



Revelstoke Senior Life

A monthly newsletter for Revelstoke seniors
February 2023

As daylight returns - Editor's note by Laura Stovel

As the days grow longer, so too does the time we spend outside. I'm enjoying walks along the river with my dog later in the day and can feel the promise of spring even though I know it is months away.

For those who are looking for ways to stay fit indoors in the winter, Revelstoke has plenty of options from yoga classes, gyms, a fitness group at the Seniors' Centre, pickleball, Aquafit, the [T.I.M.E program](#) and an indoor walking group at the Community Centre.



In January, the Okanagan Regional Library launched its first Tea and Tech on the first Friday of the month. You can bring your phone, laptop, ipad or other tabloid device and ask questions while enjoying tea and cookies. I was able to resolve a computer issue with the support of friendly and knowledgeable library staff and others also received good help.

Revelstoke Senior Life tries to list all activities of interest to seniors within each issue but for that we need your help. If you have an event or activity that you think we should know about, please contact us at the e-mail below. We also welcome poems, stories and article suggestions.

Online resources
Tea
Cybersecurity
Games
Help with your devices
and
Government websites
Tech
Ereaders
Every First Friday of the Month
1:30 – 2:30
Drop in – Free – All Welcome!

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What is the Community Response Network (CRN)?
The Revelstoke CRN is a committee of service providers, including the City, Interior Health, and several non-profits that work together to prevent adult abuse and support vulnerable adults.

We are grateful for the support of our sponsors:



To subscribe to this newsletter or to provide feedback, event announcements or to suggest submissions, please e-mail revycrn@gmail.com or call Laura at 250-814-8971.



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Inspiring Seniors

Peter Waters - Creativity with adversity

At a corner table at Dose Café a man is writing. From time to time he looks up, blue eyes grazing the crowd without really seeing, then his attention returns to the page and he resumes his work.

Peter Waters is a regular here and this is his table, beneath a photo of him with another regular, David, and Dose Café co-owner John Pierce.

Peter grew up in London, England and became a successful hair colourist, touring for five years in the U.S. as part of a show team. He thrived professionally despite living with bipolar disorder. Then, 28 years ago, his marriage was breaking up and he fell into a serious depression. An old friend, Hugo Jackson, had recently become the Anglican priest in Revelstoke and invited him to visit for Christmas. Hugo welcomed Peter into his home and told him he could stay as long as he wanted to. “I stayed with him for a year and I discovered, like so many other people, the great secret: Revelstoke,” Peter said. “I realized this is where I wanted to live.”



In Revelstoke, he worked as a hair colourist at Country Chair, owned by his friend Sharon Kelly. He became involved with the Revelstoke Theatre Company, acting in several large musicals. His favorite was playing Fagan in *Oliver*. “It was a famous role and I knew how to play it. The director realized what I was doing and let me,” he said. “Fagan has his children who were thieves and so I had this small cast of children to work with and that was marvellous.”

The highlight of Peter’s acting experience was when he performed a one-act, solo play by Samuel Beckett. After performing it in Revelstoke, he competed in a one-act theatre festival in Prince George and won. He was then invited to represent Theatre BC in ACToberfest, an international theatre festival, and was named runner up in the one-act competition.

Around 2004 Peter had to retire from hair colouring because of a bad tremor. He loved performing in theatre but found that after each performance he became depressed. He had good support from his psychiatrist and doctor but he realized that more was needed. “There are lots of people who have mental health challenges” and their main supports are their psychiatrist and doctor – “and some of them don’t want to see those,” he said.

He began talking with Interior Health staff about creating a space for people experiencing mental health challenges. The result was the creation of RAOP, Revelstoke Awareness and Outreach Program, a drop-in space in the heart of Revelstoke. RAOP continued until the Covid-19



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epidemic hit and indoor gatherings ended. Today, peer support is taking a more flexible form with cafés like Dose playing an important role. Peter has a role too – as a supportive elder.

“I know some customers at Dose struggle with mental health. They come and talk with me because they know about my experience. There are people who are around 30 who need a support group that they can come to in the evening – no point during the day because they are skiing or working – but in the evening they need a place where they can come once a week or once a month just to chat. It is beginning to happen,” he said.

In the meantime, Peter is working on his novel. “It’s a romance but really it’s about the different ways we look at love,” including psychological and spiritual. “I’m loving writing about it. It just poured out of me. I just literally put pen to paper and it was writing itself.” It’s almost a community project, he added, with Dose staff, like Lucy Walton and manager Kathryn O’Brien jumping in to help with typing and editing.

“So many people in Revelstoke know that I’m doing it and they’re so excited about it,” he said. “If Revelstoke can look at the book and say, ‘I know him. He lives here’ then it gives joy to the whole community. And that’s what I want to be able to do. To give back to this fantastic place that I live in.”



Passion for pickleball

Every day of the week except Friday and Sunday a growing number of people are enjoying the sport of pickleball – a racket game, something between badminton and tennis, that involves hitting a light plastic ball across a net. Many players are seniors. The games range from competitive to the less competitive social play where, according to board member Sandy Adams, “players play to extend the

rally and do not attempt to win points with shots not returnable by the less skilled players on the court.” At \$6 per person for club members (\$10 for non-members), plus a total of \$43.66 for membership and insurance for the year, this is one of the most economical sports around and a good way to socialize and stay fit indoors in the winter. The club offers compulsory lessons for beginners to orient them to the sport. For more information see <https://secure.pickleballcanada.org/fr/club/revelstoke-pickleball-club-get-stoked/1037/> or e-mail info.revelstokepickleballclub@gmail.com.



Writer's Corner

Winter blues banished by Carolyn Johnson

The entire room cheered when the young man traversed the obstacle course with ease and grace. That kind of camaraderie is why the indoor walking group, every Thursday at 11:00, is one of my favorite activities of the week.



It started when the deep snow of Christmas was replaced by what I call the ice palace: a mix of straight ice, snow-covered ice and the occasional puddle of water over ice. My sturdy cleats have kept me from falling for the last two years but I'm tense walking in the ice palace. When I realized that I had not gone for a single walk in the past two weeks, I knew I needed to do something indoors. The indoor walking group was just the ticket.

Finding someone to talk with at the indoor walking group has never been a problem. The room is full of interesting people, many of whom I know. The RADS (Revelstoke Adult Development Services) group is there each week with their fearless leader Maralee, keeping things lively. Each week something unexpected happens, like the young man from RADS on the obstacle course.

Most other participants are seniors, with the occasional younger person mixed in. Many walk with poles that are provided. These lend stability and help exercise the upper body. Some use walkers, some eschew all aids and go it alone.



Figure 1 Photo courtesy of Chantal Faucher.

Under the watchful eye of fitness instructor Chantal Faucher, we walk one way, then reverse course, walk in figure eights, then sideways and backwards. We top it off with balance exercises such as walking on a thin line or balancing on one foot. All exercises are optional and lots of participants sit exercises out or continue their steady walking as others change gears. Best of all, you can take a break whenever you want. The weeks I have been there, attendance has been between 11 and 20. I see new people each time.

The course goes until the end of March when the outdoor paths are usually up and running (walking?) again and the ice palace becomes another memory until next winter.

* * *

Carolyn Johnson is a novelist and writer based in Revelstoke. Instructor Chantal Faucher also teaches Aquafit and the T.I.M.E program (more about these in the March edition).



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Upcoming events and activities

Wednesday, February 1

- Brown Bag history, Place Names – Revelstoke Museum and Archives, 12-1 pm, \$8.

Friday, February 3

- Winter market – Community Centre, 11-3:30 pm.
- Tea and Tech – Okanagan Regional Library, drop-in tech support, 1:30-3:30, free.

Saturday, February 4

- Karima Essa | Body Positive Bollywood (family series) – Revelstoke Performing Arts Centre, 3 pm, \$10. Info and tickets click [this link](#).

Sunday, February 5th

- Book Club – Fable Book Parlour, Discussing 'Fight Night' by Miriam Toews, 7 pm.

Monday, February 6

- Monashee Traverse Tales, slide show with Douglas Noblet and Isobel Phoebus – Fable Book Parlour, 7:30 pm, \$10-\$15 suggested donation, proceeds to Girls on Ice Canada.

Saturday, February 11

- Author Bradley Somer book launch for *Extinction*. Fable Book Parlour, 3 pm.

Tuesday, February 14

- Banff Mountain Film Festival – Roxy Theatre, doors 6 pm, show 7-9 pm, \$25.

Wednesday, February 15

- Brown Bag history, BC Winter Games in Revelstoke 1983 – Revelstoke Museum and Archives, 12-1 pm \$8.
- Banff Mountain Film Festival – Roxy Theatre, doors 6 pm, show 7-9 pm, \$25.

Thursday, February 14

- Banff Mountain Film Festival – Roxy Theatre, doors 6 pm, show 7-9 pm, \$25.

Friday, February 17

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

Saturday, February 18

- Charles and Amy Stenner (music) – Fable Book Parlour, doors open 6:30, show 7-9:30.

Friday, February 24

- Oktopus (music) – Revelstoke Performing Arts Centre, 7:30 pm, \$25. Info and tickets click [this link](#).

Saturday, February 25

- Fusion (music) – Revelstoke Performing Arts Centre, 7:30 pm, \$25. Info and tickets click [this link](#).

Sunday, February 26

- Art Night – Silverwinds, 7:30-9:30 pm, \$25-\$40.



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Regular activities

Mondays

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

Tuesdays

- Carpet Bowl – Seniors' Centre, 9 am.
- Aquafit – Community Centre pool, 10-11 am.
- Cribbage – Seniors' Centre, 1 pm.

Wednesdays

- Billiards – Seniors' Centre, 9 am.
- Exercise – Seniors' Centre, 10 am.
- PAN – Seniors' Centre, 6:30 pm.
- Whist – Seniors' Centre, 7:30 pm.

Thursdays

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

Fridays

- Exercise – Seniors' Centre, 10 am.
- Darts – Seniors' Centre, 7 pm.

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

[Revy Unstuck Facebook Page](#): Helps seniors with shovelling in the winter.