

BOSWYK BYTES

MONTHLY NEWS FROM BOSWYK SENIORS ACTIVITY CENTRE

Summer winds down

In another six weeks or so, summer 2023 will end. We are fortunate on the West Coast of Canada that we experience four seasons...it really sucks when you get two (hot and wet, or hot and hot!) We always have something to anticipate, although many will say, "Not winter!" I actually love winter now that I no longer "work". And Autumn is truly beautiful if we get enough crisp, cold days. Our lives still are governed by the dreaded School Year. How did that ever happen? September arrives, and life begins again. How nice to enter Staples without that overly long list of supplies. Now I just take advantage of the sales, find some quirky colourful items for my desk, and walk off with money still in my pocket!

The Boswyk slowed for the summer, but kept many activities going. With the Fall months arriving, there will be many surprises and new programs to consider. If you have any ideas or requests, now is the time to speak up. Some of our complaints re the Centre have been addressed, and maybe some completed. Don't hold your breath, folks. The list that Jason H carries in his pocket is substantial, and we are a small part of that! Keep the Reception desk informed of any issues you encounter...we are on it.

Recently, we sadly lost a member who resided in the apartments upstairs. **Linda Blondin** was well-known and will be greatly missed. There are plans for a dinner in the apartment building which we hope all residents can attend to honour her.



THIS ISSUE

WELCOME

WORKSHOP SERIES

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IN MEMORIAM

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CONTACT INFO



Bryan Lees

MIGRATORY BIRD

Leisure , Wellness and the Older Adult workshop series

in partnership with the Healthy Lifestyles Program

SELECT SATURDAYS | 10:00 AM TO 11:00 AM

\$5 per session or \$15 for series

October 14: Leisure and Wellness Navigator

November 18: Stress Management

January 13: Visioning 2024

February 10: Journalling 101

see the larger poster for further information.
Sessions will be held in the Community Hall,
depending on numbers.

Tanis Bentley will lead the series



**Friday, September 22,
11:00 to 12 noon, "Basic for
Beginners" line dancing** will
begin. This is a 3-month
course working through the
steps slowly and putting
them into dance. In January
and April, the course will
run again. The cost is \$1
each day whether you dance
1, 2, or 3 hours!

At the end you will have the
option to repeat the set or
move into level 1 at
10:00am.

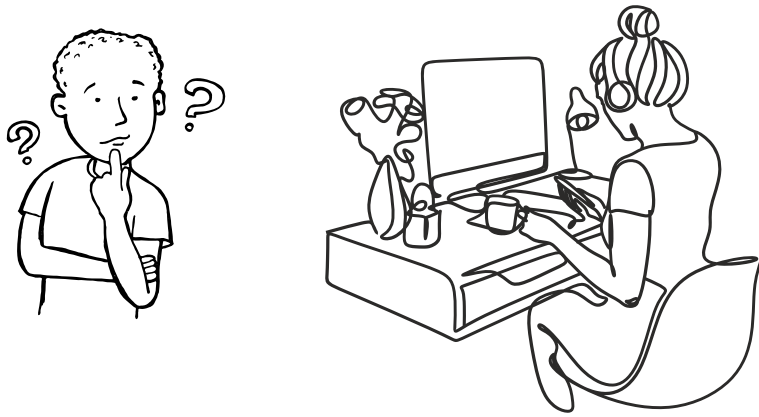
This is wonderful fun, and
so good for you... your body
and brain benefit!

Further info call VAL
SAUNDERS at 604-826-
3751 or email
isascot1@telus.net

PRESIDENT'S MESSAGE

I too felt affected by the loss of Linda. She had a certain charisma that made you wish to chat with her, have a coffee with her. I never realized she had health issues that would be so serious. Jack, my heart goes out to you. Losing someone close is really hard.

My step-grandson (17) lost a friend this summer in a mountain bike accident and had the courage to attend the funeral in Oliver. We have had a few significant losses over our first two years in The Boswyk Centre, and I wonder if some of you would attend a session on grieving if arranged. Please let me or another Board Director know.



THE MEANING OF YOUR LIFE

Your epitaph will likely read:

Born: day/month/year - Died: day/month/year
with maybe a little phrase such as "a gentle fellow".

So "who were you"? , folks might say. Have you ever thought what that dash symbol really means? It is the sum of your being, your entire lifetime expressed as a small dash sign. Not truly worthy of who you were or what you meant to others. Think now of what you would really prefer that little dash to mean...

I suggest now is the time to provide that meaning. Your family and friends will appreciate knowing what made you tick, what was meaningful to you, what occurred to give you pleasure/pain in your lifetime. Your place in history is as important as any great politician, writer, artist, teacher and so on. Let your descendants read what was important to you, why you did whatever you did - good or bad!

Start with marking years at the top of your pages, then specific dates with each year, and expand this to be your autobiography. If writing is difficult, use a computer or dictate. Someone else can type this for you later. Keep your record in a folder, journal, Bible or computer. Don't let it go whatever you do! You have the choice to share this with others now, save it with your will, publish it, store it for later. Just keep it current, try not to second-think and revise.

In memoriam

LINDA BLONDIN

JULY 27, 2023



Linda helped in the kitchen with a cheery heart. Recently, she planned and began a series of Social Dance classes on Friday afternoons that were well-received. Her energy seemed enormous!

Learn to appreciate your life - the downs and ups. The downs make the ups seem even more wonderful!

Write your obituary. it need not be as morbid as it sounds. writing an account of your achievements can be a positive experience. The only thing that will be missing is what you still intend to do.

DATES TO REMEMBER

AUGUST 17 10:30 AM GENERAL MEETING
IN COMMUNITY HALL. GUEST SPEAKER FROM CRIME PREVENTION

SEPTEMBER 15 SECOND ANNIVERSARY OF BOSWYK OPENING! "SOCK HOP", 12 NOON TO 3 PM; LUNCH AND MUSIC FROM THE 60'S AND 70'S; COST \$7 - TICKETS AVAILABLE
AUGUST 28

SEPTEMBER 22 11:00 TIL 12NOON. LINE DANCING "BASICS FOR BEGINNERS"

OCTOBER 14 10:00 TIL 11:00 "LEISURE AND WELLNESS NAVIGATOR" WORKSHOP
LOCATION TBA

ATTENTION!

DURING THE NEXT FEW MONTHS, WE WILL BE SEEKING THOSE WILLING AND ABLE TO STAND FOR OFFICE. WE WILL REQUIRE 3 OR 4 INDIVIDUALS TO REPLACE THOSE BOARD MEMBERS WHO ARE RETIRING/MOVING ON. YOU CAN NOMINATE ANYONE WHO YOU THINK COULD ADD SOME CHARACTER, TALENT, SKILL AND EXPERTISE TO THE MANAGEMENT OF THE BOSWYK. YOU ARE ALLOWED TO NOMINATE YOURSELF, TOO! VOLUNTEER APPLICATION FORMS FOR BOARD POSITIONS ARE AVAILABLE AT RECEPTION.



Migratory birds and butterflies will start preparing to leave our sunny clime by October. Help them have a good journey by providing nourishment designed to keep them going! Suet and seed, lots of water will help.

Many travel thousands of miles South (or North) and take days/weeks to reach their destination. a well-filled belly can only help!

(I only wish I could pack a Red Cross bag! or a backpack for them)

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

BSAC is managed by Mission Seniors Centre Association