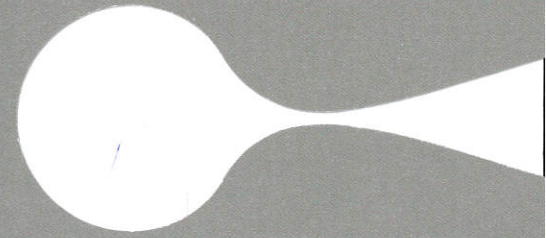


Age-Friendly Salmo



Community Resources for Seniors

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The Village of Salmo



Age-Friendly Salmo

Salmo Seniors Association (250)357-9553

Hosts a potluck for all seniors at the Seniors Activity Center on the 2nd Wednesday of each month, admission by meal contribution or \$5.00 fee. Also hosts coffee drop-ins, card games, painting & crafting sessions.

Salmo Valley Estates (250)357-2629

Provide housing. Hosts activities and events including crafts, bingo, music, entertainment, drama, cards/board games and guest speakers. All activities are open to all community members. Community members can also stay for a meal with advance notice (small fee applies).

Salmo People's Drug Store (250)357-9414

Home delivery of prescriptions is available by request. Contact Duncan.

Salmo Public Library (250)357-2312

Computer support every Monday. Travelling library to Salmo Valley Estates every 2nd week. Large print and talking books available. Senior support seminars as scheduled. Drop in tea last Friday of each month.

Salmo Community Services (250)357-2277

Programs available: Adult Mental Health and Substance Use, Victim Services (for victims of crime and/or trauma), Women's Counselling, Food Bank, Monthly Community Luncheon at Salmo Valley Youth & Community Centre (by donation), Volunteer Drivers (referral required).

Salmo Royal Canadian Legion (250)375-9495

Legion members can take advantage of programs for veterans that supply medial aids, etc. Seniors always welcome to weekly evening darts and Saturday afternoon meat draw and cards.

Salmo Legion-Ladies Auxiliary (250)357-2929

Meat pies (turkey and beef) available to pre-order at a cost of \$3.00.

Salmo Seniors ATV Club (250)357-0021

ATV Activities and outings for seniors with ATV's. Instruction and education on ATV use and safety also available.

Salmo Golf Course (250)357-2068

Special seniors discounts for membership.

Salmo Valley Hospice Society (250)357-9626

Offering grief support for all community members.

Salmo Valley Swimming Pool (250)357-2255

Lap swim and exercise classes available.

Salmo Recreation (250)357-0121

Many programs available for community members of all ages. Also full access weight room and indoor walking space available.

Salmo Community Center (250)357-2320

Numerous senior programs and events. Space also available to rentals.

West Kootenay Community TEETH Clinic (250)352-6560

Affordable low cost dental services for families & seniors with income under \$30,000. Call for application.

The Village of Salmo
www.salmo.ca