



NELSON SENIORS CENTRE SOCIETY

We service the City of Nelson and outlying districts.

<http://www.nelsonseniorscentre.ca/>

Newsletter June 2026

Notes From the Board

AED REFRESHER – Natalie Green has kindly agreed to run a refresher course on the use of the Centre’s AED. An Automated External Defibrillator is a portable medical device used to analyze the heart's rhythm and deliver an electrical shock (defibrillation) to someone experiencing **sudden cardiac arrest**. It safely restarts the heart by correcting dangerous arrhythmias and getting it to beat again. Interested members were given a short training course a while ago but it’s always a good idea to refresh the information in our memories and there might be a few members who were not able to attend the first sessions. Date: Saturday, June 13, at 7:00 p.m. at the Centre. Please email <mailto:nelsonseniorscentre@gmail.com> to be put on the list to attend.



BREAD - You’ll remember that we reported about having an overflow of free bread and buns? Sharon Browning has found several other non-profits who are happy to receive this excess abundance so you shouldn’t be seeing the boxes of overflow on the counters. It’s great to be able to share.

ART – We have new art on the walls. The Art Committee chose a theme this time around of wildlife. They looked for paintings of the creatures we share our world with and chose images that were charming and fun. These pieces will stay up for about 4 months before we rotate them again for fresh art. Enjoy.

Volunteer Spotlight

SOFIA CARUANA

You never know whom you might meet at a seniors painting group. Sofia was taking part in a painting event when she met our previous Art Committee Lead, Gayll Morrison. As a result of their conversation Sofia bravely agreed to take over the Art Committee for our Centre. Sofia is originally from Ontario, of Italian immigrant parents, but she says: “Having the opportunity to live and work in Nelson is a blessing.” When she first arrived in BC in 2025 she had a summer job in Crawford Bay and camped in her van for those months. She loved it here and decided to stay and find a more permanent place in Nelson. Her passions are: painting, yoga, hiking and meeting new people.

She currently works at Gilbert Parts Depot selling auto parts which, as she freely admits, she knew

nothing about. But she is a fast learner and a hard worker. Taking over the Art Committee for the Seniors Centre was “a very exciting challenge” she had never done before but she’s finding it wonderfully fulfilling. Her own painting style is abstract using bright colors and facial images but she recognizes that, in her own words, “When choosing art for others it’s important to be considerate of alternate perspectives and tastes.” The choices for this last round were based on a theme of wildlife and was focused on images that are calming and comfortable. She shares the work of the Art Committee with Marilyn Miller and Gayll Morrison.

Our sincere thanks to these wonderful volunteers!

Activities and Events

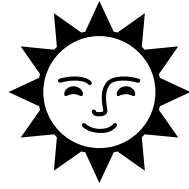
We have received a wonderful offer from a local Pilates instructor who’s willing to run Pilates mat classes at the Centre. She has noticed, as she says, “ a lot of interest from seniors who find that most classes are not designed for them. Most classes are much higher speed and energy than seniors are sometimes comfortable with.” Seniors might have stiffness, or health challenges, or just generally have no experience with this type of exercise program. She is offering something to those people who want to learn the Pilates mat basics in a safe environment at a slower pace that protects their bodies and offers modifications tailored to their needs such as reduced flexibility and mobility, osteoporosis and arthritis, recovery from surgeries such as hip or knee replacements.



Pilates is an excellent way to improve joint mobility, flexibility, strength, range of motion, core strength and balance among countless other benefits. Similar to yoga, it focuses on slow, controlled movements and breathing. It helps prevent falls by improving strength and balance. It eases stiffness without straining the joints. Even for those who are already active, incorporating Pilates into their fitness routine will allow participants to reap the benefits of functional conditioning. Pilates is a highly effective form of exercise that counteracts the natural decline in muscle mass and strength that comes with age. Maintaining or increasing strength as one ages has countless benefits, including improved bone density, increased muscle mass, and improved balance. Together, these contribute to an enhanced quality of life and the ability to continue performing everyday activities that we often overlook or take for granted.

If you are interested in attending regular Pilates classes at the Centre as one of our activity groups please get in touch. Be aware that this will be a mat class and will require being able to do something that tends to become surprisingly hard as we age: to get up off the floor. Also you will need to provide your own floor mat. If there is enough interest we’ll make arrangements with Emma, the instructor. Until we know there will be enough participants to make it viable we won’t have a date, time, frequency or cost confirmed. Please let us know and provide your name, email address and phone number to <mailto:nelsonseniorscentre@gmail.com>

Summer



Your Board of Directors takes a break for the summer so you won't hear from us again until September. During the coming intense heat days, don't forget to check on your friends or neighbours. Have a wonderful summer.

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