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BOSWYK BYTES

A publication of Boswyk Seniors Activity Centre



Remember that saying, "If March comes in like a lion, it goes out like a lamb" ? Got my fingers, toes and eyes crossed - how about you?

A strange Autumn and Winter, so who knows what is in store next? I'm sure the gardeners are eager to get their fists in the soil, but what do those with no garden do...probably read novels, knit or ignore the weather signs.

The cats have become mostly indoor cats now, but they sit at the patio door, and if it is open, sniff expectantly at the air, perhaps hoping a bird might leap into their ready little mouths. Who knows?

As we ready for Spring, The Boswyk is plotting and scheming to provide you all with some new pursuits, unusual events, and surprises. Recently the Board of Directors met to plan for 2024. Our priorities will focus on **Communication** and **Membership Services**. To this end, we would love to have a couple of members join the Communications Team, probably to help with phoning, contacting outlets around town such as the Mission Record, distributing posters, etc. Contact **Elaine** or **Iris** if you are intrigued. We will hold a meet-up if interest is shown.



March is full of possibilities. Here are some...

- Employee Appreciation Day (March 1)
- International Women's Day (March 8)
- Clock change to "Spring Forward" (March 10)
- Pi Day (March 14 is for all the geeks out there)
- St. Patrick's Day (March 17)
- Spring Solstice (March 20)
- Baseball Opening Day (March 26 is for sports fans)



Fitness and Wellness

Spring is a great time to renew commitments to personal wellness. Embark on that exercise program you were eyeing, such as "Chair Yoga", "Chair Fitness" or a more vigorous program if you prefer. Try carpet bowling, floor curling, ping-pong, or line dancing, or garden work...or join the Boswyk walk each Monday and Thursday at 9:15. Meet at the front door. This is not an arduous trek, but more a social amble with pals toting poles or Nordic apparatus!

You can also drop-in to The Wellness Group Tuesday am at 10 am to see if this chatty, humorous group appeals to you. Check the Activity Schedule as times and offerings can change.



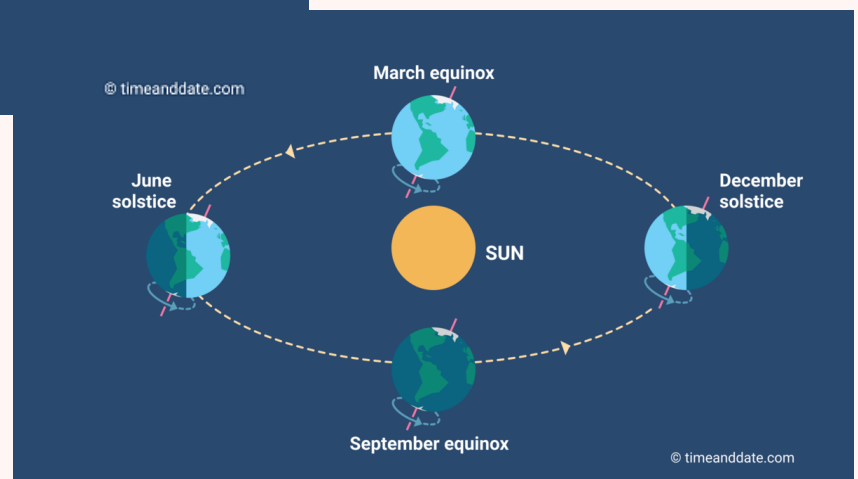
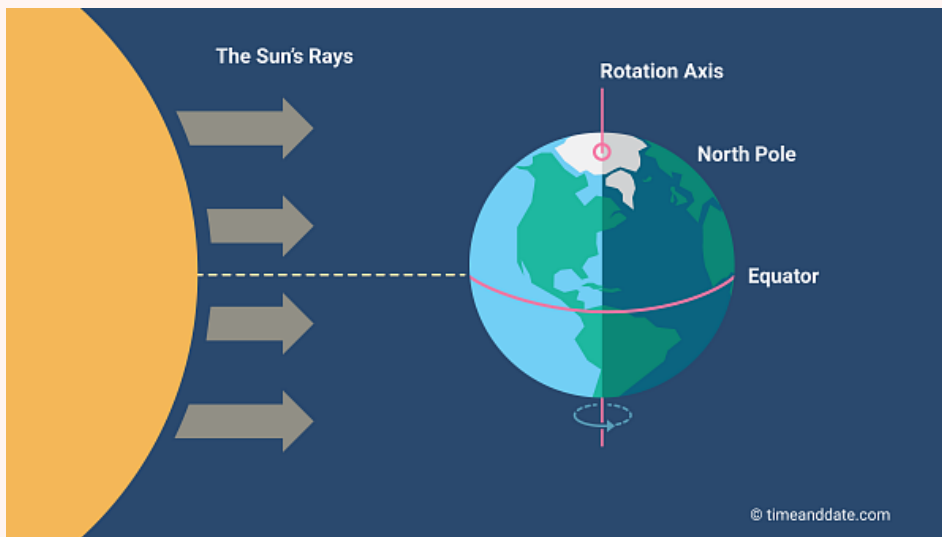
Spring Equinox

The March equinox is the moment the Sun crosses the celestial equator—an imaginary line in the sky above Earth's equator—from south to north. This happens on March 19, 20, or 21 every year.

Facts about the March equinox

- In Mission, British Columbia, Canada: **Tuesday, March 19, 2024** at 8:06 pm PDT
- This corresponds to Wednesday, March 20, 2024 at 03:06 UTC.
- Sun rise/set and day length increase around this equinox
- Equinox Day and Night Map below
- Why Does the Sun Move North and South?

During the course of a year, the subsolar point—the spot on the Earth's surface directly beneath the Sun—slowly moves along a north-south axis. Having reached its southernmost point at the December solstice, it starts moving northward until it crosses the equator on the day of the March equinox. The June solstice marks the northernmost point of its journey.



Remember !

- February 22** general meeting, 10:30 in Community Hall. Jason Hughes, Lawyer, to speak on **Estate Planning**
- February 29** **Sadie Hawkin's Day**
- March 10** Daylight Savings begins
- March 17** St Patrick's Day. Event TBA

President's Remarks

I am pleased to enlighten all as to the Board priorities over the coming year. Communication that works is essential in an enterprise such as ours. We encourage all members to discuss frequently their wants and needs to keep the Board current. Increasing services may take many forms, including hours of operation, more inclusive events (so more may attend), more variety, etc. Claire, our volunteer Operational Coordinator is available most days, as are various Board members. The Board meets the second Monday of each month, and suggestions or kudos are most welcome! lol

Ciao, Iris



7682 Grand Street, Mission, V2V 0J1 | 604-814-2188 | missionseniors@gmail.com
www.missionseniorscentre.com

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