Senior Moments

April 15,2026

"The kelps have swung" is a fisherman's term we might hear on the coast but its applicable to the changing of seasons from Winter to Spring. It's lovely to hear the birds chirping and flittering about. The crocus and snow drops have made their cheery appearance, and it won't be long until the Tulip (Magnolia?) trees burst their buds into eye candy of purples, pinks and whites. My favourite time is when the forsythias bloom, their sunny yellow stalks brightening the Spring days. Not only have the kelps swung but the golfers are out swinging their clubs on the drive range. The sound of ball meeting metal and the whiz as they take flight is always a sure sign that Spring has sprung.

Some of the inside activities will take back burner as the sun beckons us outdoors to tend gardens, spring clean, wash windows and enjoy the longer warmer days. Tai Chi is now over until Fall if there is an interest… It started out with a bang and ended with a whimper. Freddy will be hosting a group Tai Chi on April 25th, 10am at Queen Elizabeth Park for World Tai Chi Day. He has also said that he will be practicing Tai Chi every Saturday and Sunday at Q.E. Park if you would like to join him. You can find him on the **Tai Chi Group-Revelstoke** Facebook page for more info. Pilates has also dwindled down to a handful of the faithful so will not continue beyond the end of April. Hopefully we can start it up again in the Fall if Samantha is available. It has been wonderful to have her!

Last day of Line Dancing until Fall will be May 11th. Jane is thinking of adding an evening session, so I'll keep you posted if this develops.

A huge shout out to all those volunteers who made the 2025-2026 Open Mic/Coffee House a success. It takes volunteers like you to make this happen

during the winter months and I appreciate each one of you. Hope you'll consider volunteering for the 2026-2027 season. Thank you!!!!

* Kelly requested that I send a gentle reminder to those who have volunteered on April 16-18 for the Memory Café and the Celebration of Life. You know who you are* 😊

Speaking about volunteers…all activities are dependent on volunteer facilitators. A facilitator is responsible for opening the hall, setting up, cleaning up and, making sure all who attend are current members. If you are willing to share your time, talent or passion, please consider facilitating. It could be a weekly event or a few days, a few weeks, a few months etc. We have lots of time in the afternoons and evenings to host more indoor activities, or perhaps you would like to facilitate an outdoor activity? All it takes is someone to lead. Are you that person? Give me a call if you have any questions, suggestions or ideas. Together we can make this a vibrant happening place!

Upcoming Events:

May Birthday Lunch, Wednesday, April 15th, 1pm. If you are born in April come for a free lunch, all others $5

Memory Café, Friday, Apr 17th, 11am-2pm. All are welcome to attend this free event. The Memory Café welcomes people with cognitive decline and dementia, their families, their caregivers and community members who care. There will be a guest speaker, music, exercise, lunch and door prizes.

Monthly Dinner, Wednesday, Apr 22nd, 5pm. See attachment for details. Last day to reserve your seat is April 17th. E-transfers to: revelstokeseniors603@gmail.com

No one can do everything, but everyone can do something

Max Lucado