

# BOSWYK BYTES

---

## MONTHLY NEWS FROM BOSWYK SENIORS ACTIVITY CENTRE

---



**IT IS STILL SPRING!**



Despite the damp weather, the days are slowly warming, and quite soon we should have real Spring skies and sun!

There is a short piece in this newsletter for the gardeners amongst us. Remember, even a small balcony can display blooms, herbs, flowers, even shrubs. And if allowed, try to feed our birds, bees and butterflies.

Spring and summer are wonderful times to get active (again, or for a new experience). Don't forget the Boswyk Walk Monday mornings at 9:30 am. We hope to add another day of the week very soon. And our Community garden effort will be in full swing very shortly. It is so close by, and if you are interested, contact Ron Biebrich or Joann St. Pierre to get involved.

The recent survey is proving very useful to future planning efforts, and we will add more activities in order to fill all time slots before we extend our hours. You will notice some current activities being slightly revised to ensure we are using our space to its full advantage. Tanis Bentley is working on this and will likely speak to some groups before final decisions are made.

Today (April 18th), most of the Board met with representatives from the City of Mission and Leisure Centre to discuss a few outstanding issues that we need to have addressed. A congenial meeting, for sure, and agreement was met regarding parking for the Boswyk Seniors activity Centre, the installation of automatic openers on bathroom doors, and the irregular floor in the Games Room. The results won't be immediate, but are now "in the works". *How I love productive (and short) meetings!*



*Your Editor and President, Iris Todd-Lewis*

# Advice to Gardeners...

## BE WATERWISE THIS SUMMER!

### GENERAL TIPS TO CONSERVE AND RESERVE

- Equip all hoses with a spring loaded shut off device
- Watering of flowers, trees, shrubs, and vegetables may be carried out with a handheld wand, a hose with a spring-loaded shut off device, or a sprinkler at any time during Stage 1 and 2
- Check online at [www.ourwatermatters.ca](http://www.ourwatermatters.ca) to see which STAGE is in effect. Restrictions begin May 1 and end September 30
- Use a rain barrel to collect rainwater for plants and gardens throughout the summer. These are available through the City of Mission, Engineering Department
- Choose waterwise plants
- Healthy lawns need only **1 inch** of water a week!
- Mow grass high -at least **3 inches** and leave grass clippings on lawn
- Apply for an irrigation rebate through [www.ourwatermatters.ca](http://www.ourwatermatters.ca)

Abbotsford and Mission  
Water and Sewer Services

## WEED KILLER

- 1 gallon white vinegar
- 1 1/2 cups epsom salts
- 2 tbsp blue Dawn dishsoap

spray on weeds for a quick and ecologically sound solution

## TEND TO THE RASPBERRIES

for the roots = hydrogen peroxide and water, ratio of 1:1

spray leaves - 1 tbsp hydrogen peroxide in 1 cup of water



## PRESIDENT'S MESSAGE



# 6 tips for eating healthy on a budget

## 1. plan your recipes

adapt recipes to fit your needs; choose meals that help manage your blood sugar; use recipes with common ingredients; differ herbs and spices to vary taste; find ways to stretch recipes; make dishes that freeze well for later use; plan ahead for the week so you stock your pantry and fridge with healthy ingredients

## 2. shop with a list

create a list from your weekly plan; reduce impulse buying; buy in bulk to save money long-term

3. **buy frozen** as an alternative to fresh when shopping out of season

4. **cut cost with coupons**

5. **buy store brands** which can save 20 to 30 percent on bill

## 6. grow your own

even without a yard, you can use pots on patios and balconies; try vertical planters to save space

"Think left and think right  
and think low and think  
high. Oh, the thinks you  
can think up if only you  
try" Dr. Seuss

Spend a day sorting out your wardrobe with your grandchildren. They will pounce on things you wore years ago with cries of "Vintage" or "Retro". Old jewellery is also really cool these days...



## DATES TO REMEMBER

**May 5** **Cinco de Mayo** in Community Hall, 1 to 3 pm. Tickets \$5 available after April 24

**May 6** **Celebration of Life** for Jenny Stevens. 1 to 3 pm at Heritage Park

**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

**June 3 to 9** **SENIORS WEEK, MISSION**

### **In memoriam**



### **Patient Navigator**

Rebecca, a Social Worker with Fraser Health, attends the Centre each Tuesday and Thursday around 9:30 am to meet with any Senior who requires advice regarding how to access and navigate the Health Care System. Whether your problem is housing, financial, social, support of any kind, she is here to guide you as necessary. You will find this kindly young woman at a table in the Boswyk Cafe. If you have no pressing problems, say "Hello" anyway!

7682 Grand Street, Mission V2V 0J1 | 604-814-2188  
missionseniors@gmail.com | [www.missionseniorscentre.com](http://www.missionseniorscentre.com)

BSAC is managed by Mission Seniors Centre Association