very high in the forecast region and are expected to exceed the minimum temperature and maximum temperature ranges for at least three days.

### Red Warning

Forecast region is at or above an orange level temperature range and the heat is expected to substantively increase day over day for three or more days.

Yellow heat warnings are typically issued several times per summer. In contrast, red heat warnings are likely to be only issued once per decade.

Look for this symbol, located at community Cool Places, including:

- Rotary Spray Park
- Merritt Civic Centre
- Merritt City Hall
- Service BC Merritt
- Merritt Library
- NVIT
- Nicola Valley Health Centre (Hospital)



don't forget to keep hydrated & drink plenty of water

