

# BOSWYK BYTES

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## MONTHLY NEWS FROM BOSWYK SENIORS ACTIVITY CENTRE

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**Hooray, everyone...**

Spring is actually springing! At least we hope there is no more cold, shivery weather about to descend on all of us. There are several varieties of Finch at my feeders now, and I am eagerly watching for those lovely California Golden Finches. Their mating colours are so brilliant!

Our latest event which celebrated St. Patrick was another success, and there are a few pics scattered in this issue. Extra pics are available through the Reception desk if you really love yourself! Such a photogenic bunch of members we have.

Many new members are joining each week right now - be sure to welcome them and invite them to sit with you in the cafe. Your Board is going to be closely examining the possibility of extending hours over the next few months along with additional programs. The recent survey was very well received judging by the number of returns, and the information will prove useful as we plan. We will publish the results asap.

Of course, with longer hours AND more programs, the request for volunteers increases. If anyone is interested in LEADING a program, or wants to help with a specific activity, please submit your application.

I hope you all managed to adjust to that time change - it can be so irritating, and I know many who found sleep habits disrupted. Your biorhythms were out of whack, so be kind to yourself, and allow your body to acclimate.

Hopefully, we can all get more active with better weather. Remember the **Boswyk Walk** occurs every Monday at 9:30 am and we could add another day if anyone is interested.

Stay well, be kind ...



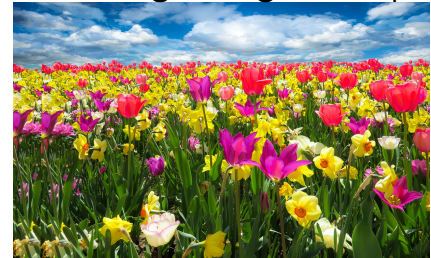
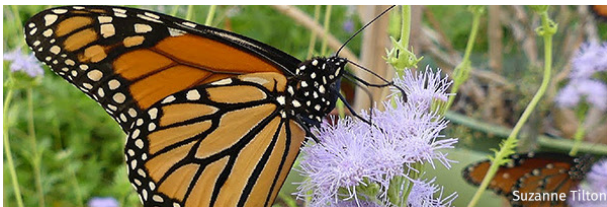
*Your Editor, Iris*



# SPRING

Spring, also known as springtime, is one of the four temperate seasons, succeeding winter and preceding summer. There are various technical definitions of spring, but local usage of the term varies according to local climate, cultures and customs. When it is spring in the Northern Hemisphere, it is autumn in the Southern Hemisphere and vice versa. At the spring (or vernal) equinox, days and nights are approximately twelve hours long, with daytime length increasing and nighttime length decreasing as the season progresses until the Summer Solstice in June (Northern Hemisphere) and December (Southern Hemisphere).

Spring and "springtime" refer to the season, and also to ideas of rebirth, rejuvenation, renewal, resurrection and regrowth. Subtropical and tropical areas have climates better described in terms of other seasons, e.g. dry or wet, monsoonal or cyclonic. Cultures may have local names for seasons which have little equivalence to the terms originating in Europe.



## What Is the Spring Equinox?

In the Northern Hemisphere, the spring equinox in the Northern Hemisphere (also called the March equinox or vernal equinox across the globe) occurs when the Sun crosses the celestial equator going south to north. It's called the "celestial" equator because it's an imaginary line in the sky above the Earth's equator. Imagine standing on the equator; the Sun would pass directly overhead on its way north.

On the March equinox, the Northern Hemisphere and Southern Hemisphere receive roughly equal amounts of sunlight; neither hemisphere is tilted more toward or away from the Sun than the other.

## PRESIDENT'S MESSAGE

The great ship Boswyk continues to sail...positive responses for the most part to our survey. This will be a key element in the planning that the Board has started in improving choices, extending hours, adding new (requested) activities and so on. Membership input is absolutely necessary for our continued success, constructive criticism is welcomed, and any Board member is ready to listen. Thank you everyone for your participation!

*Iris Todd-Lewis*

# 7 OUTDOOR ACTIVITIES FOR SENIORS THIS SPRING

## 1. Take your exercise routine outdoors

The spring is a great time to take your exercise routine outside. If you've been in the gym all winter and walking on a treadmill, it's now safe to walk outside. The ice has melted and the chance of falling has decreased so why not walk outdoors? Try an outdoor yoga class at sunrise to increase mobility and strengthen your focus throughout the day. Combine your exercise with a nature hike or explore a new park with your grandchildren so that you are exercising mind, body, and soul!

## 2. Take up gardening

Gardening is a great activity for seniors in the spring. Bringing mobility, increased immunity, and a reduced risk of depression, gardening is one way to draw seniors outdoors with purposeful and meaningful activity. If mobility is limited, consider a raised bed garden or even a potted plant garden. If your spring weather isn't quite ready for plants, plant an indoor garden and start your seeds in small pots, ready to transplant when the weather is warmer.

## 3. Volunteer outdoors

Get outdoors and spend some time helping others! Volunteer for a park or beach clean up day, help with a pet adoption event at a local park, or play a sport with a child you mentor. The warmer weather is energizing and volunteering is a great way to give back and help seniors enjoy the spring in a way that is engaging and meaningful.

## 4. Attend local farmers markets

Visit the local farmer's markets and check out the fresh produce and flowers. Bring home some fresh flowers to brighten your living space or learn how to prepare a new type of vegetable. Consider having neighbors or friends over for a picnic showcasing your fresh finds at the local farmers market!

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## DATES TO REMEMBER

**April 7th to 10th:** Centre closed so we can celebrate **EASTER**

**May 5th:** Cinco de Mayo Event

**May 22nd:** Closed for **Victoria Day**

**June 3rd:** **Seniors Wellness Fair** (at The Boswyk Centre).  
10am to 2pm (more on this later!)



### 5. Spring clean your house

This is a great season to go through drawers and closets, sorting, organizing, and donating. Invite friends and family over to help you and make it a social event. Getting rid of unnecessary items can reduce the risk of falls and reduce anxiety. This is a great time to go through outdoor storage units and give items away, especially if you are preparing for a move to senior living.

### 6. Spend time with grandchildren

Spring is a great time to revisit your own childhood with your grandchildren! Fly a kite, explore a new park, draw with sidewalk chalk, or plan a pickup a baseball game with the neighborhood. You'll love the weather, the time outside, and you will cultivate meaningful memories with the people you love.

### 7. Feed the birds

Nothing says spring like birds chirping. Spend the day bird watching or get bird feeders to hang outside, drawing the birds to your front porch. Make it a hobby to learn more about your new visitors and seek them out in nature.



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BSAC is managed by Mission Seniors Centre Association