NELSON SENIORS CENTRE SOCIETY

We service the City of Nelson and outlying districts.

http://www.nelsonseniorscentre.ca/

Newsletter November 2026

From the Board

AGM : A big thank you to everyone who attended the recent AGM for the Centre. We know it's sometimes intimidating to attend these events but if you enjoy the Nelson Seniors Centre and the activities and social connection it provides, it's a great help if you can come to a meeting and contribute even if it's just a voice, a vote, or an idea.

Christmas Parties : Once again we will be providing funds for each activity group to host its own Christmas Party. Activity leaders should submit a list of attendees names to *nelsonseniorscentre@gmail.com* for reimbursement at a rate of $10 per person. Receipts are not required.



Music and Movement: Ivan Touko held the first event for this activity group with 21 members attending and taking part in lots of shimmying and laughter and fun. The regular schedule for this activity is expected to be Mondays from 11:00-12:00 however, this is pending confirmation from Ivan.

Pilates: The new Pilates activity is going strong and has an average attendance of 15 members. The verdict is -– sweaty but lots of fun and you feel great afterwards.

Board of Directors 2026-2027

At the recent AGM the following members were elected to the Board of Directors:
President – Vacant
Vice President – Vacant
Treasurer – Marg Robertson
Secretary – Kathy Hartley
Members at Large – Sharon Browning, Bev Beck, Bill Bryce, Anne Kwan, Val Walsh, Yvon Gauthier.
Thank you to all these hard working volunteers!

Community

Home Energy Help Desk

Looking to make your home more energy efficient but not sure where to start? HomeSave Central Kootenays is offering a free, drop-in Home Energy Help Desk at the Nelson Public Library. Residents can stop by and chat with local HomeSave staff about energy upgrades like heat pumps, insulation, windows, and solar, as well as available rebates, financing options, and energy assessments. Free **Energy Savings Kits** will also be available for eligible residents, containing practical products to help reduce household energy use.

When: 10:00 a.m. – 12:00 p.m., every other Monday
Dates: October 19, November 2, November 16, November 30, and December 14
Where: Nelson Public Library
Cost: Free – no appointment necessary!

Activities and Events

Remembrance Day

Schedule of Events (November 11)



- 10:30 AM: Parade forms up by the Legion on Victoria Street.
- 10:45 AM: Parade steps off and marches toward the Cenotaph at 310 Ward Street (near City Hall), where the official service takes place.
- Following the Ceremony: The parade returns to the Legion, and the public is invited to gather in the Hampton Grey VC Lounge for community and remembrance.

Call for Poets

Do you write poetry? Do you enjoy reading poetry? We have a very small group of Senior Centre members who meet once a month to share poems written to a monthly prompt. It's a great way to stimulate creativity and share the beauty of language. Poets that we admire include: Mary Oliver, Robert Frost, Margaret Atwood, William Wordsworth, etc. Not so fond of sing-song poetry or word salad. We meet once a month, share a cup of tea or coffee, read one or two poems to the group, and have the group comment gently and constructively. The point is to try to provide support, encouragement, and motivation. If you're interested please send an email to: kathart2650450@gmail.com.

The Nelson Stroke Recovery Group

If you need peer support, social connection, and information resources for stroke survivors, families, and caregivers in the Nelson area and West Kootenay region, contact Nelson Volunteer Coordinator: Marg Dietrich at (250) 354-4453 or the Stroke Recovery Association of BC (SRABC) / AfterStroke:

- Phone: (604) 688-3603 or toll-free at 1-888-313-3377
- Email: office@strokerecoverybc.ca
- Website: Stroke Recovery BC

Community Sing Event



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