



Boswyk Bytes

HELLO SPRING

It is time to celebrate !



We can embrace this coming month as one that heralds warmer temperatures, blue skies, and pale green buds on trees and shrubs, and best of all, the truly beautiful colours of nature as Spring bursts forth!

Even the rain is softer, and don't forget, "April Showers bring May Flowers!" Sounds trite, I know. This is MY favourite time of year, and I am briefly enjoying my budding garden for the last time. We move on April 1st, and that will be a wrench to the household of two aging adults with two oldercats. Don't tell the cats - they have no idea they are supposed to act "old" or that they are "old". I actually have a decade birthday at the end of April, and it had better be a sunny day to match my personality!

The Boswyk is continually finding new ways to challenge everyone, so keep an eye on the monthly calendars in the lobby. Tanis is talented and always seeking ways to upset the applecart in the name of improvement or efficiency. She performs a wonderful job, and we all appreciate her - let her know next time she is by.

Be sure to attend the upcoming General Meeting, if just to get those burning questions answered. Remember, the Board reflects the members needs! So discover what is coming and why.

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Iris Todd-Lewis, editor

Solar Eclipse, April 8th

In a total solar eclipse, the moon passes between the sun and Earth, entirely covering the face of the sun along a small path of our planet's surface. This is called the "path of totality." The daytime sky turns dark, akin to dusk or dawn, and nocturnal animals have been known to wake up, confused into believing night has arrived.

In places along the path of totality, people will be able to view the sun's corona - the star's outer atmosphere - that typically is not visible because of solar brightness. People observing from outside the path of totality will see a partial eclipse in which the moon obscures most of the sun's face but not all of it.

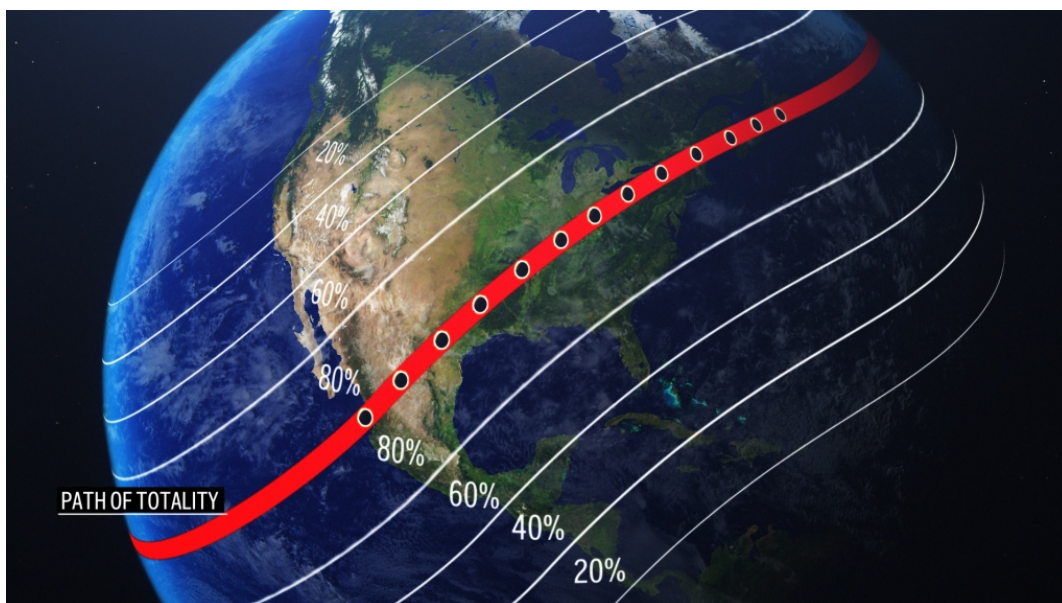
Of course, a cloudy day could spoil the view. After this one, the next total solar eclipse viewable from the contiguous United States will not occur until 2044.

Where will it be visible?

According to NASA, the April 8 eclipse will begin over the South Pacific, with its path reaching Mexico's Pacific coast at around 11:07 a.m. Pacific Time before entering the United States in Texas.

Its path then takes it through Oklahoma, Arkansas, Missouri, a tiny piece of Tennessee, Illinois, Kentucky, Indiana, Ohio, a tiny piece of Michigan, Pennsylvania, New York, Vermont, New Hampshire and Maine.

The path then enters Canada in Ontario and journeys through Quebec, New Brunswick, Prince Edward Island and Cape Breton, exiting continental North America on the Atlantic coast of Newfoundland, Canada, at 5:16 p.m. Newfoundland Time. A partial eclipse is due to be visible for people in all 48 contiguous U.S. states, plus our Pacific coast. How much is questionable, so the TV may be the best option..



8 best balance exercises for seniors

1. Single-leg stance: Standing on one leg is a great way to test your stability and measure your progress after you start balance training. If you can stand on one leg for 10 seconds, HOORAY, you are doing well. Now increase that time a small amount daily!
2. Tree pose. ...
3. Heel-toe raises. ...
4. Heel-to-toe walking. ...
5. Sit-to-stand. ...
6. Dead bug. ...
7. Side leg raises. ...
8. Walking lunges.

If you're an older adult looking to establish an exercise routine, you should, ideally, be able to incorporate 150 minutes of moderate endurance activity into your week. An average day might include 30 minutes of activity x 5 days. This can include walking, swimming, cycling, and a little bit of time every day to improve strength, flexibility, and balance. Gardening counts!! Work toward a goal.

If you are curious, and need to know more, remember we have trainers attending the Centre every week!

What are social activities in older adults?

Participate in Activities You Enjoy As You Age ...

Engaging in social and productive activities you enjoy, such as taking an art class, joining a hiking club, or becoming a volunteer in your community, may help to maintain your well-being and independence as you age. An active lifestyle is more than just getting your daily steps in. Flexibility is paramount, so be sure to stretch daily.

How do you accept old age gracefully?

There are several ways to view aging in a more positive light:

1. **Practice self-acceptance. "Take your power back by making choices that are authentic to you,"...**
2. **Live with a sense of purpose. ... volunteer**
3. **Make friends with people of all ages. ... even Millennials!**
4. **Prioritize learning. ... become a lifetime learner**
5. **Stay active. ... exercise a little every day and add to the length of time you move**
6. **Define your own path. Follow your dream, no matter your age.**

Dates to Remember

We no longer have an **Operations Coordinator**. There are many and various factors to consider, so the Board has decided to "do more homework" on this aspect. Happily, Claire found full-time work immediately using her experience here as a volunteer to help gain her new job.

Tuesdays from 12:15 to 1 pm, "Active for Life" fitness has started classes. \$2 drop-in fee.

Pop-Up Wednesdays has begun, with the next workshop on **April 3** from 10 until 12. Mission Genealogy Club will present.

NO KITCHEN SERVICE APRIL 1 AND 2...DREADFULLY SORRY ABOUT THAT!

Mission in Motion bus with doctors attending. NOTE: Currently this service is not scheduled for the Boswyk Centre. We will post notices when and if it resumes.

April 25 - General Meeting in Community Hall at 10:30. Insist on an agenda and minutes to be taken per Societies of BC rules!

President's Message

I look forward to getting to know our members in my new role as President. Along with the rest of the Board, we appreciate hearing from you and encourage you to attend Members meetings to raise concerns, ask questions, and be a part of making Boswyk the best that it can be. Another reason to celebrate April, this is volunteer month! A wholehearted thank you to all our volunteers. You are the glue that holds our Boswyk community together.

Cheryl Epp, President

The Boswyk Seniors Activity Centre is operated by The Mission Seniors Association