



BOSWYK BYTES

MONTHLY NEWS FROM BOSWYK SENIORS ACTIVITY CENTRE

Fall into Autumn

Hello Once More...

Well, I did say Summer wouldn't last forever. How is the rain affecting you? Maybe some new boots or a slick, shiny raincoat will help?

Gardeners have been busy "putting their beds to sleep", and now graze the seed catalogues for Spring ideas, or not! Some of us grab this opportunity to catch up on reading, knitting, a project in the garage, or maybe sleep like the garden? Keep warm!

The Boswyk has been in full swing, literally, once September rang in, except for the extensive re-installation of the Games Room floor. Sad to say, it is taking longer than we hoped, but looks terrific. Back to those activities very soon. Our daily bookings are melding well and despite a few shiftings, times are working out better. Thanks for your patience and cooperation with all of this!

Our calendar for 2024 is "under construction" with general meetings, events, special lunches, and celebrations in the planning. Your ideas welcomed as always. No, no gyms or swimming pools, bungee jumping or parachute rides are in the offing, otherwise almost anything goes!

Enjoy the lead-up to Christmas, join friends for lunch, toss a few balls, deal some cards, win some Bingo bucks, and most of all, stop by to say HELLO!

Ciao, Iris

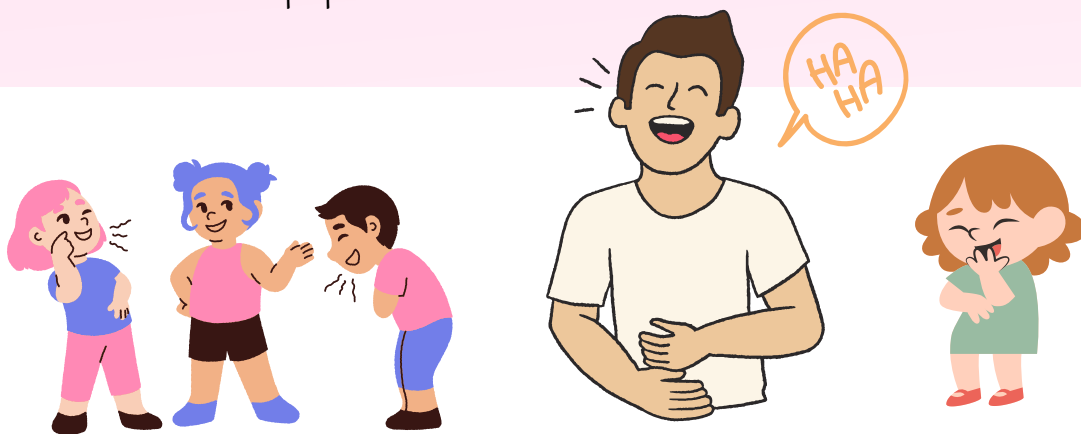
THIS ISSUE

INSANITY IN RETIREMENT; IN MEMORIAM

PRESIDENT'S MESSAGE; DATES TO REMEMBER

How to maintain a healthy dose of **insanity** in retirement

- at lunchtime, sit in your car wearing sunglasses and point a hairdryer at passing cars
- on all your cheques, write "for marijuana" in the memo line
- skip down the street, rather than walking and watch how others look at you
- order a "Diet Water" when out to eat. Keep a straight face
- sing along while at the Opera
- when the money spits out of the ATM, yell "I won! I won!"
- as you leave the zoo, start running toward the carpark while yelling "Run for your lives!"
- over dinner, tell your kids, "Due to the economy, we are going to have to let one of you go"
- pick up a box of condoms at the pharmacy, and ask the clerk where the fitting room is
- go to a large department store's fitting room, drop your drawers, and yell "There is no toilet paper in here!"



PRESIDENT'S MESSAGE

Laughter is truly the best medicine! Forget an apple a day...find the humour behind every dark cloud and laugh at the world whenever you can. If we can laugh at ourselves with all our quirks and foibles, all the silly slips and faux pas, the world will laugh with us, and life will be a lot more jolly! You will boost your immune system, grow extra brain cells, fight infection better, and at the end of the day, sleep well!

ZZZZZZZZZZ...

In memoriam

This September, another significant and beloved BSAC member died. Sophie was best-known around the Boswyk as the ebullient, direct lady who "ran the OAPO branch" with an iron fist.

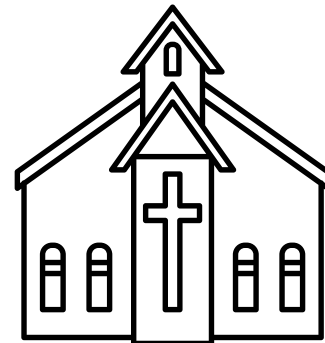
Sophie was involved in OAP from its inception, and between the semi-annual teas and OAP functions, she also contributed enormously to the local Ukrainian Church. She baked more perogies and cabbage rolls than there are days in a year, and always with devotion and love.

Sophie and her fellow Board members were instrumental in providing a huge donation to The Boswyk Centre as one of the active partners, and her delight was truly evident when she viewed the OAPA Library once completed. Her memory will live on!



SOPHIE ZEHNER

DIED: SEPTEMBER 2023



Empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference, that is, the capacity to place oneself in another's position. Definitions of empathy encompass a broad range of social, cognitive, and emotional processes primarily concerned with understanding others (and others' emotions in particular). Types of empathy include cognitive empathy, emotional (or affective) empathy, somatic empathy, and spiritual empathy.

DATES TO REMEMBER

OCTOBER 31 MURDER MYSTERY AND LUNCH NOON TO 3 PM COST \$7

SOLD OUT. ASK TO BE ON WAIT LIST AT RECEPTION

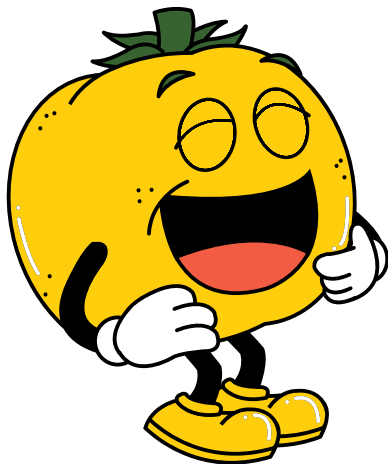
NOVEMBER 10; 13 OPEN; POSSIBLY LIMITED ACTIVITIES

DECEMBER 19 CHRISTMAS LUNCH. TICKETS AVAILABLE AFTER DECEMBER 4

DECEMBER 23 TO 27 BOSWYK CLOSED. LIMITED ACTIVITIES DEC 27 TO 29

DECEMBER 30 TO JANUARY 2 BOSWYK CLOSED

**Live
Laugh
Love**



Speak out about your hopes and expectations for the next few years. Tell your partner and family what you would like to happen during this next phase of your life.

Stay away from negative people - they can zap energy and optimism all too fast. Instead mix with people who inspire you and make you laugh.

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

BSAC is managed by Mission Seniors Centre Association