



September 2025

SKY TIDINGS

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 and potential seniors on Bowen Island

Dear SKY Member,

You may have noticed that SKY's website and emails have undergone a bit of a refresh over the summer. I'd like to share a little more information on the changes we've made as well as the changes to come!

Since early summer, a fearless group of SKY Directors has been working with former Tunstall Bay Community Association (TBCA) President and technology pro Jennifer Strutt to migrate the SKY website, email and member database to a new platform. As she has recently done similar work with the TBCA, Jennifer presented the SKY with an opportunity to create:

1. an interactive and mobile friendly website
2. a communications platform and reservation system
3. an event calendar and ticketing system
4. a secure e-commerce platform to manage member data and payments.

The main driver of this decision was the departure from the board of Jeanine Ziolkoski and her right-hand person Gerold Mueller, who were managing all of the SKY technology and data for many years. (Thank-you again for your tireless service, Jeanine and Gerold!) In recognition of the significant amount of work they both carried on behalf of SKY, the new platform is helping us to distribute and share specific administrative and technical duties amongst the board members and also facilitate transitions of work to new board members as time goes on.

You will be hearing more about specific parts of the new platform in the coming days and weeks as we begin to post digital versions of our newsletter stories, send invitations to SKY events and begin our annual collection of member dues.

We look forward to these new ways of connecting with you!

With warmest regards,

Linda Hurlburt

President, SKY on Bowen Island

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 WANTING TO JOIN SKY? SKY welcomes all Bowen Island residents to join SKY. According to the most recent census, close to 50% of our island's residents are aged 55+ so we know there are many seniors out there who could join SKY. So, invite your friends and neighbours to join SKY too!

Do you know someone who would benefit from receiving our newsletters?

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

They can 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@skyonbowen.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 are participating in the SKY Swimming Program, 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.

DID YOU KNOW THAT SKY IS A REGISTERED CHARITY? which means that 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.

REACH FOR SKY:

Mobilizing Knowledge to Promote Brain Health and Healthy Aging

In Spring 2025, SKY (Seniors Keeping Young) was awarded a voluntary sector knowledge mobilization grant from the Institute of Aging of the Canadian Institutes of Health Research.



The overall purpose of the grant is to support knowledge mobilization by sharing research on aging with older adults. SKY's goals for the project are to expand and enhance participation in SKY and to advance SKY's mission to promote the physical, mental and social well-being of our island's residents who are 55+ years of age

(<https://www.skyonbowen.ca/>).

Nutrition and Social Engagement: SKY Feasts
SKY has organized monthly lunches at restaurants for a number of years. Building on knowledge on the importance of nutrition and social engagement for healthy aging and brain

health, starting in September, SKY will be organizing cooking and eating events. These new "SKY Feasts" may be an alternative to the monthly restaurant lunches for those who want to eat and meet up with SKY members. The "SKY Feasts" will also encourage SKY members (and those exploring possible membership in SKY) to get involved in planning and cooking healthy meals.

SEPTEMBER 3rd - FIRST SKY FEAST!

SEPTEMBER 3rd - FIRST SKY FEAST

WHEN: Wednesday September 3, 2025 noon-2pm

WHERE: Belterra Common House, 726 Belterra Rd, Bowen Island, BC V0N 1G2

WHAT: Summer Salad and Grill Lunch

You are encouraged (but not required) to bring a healthy salad or dessert for the SKY Feast.

BBQ chicken and vegies will be provided.

EATERS: All SKY members and those exploring possible membership in SKY are invited.

COOKS: Contributing a healthy salad or dessert to share is encouraged but not required

BBQ: Volunteer to BBQ chicken and/or vegies (separate BBQs for meat and vegies)

CLEAN-UP & TAKE-HOME: Volunteers to clean-up and box any left-overs for take-home

COSTS: Eating is free. Funds are available from the REACH grant for food



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

SKY's Whistler Treks are always enjoyed!

We return on September 22nd to visit Whistler's famous Audain Art Gallery to view Gathered Leaves: Discoveries from the Drawings Vault, a landmark travelling exhibition offering a rare glimpse into the hidden art treasures of the National Gallery of Canada (NGC).

Our Itinerary:

8:15-8:35 am	Gather at dock; take the 8:45 ferry to HSB.
9:00-10:30 am	Ride coach to Whistler.
10:30-3:15 pm	Enjoy the exhibit, visit the Café, Gift Shop, or roam as you wish.
3:30-5:20 pm	Gather at bus, return to HSB.
5:20 pm	Take return ferry to Snug Cove.

RSVP to info@skyonbowen.ca to add your name to our reservation queue. Participation is on a first-come/first-served basis. Individuals are responsible for admission fees, restaurant costs but coach transportation is free (a \$5 tip for the driver is suggested).

The coach has bays that can hold mobility devices under 50 lbs. SKY has two transport chairs available. *Please indicate when you register if you have specific accessibility needs.*

Members should register early with SKY to secure a seat on the coach. Join us!



SKY Excursion: The Audain Art Museum

Join us for a very special outing to the Audain Art Museum in Whistler, one of British Columbia's most inspiring cultural destinations. Opened in 2016 through the generosity of Michael Audain and Yoshiko Karasawa, the museum houses nearly 200 works that trace the story of art in our province from the 18th century right up to the present day.

The collection features some of the world's finest Northwest Coast First Nations masks, an extraordinary group of paintings by Emily Carr, and works by many other renowned British

Columbia artists. The museum building itself, designed by Patkau Architects, is a striking work of art in its own right, blending seamlessly with its mountain surroundings.

Adding to the experience, the current exhibition showcases treasures from the National Gallery of Canada, entitled "Gathered Leaves: Discoveries from the Drawings Vault" - a rare treat for those of us on the West Coast. This exceptional exhibition highlights masterpieces by Edgar Degas, Gustav Klimt, Edvard Munch, Marc Chagall, Wassily Kandinsky, Pablo Picasso, and many other celebrated, newly acquired, and never-before-displayed works.

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. **Gallery Admission is \$22 for Adults and \$19 for Seniors.**

The updated ferry schedule requires our return to HSB for the 3:55 ferry. This means our day is shortened and our itinerary reflects this:

Itinerary:

8:15 - 8:35 am	Gather at the dock; take the 8:45 ferry to HSB.
9:00 - 10:30 am	Ride by coach to Whistler
10:30 - 3:15	Enjoy the exhibit, visit the cafe, Gift Shop or roam as you wish
3:30 - 5:20	Take the return bus to HSB
5:20 pm	Take the ferry to Snug Cove.

Please join us!



Hey SKY member or Future Member!

If you haven't made it to the Tunstall Bay Pool yet this summer. you're missing out! There's still time to soak up the sun, enjoy the good vibes, and meet great people - all while sneaking in your 7,000 steps with some laps or paddle board. If you're 55+, come join the rest of us happily splashing around! Check our pool schedule for hours and email lichen-t@shaw.ca for access info.

SWIMMING Schedule for September

***Tunstall Bay is upgrading their security system, and an electronic code will be required by SKY swimmers. Please contact [Lichen Tilley 604-926-1842](tel:604-926-1842) or lichen-t@shaw.ca for the code. Those with FOBs will still be able to use them.*

IMPORTANT: If you have been taking part in the swimming program this summer and have not been able to register and pay your fees as a new SKYmember, please fill out application form and send fees to SKY TREASURER : treasurer@skyonbowen.ca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 NO SWIMMING	1 NO SWIMMING	2 SKY SWIM 12-2	3 SKY SWIM 12-2	4 SKY SWIM 12-2	5 SKY SWIM 12-2	6 SKY SWIM 8-11
7 SKY SWIM 8-11	8 SKY SWIM 12-2	9 SKY SWIM 12-2	10 SKY SWIM 12-2	11 SKY SWIM 12-2	12 SKY SWIM 12-2	13 SKY SWIM 8-11
14 POOL CLOSED	15	16	17	18	19	20

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!

TUESDAYS - 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 with Linda

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").

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

REACH FOR SKY:

Mobilizing Knowledge to Promote Brain Health
and Healthy Aging

Sleep seminar for Bowen Island Seniors Keeping Young (SKY)



When: Monday September 15
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 sleep for brain health and healthy aging. Practical tips for improving sleep health will be discussed.



Glenn Landry has studied circadian rhythms and sleep for over 20 years. He completed his PhD at SFU and a postdoctoral fellowship at UBC. His research has focused on sleep, aging and cognition, exploring how sleep duration, efficiency and architecture change and may contribute to cognitive decline in older adults. His goal is to identify and refine chronotherapeutic interventions capable of improving circadian regulation of sleep-wake rhythms and promoting cognitive function in older adults, with the objective of improving quality of life, productivity, and extending capacity for independent living. He is now a sleep coach for older adults and is developing practical interventions to help people achieve sleep health.



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.



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, September 15 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).

Please see the posters for information about upcoming topics: **Mobility, Posture and Balance on Monday, November 3rd.**

Gathering in the Theatre for August 22, "Research on Nutrition, the Gut and Brain Health".





“REACH FOR SKY: Mobilizing Knowledge to Promote Brain Health and Healthy Aging”.

We are delighted to announce that SKY was awarded a voluntary sector grant from the **Institute of Aging of the Canadian Institutes of Health Research**.

PURPOSE: The overall purpose of the grant is to support knowledge mobilization by sharing research with older adults. SKY’s goals for the project are to expand and enhance participation in SKY and to advance SKY’s mission to **promote the physical and mental well-being of our island’s residents who are 55+ years of age** (<https://skyonbowenisland.ca/>).

TEN TOPICS: There are 10 monthly knowledge mobilization topics. Each month will begin with a seminar, including a presentation by a researcher, a refreshment break, and time for discussion and sharing amongst current and potential SKY members. Throughout the month, SKY will provide opportunities for small group hands-on learning events to apply the encourage people to apply and continue to share knowledge. There will also be follow-up surveys on each topic to check on what people have learned and what additional knowledge may be of interest.

SEMINARS: Seminars to be held at the Bowen Island Community Center 10am-noon.
All seminars will be accessible for those with hearing, vision and/or mobility needs.

Below are future dates and confirmed topics.

September 15: Sleep

November 3: Mobility (falls, balance)

December 1: Dementia-inclusive communities

January 5: Mental Health (stress, depression and connections to exercise and cognition)

February 2: Physical Activity and Cognition

March 2: Traumatic Brain Injury and Vascular and Metabolic Health as Risk Factors for Dementia

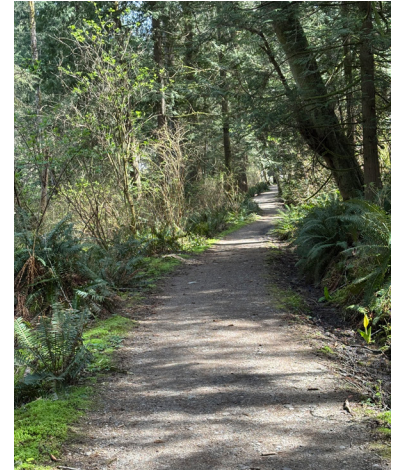
For further information on the project contact Kathy Pichora-Fuller, SKY member, Professor Emerita, Psychology, UofT and Adjunct Professor, Gerontology, SFU at k.pichora.fuller@utoronto.ca

STRETCH & STRENGTH EXERCISE

Our regular Stretch & Strength exercises with Catherine will continue in September. 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, mingle. **At Bowen Court.**

SKY WALKS... We have changed our walk times for the summer. 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... We start again on Thursday, September 4th!

In September, 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, September 6, 13, 20 and 27th.

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... 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 starts at 10am.



SKY: Zooming Into Books!



Looking for inspiration to get back into reading? We are planning a **ZOOM reading club.**

Research shows that reading books is beneficial for the brain - and SKY (Seniors Keeping Young) is making this reading group sociable, stimulating, and synergistic - an indulgence for the mind, in spite of the absence of wine! (Although no-one is saying you can't have a glass beside the computer! :-)

What's happening: First Zoom gathering: September (date to be announced) Meet fellow book lovers and introduce ourselves. Collegial decision whether or not to keep elbows up and read only Canadian or go international. Vote on which book to read within one month from a

list of titles recommended by passionate readers and top critics (just in case). Share critiques, introspections and zesty conversation all from the comfort of home (no going out on rainy nights)

Facilitators:

Gail Percy is a practicing anthropologist, international fashion expert and cultural explorer who has lived and worked around the world. Specializing in ethnographic and tourist art, dance ethnography, and sacred performance across North Africa, the Middle East, and South Asia, her career bridges scholarship and style. In fashion, she has modeled in Paris, (to fund her PhD studies in Tunisia), represented international designers, such as North American ELLE Global Design Award-winning designer Sonam Dubal, founded Maison Sanskar, a fashion/textile/art gallery on Bowen Island, and contributed wardrobe pieces to film and television, including dressing Isabella Rossellini in the Hulu series Shut Eye. Conversant in French and Tunisian Arabic languages and culture, Gail has lectured for National Geographic Expeditions and the Vancouver Art Gallery. She has served as VP of Sales for Tarsian and Blinkley, a Kabul-based venture training program employing Afghan women in apparel production. Now residing on Bowen with her husband, author Wade Davis, Gail, one of SKY's Summer Swimmers, is a voracious reader who shares her passion with SKY through "**Zooming into Books.**"

"Lichen" Tilley has spent her life championing education, community, and innovation. With an M.A. in Educational Administration, she worked for many years at Capilano College (now CapU), where she created programs such as Legal Assistant, Office Technology, Women's Studies, plus a broad range of continuing education courses. She was also a co-initiator of the North Shore Women

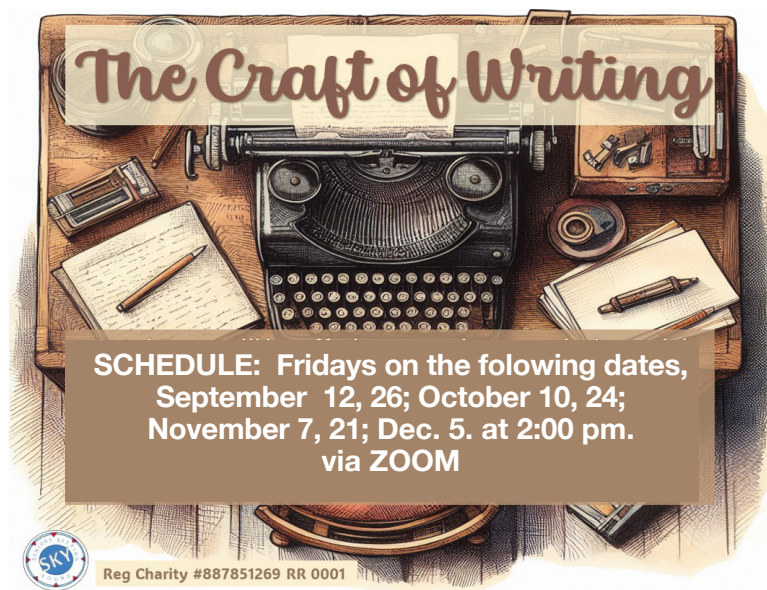
s Centre and because of her interest in politics, ran for the Vancouver School Board in the 1970s. Prior to moving to Bowen, she was a board member of North Shore Volunteers for Seniors. Now happily settled on Bowen Island, she is an avid

binge reader of all manner of books and continues to share her love of learning and community through Seniors Keeping Young (SKY).



Interested? Email: Info@skyonbowen.ca to join. The book list will be sent out in advance, Introductions and voting will happen at our first meeting.

Let's turn pages, spark ideas, and keep our minds young, and exercised and energized - together!



PERSONAL WRITING FOR SENIORS: Level 3 (Via ZOOM)

This informative, companionable, and enjoyable writing group has been operating via Zoom with great success, since 2023. Organized as small, practical workshops, there is an expectation that participants will produce. If a SKY member who has experience in writing would like to join our on-going Personal Writing for Seniors class, please contact the facilitator, Diana Jewell dianavictoria@telus.net who will help determine if this would be a suitable discussion/work group to merge into.

PERSONAL WRITING FOR SENIORS: HOW TO BEGIN (via ZOOM)

Depending upon enrollment, we will also be offering this class (tentatively Monday mornings every two weeks, starting Sept. 22), and will produce a piece of writing every two weeks which will be reviewed by members of the group.

The workshops are lots of fun and will cover:

Your Life! It is Important! Write it Down!

What do you want to write and for whom? Memoir? Fiction? Poetry? Genealogy? Other?

How to get over: "I can't remember much".

How to get over: "My life wasn't interesting enough to write about."

What resources are available for assistance? (on line; at the library, etc.)

The value of writing to "prompts".

The value of reading other writers' efforts and how to critique diplomatically.

Facilitator: Diana has taught writing at Humber College in Toronto, at Camosun College in Victoria, and Capilano College. She has published a book for Alive Books, *The All In One Guide to Herbs, Vitamins, and Minerals*, and has had several pieces published in two anthologies. She has an M.A. in Russian Literature and Slavic Linguistics, and has traveled widely. She lives with her husband in Mission, B.C.

SKY TIDINGS - MONTHLY HEALTH TIP

Brain Gym: Learn Something New!

Challenging your brain with a new skill like playing an instrument, learning a language, or even playing MahJong, keeps memory sharper. Along with your physical needs, your neurons like a good workout, too.

Reference: Park, D. C., & Bischof, G. N. (2013). The aging mind: Neuroplasticity in response to cognitive training. *Dialogues in Clinical Neuroscience*, 15(1), 109-119.

Just a reminder, check the Calendar in the UNDERCURRENT for dates when SKY's activities will be restarting.

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 September on the 4th, 18th, October 1st, 15th and 29th.

MEN'S SHED Coffee Meet Saturday, September 6

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.



bowenislandmensshed@yahoo.com
604-328-6496

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.



IF YOU ENJOYED AQUAFIT WITH BILLI THIS SUMMER, CHECK OUT @ 947swim.



Fall 2025

Snug Point Pool Dome

Aqua Fit Classes

Snug Point Swim Lessons

Semi/Private and Small Group Lessons

Check out website: 947swim.ca