

# SKY TIDINGS TO MEMBERS

March 31, 2023

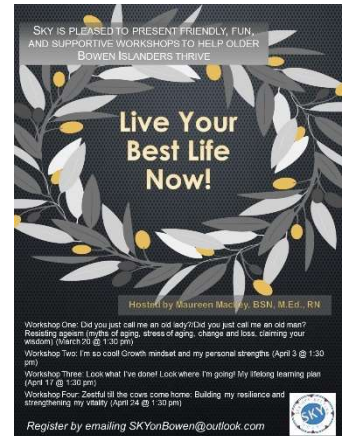


Where has the month gone? There's lots in store for April and beyond, so grab a beverage of your choice, get your calendar handy, and read up!

## Workshop Series: "Live Your Best Life Now" ...

Our first session was held on Monday, March 20<sup>th</sup>. It was entitled: *"Did you just call me an old lady/Did you just call me an old man? Resisting ageism (myths of aging, stress of aging, change and loss, claiming your wisdom."* Attendees came away with a deeper understanding of ageism, and we are certainly looking forward to whatever our facilitator, Maureen Mackey, has up her sleeve for these next sessions 1:30-3:30pm at Bowen Court's Elliot Lounge, 1070 Miller Rd.

- Session #2 – Monday, **April 3**  
*I'm so cool! Growth mindset and my personal strengths.*
- Session #3 – Monday, **April 17**  
*Look what I've done! Look where I'm going! My lifelong learning plan.*
- Session #4 – Monday, **April 24**  
*Zestful till the cows come home: Building my resilience and strengthening my vitality.*



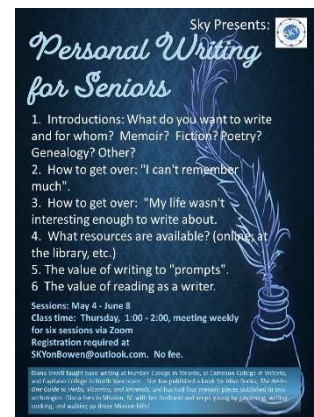
RSVP to [SKYonBowen@outlook.com](mailto:SKYonBowen@outlook.com) indicating any combination of #2, #3, #4, or ALL, just so that we have an idea of how many people to expect. Choose as few or as many workshops as you wish.

Parking is limited, so attendees are reminded to park in Visitor's Parking (NOT in residents parking) or else find street parking, take transit, get dropped off, car pool, or walk if you can.

## Personal Writing for Seniors...

SKY is pleased to announce this free series of Personal Writing workshops presented by DIANA JEWELL via ZOOM, 1:00-2:00pm (Thursdays shown below) RSVP to [SKYonBowen@outlook.com](mailto:SKYonBowen@outlook.com) for which sessions you wish to attend the Zoom link will be sent to you closer to the start of these workshops.

1. **May 4<sup>th</sup>** Introductions: What do you want to write and for whom?
2. **May 11<sup>th</sup>** How to get over: "I can't remember much".
3. **May 18<sup>th</sup>** How to get over: "My life wasn't interesting enough to write about"
4. **May 25<sup>th</sup>** What resources are available? (online, at the library, etc.)
5. **June 1<sup>st</sup>** The value of writing to "prompts".
6. **June 8<sup>th</sup>** The value of reading as a writer.



Diana Jewell taught basic writing at Humber College in Toronto, Camosun College in Victoria, and Capilano College in North Vancouver. She has published a book for Alive Books, *The All-In-One Guide to Herbs, Vitamins and Minerals*, and has had four memoir pieces published in two Anthologies. Diana lives in Mission, BC with her husband and keeps young by gardening, writing, cooking and walking up those Mission hills!

## Get stretching...

- What is life without change? Diana has had to change her Yoga sessions from Mondays to Thursdays due to other commitments. We also need to **CANCEL APRIL 6<sup>th</sup>**.
- NO YOGA until Thursday **April 13<sup>th</sup> at 10:00am...this is when we will resume Yoga in our new timeslot**, in-person in the Multipurpose Room at Bowen Court.
- *Also mark your calendar with a weekly reminder for **April 20 & 27 & beyond**, but also stay tuned in case we have to change (or cancel) any of the planned dates in future. Many thanks to Diana, for her kind contribution to SKY by hosting these Yoga sessions for SKY as a volunteer.*

**YOGA'S NEW  
SCHEDULE**

## Get away...Next Excursion



April is **Cherry Blossom Time** in Vancouver and the Nitobe Japanese Garden and UBC Botanical Garden promise to be in bloom with various spring flowers.

Thursday, **April 20<sup>th</sup>**

We'll meet at 9:15am sharp, we'll likely lunch at WV Seniors Centre, and are expecting to return by 4pm. Space is limited and RSVP's will be called for soon, so watch for an upcoming email with details!

*Many thanks to Smooth Stones Foundation for having subsidized transportation costs for our excursions over recent years.*

## Have your say...National Seniors Council

You may have seen a letter from MP Patrick Weiler concerning the launch of public consultations, led by the National Seniors Council (NSC), acting as the Expert Panel that will inform measures to support Canadians to age at home in dignity. The consultation website will be available **now until April 14**. SKY encourages you to submit your input. If you did not receive the letter from Patrick Weiler, you may email [SKYonBowen@outlook.com](mailto:SKYonBowen@outlook.com) and we'll send you an electronic copy.

## Gather for Games...

While playing Scrabble has been popular, there has been a shift in interest to Bridge, which may be attributed to having a great teacher (Stephen). We're also hoping more Mah Jong enthusiasts will come out to share their love of the game with new players. There are also many other game options available, so if you have a favourite board game or card game, come out and play. Our partnership with the Library has been extended as shown below. Notice that Sundays are later starts than Thursdays.

THURSDAYS at 10:30am	SUNDAYS at 12:30pm
<b>April 13<sup>th</sup></b>	<b>April 23<sup>rd</sup></b>
<b>May 11<sup>th</sup></b>	<b>May 28<sup>th</sup></b>
<b>June 8<sup>th</sup></b>	<b>June 25<sup>th</sup></b>

*There's something for everyone 55+ at Gather for Games at the Library.*



## Gather at Community Lunches...

Plan to attend the next Community Lunches at the Legion on the following Tuesdays:

**April 11<sup>th</sup>**

**April 25<sup>th</sup>**

**May 9<sup>th</sup>**

**May 23<sup>rd</sup>**

**June 13<sup>th</sup>**

**June 27<sup>th</sup>**



Membership not required...All adults welcome for these reasonably priced, tasty soup lunches with friends and neighbours. Many thanks to the chefs and the volunteers in our partnership, particularly the Caring Circle. It takes a village to make these Community Lunches happen.

## Gather at SKY's Monthly Luncheons...

SKY members and guests will again gather over lunch on Wednesday, **April 5<sup>th</sup>** at Noon at THE SHED EATERY at the Bowen Island Golf Club.





**MENU**  
The Shed By The Mexican-ish Kitchen

**Appetizer**

- CRISPY POTATOES 8.25  
Smashed Baby Potatoes/Fennel Salt/House Dip
- POUTINE 12.25  
Smashed Baby Potatoes/Cheese Curds/Gravy  
o Loaded W/ Pulled Pork 5
- SOUP N HEAVEN 11.25  
Jalapeno-Cheddar Corn Bread And Weekly Soup
- CUAC + SALSA = CHIPS 14.50  
House Made Salsa/Guacamole/Feta Cheese and Fresh Corn Tortilla Chips
- BRISKET QUESADILLAS 16.25  
Slow Cook Brisket/Cheddar Cheese/Flour Tortilla/Salsa/Soft Cream/Hot Sauce
- SAUTE VEGETABLES 12.25  
Seasonal Vegetable Assortment/Sauté with Butter

**HANDHELDS**

- PULLED PORK TACOS 17.25  
12hr Smoked Pulled Pork Shoulder/House BBQ/Coleslaw Salad/ Corn Tortilla. Extra Taco 4
- MAGIC MUSHROOM TACOS 17.25  
Mix Of Mushrooms/Caril/ Onions/Corn/Chilli Oil/ Guacamole/ Tomatillo Sauce/Flambe With Tequila. Extra Taco 4
- HABANERO FRIED CHICKEN SANDWICH 17.25  
Buttermilk Fried Chicken/Jalapeno Cheese/House Habanero Mayo/Pickles/ On a Burger Bun.
- LA BURGER 17.75  
House Ground Beef Patty (150gr)/Caramelized Onions/ Cheddar Cheese/House Dip/Pickles.  
• Loaded w/trachos 4

Add On Avocado 2 Bacon 2 Cheese 2 Egg 2 Dip 1

ALL TACOS AND SANDWICHES COME W/CRISPY POTATOES OR SOUP  
UPGRADE YOUR SIDE FOR SAUTE VEGGIES OR POUTINE FOR 2.50

*If you can't make it to lunch on April 5<sup>th</sup>, your next chance will be May 3<sup>rd</sup> so save that date and the location will be announced in the next Tidings for May.*

## Get walking...

Wednesdays and/or Fridays, we hope to see you:

10:30-10:45am is when we gather & greet.

10:45am sharp is when we start walking.

- **Apr 5 & 7** – meet at the Golf Course
- **Apr 12 & 14** - meet in the parking area at the Catholic Church on Miller Rd
- **Apr 19 & 21** – meet at Harding Road for Grafton trail
- **Apr 26 & 28** – meet at Killarney Lake's picnic area
- **May 3 & 5** – meet at parking area by BowFest field picnic shelters.



*Photo Credit: John Hazell, of the view enjoyed during our recent SKY Walk through Headwaters Park.*

Let's put winter behind us. With a bit of sunshine, the forest is bursting with new growth, so let's get out there and enjoy it together.

## SKY's AGM...rapidly approaching...

It's been a fun and busy several months for the Board since our last AGM held in September, but now it is time to get back on schedule according to our former routine, which means having our AGM in May. Please attend Monday, **May 8<sup>th</sup>** at Bowen Court. Formal announcement to come.

**A G M**  
Annual General Meeting

## SKY on the Horizon...

- Cyber-Security Workshop
- "Super Seniors" Tea
- Conference on Senior Health Issues
- Speaker Series
- Plus so much more ahead!!!

*Keeping physically active,  
mentally engaged, and  
socially connected is the  
key for all seniors in  
keeping young.*

## SKY around Bowen...



Have you spotted any of SKY's eye-catching posters around the island? The posters on the first page of this newsletter (and others going forward) are created by Danae, one of our new members who certainly has a flair for artistic design with computer software. Thank you, Danae, for creating great posters for advertising SKY events!

## Follow SKY on Facebook...

- 1) SKY is out there on a public Facebook page for the world to see! Thanks to help from Marie N in setting it up and posting updates weekly, we are raising our profile in the community. This FB page has been very effective in attracting new members to SKY by spreading the word about our events in the community.
- 2) SKY has also started a private Facebook group that can be joined by SKY members only! This Private Group allows members to chat freely, post pictures, and even arrange car-pools privately when needed, and the best part is that SKY members only can see it/post on it. To find and join this Private SKY members only group on Facebook, search in FB for...you guess it... "SKY members only". Or search for our full name: "SKY members only – Bowen Island". Your request to join will be cross-checked to our membership list for validation/approval within 24 hours.

## Other ways to keep in touch...

- If you don't use Facebook, don't worry. We'll continue sending out emails to all members.
- If you don't use E-Mail but have someone with an email address who will relay our SKY Tidings to you, please let us know their email address.
- Or, upon request, we'll send you our monthly calendar of events along with SKY newsletters via postal mail once a month.
- Call Lichen at 604-926-1842.

## Your SKY Board...

Lichen Tilley, President  
Susan Nelson, Past-President  
Linda Hurlburt, Vice-President  
Karen van Schie, Secretary  
Jeanine Ziolkoski, Treasurer

Brenda Addison-Jones, Director  
Lyne Brindamour, Director  
Tanis Layzell, Director  
Mimi Scoretz, Director  
Irene Styles, Director

## Contact us anytime...



[SKYonBowen@Outlook.com](mailto:SKYonBowen@Outlook.com)



Lichen at 604-926-1842



Bowen Island Seniors Keeping Young Society, Box 12-1070 Miller Rd, V0N 1G1  
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