

Wednesday, October 2, 2024

2024 Amazing and Aging Seniors Health and Wellness Fair

Date and Time: Wednesday, October 2 10:00 am - 2:30 pm

Address: Trail Memorial Centre 1051 Victoria St, Trail BC

The Age Friendly South Kootenay Seniors, the Lower Columbia Better at Home program, the Trail & District Public Library, FAIR, South Kootenay Seniors, and the City of Trail and the present the second annual Amazing & Aging Seniors Health & Wellness Fair, scheduled for Wednesday, October 2, 2024 from 10 am to 2:30 pm at the Trail Memorial Centre.

The event is an opportunity for seniors of all ages and abilities to socialize, engage, and learn about senior specific health & wellness services in our region.

Event highlights include:

- Free admission for seniors of all ages and abilities;
- Exhibitors Room 10am – 2:30pm
- Speaker Stephanie Moss 10:30am (Seniors Nutrition)
- Light lunch served at 11:30pm
- Chair Yoga at 12:30pm
- Speaker Mike Stolte at 1:30pm (Cultivating Mental Health Practices for Resiliency)

Interested in being an exhibitor? Contact the Amazing & Aging committee at seniorsfair@trail.ca or 250-364-1731.

Speakers sponsored by the Friends of the Trail & District Public Library

Saturday, October 26, 2024

Spooktacular 2024

Date and Time: Saturday, October 26 11:00 am - 3:00 pm

Address: Trail Riverfront Centre 1505 Bay Avenue Trail BC

Join us downtown Trail on Helena St. and Esplanade Ave. for spooky fun from 11 am to 3 pm

- Trail's incrEDIBLE Farmers' Market - over 40 vendors ([Check out the market map](#))
- Hay Maze by RE/MAX All Pro Realty
- Live music by the RiverRockers
- Pumpkin Patch fundraiser at the Trail Riverfront Centre by the Trail & District Public Library
- Tombstone activity and photo booth at the Trail Riverfront Centre by the Trail Museum & Archives
- Fun with KidSport
- Free Halloween craft by the VISAC Art Gallery - hosted in the entrance of the Bailey Theatre
- Ghostly Game Show Show in the Bailey Theatre at 11 AM, Noon and 1 PM: 30-minute halloween themed games for the whole family. Sponsored by Teck.
- Downtown businesses Trick or Treat
- Visit with the Trail Firefighters
- Free skate (Trail Memorial Centre Cominco Arena) 1 to 2 PM by Trail Parks and Recreation, sponsored by the Murphy Family Foundation.
- The Mystic Dreams witches dance performances at 11:30 AM and 2:30 PM
- More - check back for updates!

This event has been made possible through the collaboration of the City of Trail, Trail & District Public Library, VISAC, Trail & District Arts Council, Charles Bailey Theatre, RE/MAX All Pro Realty, and Trail's Incredible Farmers Market.

<https://calendar.trail.ca>