

BETTER AT HOME NICOLA VALLEY - MONTHLY BULLETIN



Photo of Nicola Valley - by Sebastian Fralic

Falling into Reflection

I find autumn refreshing, rejuvenating even. As people hear me say excitedly, "it's boots and sweater weather!" - time for warmth, comfort, and reset. And time for some reflection.

Below is a passage from Richard Wagamese's book, Embers - One Ojibway's Meditations, that I felt deeply upon reading and wanted to share as we enter this beautiful season of cool and colour and thankfulness:

"All we have are moments. So live them as though not one can be wasted. Inhabit them, fill them with the light of your best good intention, honour them with your full presence, find the joy, the calm, the assuredness that allows the hours and the days to take care of themselves. If we can do that, we will have lived."



In this newsletter:

Better at Home
program information

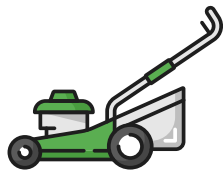
Saturday Seniors'
Social updates

Volunteer Spotlight

Calendar of BAHM &
community events

Scams & Fraud info

 Interior
Community
Services
Enriching Lives, Strengthening Communities



Better at Home, Nicola Valley - October Program Updates



Some folks have already been asking: [Better at Home Nicola Valley no longer coordinates a snow removal program](#) for seniors. If I learn of such a service, I will share that information.

The **Seniors' Tech Table** is continuing through the Autumn. One-to-one support can be arranged outside of the drop-in community hours noted below.

The **Light Housekeeping** program is still at capacity, but you can be placed on the waitlist - call for more information.

The **Light Yard Service** is wrapping up for the season.

Friendly Visits continue to take place. Kathy Moes donated bouquets of home-grown flowers in August and September, which were appreciated by the seniors we delivered them to.



Seniors' Tech Table Autumn 2025 Schedule

Saturday Dates:

September 6; October 4;
November 1; December 6
11:00a - 12:00p
at ICS, 2040 Granite Avenue

Thursday Dates:

September 25; October 30;
November 27; December 11
10:15a - 11:30a
at Merritt Library (meeting room #2)

**Better
at Home**

United Way helping seniors remain independent.



Judith C. Myram
Program Coordinator
Better at Home Nicola Valley
Phone: 250-280-3015

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ICS Merritt - 2040 Granite Ave

Better at Home, Nicola Valley - Program Updates Continued...

Navigation & Peer Support (information, resources, referrals)

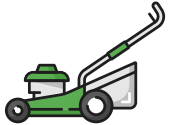
This service provides local information and referral supports for Elders and seniors, who may need one-to-one support to access needed services and/or government benefits.

Better at Home Coordinator, Judith Myram, is **available at the Merritt Library, in Meeting Room 2 for drop in support on Thursdays from 10:00am to 12:00pm.** Volunteers may also be available to connect with.

You can also call 250-280-3015 and arrange an in-person appointment at a convenient time for you.



Aug. 26: Let's Connect...social gathering, special guest, Kathy Moes (on left) brought buckets of flowers & vases. Folks were invited to get creative and make a bouquet for themselves or someone they know.



Let's connect - at Valley Graze

This opportunity for social connection takes place on the 4th Tuesday of each month at Valley Graze, located at 2114 Nicola Avenue.

From 11:00am to 1:00pm, there is space to visit, share stories, get to know folks, work on a puzzle, play some cards...and of course, enjoy a tea or coffee (at no charge) along with some light snacks.



The next one takes place on October 28

Saturday Seniors' Social

The Seniors' Social is still taking place - but with a few changes.

Effective October 4, the Saturday Social has a new time: 10:30am to 12:30pm.

The same social connections and location, just a bit more casual seating and snacks to enjoy, starting (and ending) a wee-bit earlier.

Saturday Seniors Social

Welcome!

Elders & seniors **60+ years**

NEW TIME **Open 10:30am to 12:30pm**
on the first 3 Saturdays of each month

hosted by

Better at Home **Interior Community Services**

at ICS, 2040 Granite Avenue



Community Creative Moment: Did you know...

At Rotary Park there is a growing Rock Dragon. For the month of October, the Better at Home Social events (the Saturday Socials and the Tuesday Valley Graze social) will have rocks, paints, and other supplies on hand for anyone wanting to create an addition to the Community Rock Dragon.



For those interested, a date will be set for adding the painted rocks to the Dragon, at Rotary Park, in early November.



A few NEW updates to the Saturday Seniors' Social

Hello and welcome. We are moving into Autumn, and coming up to the 1 year mark of the Saturday Seniors' Social program.

I, and the amazing volunteers, enjoy being able to connect with community at this program on Saturdays. We are blown away with the positive feedback and number of folks who come out each week.

The Seniors' Social is meant to foster social connection, build relationships, provide resources and information as needed, in a welcoming environment.

With the increase in people coming out, we have had to make some changes to the program, so that we can still welcome and connect with as many people as possible.

As of October 2025, the Saturday Seniors' Social will have a new time, taking place from 10:30am to 12:30pm.

Instead of a light lunch, various healthy snack options will be available, such as fruit, muffins, pastries, yogurts, for example. And of course, there will still be various beverages.

Snacks will continue to be catered by local businesses committed to supporting community connection

Food and seating will be casual - enjoy the sofas, feel free to mingle

Help yourself to the food and beverages - if you would like assistance, we are more than happy to lend a hand

We plan to still have guests join us for information and topics of interest

You are valued here and Saturday Socials are special because you come out to them!!

THANK YOU!!



United Way helping seniors remain independent.



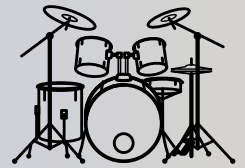
Enriching Lives, Strengthening Communities

Better at Home Nicola Valley ~ Volunteer Spotlight

Greg Dixon



This month's volunteer spotlight is on a fellow who enjoys a good conversation, playing music, and literature. I am unsure what he might do in his spare-time as I really don't think he has any! You can find him helping with various Better at Home programs (and I am **super thankful** for his cheery willingness to help anytime a need arises); he plays music at the local Royal Canadian Legion Thursdays; and he is passionate about helping people to capture family & life stories (see next page for more info) ... just a few things he does.



What do you enjoy most about volunteering?

I have volunteered for a lot of things. It's an opportunity to get a lot of experiences, to help out and share.

is there something you are currently learning or would like to learn?

I am learning piano and audio recording. I play drums, guitar, and bass. I have been also learning chord progressions.

What is the most interesting place you have visited, or would like to visit?

Singapore is a very interesting place I have been; a city-state.



Is there a piece of advice you've received in life that has been impactful?

Be yourself - everybody else is taken.

Do you have a word of encouragement or wisdom that you like to share with others?

Do what brings you joy.

If you could learn any skill or subject instantly, what would it be?

Spanish. And to be able to hear the notes in the chord progressions and intervals, and be able to play them. Most impressive musician I met: a guy from China in a hotel lobby played a theme song from some movie. He was asked how long it took him to learn to play the song, and his response was: "I watched the movie once".



Local Arts

"creativity takes courage"

~ Henri Matisse ~



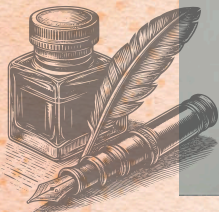
Photo Feature

The photo to the right was taken by Don L. Don approached me one day & asked if I would consider changing the photo on the back of the Better at Home Bulletin. I said "No way!" and shooed him off...

Just Kidding!!! "Absolutely", I told him. Right away he shared a number of his photos & I am excited to feature a couple of them in this publication. If you have photos you'd like to share, let me know.
JCM



Our beautiful valley is full of talented artists and creators. Here is a small snapshot of some people and places to get connected with the creative side of life.



Capture Family Stories While You Still Can!

Preserve and Share Life Stories with Family Story Productions



Video Montages ~ Family Websites
Memoirs ~ Family Anthologies
Books ~ Life Vaults ...

Greg Dixon

SharedVisions.com



Nicola Valley Arts Centre Art Exhibits

Sept 17 to Oct 14, 2025

"How the West Was One" by
Bree Patterson

Oct 15 to Nov 9, 2025

"WhoDunnit Community Art
Show"

ART GALLERY & GIFT SHOP HOURS

The Art Gallery and Gift Shop is now open 7 days a week
Mondays through Saturdays,
from 10:00am to 5:00pm
Sundays & Statutory Holidays
from 12:00pm to 4:00pm



Better at Home & Community Events

Better at Home Seniors' Social @ ICS, 2040 Granite Ave; 10:30am to 12:30pm on Oct 4, 11, 18

Better at Home Seniors' Tech Table @ ICS, 2040 Granite Ave; 11:00am to 12:00pm on Oct 4 and @ Library, 10:15-11:30am on Oct 30

Better at Home Navigation & Peer Support drop-in @ Library; 10:00am to 12:00pm on Oct 2, 9, 16

Better at Home Let's Connect Social @ Valley Graze cafe (2114 Nicola Ave; 11:00am to 1:00pm on Oct 28

ICS Community Events - October 3, Coffee & treat by donation for Community Living Month, at ICS 2040 Granite Avenue, 10:00am AND

October 17, Chili n Coats @ Spirit Square, 11:00am to 2:00pm

See posters on following pages

Sun	Mon	Tue
OCTOBER		
5	6	7
12	13 Thanksgiving	14
19	20	21
26	27	28 Let's Connect - at Valley Graze 11 - 1

Wed	Thu	Fri	Sat
1	2 Navigation & Peer Support 10-12 @ Library	3 The Big Coffee Morning 10:00 @ ICS	4 Seniors' Social 10:30- 12:30 Tech Table 11 - 12
8 Municipal Open House 4 - 8p @ Civic Centre	9 Navigation & Peer Support 10-12 @ Library	10	11 Seniors' Social 10:30- 12:30
15	16 Navigation & Peer Support 10 -12 @ Library	17 Chili 'n' Coats 11 - 2 @ Spirit Square	18 Seniors' Social 10:30- 12:30
22	23 Fright Night/Haunted House @ Civic Centre	24	25
29	30 Tech Table 10:15 - 11:30 @ Library	31 Fall Home Show 3 - 8p @ Civic Centre 	Nov 1 Fall Home Show 10 - 4 @ Civic Centre Seniors' Social 10:30 - 12:30



SIP AND SUPPORT



THE BIG COFFEE MORNING



OCTOBER 3, 2025 AT 10 AM

JOIN US FOR COFFEE AND TREATS TO CELEBRATE
COMMUNITY LIVING MONTH
BY DONATION.



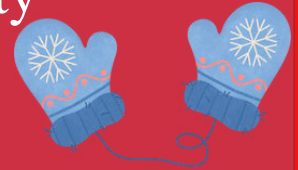
DONATIONS WILL GO TO SPECIAL OLYMPICS
MERRITT AND THE MERRITT FOODBANK

INTERIOR COMMUNITY SERVICES OFFICE
2040 GRANITE AVE.



Chilli and Coats Event

Join us for warmth and community



Warm
Winter Wear

Delicious
Chilli

Hot
Beverages



ICS Merritt at Spirit Square
October 17th, 2025
11-2

Resources - Support Services / Information



I have heard from a number of people in community recently about scams / fraudulent calls and messages they have received. So, I wanted to take a bit of space to share about this topic.

 ICBC does not send messages via text to customers about traffic violations or outstanding debt.

 Calls, emails, or texts saying that you owe money and have to pay by purchasing a large sum of gift cards.

 Investment schemes - Artificial Intelligence taking the form of trusted well-known people (politicians / celebrities), urging investments.

There are many scams actively trying to take advantage of and steal from people.

If you are aware of scams or fraud, please report to local police (Merritt RCMP phone 250-378-4262) &/or to the Canadian Anti-Fraud Centre - Fraud Reporting System at 1-888-495-8501.

it is also important to contact your bank if you have been, or might have been, scammed.

Better at Home Nicola Valley has copies of the following resources available - feel free to pick up at the Saturday Socials, or at the Library on Thursday mornings between 10 & 12 when the program coordinator is in (Meeting Room 2), or pop into Interior Community Services (2040 Granite Avenue) to get a copy.



Library Home Service

Do you love reading, but find it hard to get to the library? Merritt Library can deliver materials to patrons unable to come to the branch due to mobility or health issues. And the service is free! If you or someone you know fits this description, contact the Merritt Library at 250-378-4737 to find out how to register.

Coffee and Crosswords

Join us on Thursday mornings from 10:30am to noon for a free coffee or hot chocolate and exercise your brain with crosswords, sudoku, colouring sheets, and more.

Mindful Relaxation

On the second and fourth Wednesdays of each month, Ros at the Merritt Library hosts hour-long adult relaxation sessions starting at 6:30pm that focus on breathing techniques to improve well-being.

Beginner Mobility

Are you interested in learning to improve your body literacy through gentle movements and body awareness? Join Ros at the Merritt Library from 6:30pm to 7:30pm on the third Wednesday of each month for fun and informative sessions.

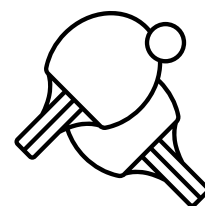
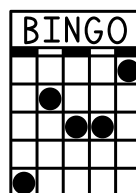
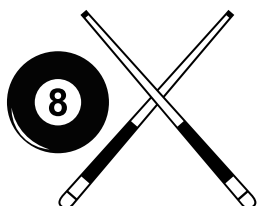
Audiobooks for Print Disability

Eligible patrons can access thoughts of Mp3 and DAISY audiobooks via the Library. This free service is available to any TNRD resident who is unable to read print material because of a visual, physical or perceptual disability. Audiobooks can be picked up at the Merritt Library, mailed free to your home, or delivered directly to you in any TNRD community. Contact the Merritt Library at 250-378-4737 for more information.

Merritt Senior Citizens Association
Merritt Senior Centre - 1675 Tuill Court

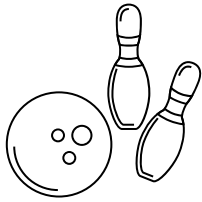
Fall / Winter Activity Schedule 2025/26

Monday	Pool Tables Ping Pong Cribbage	10:00a - 3:00p 10:00a (Oct 6 start) 1:00p - 3:00p
Tuesday	Bingo Canasta	1:00p - 3:00p (Doors open at 11:00a) 6:30p (maybe Oct 7 start)
Wednesday	Swimming (at the NV Aquatic Centre) Aquasize (at the NV Aquatic Centre) Pool Tables Ping Pong Floor Curling	9:00a 10:00a 10:00a - 3:00p 10:00a 1:00p
Thursday	Exercise Whist Shuffleboard	9:00a 10:30a 2:00p (Oct 2 start)



Merritt Senior Citizens Association
Merritt Senior Centre - 1675 Tuill Court
Fall / Winter Activity Schedule 2025/26

Friday	Carpet Bowling General Meeting Rummoli	1:00p on the 1st, 3rd, & 4th Fridays 1:30p on the 2nd Friday of month 6:30p
Saturday	Exercise Floor Curling	9:00a 1:00p



The Senior Centre has a dart board, shuffleboard table, and small library with books, DVDs, puzzles and games. There is also a card table set up in front of the kitchen for casual coffee.

All activities and events are subject to cancellation due to holidays or other unforeseen circumstances.



The Merritt Senior Centre is always welcoming new members!

For more information about membership or the activities and events taking place, you can call 250-378-3763, or drop by Wednesday mornings during the office hours, 9:00am to 12:00pm.

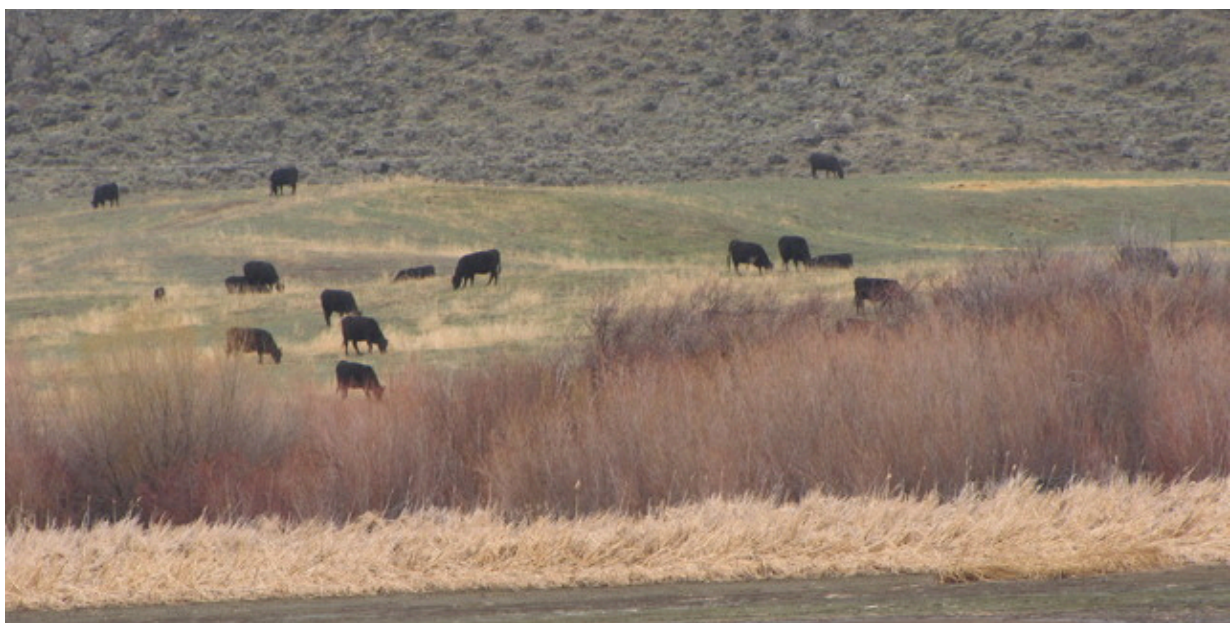


Photo of Nicola Valley by Don L.

Closed for a week...

Better at Home Nicola Valley will be closed for the week of October 20 to 25, re-opening Tuesday October 28.

May you find the autumn days of October refreshing, with moments of thankfulness and rest.

Until next month, with gratitude,
Judith C. Myram
Program Coordinator
Better at Home Nicola Valley

reminder: the Better at Home Bulletin
(Nicola Valley) is available

Online

[www.interiorcommunityservices.bc.ca/
programs/better-at-home](http://www.interiorcommunityservices.bc.ca/programs/better-at-home)



**"Don't ask yourself what the world needs.
Ask yourself what makes you come alive
and then go do that. Because what the
world needs is people who have come
alive."**

Howard Thurman

Thank you for reading!



Enriching Lives, Strengthening Communities

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