



# A publication of Boswyk Seniors Activity Centre



Hello and welcome to  
our **January 2024**  
newsletter

A brand new year, a new template,  
and a new ATTITUDE!

Another year is upon us, and there  
is a sense of anticipation rising.  
What is next for The Boswyk?  
What will be our direction?

## Introducing our plans for 2024

Dear Friends! A Happy New Year to each of you. May this be one of the best years of your life...there is so much yet to do, whether you are 55 or 95! Through this medium, I aim to help you stay healthy, fulfilled, and busy. Send me a note if you have suggestions, photos, or a response to what you have read.

The coming months will bring some changes, and we want you to be part of the process. Respond to the brief questionnaire coming your way, and become an involved, engaged member!

## Meet the team!

With our recent AGM, a few faces have changed on the Board of Directors, and I promise a committed, earnest Board will represent you throughout the coming year.

**President:** Iris Todd-Lewis | **Vice-president:** Ethel MacArthur | **Secretary:** Elaine Harris  
**Treasurer:** Gordon Dainard | **Directors:** Donna Klein, Julius Renz, Wayne Tribe, Cheryl Epp, Jim Hinds

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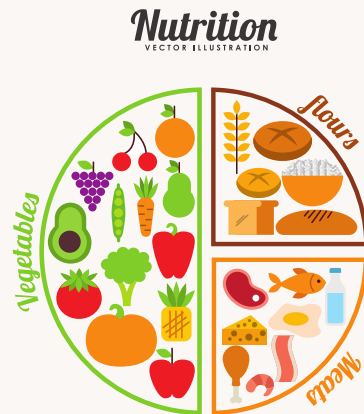


# Resolutions

Lose weight. Quit social media. Cut out alcohol completely. Blah blah blah, snoozefest. These are all good goals, don't get me wrong. But we set the same **New Year's resolutions** every single year and then... never really stick to them. So, for 2024, why not shake things up a bit and try creating resolutions of a different variety? Whether you choose one New Year's resolution or all those below, you'll be better off for it.

## New Year's Resolutions To Try for 2024

1. Focus on a Passion, Not the Way You Look
  2. Work out to feel good, not be thinner.
  3. Stop gossiping.
  4. Give one compliment a day.
  5. Go a whole day without checking your email.
  6. Do Random Acts of Kindness
  7. Read a book a month.
  8. Go someplace you've never been.
  9. Clear out the clutter.
  10. Turn off your phone one night a week.
  11. Reduce your waste.
  12. Volunteer.
  13. Keep a journal.
  14. Clean out your car.
  15. Take the stairs.
  16. Be kind on social media.
  17. Avoid people who complain a lot.
  18. Wear sunscreen.
  19. Get a Real Haircut
  20. Make Your Bed Every Morning
  21. Try Guided Meditation
- etc, etc, etc



healthy  
• BODY •  
healthy  
• LIFE •





# January Facts

## Why is January the first month?

According to tradition, during his reign (c. 715–673 BCE) Numa revised the Roman Republican calendar so that January replaced March as the first month. It was a fitting choice, since January was named after Janus, the Roman god of all beginnings; March celebrated Mars, the god of war.

Those born in January are lucky to have the beautiful and diverse **garnet** as their birthstone. Garnets are commonly red but also come in an extraordinary range of beautiful colors, including orange, yellow, purple and vibrant green. There are even garnets that change color from blue to purple in different lighting.



1. Who helped Cinderella with her New Year's Resolutions?  
**Her Janufairy Godmother.**
  2. What do you say on the 1st of January?  
**Last year just seems like yesterday!**
  3. What's for breakfast on really cold January days?  
**Snowflakes.**
  4. If January threw a parade would February March?  
**No, but April May!**
  5. What's a New Years resolution?  
**A to-do list for the first week of January**
-



# Mark your calendar!

**January 2nd**      **Boswyk Centre re-opens**  
**January 13th**    **Visioning 2024\* 1-2 pm. Create a vision or dream board; a source of inspiration and motivation**  
**February 10th**   **Journalling 101\* 10-11 am. Discover the writer within, learn basic techniques. Bring paper and pen.** \*Classes \$5 each, pre-register at [mission.ca/leisure](http://mission.ca/leisure)

**Watch for new activities Shuffleboard and Ladies Billiards/Pool lessons\***

## Other News...

- Our donated wheelchair is available in the Games Room storage along with a walker. For the use of anyone in need.
- Our new Operations Coordinator, **Claire Lee** will be posting her hours of availability on the MSCA office door.
- **Tanis Bentley**, Recreation coordinator, will also post her hours on the City Office door. She is in most mornings from 7am until noon. Contact her for Activity bookings or to request space.
- The kitchen volunteer coordinator is **Donna Klein**.
- The Reception volunteer coordinator is **Marie Noseworthy**.
- If you cannot contact the above directly, please leave a written note with Reception. Include your own contact info!

## President's Message

Your patience and ongoing support is heartening! I have come to know many of you, some more than others. Everyone is contributing to the ambience, the friendliness, and the welcoming of new members. New members are highly impressed by our centre - and much is because of the daily efforts you all make. Thanks everyone - I think you are all terrific!

President Iris

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