

Get Active

Salmo Recreation Fitness Centre

Fully equipped fitness centre & exercise facility

206 7th Street - Salmo, BC V0G1Z0

Phone 250-357-0121 www.facebook.com/SalmoRec

Salmo District Golf Club is known for flat wide open fairways that is ideal for seniors. The Seniors Club tees off every Tuesday at 9:30 am.

Ph: 250-357-2068 www.golfsalmo.com

Salmo Valley Seniors ATV Club meets every 2nd month to provide updates on club activities. For information contact Bob Blackwood at: 250-357-9645

Salmo Valley Swimming Pool

Affordable drop in rates and full access passes

Ph: 357-2255 www.salmopool.com

Salmo Ski Hill

Senior discounts on season passes, lift tickets and rentals
434 Ski Hill Road - Salmo, B.C. V0G 1Z0

Ph: 250-357-2323

Email: info@skislamo.com www.skisalmo.com



Community Resources for Seniors



Corporation of the Village of Salmo

For more information visit:
www.salmoseniors.ca



Community Healthcare Services

Salmo Health and Wellness Centre

Provides safe, convenient, respectful and wheelchair accessible outpatient services.

Laboratory Outpatient Services

Monday 10:00 am - Noon

Thursday 8:00 am - 10:00 am

Closed all Stat Holidays

413 Baker Avenue - Salmo, BC V0G1Z0

Ph: 250-357-0104

Salmo People's Drug Mart Free delivery within Salmo upon request. Assistance with shopping. Free consultations and medication reviews. Home visits to seniors as needed. Vaccinations to protect you from illnesses. Blister packing of your medications. Free blood pressure testing & explanation.

107 4th Street - Salmo, BC V0G1Z0

Ph: 250-357-9444

Salmo Hospice

Offering end of life support, respite to caregivers, bereavement support and referrals to support groups. Some palliative equipment is available for use.

Email: salmohospice@gmail.com

www.facebook.com/SalmoHospice

Victims Services

Is an RCMP-based program providing support and information on the criminal justice system to victims of crime or trauma. For more information, contact Salmo Community Resource Society.

Ph: 250-357-2277

Salmo Community Resource Society (SCRS)

SCRS delivers a broad range of services that help individuals and families including adult mental health, funded by the Interior Health Authority. This service provides one on one and group counselling support for people facing mental health and addiction issues.

311 Railway Avenue - Salmo, BC V0G 1Z0

Ph: 250-357-2277

Transportation

Volunteer Driver Program managed by Salmo Community Resource Society

A daytime Monday to Friday volunteer driver service for citizens of Salmo/Ymir and surrounding areas who require assistance to access medical, dental and some financial appointments. Phone for more details on how to access this service.

Ph: 250-357-2277

BC Transit

Weekday handy DART bus service available between Salmo and Nelson. Contact BC Transit office for current schedule and rates.

Ph: 1-855-993-3100

