

BOSWYK BYTES

MONTHLY NEWS FROM BOSWYK SENIORS ACTIVITY CENTRE

Summer is coming!

Once more we meet for a brief conversation...and our weather, although a tad up and down in temperatures, continues to warm and engulf us with all the promise of El Nino's heatwaves later this year. Stack up on water supplies, (you and your pets), find cooler spaces, wear a hat (after your 10 minutes of full sun exposure), use sunscreen, and take care. Very little time can cause sunstroke!

The General Meeting was well attended. Tanis advised everyone of the happening changes in response to the survey, and I have no doubt we may extend hours somewhat by September. Much is "always in the works" so keep an eye on the various noticeboards!

The upcoming Seniors Wellness Fair will be a tremendous opportunity to showcase all the services and information in Mission that make life a bit easier for all our Seniors. This event is open to the PUBLIC and we hope as many as possible take advantage to attend this FREE Event.

everyone is welcome

The Centre has begun to book private events recently and will be honouring members in various ways during the coming months. Speak with Tanis Bentley if you need to enquire about a booking. She is usually available Monday through Friday from 9 until noon in the Office.

Iris Todd-Lewis,
editor



CHANGE

Have you noticed the more things change, the more they stay the same. Simply not true, as once change starts it often gains speed and STRENGTH, and before you know it - you're in it!

Often change creeps up on us, and we slowly adapt over often long periods of time, to find ourselves thrust (we think) into a new paradigm. Covid is the latest example of enforced change- which we accepted, despite doubts, question, etc.

In our personal lives, the same often happens. We are thrust forth in bewilderment, or slowly accept that new status quo. It is never easy, and each of us faces with different perspectives, knowledge, expectations, sometimes with horror, sometimes with joy.

Much depends on the type of change, and much depends on your personality and past experience. Familiar changes are easier to assimilate in our lives. We've done this before. But some changes cause a consternation of international crisis.

At all costs, remain rational and allow your clever brain to absorb, reflect, calculate and start to construct a response rather than a reaction. You can now feel still in control, and begin to react at a lower level of panic.

Reaching out to others, sharing, collaborating, remaining thoughtful will all help down-play that histrionic feeling, and you can then sail through - not avoid or side-step, and once more reach a sense of equilibrium. Much depends on your own sense of resilience -remember how strong and resilient you are - how many times you have MOVED through similar circumstance and remained whole.

HANG IN THERE

PRESIDENT'S MESSAGE



I NEVER HAVE TO WORRY

I've waited a lifetime to find someone like you
Someone to be faithful loving and true
And I hope and I pray that our love will go strong
And I'll never have to worry about being alone

chorus

You're there in the morning when I wake up at dawn
And I carry you with me all day when I'm gone
When others they tell me about love that's gone wrong
I just count my blessings then I hurry home

Its easy to live my life just for you
I never really think about being untrue
Though a pretty girl can still turn my head
It just goes to prove that I am still not dead

chorus

by Reuben Ens

In memoriam

REUBEN ENS
1938 - 2023

Sadly, on April 24th.
REUBEN ENS passed on,
leaving his wife of over 50
years to bear a heavy torch.
They were both very well
known at BSAC, mostly due
to their sincere, loving
commitment to music.

Reuben immersed himself in
writing music and songs all
his life and I share a little
here.

Sunday, June 4th:
a private Celebration at The
Boswyk Cafe
Invitation only, please.



DATES TO REMEMBER

June 3 Seniors Wellness Fair at Boswyk Seniors Activity Centre. 10 am to 2 pm. FREE admission to members and public. Information tables, guest speakers, snacks and coffee available

June 3 to 9 SENIORS WEEK, MISSION

June 8 Luau at The Boswyk tickets on sale for \$10; lunch included with entertainment; wear a sarong, muumuu, shorts, grass skirt(?), flowers in your hair, anything goes!

Start dreaming about your successful retirement, but make sure its your dream and not someone elses.

Make sure you have at least one activity in you life that nourishes your soul. It may be gardening, painting, music,or just helping others...

60th Anniversary

During June, Gail and Lyle will celebrate their Anniversary, and have chosen the Boswyk Cafe as their site. We are honoured to be a small part of their celebration. We all wish them many more to come, and heartily welcome their family and guests. This is a private, invited event.

HAVE FUN ALL!

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BSAC is managed by Mission Seniors Centre Association