

REVELSTOKE SENIOR LIFE

A MONTHLY NEWSLETTER

December 2025



As we step into December here in Revelstoke, it feels as though the seasons are teasing us a little. The snow has been flirting with the valley and even the ski hill has had to push back its opening. Still, as every longtime Revelstokian knows, winter will show its face sooner or later.

This month's newsletter has a wonderful feature by Laura on cooking for different dietary needs, perfect for those hosting family or navigating changing health requirements. We also highlight some local services for seniors, continuing our commitment to keeping everyone connected, supported, and informed about what's available right here in town.

The holiday season in Revelstoke brings a mix of lights, music, and community spirit, and this year is no different. You'll find information about the CPKC Holiday Train, community choir performances, and local holiday markets, all of which are great opportunities to shop for gifts, enjoy a song, or simply soak in the festive atmosphere.

December can be a joyful month, but for some it can also feel quiet or heavy. If that's you, please know you're not alone. Reach out, join an event, or access free counselling through the Revelstoke Women's Shelter (you don't need to have ever stayed there, and the service is for men and women)—connection makes all the difference.

Warm holiday wishes, and here's to a peaceful December in Revelstoke.



Previous Holiday Train photo by Jason Portas

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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 nonprofits that work together to prevent adult abuse and support vulnerable adults. It is based at the Revelstoke Women's Shelter.

To subscribe to this newsletter, provide feedback, event announcements or suggest submissions, please e-mail revycrn@gmail.com or call Imogen at 250 837 5311.



BC ASSOCIATION OF
Community Response Networks
Stopping Adult Abuse and Neglect ...Together.



REVELSTOKE
Women's Shelter
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Cooking for multiple diets in the festive season

Laura Stovel

One of the greatest pleasures of the festive season is preparing food for friends and family. But this is becoming more challenging as those around us identify allergies and food intolerances or adopt strict diets. How can you adapt to different needs – often several at the same table? Solutions may be simpler than you think.

A note on allergies:

While many people are adopting different diets for ethical, health or environmental reasons, some have serious and/or life-threatening allergies. Some of the most common serious allergies are peanuts (legume family) or other nuts, seafood and gluten (if celiac). If someone says they have an allergy, it is important to take it very seriously.



This will affect your ingredients. If someone has a serious allergy, the ingredient must be processed in a facility that does not also produce an allergen. For example, I might buy (cheaper) oat flour in bulk when baking for my gluten-intolerant friends. However, if I will be serving a friend with celiac disease, I would only use oat flour from a package specifically labelled gluten free – Bob's Red Mill is a common brand but there are others. Similar care is needed to avoid peanuts. If someone has an allergy, it is not enough to look at an ingredient list. Look for a label that states, "peanut free." See Food Allergy Canada for advice: <https://foodallergycanada.ca/living-with-allergies/day-to-day-management/kitchen-tips-and-recipes/>

Vegetarian (no meat - some eat fish)

Cooking: There are lots of options to accommodate vegetarian diets. Even though we are not vegetarians, our (Swiss) family chose to simplify our Christmas meal by having a fondue and raclette last year. My friends Daphne and Michelle, who are vegetarians, both suggested lentil dishes. Daphne loves a lentil shepherd's pie. "That way you can use the mashed potatoes that you serve the others at the table," she said. Michelle loves a lentil loaf. There are lots of good lentil loaf recipes on the internet that will also satisfy vegan friends and family. Another approach would be to cook vegetarian Indian dishes. Beans and paneer provide protein; lightly frying the spices in a frying pan with a little oil gives the dish – and the house – a lovely aroma. Some vegetarians eat fish (pescatarians), so that might be an option.

Baking: For the most part, a vegetarian diet does not affect baking except that bakers should stay away from using lard or gelatin.

Vegan (no meat, fish, dairy or eggs)

Cooking: The lentil dishes mentioned above are options but make sure the recipe is labelled vegan. Some of these recipes have nuts or bread crumbs that might affect someone with nut allergies (very serious) or who have a gluten-free diet. You can leave out the nuts and use gluten-free bread for crumbs. Indian vegetarian food tends to be vegan. Just avoid adding paneer, an Indian cheese.

Baking: Eggs can be substituted for ground chia or flax seeds or chickpea flour mixed with water – check online for proportions. Butter substitutes can be dairy-free margarine or vegetable shortening, olive oil, coconut oil or other similar products. There are a variety of milk substitutes on the market including soy, almond, cashew and oat milks.

Gluten free (no wheat, barley or rye)

Many people are finding that a gluten-free diet has health benefits for them. According to WebMD, “gluten is the name for proteins found in wheat, barley, and rye. Gluten is also added to foods as a thickening agent or to provide texture and flavor.”

Cooking: There are lots of gluten-free options for cooks. Gluten-free pastas are available. Cornstarch can be substituted for flour when thickening gravy and turkeys can be stuffed with gluten-free bread.

Baking: Baking gluten free is trickier but, with practice and experimentation, finding a few good go-to recipes is not that difficult. Luckily there are lots of good resources on-line. Gluten-free baking often involves not only finding a substitute flour but also adding Xanthan gum as a rising agent.

Overlapping intolerances

Preparing food to accommodate multiple intolerances can seem daunting at first but solutions can be relatively simple. This past Thanksgiving, one of our guests was gluten intolerant and was allergic to dairy and eggs. We were having a traditional turkey dinner so I stuffed the turkey with cubes of gluten-free hot dog buns that I had in the freezer. I thickened the gravy with corn starch. The mashed potatoes were made with butter and milk substitutes. Veggies were easy and the dessert was topped with coconut whipping cream.

For me, cooking and baking for different diets has been a bit of an adventure. I’m expanding the way I prepare food and I’m enjoying finding substitutes for ingredients. This experience has enhanced my creativity in the kitchen. I hope you find that same inspiration.



Tip of the month

Did you know,
people 55 and older can
now buy seniors' tickets
at the Roxy Theatre?

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Local Services for Seniors

Imogen Whale

With winter officially here, snow and ice can make trails treacherous, days are dark, and there is a host of other reasons that can all contribute to wanting a helping hand. Luckily, there are some local options, both free and paid.

Community Connections runs the Better at Home program. This free resource helps with nonmedical support. Help can include snow shovelling, light cleaning, visits, grocery drop-offs, and more. This same group has been doing monthly adventure days, including a Revelstoke Mountain Resort day last fall. They also host coffee days and the ever-popular Lunch and Learn series. Elyse, the former Community Connector, moved into the Better at Home role, and her email is on the service provider list on page six.

That means a new Community Connector, and the right person for the role is Kittell. This role is all about social prescribing. Also nonmedical in nature, you can self-refer to this program, and people who feel at risk for isolation or loneliness, or those struggling to access resources, are a good fit. This is a chance to build connection, goals, and achievable steps to reach them. Kittell's contact information is also on page six.

On the more medical side, Interior Health has centralized their home and community care services for new clients to self-refer and connect with appropriate care, including nursing, home support, occupational therapy and living assessment. Call 1-800-707-8550. Press 2 at the first prompt, and 7 at the second prompt.

Revelstoke does have a paid service available. Tamara McPherson's company, Personal Assistant Services, has various helpful offerings available to combat seasonal risk of isolation or injury by offering grocery delivery, housecleaning and decluttering, meal preparation, friendly visits, or taking people to and from appointments (though these services are offered year-round).

Family members, often living out of town in differing time zones, have contacted Tamara. "Maybe it's requesting a 15-minute daily phone call to their loved one. And, in some cases, that conversation will start with inquiring if they've taken their morning medication and chatting with them while they do. Getting onto a medication schedule can be tricky for anyone at any age, so I can offer a bit of support there," she explains.

Anyone interested in her services are welcome to call (250) 837 4042.



Community Holiday Dinner December 25, 2025

Join us for an inclusive Family and Friends Event

Dinner in-person 1-3p.m.

600 Campbell Ave. rear door entry

To Volunteer call Jill 250-683-8228

Email: volunteerrevelstokedinner@gmail.com

Or Scan the QR Code below



To Donate call Cheryl
250-837-1290

Email: revyxmasdinner@gmail.com

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Upcoming Events and Activities

Wednesday, December 3

- Brown Bag History - Revelstoke Breweries, Revelstoke Museum & Archives, noon. \$10.

Thursday, December 4

- Winter Art Market Opening, Revelstoke Visual Arts Centre, main gallery, noon.
- Revelstoke Winter Market, Revelstoke Community Centre, 12-4 pm.

Friday, December 5

- Christmas Tree Pageant, Sutton Place Hotel Lobby, 4 pm. Voting - December 6-24, \$5 per vote.
- Revelstoke Community Choir Christmas Concert – A Jazzy Winter Night, Revelstoke Performing Arts Centre, 7-9 pm, Tickets online: \$20 adults, \$5 children 12 years and under. \$25 at the door.

Saturday, December 6

- Revelstoke Community Choir Christmas Concert – A Jazzy Winter Night, Revelstoke Performing Arts Centre, 7-9 pm, Tickets online: \$20 adults, \$5 children 12 years and under. \$25 at the door.
- Holiday Watercolour Card Workshop, Revelstoke Visual Arts Centre, kitchen gallery, 6-8 pm. \$45. Must register.

Sunday, December 7

- Annual Snow Flake Ceremony - Revelstoke Hospice Society, Queen Elizabeth Park, 1:30-2 pm. Free.
- Trackside Party (Santa, Family Fun), Revelstoke Railway Museum, 10 am-4 pm. By donation.
- Silver Ring Making Workshop with Dana Colghesy, Revelstoke Visual Arts Centre Jail Cell Studio, 9 am-4 pm, Register on website. \$190.

Tuesday, December 9

- Artist Socials with Revelstoke Visual Arts Centre, Lüft Café & Bar - VRGE Hotel, 1500 1 St W, 6:30-8:30 pm.

Friday, December 12

- Big Eddy Winter Market, Big Eddy Glass Works, 1741 Celgar Road, 4-9 pm.

Wednesday, December 17

- Brown Bag History - Earle and Estelle Dickey - A Life in Photos, Revelstoke Museum and Archive, noon. \$10.
- CPKC Holiday Train Featuring: Bare Naked Ladies, CPKC Railway Yard, 2:30-3:15 pm. Free.

Thursday, December 18

- State of the Snowpack presentation with Avalanche Canada, Canadian Legion Branch #46, 6:30 - 8:30 pm. Free.

Friday, December 19

- Bingo Night Fundraiser, Revelstoke Community Centre, open @ 5 pm - bingo starts at 7 pm, \$5 for 3 up sheets.

Saturday, December 20

- Revelstoke Winter Market, Revelstoke Community Centre, 12-4 pm.

Monday, December 22

- Pictures With Santa, RMR Nelson room, 1 - 6 pm.

Tuesday, December 23

- Carolling in the Village: Revelstoke Community Choir, RMR Village, 4-5 pm. Free.

Thursday, December 25

- Community Christmas Dinner, Revelstoke Community Centre, 1-3 pm. Free.

Wednesday, December 31

- Fireworks, RMR village, 6:30-7:30 pm. Free.

Regular activities

Mondays

- Soup and a Smile, United Church, 11:30 am - 1 pm, by donation.
- Seniors' Centre: Line dancing 10 am; Bingo 1 pm; PAN 6:30 pm; Bridge 7 pm; Darts 7 pm.
- Drop-in Art Night - Life Drawing, Rev. Visual Arts Centre, 6-8 pm. BYO Art Supplies, 19+, \$15 (Not Dec. 22).

Tuesdays

- Seniors' Centre: Carpet bowling 9 am; Chair yoga 1:30 pm.
- Okanagan Regional Library: Craft Circle, 6:30 - 8 pm; Drop in Chess 6:30 - 8 pm.
- Indoor Walking Club, Revelstoke Community Centre, 11 am - noon.

Wednesdays (Except 24)

- Seniors' Centre: Exercise 10 am; PAN 6:30 pm.
- Coffee Social, Community Connections, Outreach Building, 2nd St. W, 10 - 11:30 am.
- Okanagan Regional Library: Drop-in tech support 1:30-3:30; Spanish conversation 6:30-8 pm.
- Men's campfire group, Forestry Museum, 6:30 pm, ages 16+, Free.
- Trivia night, Revelstoke Legion, 8 pm.
- Drop-in Art Night, Revelstoke Visual Arts Centre Kitchen Gallery, 6-8 pm. BYO Art Supplies, Free.

Thursdays (Except December 25)

- Seniors' Centre: Carpet bowl. 9 am; Coffee drop-in 9:30 am; Telling our Stories, 11 am (Not 13th); Chair yoga 1:30 pm.
- Games night at the Revelstoke Railway Museum, 5-9 pm, \$5 .
- Craft Circle (knitting, crocheting, etc.), Okanagan Regional Library, 1-2:30 pm.

Fridays (Schedule may be impacted December 26)

- Seniors' Centre: Exercise 10 am; Darts 7 pm.
- Indoor Walking Club, Revelstoke Community Centre, 11am - noon.
- Karaoke, Revelstoke Legion, 8 pm.

Sundays

- Seniors' Centre, Genealogy, 1 pm.

Service Providers

Community Connections Outreach, 416 Second Street West, 250-837-2920

- Support for Seniors - Better at Home - Elyse – betterathome@community-connections.ca
- Community Connector - Kittell – socialwellbeing@community-connections.ca
- Social Justice support, food bank, counselling & more.

Hospital social worker, Interior Health: chelsea.alford@interiorhealth.ca, 250-814-2204

Community Paramedic: Christine Bell, revelstoke@bcehs.ca

Emergency Support Services: 250-814-9547

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

Revelstoke Hospice Society: 250-837-5523

Revelstoke Seniors' Centre: 603 Connaught Avenue, 250-837-9456

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

- Moving Forward Program 250-814-8387
- Community Response Network, revycrn@gmail.com, 250-814-8971
- Counselling: go to <https://revelstokewomensshelter.ca/in-house-counsellor/> for more information or call 250-837-4382 if you need help booking.