

Trail Association for Community Living

Celebrating
Spring & Summer
2025



A letter from our Executive Director, Nancy Gurr



What an incredible spring and summer 2025 has been at TACL! We have so much to celebrate and take pride in.

Our residential sites once again set out on their annual vacations across the province, and the stories and smiles that came back with everyone truly show how meaningful these experiences are. From exploring new places to enjoying quality time together, these trips continue to be a highlight of the year for both the people we support and our staff.

We were also thrilled to host a very successful Annual General Meeting. It was wonderful to see such strong participation and to welcome back our dedicated Board of Directors, whose vision and commitment help keep TACL moving forward.

Another milestone worth celebrating is the purchase of the property in East Trail, the long-time home of our Youth Centre. **Owning this space enables us to continue running inclusive youth programs while also providing us with much-needed room for additional programming and meeting spaces.** This is a true investment in the future of our community!

Looking ahead, October brings another exciting opportunity to come together as we celebrate **Community Inclusion Month**. In recognition and celebration of this occasion, the Trail Association for Community Living (TACL) is partnering with the Trail VISAC Art Gallery to exhibit photographs and artwork created by persons supported by TACL. This is a wonderful opportunity to showcase the creativity and talents of the people we support, while engaging the wider community in celebrating inclusion.

Please make some time to drop by the VISAC Art Exhibit or join us for an evening reception to celebrate the diverse creativity in our community:

- **Opening Reception:** Thursday, October 23 from 4:00 – 5:30 PM
- **Exhibition Dates:** October 20 – November 6
- **Gallery Hours:** Monday – Thursday, 12:00 – 4:00 PM
- **Location:** VISAC Art Gallery, 1501 Cedar Avenue, Trail

For over two decades, CLBC has proudly observed Community Inclusion Month. This month allows us to honour the dedication of individuals, families, and community members who tirelessly work towards creating more inclusive communities and opportunities for all British Columbians, especially those with developmental disabilities.

Please take this opportunity to page through our *Celebrating Our Spring and Summer* newsletter. Remember, we are always looking for volunteers for **Thrifty Treasures** and throughout our organization — your time and support make a real difference!

And don't forget to stay connected: visit our website at www.taclkootenays.com and follow us on **Facebook** to keep up with all of our latest news and celebrations.

These past few months have been filled with joy, growth, and connection, and none of it would be possible without the dedication of our staff, the support of our families, and the enthusiasm of the people we serve. Together, we are building a strong, inclusive, and vibrant community.

Here's to carrying this energy into the **fall and winter** and to many more reasons to celebrate ahead!

With gratitude,

Nancy Gurr
Executive Director, TACL



TACL Residential Housing



TACL has several homes located in neighbourhoods in Trail, Fruitvale and Warfield.

In our residential settings, The homes accommodate people based on their abilities and care requirements. Each person has their own individualized private room.



Silver City Days

Spring & Summer of 2025 has been a hot, fun and busy time! Starting off the season with the Silver City Days Parade with a butterfly theme



**"Just like the butterfly I too
will awaken in my own
time." Deborah Chaskin**

Mother's Day Tea

Every year we join together to celebrate Mother's Day. Not only is this a great way to show their appreciation to their Mother's, but also a great way to get out and socialize with peers.



Music Group



Who doesn't love a good jam session?!?

Music with Todd has brought us together to express ourselves and build our confidence with music. It has been very positive to have such a talented musician sharing their gift with our program.

ROCK ON!



COMMUNITY SUPPORT

The Community Support program provides services to individuals who usually live independently in the community. Some people need support to buy groceries, attend medical appointments or to create and maintain a financial budget. The Community Support Program also offers group activities for community inclusion, self-advocacy, activities, events and life skills.



Social Recreation group kept active bowling, beach days, outdoor adventures, Tours of Teck and the Fire Hall, including the new fire training centre.



Cooking Group always puts safety first, and have been learning knife safety. Salads, appetizers and mocktails were the focus for spring and Summer, learning how to make meals they can recreate at home.



TACL Seniors Group



Our Sassy Seniors have the chance to get out, mingle and live their best life! They learn about late life planning, attend local Senior community events and visit local establishments. From mocktails at the local distillery, fun with the Rossland Light Opera to dances during Silver City Days. Senior's rock is a favourite where they sing, clap, play instruments or karaoke to their hearts content.



Camp Tweedsmuir

TACL's 2nd Annual campout at Camp Tweedsmuir was a huge success! Everyone enjoyed the scavenger hunt , craft stations, karaoke and endless adventures ! KSCL and Nelson Cares came out for the day to enjoy the fun and partake in the delicious BBQ feast!



Alpha House Road Trip



The ladies at Alpha House enjoyed a road trip to Penticton this summer. They spent time out by the lake, dined out for some good eats and just exploring all the city has to offer! Just look at those beautiful smiles!



Mini Golf



Great day to get out for a fun round of Mini Golf.

Whether you are a skilled player or just learning the game, it is always a fun time for everyone!



Willow Place

The gentlemen at Willow welcomed a new housemate this year and celebrated with a house warming party. It was a full house with over 65 guests!

Residents enjoyed vacations with family, Camp Tweedsmuir and fishing .



Fruitvale House

The summer brought beautiful weather to Fruitvale House , much of the residents time was spent outdoors and many meals were enjoyed on the front deck . Music in the Park , Gyro Park and the Farmer's Market were some of the events attended. Camp Tweeds-muir Camping was a welcome retreat !



Spring and Summer Adventures with Day Program

What an exciting spring and summer! Our day program was full of adventure, creativity and community spirit.

We kicked things off—literally—by working up a sweat in kickboxing sessions that got our hearts pumping and spirits soaring. Parade season was a blast! We rolled up our sleeves and helped design and build our very own float. We hosted a Mother's/Caregivers Day Tea, celebrating the amazing people in our lives with warmth, laughter, and delicious treats. Music with Todd brought singing, dancing and good vibes. We got our hands dirty in the shared community garden with CDS, growing delicious crops and sharing the fruits (and veggies!) of our labor.

One sweet highlight was cuddling with bunnies and petting the horse at Harding Ranch Farm.

We were dazzled by the Gold Fever Follies, whose fabulous show had us clapping, laughing, and singing along.

History came alive during our visit to the Rossland Gold Mine, where we explored the past and imagined life in the mining days. In Nelson, we hopped aboard the trolley and strolled through the museum.

We ended off our summer adventure on a weekend day trip to Sandon, a local Kootenay ghost town.



More Day Program Fun!



The Fun Continues...



FORREST PLACE ROAD TRIP



Forrest House had their own fun this summer taking a much needed road trip to Kelowna! Here PIC got to explore the City, cuddle the animals at the Kangaroo Farm and do a little shopping at the Mall and dining out at the Spaghetti Factory and Montana's. Everyone loves a

Richard, Forrest's resident artist creating a masterpiece!



SELF ADVOCACY

As a parent of a child with diverse needs, I have the privilege of discovering how to assist in empowering individuals served to be their own advocate in order to fulfill their own dreams and wishes.

To quote A.A. Milne:
“You are braver than you believe, stronger than you seem, smarter than you think and more loved than you know.”

- C. Cromarty



Self Advocates met in May for our fun spring round. We had a fun discussion on employment with the ladies of the CIC, Lorissa and Tina. We had a great discussion about employment, what minimum wage was, how the ladies there help us find a job, how certain certificates help out and different kinds of employment. It was a great discussion, and a lot of questions were asked, and a lot of answers were given. Our latest self-advocacy meeting in September, went well. We had a very fun discussion about housing. In late May, we were invited to a Housing Matters focus group by the Canadian Institute for Inclusion and Citizenship. Of the clients that showed up, a couple were a part of the self-advocacy group, myself included. So, myself and the other advocates came together to bring this interesting chat back to the group. It also went over well and a lot of fun discussions were had.

Crystal Bermel Self Advocate



Self-advocacy is crucial for people with diverse disabilities because it fosters empowerment, enabling them to control their lives, make informed decisions, and articulate their unique needs and preferences. It promotes inclusion and full participation in society, ensuring individuals are not denied basic rights or presumed incompetent. Developing self-advocacy skills also builds confidence, resilience and social integration, leading to better outcomes in education, employment, and overall quality of life. Furthermore, it drives systemic change by giving a powerful, collective voice to influence policy and accessibility in communities and beyond.

Employment Connections



The Community Inclusion Centre offers a multitude of services including Employment Services which are customized to each individual's needs. Our employment counsellors strive to find the best fit for job seekers. This includes speaking with potential employers about customizing a position that is the right fit for not only the Client, but for the Business as well.

Peer Group was created for individuals to gather with their peers to explore employment options, to get out in the community as a group and to just enjoy each other's company. They learn life skills such as cooking, personal hygiene and daily living skills. It's a great way for them to meet new people and socialize. As a group they have the choice of what they want to explore week to week so every group meeting is a fun one!



La Nina Shelter

TACL and CDS would like to give a big thanks to Trail City Counsel and the Community for the 3 year extension at La Nina Shelter.

This summer the guest were busy planting, caring for and enjoying the fruits, or rather, the herbs and vegetables, of their labour in the Community Gardens. This helps with giving them a sense of accomplishment and a way to help themselves and others in the Community.



Thrifty Treasures



Thrifty Treasures had their Grand Re-Opening this Spring to the delight of local residents. The Thrift Store has been a reliable source for inexpensive goods many in the community need. Not only offering new and used clothing, but household items, gently used furniture and children's items. Our community has been so gracious with dropping off their gently used items for resale in the store that our shelves are overflowing some days. We have a wonderful group of Volunteers that dedicate their time to giving back to the local community. Without them, we would undoubtedly have to close the doors for good.

We would like to extend our thanks, to not just the Volunteers for dedicating their time to us, but to the community for keeping us stocked with goods to sell.

Youth Centre



In March 2018, CDS took over managing the Trail Youth Centre located at 1696 2nd Avenue in Trail. The centre was able to remain open during the transition period and has welcomed some new faces. We continues to re-establish networks with other youth support providers to ensure strong collaboration is taking place as the centre moves forward.

The mission has remained the same as the Trail Youth Centre is a safe, inclusive space for all youth ages 13-18. The centre is open Tuesday through Thursday from 3:00pm – 7:30pm in all four seasons. Anyone is welcome to come by for a snack, a game of foosball or pool or just hang out and watch a movie.

TACL purchased the building in July of this year and will be looking to make much needed improvements to the building in the coming months.

Upcoming Events

VISAC GALLERY

THE ART OF
COMMUNITY
INCLUSION

October 20 - November 6, 2025



Opening Reception:
October 23rd
4:00PM - 5:30PM

Featured artists include
Jaime Bialon
and members of Trail Association for
Community Living (TACL)

*Join us for an evening of art appreciation.
Light refreshments provided.*



COMMUNITY LIVING
BRITISH COLUMBIA

Gallery Hours:
Monday - Thursday
12PM - 4 PM



TRAIL & DISTRICT
ARTS COUNCIL



Regional District of
Kootenay Boundary

visacgallery.com | info@visacgallery.com | 1501 Cedar Ave, Trail BC | Mon - Thu @ 12pm-4pm

PUCK TOSS

Friday November 21

Game Starts @ 7:00 pm

Trail Memorial Centre



We're INVITING
you to join us as the
Trail Smoke Eaters
play the Brooks
Bandits and sup-
port Vans-on-the-
Go! project.

Help make a difference
in your community by
purchasing a puck at
the game.

1 puck: \$3.00

3 pucks: \$5.00



Your thoughts and suggestions

Would you like to help us improve our services?

If you have any comments, questions, concerns, or ideas, please take this opportunity to let us know. Simply detach the bottom portion, add your contact details, and drop it off at the office or email to tacl@telus.net

Visit our website @ www.tackkootenays.com
