



SKY TIDINGS

October 2025

SKY ON BOWEN (Seniors Keeping Young)
432 Cardena Road, Bowen Island, BC V0N 1G1
www.skyonbowen.ca

Supporting mental, social and physical well-being for seniors on Bowen Island

GOODBYE SUMMER, HELLO FALL! HAPPY SENIORS DAY OCTOBER 1ST

This atmospheric river reminds us to put away our patio furniture and summer clothes. It's time to put our gardens to bed and enjoy the harvest of our crops.

It's also a time to be thankful for all that we have here on our island home - community connections, the love of nature and the outdoors, and the closeness of family and friends.

SKY is thankful to be gifted a donation from the Trethewey family. Dora Trethewey was a great advocate of SKY when she left her island home at 96. I still remember her parting words to us at her SKY going away party: ***'EXERCISE LIKE YOUR LIFE DEPENDS ON IT, BECAUSE IT DOES!'***

With those words in mind, check out our October calendar at skyonbowen.ca. It is full of programs to keep you active, with something for everybody, It's time to get into a routine, so check our website to reserve a spot. Our exercises are posted on our calendar and are free to attend for SKY members.

We offer,

Stretch and Strength with Catherine on Monday mornings,
Musical Movement - dance to the tunes played by Marc Gawthorp on piano.
Wednesdays and Fridays - walks on the local trails with friends
Thursday Sit/stand yoga with Diana Kaile

On October 6th "Reach for SKY" will be hosting a program on Ageism Awareness at the Community Centre Theatre. All are welcome

Of special interest is our **SKY BUS TREK to STEVESTON**, October 21. Check out the poster here in the "Tidings" newsletter. It's a wonderful destination. Please go to the website to register. Hope to see you there!

We are doing well with gaining new members and membership renewals. E-transfer to treasurer@skyonbowenisland.ca. Cash or cheque to the cottage.

SKY is going strong!
Linda Hurlburt

SKY'S COTTAGE IN THE COVE



A place for seniors to meet, connect and engage!

Come drop-in and join us for an array of activities or conversation!

Contact info@skyonbowen.ca for more information about Seniors Keeping Young, or visit www.skyonbowen.ca to see a schedule of our activities

COTTAGE HANG OUTS!

Every 2nd TUESDAY

- 1 - 3 with Richard

“An Englishman Living on Bowen”, Where are you from? Are you new to Bowen? Are you new to SKY?

FRIDAYS - 1 -3 pm -Stitches Drop in

SATURDAYS - 1 3 - our Mahjong players continue to gather.

At the SKY Seniors' Cottage, we offer coffee or tea (regular or decaf) and a cozy place to visit (even if all you want to do is stop in to say “hello”).

SKY'S Monthly Social Luncheons Wednesday, October 1st at Tippy's.

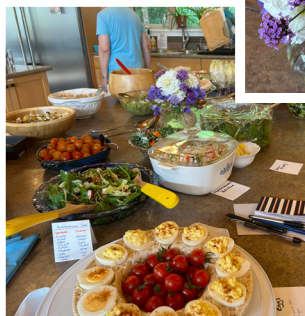
SKY organizes a social lunch at different locations on the first Wednesday of every month (separate checks).

RESTAURANTS NEED US TO RSVP, so please email SKY at info@skyonbowen.ca before noon on Tuesday.

Members and guests welcome!



REACH FOR SKY held a FEAST on September 3rd to apply what we learned at the August 22nd seminar by Dr. Silke Cresswell on “Nutrition, the Gut and Brain Health”. The FEAST was hosted at Belterra by SKY member Rebecca van der Giessen with the help of Dorothy Buckland. Thanks to the many SKY members who contributed salads, Frank Patt who grilled chicken and veggies, Mimi Scoretz and Monique Dauchot who brought desserts, and about 30 hungry feasters!



ABOUT SKY

MEMBERSHIP RENEWALS. Our membership year runs September 1 to August 31, so renewal dues need to be received by November 15th to remain a member according to our by-laws. Members must be in-good-standing in order to vote at our upcoming AGM.

Anyone can sign up for our electronic SKY Tidings newsletter and Calendar.

Visit us at: <https://skyonbowen.ca/news-letter> to subscribe.

New members can apply by completing our membership application that's on our website and the easiest way to pay for your membership is to e-transfer to treasurer@skyonbowenisland.ca. If you prefer to pay by cash/cheque, please email us to find out the best way to get your dues to a board member. ***Don't forget to sign the release on the back of the application.***

SKY strives to keep memberships 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. 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. Thank you to everyone who chooses to be a member of SKY!

Individual memberships are \$25

Joint membership is \$35 (2 members of same household)

Caregivers are of course welcome free of charge to accompany a member

Members and new members , who have paid their membership dues this summer (in the last 3 months), do not have to renew September 2026. Dues are reviewed and set by the Board annually.

SKY IS A REGISTERED CHARITY? SKY can issue tax-deductible receipts for donations of \$20 or more. Please consider SKY when making donations. We are thankful for every donation, regardless of the amount, because it helps SKY deliver programs at low/no cost fostering the physical and mental wellness of our island's seniors.

SKY's new Board

Linda Hurlburt, President	Janet Ross
Mimi Scoretz, Secretary	Kathy Pichora-Fuller
Krys O'Dell, Treasurer	Ellen Coburn
Monique Dauchot	Carol McNaughton
Jennifer Rutherford	John Hurlburt
Past President, Lichen Tilley	

Contact us anytime at info@skyonbowen.ca

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.

Check the SKY calendar on our website under "Calendar and Activities". skyonbowen.ca

NEXT SKY TREK TO STEVESTON, RICHMOND, Tuesday October 21st.
Sign up on our website at skyonbowen.ca

SKY TREK TO STEVESTON

Tuesday, October 21st we go to Steveston. Visit the Gulf of Georgia Cannery National Historic Site, Kuno Japanese Garden, thrift stores and gift shops. Steveston offers diverse dining options, from fresh, seasonal seafood and creative sushi at places like Mega Sushi to

high-quality Persian food at Anar Persian Cuisine and excellent burgers and craft beers at Britannia Brewing

The Gulf of Georgia Cannery is a National Historic Site of Canada located in Steveston village in Richmond, British Columbia. Built in 1894, the cannery echoes the days when it was the leading producer of canned salmon in British Columbia. Wikipedia

This quaint fishing village at the mouth of the Fraser River. was declared a heritage zone in 1960, which accounts the warm, old-timey vibe. But it is also a working fishing village, which makes it a seafood lover's paradise.

Please indicate when you register if you have specific accessibility needs. The bus has bays that can hold walkers and mobility devices under 50 lbs. Register under Events at skyonbowen.ca

Itinerary

8:15 - 8:35 am
9:00 - 10:30 am
10:30 - 3:00
3:15 - 5:20
5:20 pm

Gather at the dock; take the 8:45 ferry to HSB.
Ride by coach to Steveston,
Visit the Cannery, restaurants, roam as you wish.
Take the return bus to HSB
Take the ferry to Snug Cove.

As always, SKY excursions are about more than the destination! They are about shared experiences, lively conversation, and the joy of discovery together. This Trek promises art, architecture, nature, and above all, the camaraderie that makes SKY so special.

Please remember we have a 48-hour sign-up deadline for our Treks. RSVP to info@skyonbowen.ca at least two days in advance. There is always change at the last minute but we need to know whom to expect and how many for our trek check-in manifest. Our coach can hold mobility devices under 50 lbs. SKY has a transport chair available as well.

Please indicate when you register if you have specific accessibility needs. Participation is on a first-come/first-served basis. Individuals are responsible for admission fees and restaurant costs plus a \$5 cash only bus driver's tip; coach transportation is free. Thank you for your cooperation and understanding. **Cannery Admission is \$13.25 for Adults and \$11.25 for Seniors.**

Please join us!

REACH FOR SKY NEWS

October 6th: SPECIAL SEMINAR “Ageism in Healthy Aging: The Ball is in Our Court”
to Celebrate National Seniors Day and Ageism Awareness.

When: Monday October 6, 2025, 10am-noon

Where: Theatre at Bowen Island Community Centre (580 Bowen Island Trunk Rd)

Who: Older adults - current or potential SKY members

What: Presentation, light refreshments, discussion

OUTLINE

10:00-10:50am: Part 1 - What is ageism and why does it matter for healthy aging?

10:50-11:10am: break

11:10-noon: Part 2 – What can we do about ageism and how can we set goals for healthy aging?

RESOURCES:

- <https://bccrns.ca/resources/ageism/>
- <https://www.canada.ca/en/employment-social-development/campaigns/national-seniors-day.html>
- <https://ccaageism.ca/ageism-awareness-2025/>



Ageism Awareness 2025

AGE IS A STRENGTH: BUILDING BELONGING,
CHALLENGING AGEISM (OCTOBER 1 – 9)

A celebration of connection, inclusion, and
rights at every age.



Canada

September 15th SLEEP HEALTH Seminar:

Over 50 people attended the REACH FOR SKY seminar on sleep health by Glenn Landry on September 15th. Glenn provided a great mix of science and practical tips to improve sleep health and responded to a wealth of great questions and comments from the attendees. In response to requests for product information and further reading, here are some recommendations from Glenn:

Blue light blocker: UVEX Skyper S1933x Orange

Tech to collect data on sleep stages: Oura Ring 4 or Fitbit

Books for further reading:

Matthew Walker's "Why We Sleep" (<https://www.simonandschuster.ca/books/Why-We-Sleep/Matthew-Walker/9781501144325>);

Satchin Panda's "The Circadian Code" (<https://www.indigo.ca/en-ca/the-circadian-code-lose-weight-supercharge-your-energy-and-transform-your-health-from-morning-to--midnight--longevity-book/9781635652437.html>)

You can also find more information on Glenn's website: neosperformance.com

See the overview of the REACH FOR SKY program in the updated announcement. Note that the REACH talks will be held in the theatre at the Bowen Community Centre to accommodate the larger than expected turn-outs.

The talk on **Monday, November 3** will start at 10am, but please arrive by 9:30 if you would like to learn how to use the hearing accessibility system in the new theatre at the Bowen Community Centre.

Bring your phone and your hearing aid if you have one so you can try it out with the system (it is not necessary to be a hearing aid user).

REACH FOR SKY:
Mobilizing Knowledge to Promote Brain Health
and Healthy Aging
Mobility, Balance and Falls Prevention



When: Monday November 3
Time: 10:00am to noon with instruction on using hearing accessibility technology in the theatre at 9:30 (bring your hearing aid and smart phone if you have one).
Where: Theatre at Bowen Island Community Centre (580 Bowen Island Trunk Rd)
Who: Older adults - current or potential SKY members
What: Presentation and discussion with light refreshments

You are invited to a seminar to learn about the importance of mobility, posture and balance for brain health and healthy aging. Practical tips for reducing the risk of falls will be discussed.



Mark Carpenter completed a PhD in Kinesiology at the University of Waterloo and a post-doctoral fellowship at the Karolinska Institute in Sweden. He is a Professor in Kinesiology at UBC where he co-directs the Neural Control of Posture and Movement Lab. He is an investigator at the UBC Brain Research Centre and is President of the International Society of Posture and Gait Research. The main objective of his lab group is to identify the neural, musculo-skeletal and psychological factors that contribute to balance deficits and falls associated with age, Parkinson's disease, vestibular loss and spinal cord injury. The second objective is to identify optimal exercise, training and treatment strategies to improve age-related and disease-specific balance deficits and reduce the occurrence and impact of falls.



Kathy Pichora-Fuller, a SKY board member, is Professor Emerita in Psychology at the University of Toronto and Adjunct Professor in Gerontology at Simon Fraser University. Previously she was on faculty in the School of Audiology and Speech Sciences at UBC. She is the audiology expert for the Canadian Longitudinal Study of Aging and the Canadian Consortium on Neurodegeneration in Aging. Internationally, she has contributed to the World Health Organization World Reports on Hearing and on Aging and Health, as well as the 2022 World Alzheimer Report. She has won national and international awards and is a Fellow of the Canadian Academy of Health Sciences.

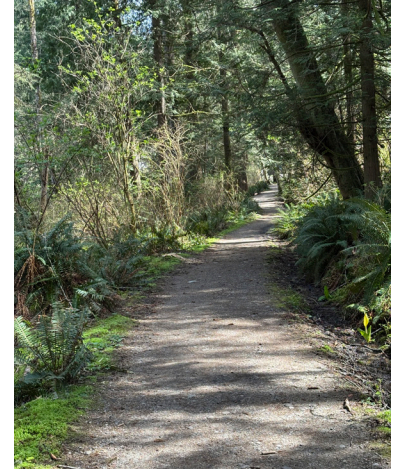
For further information contact Kathy Pichora-Fuller at k.pichora.fuller@utoronto.ca.



STRETCH & STRENGTH EXERCISE October 6, 20, and 27th.

Our regular Stretch & Strength exercises with Catherine will continue in October. Sessions are 45 minutes so please arrive on time. Doors should be open at 8:45am, so you'll have a few minutes to change your shoes, get a seat and be ready for our **9:00 am 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, and mingle. **At Bowen Court.**

SKY WALKS... Wenesdays and Fridays. We MEET at 10:30 and we start walking promptly at 10:45 am. Depending on what other events we have going, we sometimes have to skip a walk, so **PLEASE CONSULT OUR CALENDAR FOR WEEKLY WALK LOCATIONS.** *If you're a regular at our walks, you'll be notified if there is a last minute location change or if it needs to be cancelled to ensure our safety -such as if it is too rainy, snowy, slippery, or windy, or if there happens to be a cougar sighting on the route).* If you need a lift to a walk (or any SKY activity), email info@skyonbowen.ca and we'll try to hook you up with a car-pool.



YOGA with Diana...on Thursdays, October 2, 9, 16 and 30th. NOTE: There is NO YOGA on the 23rd. In October, the doors at Bowen Court will be open at 9:45 am so you'll have time to get in, change into comfortable footwear, pick a seat, and get settled in. Sit-Stand Yoga starts at 10am.

GAMES! Mah Jong on Saturdays, October 4, 11, 18, and 25th. Thanks to support from BIM, SKY continues to offer *Mah Jong on most Saturdays at 1pm-3:00/3:30pm-ish at the Seniors Cottage at 432 Cardena.*

If you like Rummy, you'll love Mah Jong.

Learning Mahjong really is easier than you think since it is mostly like playing rummy, just with tiles instead of cards. 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. New players of any skill level (or observers) are welcome. Come 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 for a full Mahjong table. 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. If you want to attend, feel free to contact info@skyonbowen.ca to make sure we haven't had to cancel for some reason.

Get Groovin' with MUSICAL MOVEMENT... Tuesdays, October 7 and 14, 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 alternative indoor exercise for both men and women 55+.

Doors open at **9:45am** so you'll have time to warm up your dancin' shoes before the musical fun. **Starting at 10 am.**

OTHER COMMUNITY ACTIVITIES OF INTEREST

French Connections



FRENCH CONNECTIONS

Join others (including seniors) to practice your French for an hour and get to know other French language speakers and/or learners on Bowen! This group is for beginner and intermediate speakers. All ages of adults and youths/teens are welcome at the Library. Monique Dauchot, (one of our board members), and Rob P are leaders in these French discussions, and several other SKY members attend.

Join us in October 4, 18, November 1, 15 and 29, December 13 from 10:30 - 11:30 am Bowen Island Public Library

MEN'S SHED Coffee Meet Saturday, October 4

Gathering between 10:30am - 2 PM at Island Pacific School (IPS)
671 Carter Road, Bowen Island
Meet for a coffee/tea, etc. to know other guys, and find out what your Bowen Island Men's Shed has been up to.
Men's Shed is a worldwide organization with over 65 groups in BC.

PANCAKE BREAKFAST

Saturday OCT 4th, 2025
9:30am at our Sea-Can shed
located behind
Island Pacific School
671 Carter Road
(parking available in the upper IPS lot)

Please RSVP so we can plan
the right amount of food, email:
bowenislandmensshed@yahoo.com

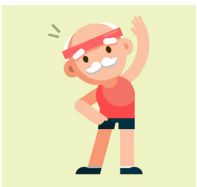
By donation
(Please bring your own reusable cup)



Men's Shed is a worldwide organization
with over 70 groups located in BC.

ZOOM VIRTUAL EXERCISE CLASS ON MONDAYS AND WEDNESDAYS 9:00 am - 10 am

North Shore Keep Well Society has invited SKY to their scheduled Zoom exercise class. It's held at 9:00am-10am on most Mondays and Wednesdays via ZOOM with Afsar leading the class. Please contact keepwellsociety@telus.net to register for Zoom programs.



FIT GUYS is a new exercise program for men 60+ of all abilities. Classes are from **8:30 to 930 am on Tuesdays and Thursdays at the Community Centre.**

Call the Community Centre for details 604 947-2216



Trek to Audain Museum, Whistler on September 22nd.