



# Revelstoke Senior Life

A monthly newsletter for Revelstoke seniors  
December 2022

Welcome to the first issue of Revelstoke Senior Life. This newsletter, brought to you by the Revelstoke Community Response Network (CRN), will share stories, events, opportunities and tips for seniors in Revelstoke. We hope you will find it entertaining and useful. If you have news or events to share with Revelstoke Senior Life or if you'd like to subscribe to this e-newsletter, please contact [revycrn@gmail.com](mailto:revycrn@gmail.com).

## Celebrating winter

Winter has arrived and many of the ways we stay active will change for the next few months. Some of us pull on our skis or snowshoes and head to the slopes or the flats by the river. Others head inside – perhaps taking up pickle ball, aquafit, yoga, or joining the indoor walking club at the community centre (see back page). Outside or inside, there are many good options to keep moving.

Getting exercise and socializing is doubly important when the sun stays behind the clouds for weeks on end. For many, it's tempting to stay inside and isolate. But this is the time when meeting with friends and moving your body are extremely important.

Luckily, Revelstoke has lots of opportunities to do both. Check out the activities on page 3 of this newsletter. This is just a few of the many opportunities in town. On page 4, we have also included some of the service providers in town who can support seniors if they need extra help.



*Senior Mike MacNeil has already been ski touring on Mount Macpherson, enjoying the first powder of the year.*  
Photo: Claude Awad



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## Community Connections weekly coffee social

Looking for good company, coffee, treats and a friendly smile? Community Connections hosts a weekly coffee social every Thursday from 10-11 at the outreach building, 416 Second Street.

Everyone is welcome.

## Safety for Seniors workshop series

Too many of us have had the experience of receiving threatening recorded phone calls and too-good-to-be-true e-mail offers. In November, the Revelstoke Credit Union, collaborated with the CRN, the United Church and Revelstoke Hospice Society to present a series of workshops on Financial Wellness, including estate preparation, identity theft, fraud and scams. For more information on these subjects please go to [this link](#).



*Barb Tetrault (left) and Jamie Hobgood (right) of the Revelstoke Credit Union presented an informative workshop on identity theft on*

The final workshop in the series is:

## It's Not Right! Neighbours, Friends & Family for Older Adults



This workshop teaches people how to recognize warning signs of abuse of older adults and respond safely and supportively. Realistic scenarios are explored to facilitate discussion and build skills.

Everyone is welcome.

Where: Revelstoke United Church, 314 Mackenzie Avenue

When: Monday, December 5 from 10 to 11 a.m.

Email [revycrn@gmail.com](mailto:revycrn@gmail.com) for more information.



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## Upcoming events and activities

### Thursday, December 1

- Winter art market, Revelstoke Visual Arts Centre, Wed-Sun until Dec 23.

### Friday, December 2

- Winter market, Community Centre, 11-3:30.

### Saturday, December 3:

- Breakfast with Santa pancake breakfast, Revelstoke United Church. Sittings at 8:30, 9:30, 10:30 a.m.
- Crime Stoppers No Host Bazaar – Community Centre, 11 to 4. \$2 each, \$5/family

### Wednesday, December 7

- Brown Bag Lunch, Curator's Favorites – Revelstoke Museum and Archives, 12-1.

### Saturday, December 10

- Swan Lake Circus – Revelstoke Performing Arts Centre. Two shows: 3 p.m. matinée (\$15) and 7:30 performance (\$25). Info and tickets click [this link](#).

### Friday, December 16

- Winter market – Community Centre, 11-3:30.

## Regular activities

### Mondays

- Soup and a Smile lunch (by donation) – United Church, 11:30-1:00.
- Bingo – Seniors' Centre, 1 p.m.
- Bridge – Seniors' Centre, 7 p.m.
- Darts – Seniors' Centre, 7 p.m.

### Tuesdays

- Carpet Bowl – Seniors' Centre, 9 a.m.
- Cribbage – Seniors' Centre, 1 p.m.

### Wednesdays

- Billiards – Seniors' Centre, 9 a.m.
- Exercise – Seniors' Centre, 10 a.m.
- PAN – Seniors' Centre, 6:30 p.m.
- Whist – Seniors' Centre, 7:30 p.m.

### Thursdays

- Carpet Bowl – Seniors' Centre, 9 a.m.
- Coffee Drop-In – Seniors' Centre, 9:30-11. Proceeds go to medical transportation.
- Coffee Social – Community Connections, 416 2<sup>nd</sup> Street, 10-11 a.m.
- Indoor Walking Club – Community Centre – 11 a.m. – noon.
- Hot lunch – Food Bank – nutritious and delicious hot lunch, \$10. 11:30-1 p.m.

### Fridays

- Exercise – Seniors' Centre, 10 a.m.
- Darts – Seniors' Centre, 7 p.m.



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## Indoor Walking Club

Starting Dec.1st

Every Thursday **FREE!**  
11am-12pm

### Walking

**At the Community Centre**

Walking for 30 minutes a day or more on most days of the week is a great way to improve or maintain your overall health

*Bring indoor shoes.  
Walking sticks and seating provided.*

www.revelstoke.ca  
250-837-9351 #3  
prc@revelstoke.ca



## Service providers

**Community Connections Outreach**, 416 Second Street West, 250-837-2920;  
<https://community-connections.ca/>

- Better at Home (Support for seniors)
- Food bank
- Social Justice support, counselling and more.

**Revelstoke Community Centre**, 600 Campbell Avenue, 250-837-9351

**Revelstoke Hospice Society**, 250-837-5523

**Revelstoke Seniors' Centre**, 603 Connaught Avenue, 250-837-9456;  
<https://revelstokeseniors.com/>

**Revelstoke Women's Shelter**, Business: 250-837-4382; Emergency: 250-837-1111

- Moving Forward Program (Outreach and workshops) 250-814-8387
- Community Response Network, [revycrn@gmail.com](mailto:revycrn@gmail.com)

**Revy Unstuck Facebook Page**: Helps seniors with shovelling in the winter.