

## BETTER AT HOME NICOLA VALLEY - MONTHLY BULLETIN



Photo of Nicola Valley - by Sebastian Fraalic



Warm, sunny days are upon us. Do you know the signs of heat exhaustion and heat stroke? Do you know where you can find local cooling centres in the community?

Better at Home Merritt has partnered with the City of Merritt to make a Heat Response Guide for Seniors available, to help share important information for the upcoming hot days.

Look for a copy of this resource inside the Bulletin, or around town.

Don't forget, the Better at Home (Nicola Valley) Bulletin is available online:

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

JCM

## Around Town...

Community Appreciation Day & Yard Sale

Saturday June 6  
10:00am to 3:00pm  
at Home Hardware  
1701 Voght Street

### Linedancing

June 5 & 19  
Ages 15 to 115!  
No experience needed  
Contact NV Community Arts for more info & to register for the fun!  
2051 Voght Street

## 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 June 6, &amp; 13 (Closed on June 20)</p>	June	1	2 Creative Play by Day - Art Drop In 1:30-3:30
<p>Better at Home Seniors' Tech Table @ Library, 10:00am - 12:00pm on June 4, 11, &amp; 18</p>	7	8	9 Creative Play by Day - Art Drop In 1:30-3:30
<p>Better at Home Navigation &amp; Peer Support drop-in @ Library; 10:00am to 12:00pm on June 4, 11, &amp; 18</p>			
<p>Better at Home Let's Connect Social @ Valley Graze cafe (2114 Nicola Ave); 11:00am to 1:00pm on June 23</p>	14	15	16 Creative Play by Day - Art Drop In 1:30-3:30
<p>Creative Play by Day - Free Art Drop-in @ NV Community Arts Centre; 1:30pm - 3:30pm on Tuesdays</p>	21 National Indigenous People's Day *Events at Rotary Park  Father's Day	22	23 Senior Social - Let's Connect @ Valley Graze, 11-1  Creative Play by Day - Art Drop In 1:30-3:30
<p>Farmers' Market @ parking lot next to Baillie Property; 9:00am - 1:30pm on Saturdays</p>	28	29	30 Creative Play by Day - Art Drop In 1:30-3:30

Wed	Thu	Fri	Sat
3	4 Navigation & Peer Support / Tech Table drop-in 10-12 @ Library	5	6 Seniors' Social 10:30-12:30 & Tech Table 11:00-12:00  Farmers Market 9-1:30
10	11 Navigation & Peer Support / Tech Table drop-in 10-12 @ Library	12	13 Seniors' Social 10:30-12:30  Farmers Market 9-1:30
17	18 Navigation & Peer Support / Tech Table drop-in 10-12 @ Library	19	20 Better at Home Closed - See you Tuesday 23rd!  Farmers Market 9-1:30
24	25	26	27 Better at Home Closed  Farmers Market 9-1:30



The fabulous and friendly staff and volunteers of the Baillie Property - NV Tourism set up a delicious assortment beverages for the two Better at Home connections in the park, in May.

THANK YOU Baillie House / NV Tourism team!

We were also treated by Greg Dixon, playing guitar and singing some tunes for us.

Did you know?

There is a delicious assortment of hard ice cream available for purchase at the Baillie House? Next time you are thinking about an ice cream cone (or waffle cone, or just a little bowl), consider checking out the flavours there and saying “hi” to the friendly folks there. You can even get a free tour of the historic Baillie House! 2202 Voght Street.



Music is still taking place - Thursdays - at the Legion, 1940 Quilchena Avenue - 4:00 - 6:00pm

For information, please contact the  
**Better at Home Nicola Valley Program Coordinator,**  
**Judith Myram**

at 250-280-3015 or [jmyram@interiorcommunityservices.bc.ca](mailto:jmyram@interiorcommunityservices.bc.ca)



United Way helping seniors remain independent.



Enriching Lives, Strengthening Communities