

SKY TIDINGS

January 2025



www.skyonbowenland.ca

V1,8

A New Year's Message from our (now 85 year young) President,

Dear Energetic, Enterprising, Sensible, Sagacious and Always Young-at-Heart Members of SKY,

Well, here I am, ringing in another New Year and another age - no, not another year *older*, but another year *wiser* (and perhaps a little more creaky and crusty, but let's not focus on that).

As the chairperson for SKY, I would like to start by assuring you, if I can make it to 85, there is hope for everyone! Of course, I have had my share of "senior pauses" – like forgetting where I put the Seniors Cottage key or remembering a Board meeting or wondering where my glasses are (on my head). That's an *art*, really. In regard to wisdom, if there is one thing I have learned, it is that laughter keeps us young - along with stretches on Monday, Musical Movement on Tuesday and Yoga on Thursday, not to forget Wednesday and Friday walks with other SKY members - and remembering to take the stairs *one-at-a-time*. This applies to our 55+ members as well. Volunteering also keeps one young and SKY loves volunteers and I love SKY.

This New Year, let's continue with our mission to improve not only our physical health but also our mental-well-being by joining or renewing our membership in SKY. Whether it is strengthening our muscles, our minds or even our patience with the new technology we *swear* we will figure out soon (my daughter is laughing at this); WE'VE GOT THIS! So here's to another year of good health, good humour, good friends and knowing where we left our keys (or at least finding them after a few minutes of panic.) May your year be filled with joy, laughter, friendship, (and, for me the occasional nap after I have played with my seven dogs).

Wishing everyone a delightfully youthful (and the adjectives above) 2025, with best wishes and a *slightly* sore back from too much ball-throwing for dogs,

As always,
Lichen

Bowen Island Seniors Keeping Young (SKY)
President, SKY
604-926-1842
info@skyonbowenland.ca



A Grant from Bowen Island Municipality



We are very happy to announce that our Municipality has awarded us a grant to build a handrail for the pathway into the cottage! Now we can all safely get up that little slope. Thank you to the Muni!

Photo credit: nice postal lady who happened to be walking by while I struggled to take a selfie with the cheque!

SKY's Monthly Social Luncheons...NO LUNCH in JANUARY

SKY organizes a social lunch at different locations on the first Wednesday of every month, but this month we decided to take a break after all the hustle, bustle, and extra food most of enjoyed over the holidays (and to give our wallets a reprieve from the extra expense).

Stay tuned for the location of our FEBRUARY social lunch, so save the date, Wednesday, February 5th.

COTTAGE HANG OUTS! January schedule changes...

As we start a fresh new year, we've made a few changes to the Hang-Out schedule for this month. We'll be open for Hang-Outs in January on certain afternoons from 1pm to 3pm:

Tuesdays with Richard for conversations.

Wednesdays with Jacquelyn and Sylvia for informal balance stretches and computer games.

Fridays with Krys and Linda, for Stitches, particularly for Knitting or Crochet, but anything involving yard or thread stitching is welcome.

Saturday afternoons is when our Mahjong players gather for some games. New players of any skill level (or observers) are welcome to play a game or a few, but because we need 4 players at each table (although we can manage with 3 per table at minimum), we might sometimes forego Mahjong and play Scrabble or some other game if we don't get enough players out for a Mahjong table.

As always, we offer coffee or tea (regular or decaf), a cookie or other baked item, and a cozy place to visit (even if all you want to do is stop in to say hello).



GAMES! A note about Mahjong for Saturdays January 4th, 11th, 18th & 25th

Thanks to support from BIM, SKY is able to offer Mahjong on most Saturdays at 1pm-3:00/3:30pm-ish at the Seniors Cottage at 432 Cardena. Ideally, we want 3-4 players per table, but if we have an odd number of players, we may revert to playing some other mutually agreed upon game, like Scrabble, or maybe even Cribbage.



Photo courtesy of Jeanine Ziolkoski

Learning Mahjong really is easier than you think since it is mostly like playing rummy, just with tiles instead of cards. If you like Rummy, you'll love Mah Jong.

Our Mah Jong sets have numbers on them, so the tiles are easier to differentiate than traditional sets and we're happy to coach new players on the Chinese International Rules. All skill levels are welcome.



To date, we've been playing "chicken hands" (and not really counting our points) but now that our regulars have gotten the hang of it, we're beginning to get more into the strategy of the game by tallying our scores. Don't let this discourage you...remember we are all here to have fun.

STRETCH & STRENGTH EXERCISE ...MONDAYS, January 13th, 20th, & 27th

Our regular Stretch & Strength exercises with Catherine resume on Jan 13th. Sessions are **45 minutes** so please arrive on time. We're asking Bowen Court to open the doors at 8:45am, so you'll have a few minutes to change your shoes, get a seat and be ready for our 9:00am start time.

Bring your own water bottle so you can stay hydrated, and masks are suggested. No charge for members, however non-members/guests can get a "day pass" for exercise, mingle and stay for our Speaker Series that follows at 10:30.

Made possible through support from KKN.



Get Groovin'...Musical Movement – Tuesdays January 7th, 14th, 21st & 28th

Marc will be bringing the piano at Bowen Court alive with a wide array of tunes so we can Dance, Dance, Dance away our early morning blues! Single, free-form, or dancing with your partner, this is a fun exercise alternative for both men and women 55+ to get some indoor exercise. Doors open at 9:45am so you'll have time to warm up your dancin' shoes before the musical fun starts at 10am.

Made possible through support from KKN.

SKY WALKS...

Continuing with our winter hours, we MEET at **10:30** for the start of our walk at **10:45am** on "most" Wednesday & Fridays.

PLEASE CONSULT OUR CALENDAR FOR WEEKLY WALK LOCATIONS

IF YOU'RE A REGULAR AT OUR WALKS, YOU WILL BE NOTIFIED IF THERE ARE LAST MINUTE LOCATION CHANGES, as walks sometimes may have to be cancelled to ensure our safety (such as if it too rainy, snowy, slippery, or windy, or if there happens to be a cougar sighting on the route). We want to STAY SAFE. If you need a lift to a walk (or any SKY activity), email info@skyonbowenland.ca and we'll try to hook you up with a lift.

YOGA...for body and mind...THURSDAYS ...January 9th, 16th, 23rd & 30th

Karolina is back to lead us for January. The doors at Bowen Court will be open at 9:45am so you'll have time to get in, change into comfortable footwear, pick a seat, and get settled in for Sit-Stand Yoga to start at 10am. *Made possible through support from KKN.*

UPCOMING TREKS!

Save the date: SKY's next trek is scheduled for February 12. Destination to be announced!

MONDAY SPEAKER SERIES

Made possible through support from KKN and our guest speakers.

Thank you to our December speakers:

Graham Ritchie came and spoke to us on Dec 2 with an update on Snug Cove House.

OUR JANUARY SPEAKERS:



SKY SPEAKER SERIES

COLD WEATHER PREPAREDNESS FOR THE HOME

Come hear **JOHN TURNER** speak on:

- Stand-By Power (generators)
- Frozen Pipes, Furnace Maintenance, and more.

Monday, Jan 13, 2025

Speaker starts at 10:30 am

Bring your questions and grab a coffee at 10:00 am.

Bowen Court, 1070 Miller Road

Open to everyone to attend FREE!



Seniors Keeping Young
Registered Charity # 887851269RR0001

Made possible through support from



We've had a fairly mild winter so far, but this should prove to be a great discussion on Jan 13th being led by John, and we're told that some other subject matter experts will be in attendance to answer questions.

Future speakers? Stay tuned for announcements of future keynote speakers, dates and details..

OTHER COMMUNITY ACTIVITIES THAT MAY BE OF INTEREST:

END OF LIFE conversation group for seniors aged 85+

Bowen Island Community Health Centre is providing space for a peer-led discussion group for Bowen Islanders who are 85+ and/or living with a life-limiting diagnosis, who are invited to join a conversation about life, death, and dying.

The group will meet at 10:30am, the second and fourth Friday of every month (January 3rd and 24th) at the health centre. RSVP: paulfast@shaw.ca

	<p>All Bowen Islanders who are 85+ and/or living with a life-limiting diagnosis are invited to join a conversation about life, death, and dying.</p> <p>We will listen respectfully to each other, as we share our thoughts and feelings in a safe space amongst peers, knowing that whatever we've heard or spoken remains in the room after we leave.</p>
<p>END OF LIFE conversation group</p>	<p>When: 10:30am Second and fourth Friday of every month</p> <p>Where: 1037 Miller Road Bowen Island Community Health Centre</p>
<p>For people living with a life-limiting diagnosis and those aged 85+</p>	<p>RSVP: paulfast@shaw.ca</p> <p><small>Bowen Island Community Health Centre is proud to support this community-led initiative and to offer space and support. If you have any questions about the group, please direct enquiries to paulfast@shaw.ca.</small></p>

MEN'S SHED for men of all ages

The location for the next coffee meet hasn't been confirmed yet, but save the date and we'll send out an invitation once a venue has been reserved.



Saturday, January 18th, 2025
10:00-11:00am

(Location is to be advised)

Meet for a coffee,
get to know other guys,
and talk about how we can help
each other and our community.

Men's Shed is a worldwide organization
with over 60 groups in BC.

bowenislandmensshed@yahoo.com
604-328-6496

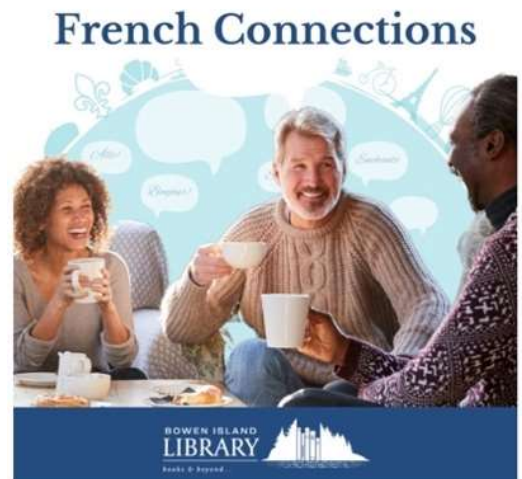
FRENCH CONNECTIONS

Drop in and join us to practice your French for an hour and get to know other French language learners on Bowen!

For beginner and intermediate speakers. All ages of adults and youths/teens welcome!

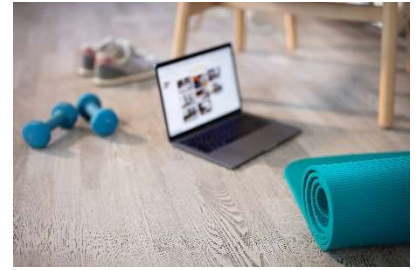
January 4, 18 & Feb 1 at 10:30am at the Library.

Monique Dauchot, (one of our board members), and Rob P are leaders in these French discussions, and other SKY members attend regularly.



ZOOM EXERCISES ON WEDNESDAYS

North Shore Keep Well Society has invited SKY to their scheduled Zoom exercise class, and this might be a good way for you to continue to exercise over the holidays. It's held at 9:00am on most Wednesdays via ZOOM with Afsar leading the class. Contact info@skyonbowenland.ca for the Zoom meeting link and other details.



SKY NEEDS YOU

If you have a special interest, such as a Book Club, Cribbage, or other ideas for groups, and you like what SKY has been offering to our community, please let us know. If you have an interest in shaping the future of SKY's programs so that SKY can continue to

serve Bowen Island's seniors, please put your hand up to help us. We need helpers with all skill levels and abilities, including anyone with ideas for programs, a community network for outreach, or any other skills, such as legal, bookkeeping, social, computer, business, etc. SKY will also be seeking people to run for election at our next AGM to serve on the board. Step forward to help in any of the above capacities and we'll surely appreciate your assistance.

**** WE REALLY NEED PEOPLE TO HOST OUR SPECIAL INTEREST HANG OUTS AT THE SKY SENIORS COTTAGE. PLEASE CONSIDER HELPING!**

A recent post on Facebook talked about the need of volunteers by many organizations on Bowen, including SKY. They aptly mentioned that a queen bee needs many worker bees to keep the hive alive! And they asked people to consider giving some of their time.

As we've come through the Yuletide season, it's been a time where we reflected on our many accomplishments and the graciousness of those around us throughout the year. We are particularly thankful to our community, including the staff and management of BIRD for the opportunity to participate in their community recycling program for a second year, and for the energy, kindness and dedication of our volunteers who braved the cold and snow in November with the dirty job of sorting recycling. We thank and congratulate the following who volunteered and supported this undertaking. Their collective efforts yielded valuable funding for a significant amount of our operating budget. *Thanks to:*

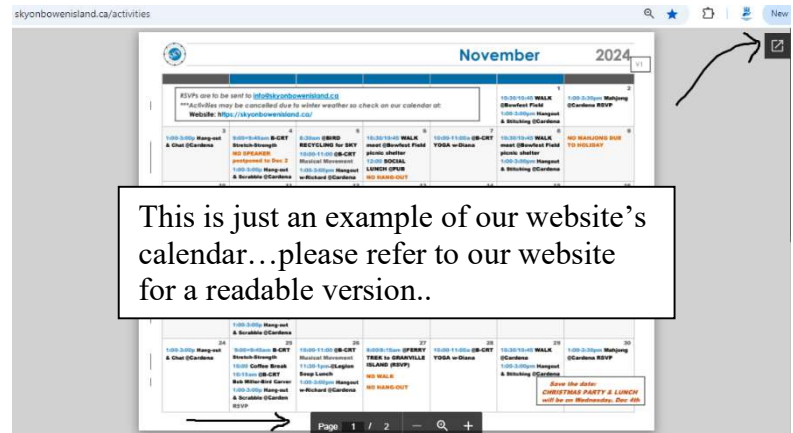
- Val, Brenda, Jane, Krysa, Mimi, Michael, Lynn, Brian, Gillian, John, Linda, Peter, Jeanine...What a team!

TIPS & HINTS for viewing SKY's Calendar:

Do you want to have the latest SKY activities calendar handy? And at the same time save paper by not printing? On our website <https://skyonbowenland.ca> we always have the latest calendar published, so if in doubt, go to our website and click on CALENDAR on the menu options. Or go directly to <https://skyonbowenland.ca/activities> (and add it as a bookmark/favorite).

There you will see our calendar that looks similar to the picture shown here. There are a couple of arrows painted on to draw your attention to some key things to note. -->

As shown on the bottom of the screen, this month's calendar has 2 pages, which is because we have a full November calendar, yet we wanted to give you a preview of the first week of December so you can save some key dates. We'll add the finalized schedule once it's confirmed.



We've gotten some inquiries about how the whole calendar can be viewed, and then possibly printed. Well...look up at the top right corner of the screen shot where there is a little black square. That is the POP-OUT button, so if you click that, the calendar will become full screen so you can view and/or print it (page 1, and page 2 in this case).

There is also a link to the calendar in the email we've sent out to members and supporters with this edition of Tidings. If you have questions, feel free to email us for clarification. info@skyonbowenland.ca

TIME TO RENEW MEMBERSHIP and/or JOIN SKY!

SKY's membership year runs September 1 to September 1 each year, which means: MEMBERSHIP RENEWALS ARE PAST DUE!



Reminder emails have been sent to those members from whom we have not yet received payment in November, and we'll be resending reminders in the coming week(s). The easiest way to renew (or pay for a new membership) is to send an **e-transfer to treasurer@skyonbowenland.ca to promptly be in good-standing**. If you prefer to pay by cheque, you may wish to drop it off to us at the Seniors Cottage, or mail it to us at 432 Cardena Drive, Bowen Island, V0N 1G1, making sure to mark LOCAL on the envelope to expedite postal delivery. If cash (or cheque) is most convenient for you, payment can be made at any of our in-person activities (Exercises at Bowen Court or Hang-outs at the Cottage), to whomever is the SKY host of the day.

Anyone who has participated in any of our SKY activities as a guest, is encouraged to join SKY now. Having members helps ensure that we can keep our activities offered at low or no cost, and also increases our profile in the public's eye in order to raise awareness about the importance of having programs and accessibility to support seniors and the value of our contribution as seniors to our community.

Membership dues fund our basic operating costs that are typically not covered by grants, plus each membership is viewed as a vote of support for having local programs for seniors continue going forward.

Individual memberships are \$25 Joint membership is \$35 (2 members of same household)
New Members are asked to complete a membership application and waivers form, so pls visit:
<https://skyonbowenland.ca/member>

SKY strives to keep membership and the cost of our activities affordable to encourage participation as we promote the physical and mental well-being of our island's seniors, 55 or better. Thank you to everyone choosing to be a member of SKY!

Did you know that SKY is a Registered Charity, which means that we can issue tax-deductible receipts for donations of \$20 or more. The Government of Canada has announced that they will be amending the Income Tax Act to allow for the extension of 2024 charitable donations to Feb 28, 2025, which means that there is still the opportunity to donate and potentially use the official receipt toward your 2024 income tax return. Every dollar donated helps SKY deliver programs at low/no cost to our island's seniors. Please consider SKY when making donations.

SKY board members:



Lichen Tilley, Chairperson
Linda Hurlburt, Vice-President
Mimi Scoretz, Secretary
Krys O'Dell, Treasurer
Jeanine Ziolkoski Director

Monique Dauchot, Director
Catherine Adkin, Director
Val Lowdon, Director
Janet Ross, Director
Jacquelyn Rey, Director

Contact us anytime...



info@skyonbowenisland.ca



Lichen at 604-926-1842



SKY Seniors Cottage is located at 432 Cardena Drive, V0N 1G1

Bowen Island Seniors Keeping Young Society

Registered Charity #88785 1269 RR0001

Donations of \$20 or over will receive a tax-deductible receipt.

*Keeping physically active,
mentally engaged,
and socially connected,
is the key to
"Simply" Keeping Young*