

BETTER AT HOME NICOLA VALLEY - MONTHLY BULLETIN



Photo of Nicola Valley - by Sebastian Fralic

October is here, a time for crisp air and new beginnings

To those I did not get a chance to meet, my name is Shawnee Swayze-Kristan and I am the new program coordinator with the Better at Home Merritt program.

Thank you to those that have welcomed me with open arms, and I look forward to future meet and greets.

Please make note of some schedule changes for this month. Our Seignor Tech Table will have 2 evening times on the 14th and 28th from 7:00pm-8:00pm, with the help of our amazing Charity. We will also be closed the 26th, 27th, and 28th, because I am out of town. There will be no Tuesday Social for October.

This month ICS is hosting it's 4th Annual Chilli & Coats event. I would love for us to help out with this event, if anyone has any ideas.

I look forward to this new season and month with all of you!

Online

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

Around



Town...

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

Thanksgiving Day
Monday, October 12th

Interior Community
Services 4th Annual
Chilli & Coats
October 16th

Program closure
October 26th, 27th, and
28th.

I will be back in office
on the 29th.

Better at Home & Community Events

Better at Home Seniors' Social @ The Boardroom - Valley Graze, 2114 Nicola Ave; 10:30am to 12:30pm on Oct. 3rd and 17th

Better at Home Let's Connect Social @ Valley Graze cafe (2114 Nicola Ave); Oct 27th, CANCELED

Seniors' Tech Table & Navigation Peer Support drop-ins are October 1st, 8th, and 22nd from 11:00am-1:00pm and October 14th and 28th from 7:00pm-8:00pm at the Merritt Public Library in Room 2 1691 Garcia St.

Interior Community Services 4th Annual Chilli & Coats Event 10:00am-2:00pm Spirit Square

Better at Home will be closed the 26th, 27th, and 28th as I am away for a Summit out of town. I will be back on the 29th

Farmers' Market @ parking lot next to Baillie Property; 9:00am - 1:30pm on Saturdays

Sun

Mon

Tue

October

4

5

6

ICS/Art Gallery Collab
Art from CLS
Participants on display
at the Art Gallery
All Month

11

12

Thanksgiving Day
Stat
Holiday



13

18

19

20

25

26

Better at Home
Program Closed

27

Better at Home
Program Closed

Let's Connect
CANCELED

Wed	Thu	Fri	Sat
	1 Seniors' Tech Table & Navigation Peer- Support 11:00-1:00	2	3 Seniors' Social 10:30-12:30 Farmer's Market 9:30-1:00
7	8 Seniors' Tech Table & Navigation Peer- Support 11:00-1:00	9	10 *Better at Home Closed Thanksgiving Weekend *Farmer's Market 9:30-1:00
14 Seniors' Tech Table & Navigation Peer- Support 7:00pm-8:00pm	15	16 Interior Community Services 4 th Annual Chilli & Coats Event held in Spirit Square	17 Seniors' Social 10:30-12:30 Farmer's Market 9:30-1:00
21 Family Friendly Fright Night Merritt Civic Centre	22 Seniors' Tech Table & Navigation Peer- Support 11:00-1:00 Family Fright Night Merritt Civic Centre	23 Fright Night Merritt Civic Centre	24 Farmer's Market 9:30-1:00
28 Better at Home Program Closed Seniors' Tech Table & Navigation Peer- Support 7:00pm-8:00pm	29	30	31 HAPPY HALLOWEEN  Farmer's Market 9:30-1:00

October is a time for family, community,
and spooky fun!



United Way helping seniors remain independent.

For information, please contact the
Better at Home Nicola Valley Program
Coordinator at 250-280-3015



Enriching Lives, Strengthening Communities