

OCTOBER 2023

# BOSWYK BYTES



Monthly News from Boswyk Seniors Activity Centre

As we begin our third year of operation, I reflect on the past year while eagerly anticipating another year of adventure, exploration and innovation. The introduction of new activities is ongoing, as we strive to fill each room and time slot on a daily basis. As the times fill in during the daytime, we will seek to use some evenings and Saturdays. The possibilities are endless. Please continue to provide your ideas and feedback, and ensure we have sufficient *volunteer* help to back-up newer activities! Meanwhile, our gratitude for the support and enthusiasm you all show daily...inside this issue, you can find a breakdown of activity and volunteer hours.

As summer 2023 bids goodbye, remember how beautiful our Autumns often are with the deeper colours. Yes, we will have rain! That's to grow back the grass, for goodness sake! The lawns look so tired...Some changes in your decor, and the use of asters, dahlias etc. can continue to brighten the house. I note the clothing colours are a little brighter that we often see at this time of year - that should help our moods!

The events of the past year were highly successful in attendance, and **Chris** , **Gina** and **Sonja** have excelled in their preparations on our behalf, Thank-you to each of you! Our kitchen volunteers always come through with good grace and OTTC hasn't failed yet! Be sure to check the great photos of the latest event on display and download whatever you wish from the web.

There is talk in the media of a return of Covid and maybe yet other nasty, opportunistic bugs. Get your annual flu shot if that is your wish, stock up on chicken soup, nutritious liquids, and stay home if you feel the beginnings of any fever or aches. Let's hope we can all stay healthy through the coming months. Be sure to check on friends and neighbours who are alone.

Take care of each other, stay positive, and send gratitude out to the Universe - it'll come back in spades!



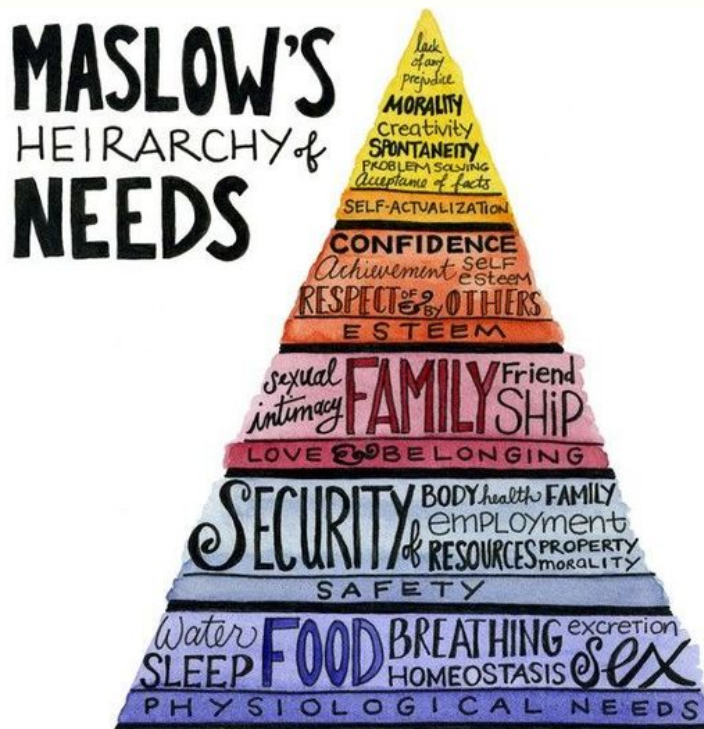
Ciao, Iris

*Iris Todd-Lewis, editor*

# Maslow's Hierarchy of Human Needs

Abraham Maslow (Psychologist) suggested in the 1960s the following diagram as a tool to measure how we mature and change. It has been disputed several times since and is likely no longer actively used by today's psychologists. However, I still see this pyramid as a valid measurement of our individual progress as we live and develop skills. Many never attain self-actualization, but still grow up the triangle in their own fashion. Perhaps we can use this to see where we fit in the grand scheme of life, and what we might yet achieve? Take a look, see where you personally belong, and remember it is never too late to learn.

This is an example of one topic recently in the Wellness Group. We also touch on nutrition, stress, exercise, and many other requested topics that interest the group. Check us out some Tuesday morning at 10 am...



## PRESIDENT'S MESSAGE

It is truly heartwarming to enter the Boswyk building and sense the friendliness and welcoming feelings. It does take effort on everyone's part to provide this aura, and my sincere thanks to the Reception volunteers who convey this. Each of our volunteers (which means everyone) has a happy outlook. Over the coming month, the Games Room floor will be replaced which will once more open Floor Curling to be scheduled. Closure of the room may be about 2 weeks.



## Activity Report

Our computer system tallies visits and specific activities attended whenever you sign in.

Of note is the fact that total scans have doubled this past year! Volunteer hours are just over 10,000...remarkable! Best attendance was at **Crib** , **Bingo** and **Carpet Bowling** ...each over 1800 visits. So far, we have a grand total of 16,849 sign-ins.

**We are indeed a thriving concern!**

## Volunteer Operations Coordinator

### Looking for a New Challenge?

**Boswyk Seniors Activity Centre** is seeking a part-time volunteer **Operations Coordinator** . This newly-created position will provide opportunities for the successful applicant to enhance management and office skills, and to receive further training where necessary while interacting and serving a community of active Seniors. Flexible and negotiable daytime hours, approximately 12-15 hours per week.

Please see our website at <https://www.missionseniorscentre.com/volunteering> . for more information about this opportunity. A full resume and references will be required to apply.



# Dates to Remember

**October 9th** Centre closed for **THANKSGIVING**

**October 14th, Saturday** Leisure and Wellness Navigator.  
10 to 11 am at Boswyk Community Hall, \$5 per session

**October 31st**, Tuesday Lunch and **MURDER MYSTERY**.  
noon to 3pm at community Hall/Dining Room. Halloween  
costumes if you wish. Prizes! \$7 tickets available after  
October 11th

## DONATION NEEDED!

Folding wheelchair to be used  
by visitors to centre



## NOMINATIONS OPEN

Applications for Board  
Director are being accepted.  
Leave your completed  
application at the Reception  
desk for the Nominations  
Committee.  
A Thank-you to all applicants  
for their interest!



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