



SKY TIDINGS

November 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



Lest we forget

On November 11th we will gather at the Cenotaph in the Cove to honour the brave men and women who served our country with courage, dedication and sacrifice. Our generation was touched by relatives who fought in World War II. Many of our parents were involved and came home with scars from witnessing the battles in Europe.

A few years ago John and I traveled to France and Belgium to learn some of the history of the war. We visited Amiens, Vimy Ridge and Paschendale, walked through some of the trenches and imagined those young people who are now lying beneath the rows and rows of grave stones. Reading the names and young ages of these brave people who did not come home was a most moving experience we will never forget.

Both of our fathers served overseas. They were lucky to have survived and returned home to Canada to start a new life after the war.

When we take a moment of silence to remember their bravery, let us renew our commitment to building a world rooted in kindness, respect and hope for the future for the sake of our children and grandchildren.

*Regards to you all,
Linda*

ATTENTION SKY Members!

SKY's one major fundraising opportunity each year is through BIRD's Bowen Island Refundables Program. SKY volunteers sort and pack aluminum cans, plastic containers, and other items into bins that are then sent to a mainland recycling depot. It is not difficult work, although it can be cold and wet in November. For our efforts, we are paid between \$ 1,500 and \$ 2,000, a significant boost to SKY's budget.

Our dates this year are **Wednesday, November 12, and two Tuesdays, November 18 and 25.** Our volunteers need to be confirmed by Tuesday November 4th. (SKY apologizes for this last-minute notice.) There are **two shifts per day, 8:00-10:00 and 10:00-Noon.** (Early morning volunteers are welcome to stay the full time.) **We must have at least one man per shift to help load the large recycling bin.**

Note: If SKY is unable to provide adequate volunteers, we risk jeopardizing our group's future participation in the program.

We're asking our membership to help SKY with this important endeavour. Please sign up on our website at skyonbowen.ca

Many Thanks!!





2025 Sky Christmas Pot Luck Lunch

You are invited to share our Christmas Special Lunch Event at Belterra Lounge

On Tuesday December 16th, from 12 to 4pm.

*Parking is limited so car pooling is recommended
and parking spaces location will be sent to participants when you RSVP, at
skyonbowen.ca*

*Participants please bring an appetizer, a salad, a main course or a dessert of your choice,
to serve 6 to 8 persons. Labelling the ingredients on a card will be appreciated for people who have
special dietary requirements.*

*Sky will provide some wine, tea and coffee.
In addition anyone is welcome to bring their own choice of drinks.*

Marc Gawthrop, our Musical Movement Pianist, will entertain us on the Piano

Members who play an instrument and/or sing are invited to participate.

We are looking for a Santa Claus volunteer. We have a costume for you.

Please volunteer your name at info@skyonbowenland.ca if you wish to play that Special role

Please bring one or more small unwrapped gifts to be shared.

*Volunteers are needed for setting up from 11am to noon, and for
cleanup from 4 to 5pm.*

Please RSVP to skyonbowen.ca website.

Looking forward to share the blessings of Christmas together

NEXT SKY TREK TO GRANVILLE ISLAND, Thursday, November 13th
Sign up on our website at skyonbowen.ca



SKY TREK to Granville Island Thursday, November 13

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 Granville Island
10:30 - 3:00	Visit the Market, Restaurants, Seawall Walk; go on the Aquabus Tour
3:00 - 5:20	Take the return bus to HSB
5:20 pm	Take the ferry to Snug Cove.



Please come join our Sky Trek to Granville Island! On Thursday November 13th we will meet at the Snug Cove Dock at 8:15am and take the 8:45am ferry to Horseshoe Bay. A coach bus will then drive us to Granville Island for a day of exploring galleries, artisan studios and restaurants.

We will have plenty of time to take a Aquabus tour or walk part of the seawall. Visit popular sites eg: The Granville Island Public Market, Opus Art Supplies, Granville Island Brewing, the Net Loft to see glassblowers, the Tap and Barrel, and the Keg. Maybe do some Christmas Shopping!

We will catch the coach bus at 3:00pm back to Horseshoe Bay Ferry Terminal.

If you would like to come on the trek go to our website skyonbowen.ca and go to Events to click on RSVP to hold your spot on the trek. It is on a first-come, first-served basis.

Individuals are responsible for admission fees, Aqua Bus fees, entertainment and restaurant costs, but transportation is free. We have secured the rental of a 38-passenger coach with bays that can hold walkers and mobility devices under 50lbs. Sky has a transport chair for those of us who might need extra assistance. Please indicate when you register if you have specific accessibility needs.



Join us for a day of sightseeing, shopping and camaraderie!

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

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”).

Please refer to the online calendar for a summary of upcoming activities, and to check for any schedule changes. skyonbowen.ca

SKY'S Monthly Social Luncheons Wednesday, November 5th at BOWEN ISLAND PUB

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.



STEVESTON TREK

Sky members and friends of Sky recently went to the town of Steveston on October 21st.

We shopped, toured the Cannery, walked along the wharf and partook of the delicious seafood and treats in Steveston.

It was wonderful to have a few first time participants on a trek with us.

Our warm friendly group was a pleasure!

Thank you all for coming! See you on the next trek!



Please refer to the online calendar for a summary of upcoming activities, and to check for any schedule changes. skyonbowen.ca

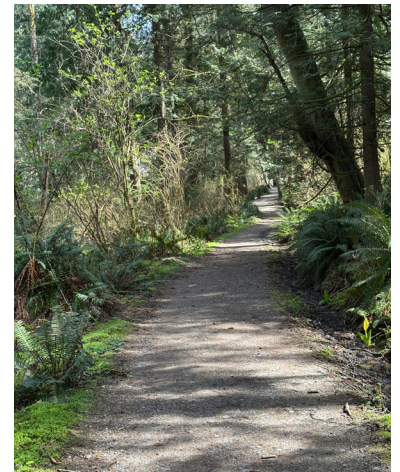
STRETCH & STRENGTH EXERCISE...Mondays

Our regular Stretch & Strength exercises with Catherine will continue in November. 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.**

Get Groovin' with MUSICAL MOVEMENT... Tuesdays 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.**



SKY WALKS... Wednesdays 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... Thursdays 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... 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.

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.

Here are some links for those that want some info before the talk: Mark Carpenter's UBC Website:

<https://balancefalls.ubc.ca/about-us/researchers/mark-carpenter>

Canadian Physical Activity Tips for adults 65+ years: <https://www.canada.ca/en/public-health/services/publications/healthy-living/physical-activity-tips-older-adults-65-years-older.html>

REACH FOR SKY NEWS

October Ageism Session:

On October 6th, REACH FOR SKY held a seminar called “The Ball is in our Court” to celebrate National Seniors Day (October 1) and Ageism Awareness (Oct 1-9; <https://ccaageism.ca/ageism-awareness-2025/>).

Those in attendance tried the new World Health Organization survey on ageism (<https://www.aworld4allages.org/who-ageism-scale>). If anyone who was not there wishes to complete this 2-page questionnaire then you can give it to Kathy Pichora-Fuller (with your age but not your name) at the SKY REACH seminar on November 3rd so she can add your responses to the others for a summary of results that she will be sharing with SKY members.

The discussion on ageism resulted in the proposal to organize a followup workshop in January to continue the discussion among SKY members and the municipality to explore opportunities to address ageism on Bowen. Kathy Pichora-Fuller and Councillor Tim Wakes will work on plans for this workshop to be held in early 2026. SKY members also expressed interest in followup sessions to learn about goal-setting for healthy aging that focus on specific topics that the REACH seminars cover – stay tuned for more information on sessions in January to help you stick to your healthy aging New Year’s resolutions.

In the meantime, to learn more about ageism, you may find these resources interesting:
BC Association of Community Response Networks (recommended by staff at the Bowen Island Community Health Centre): <https://bccrns.ca/resources/ageism>;
BC Seniors’ Advocate 2025 Report on Ageism: <https://www.seniorsadvocatebc.ca/osa-reports/reframing-ageing-british-columbians-thoughts-on-ageism/>.



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

OTHER COMMUNITY ACTIVITIES OF INTEREST



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.

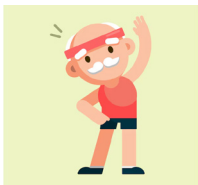
Monique Dauchot, (one of our board members), and Rob P are leaders in these French discussions, and several other SKY members attend.

Join us November 1, 15, 29 and December 13 from 10:30 - 11:30 am at the Bowen Island Public Library

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

MEN'S SHED

Saturday November 1, 2025

**Gathering between 10:30am-Noon at
Island Pacific School (IPS)
671 Carter Road, Bowen Island**

**Meet for a coffee/tea, get to
know other guys, and find
out what your Bowen Island
Men's Shed has been up to!**

(If possible, bring your own reusable cup to fill)



Men's Shed is a worldwide organization
with over 65 groups in BC.

bowenislandmensshed@yahoo.com
604-328-6496

JOIN SKY'S PERSONAL WRITING ZOOM GROUP

For three years, SKY's unique seniors' writing workshop has flourished, nurturing creativity and literary growth amongst its companionable, talented members. We are now able to invite two new writers to join this eclectic Zoom gathering of 6 - 8 participants.



Some of our group are "published" and some are novices.

If you have always wanted to chronicle your life's experiences through expressive writing; or develop your craft in a comfortable, supportive setting; and receive supportive feedback to achieve your literary objective, then join us; and grow as a writer with guidance from experienced facilitator,

Diana Jewell

Details:

Who: Those who have always had the desire to write or experienced writers who would like to hone their skills in this venue of artistry.

When: Meets every second Friday at 2:00 - 4:00 pm via Zoom.

What to Expect: A safe, encouraging community to share your work with and learn from others.

Where: Your own home.

Ready to unleash your creativity?: Contact Lichen at Info@skyonbowen for more information or to secure a place.

Note: SKY members, Associate members and Potential members are welcome. There is no cost except SKY membership fee.



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 Board of Directors

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