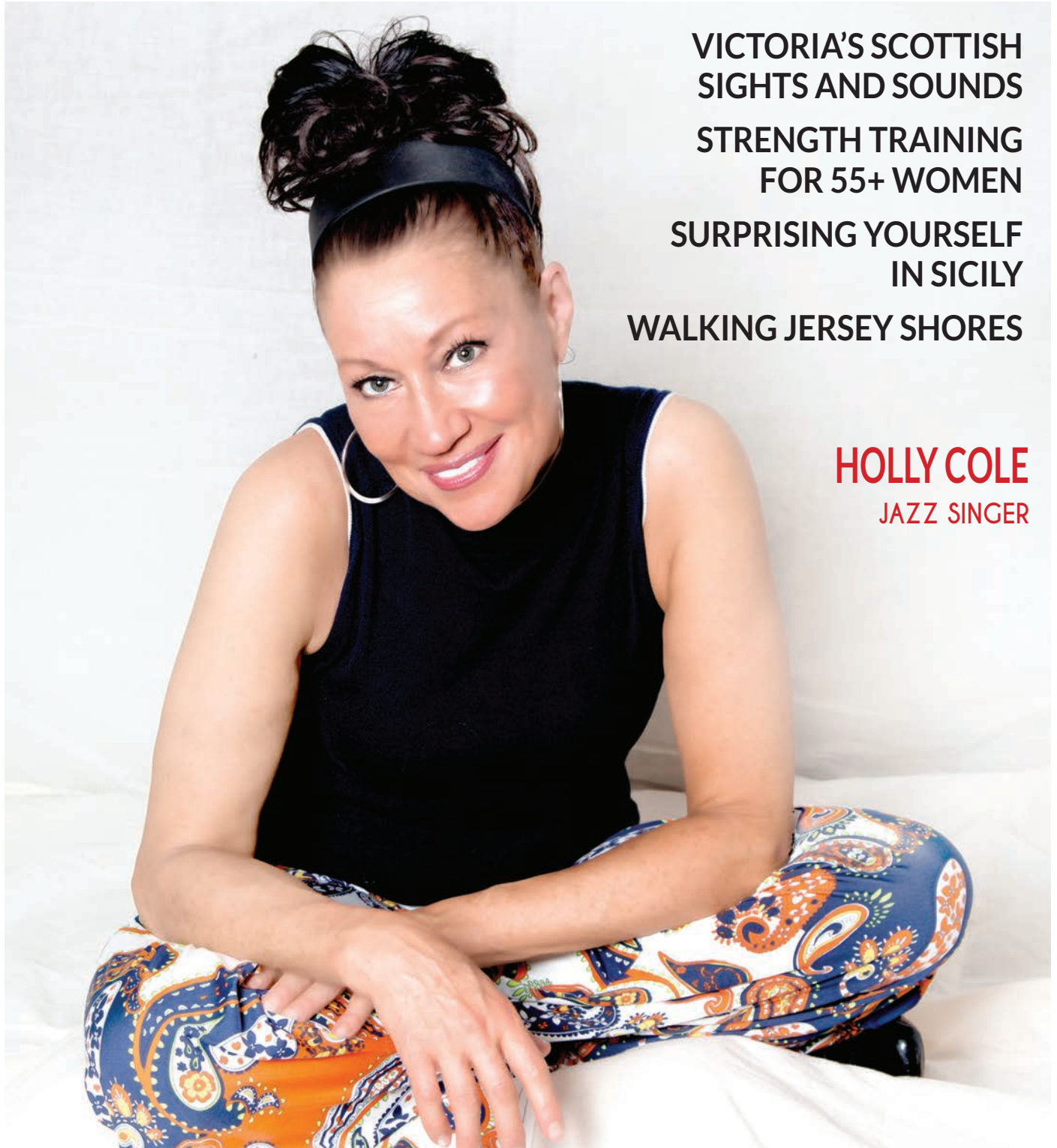


INSPIRED

55+ lifestyle magazine

JUL / AUG 2025



**VICTORIA'S SCOTTISH
SIGHTS AND SOUNDS**

**STRENGTH TRAINING
FOR 55+ WOMEN**

**SURPRISING YOURSELF
IN SICILY**

WALKING JERSEY SHORES

HOLLY COLE

JAZZ SINGER

You are
creating
loving change

Animals never stop loving us.

When they need you most, you can care for them, forever, with a loving gift from your estate.



Contact us today to learn more about leaving a compassionate gift that creates a kinder future for vulnerable animals.

Clayton Norbury
foreverguardians@sPCA.bc.ca
1.855.622.7722

foreverguardian.ca



Forever Guardian
your legacy of love



Kearney
FUNERAL SERVICES

Kearney
BURQUITLAM FUNERAL HOME
FAMILY OWNED

PROUDLY
OWNED & OPERATED

Pre-Planning A Gift to Your Family

Pre-Planning allows you to make carefully-considered, pressure-free decisions that are the right choices for you and your family.

Call today to ask about our FREE Pre-Planning guide booklet and how to save money by locking in costs.

236 416 0006

Vancouver	New Westminster	Burnaby
604 736 0268	604 521 4881	604 299 6889
Burquitlam	Cloverdale	New Location Fraser Valley
604 936 9987	604 574 2603	604 793 6581

f @ www.KearneyFS.com www.BurquitlamFuneralHome.ca

RSR Family Holdings Ltd.

Present this coupon and claim: \$200 discount on your burial services or \$100 discount on your cremation service when you sign a Pre-Need funeral plan made with our Advisors.

*Pre-need contract must be signed to apply the discount. Valid until August 31, 2025.



SHAUGHNESSY
SENIORS COMMUNITY

a place for
PEACE OF MIND

Compassionate 24/7 care in a comforting environment that feels like home.

BOOK A TOUR

604-468-4856 | 2250-Wilson Ave,
Port Coquitlam
shaughnessyseniors.com



*Beauty, dignity and the
best value in Victoria.*

The Oak Bay Kiwanis Rose Manor Society invites you to join us at Rose Manor, a comfortable, warm and friendly home in downtown Victoria.



3 meals and 3 tea times
Weekly laundry & housekeeping
Activities & much more

Call today for a
viewing appointment
(250) 383-0414



857 RUPERT TERRACE, VICTORIA
(250) 383-0414
www.rosemanor.ca

INSPIRED

55+ lifestyle magazine

resources

55+ LIFESTYLE SHOW

100+ exhibitors, all day entertainment, makeovers, fashion show, speakers & more.

Next show Wednesday, May 13, 2026.

Visit www.seniorlivingmag.com/55-lifestyle-show

55+ PODCAST

Retired broadcasters Michael Forbes & Lisa Marshall bring you a fun, fresh take on INSPIRED people featured in the magazine. Check it out at

www.seniorlivingmag.com/podcast

55+ TRAVEL CLUB

Club events in Victoria, Vancouver & Nanaimo. Join our monthly newsletter and stay informed. More information at www.seniorlivingmag.com/travelclub

INSPIRED MAGAZINE

Pick up your free print copy at multiple community locations or get our online version emailed to your INBOX - sign up at www.seniorlivingmag.com

SENIOR HOUSING DIRECTORY OF BC

A database of retirement residences featuring independent, assisted living and specialized care housing. www.inspiredseniorhousing.com



Head Office 1223 Hopkins Place, Victoria BC V8P 3J9
250-479-4705

Publisher/Editor Barbara Risto publisher@seniorlivingmag.com

Advertising Sales Kathie Wagner kathie@seniorlivingmag.com
250-388-5279

Subscriptions (6 issues): \$26.25 includes GST, S&H. Canadian delivery only.

No portion of this publication may be reproduced in whole or in part without written permission from the publisher. INSPIRED Magazine is an independent publication and its articles imply no endorsement of any products or services. The views expressed herein are not necessarily those of the publisher. Advertisers and advertising agencies assume liability for compliance with all copyright laws related to materials they submit for publication. INSPIRED Magazine is distributed free throughout British Columbia by Stratis Publishing Ltd. 6 issues per year. ISSN 2562-1041 (Print) ISSN 2562-105X (Online)

This project is funded in part by the Government of Canada

Canada



Cover | Holly Cole

Jazz singer Holly Cole's unique blend of Maritime warmth combined with her sultry stage presence has earned her both Canadian and international acclaim.

Photo: Jonathan Warden

content

JULY / AUGUST 2025

- 2 Thrive Beyond 55
by Barbara Risto
- 3 REFRESH: Exploring Lifelong Learning
by Verena Foxx
- 4 Holly Cole: Dazzling and Jazzy
by Jennifer Hartley
- 7 Thinking about Moving? Start Here.
by Barbara Risto
- 8 BC SENIOR HOUSING GUIDE
- 10 Victoria's Scottish Sights & Sounds
by Sam Margolis
- 12 Strength Training for 55+ Women
by Eve Lees
- 13 Surprising Yourself in Sicily
by Jennifer Hartley
- 16 Walking Jersey Shores
by James Ross
- 19 **MARKETPLACE**
- 20 Living On Purpose: Summer Book Reading
by Laurie Mueller



True North, Strong and Free

THRIVE BEYOND 55

Purpose and Passion

by BARBARA RISTO



If I had to sum up my life right now in just two words, they would be purpose and passion. These two words have become steady companions lately—guiding me, nudging me, offering a new way to understand where I’ve been and where I might be headed next.

It’s like I’m paused at a threshold—between one chapter and the next, one version of myself and another yet to unfold.

Life has a way of circling back, of weaving lessons together in patterns we can only see once we’ve lived them long enough.

After years of doing, building, adjusting, persevering—I find myself in a moment of quiet reflection, with purpose in one hand and passion in the other.

These words are at almost opposite ends of the spectrum.

Purpose, to me, is grounded. It’s the steady rhythm that has carried me through tough seasons and big decisions. It’s the reason I’ve kept showing up to this work—the magazine, the events, the stories. Purpose gives shape to my days and clarity to my choices. It’s the part of me that asks, What needs attention? What matters most right now? It’s practical. Anchored. Intentional.

Passion, on the other hand, is more elusive. It doesn’t always announce itself with a clear agenda. It whispers. It waits for space. It’s the spark that got me started on this path in the first place—the part of me that wanted to create something meaningful, something that could uplift others and reflect the depth of being human. Passion is what makes the work feel alive. It’s what lights up the soul behind the structure.

There are times in life when survival, logistics, and sheer effort take over. When purpose carries the weight and passion seems to recede. And then, something stirs again. A sense that it’s time to bring both parts back into balance. To let the heart have as much voice as the head. To let creativity, curiosity, and vision have room alongside structure and strategy.

That seems to be where I find myself these days. It feels less like reinvention and more like evolution. A weaving together of what has been and what wants to be. Not throwing anything out—just making space for what’s been waiting quietly in the wings.

When I first began publishing this magazine, it was to celebrate people who were doing extraordinary things in the second half of life. That hasn’t changed—but the lens is widening.

I’m increasingly drawn to the stories behind the stories. What internal shifts have helped people thrive? What values are guiding their choices? What are they letting go of, and what are they holding close?

More and more, I am asking those same questions of myself. Not only as an editor or publisher, but as a person navigating their own unfolding.

What do I value most now? How do I want to spend my energy? What feels true? What’s ready to be released?

This is about listening. Attuning and giving voice to what has been quietly forming beneath the surface.

I can feel the next chapter of my life beginning to form. It has more spaciousness. More room for expression. More honesty. Less urgency.

If there’s a metaphor for this moment, it’s a doorway. I’ve stepped out of one room—the one I’ve lived in for a long time. I know its shape, its furniture, its view. I learned so much there. But now I’m standing in the threshold, taking a breath before crossing into a space I haven’t yet explored. A space that might ask something different of me. Or offer something unexpected.

I don’t know exactly what’s in that room. But I sense it holds potential. A deeper way of showing up. A fuller integration of the life I’ve lived and the life I still want to create.

Purpose—steady, seasoned, clear-eyed. And passion—lighter, brighter, eager to play again. Together, they feel like a compass.

I know I’m not alone in asking these

questions. So many of us are standing in some kind of threshold—between roles, identities, eras of our lives. Wondering what to hold onto and what to let fall away. Trying to stay open, even when the future feels uncertain.

If you’re in that space, I hope these words resonate. We don’t need to rush through the doorway. We can linger. We can listen. We can let both purpose and passion guide us—not toward perfection, but toward a life that feels more aligned, more expressive, more true.

A Call for Light in Uncertain Times

With so much turmoil in the world and a constant stream of unsettling news, it’s easy to feel overwhelmed or discouraged. But I believe we each carry within us a light—something steady, brave, and deeply human—that can help not only ourselves, but each other.

Now, more than ever, we need to engineer ways to uplift our spirits, stay hopeful, and remind one another of what still matters.

I’d like to invite you, our readers, to share short letters or reflections about how you find resilience in difficult times.

How do you stay grounded in a world that sometimes doesn’t make sense?

What helps you move forward when life feels uncertain? What gives you courage, strength, or joy?

This isn’t a call for preaching or politicking. What I’m looking for are stories and messages rooted in lived experience, emotional wisdom, and human connection.

Whether through the pages of this magazine or a special page on our website, I want to share these reflections—your words, your voices.

Please send your thoughts to publisher@seniorlivingmag.com. We may lightly edit or curate for clarity, but your heart will come through.

Let’s share messages of inner hope and purpose. |



Digital Housecleaning: DELETE

As we move through the decades of life, most of us eventually take on the task of downsizing—or at least housecleaning—our physical footprint. We cull our closets, sort through our libraries, dig into the cupboards, and let go of things that no longer suit our current life situations—or that the kids don't want.

Lurking in our electronic devices, however, is a less visible but equally important task: digital housecleaning. Emails from years ago, endless photos and videos, and outdated documents clog up our computers and phones.

Apple is only too happy to support digital hoarding by increasing its monthly cloud storage fees to accommodate ever-larger digital footprints. That was a big motivation for me to get deleting one rainy weekend. It was high time to start cleaning up my cloud. After several afternoons hitting that delete button, I'm now paying just \$1.14/month for extra cloud space.

While revisiting the past can be emotional—and time-consuming—it's ultimately satisfying to sort through and reduce what has expired. What remains are the best of the photos, the most meaningful emails, and the most valuable documents.

Clinical psychologist Dr. Susan Albers-Bowling says digital clutter can trigger high levels of stress and anxiety.

"It's just as toxic to your mental health as physical clutter can be."

And who needs any additional stress these days?

So how do we keep what's important—and move away from the urge to save every digital scrap?

Dedicating even a few hours can help you get started:

- Emails: Delete anything personal you haven't looked at in the past two

years, and anything that's lost its relevance.

- Texts/Messages: Just delete them. Screenshot important bits instead of keeping entire threads.

- Photos: Use apps that remove duplicates—they can free up a lot of space. Many offer free one-week trials.

- Phone Contacts: Still holding onto the names of people who have passed—one way or another? Honour their memory in other ways.

- Apps: Ask yourself: Are you using it? If not, it's just draining storage.

Then start changing your digital habits:

- Delete emails once they're read and no longer needed. Flag the ones that need follow-up—then delete them too once dealt with.

- Delete text messages when the conversation or meet-up is over.

- Be more selective about keeping only your best photos.

- Be thoughtful about who you add to your phone contact list.

- Remove apps from your screen if you're not actively using them.



**AGELESS
ADVENTURES**

Escorted Tours

Serving B.C. Seniors since 1988

604-542-5566 or toll free 1-877-277-5577

**ESCORTED TOURS OF CANADA & BEYOND
SMALLER GROUP SIZES | HOME PICK-UP & DROP-OFF**



Discovery Coast Passage
September 20 - 24



Eagles at Harrison Hot Springs
November 5 - 7



Wickaninnish Inn Experience
November 23 - 27

Call For a Free Brochure | Ask about our 5% Early Payment Discount | Single Rates Available

237 - 1959 152nd St,
Surrey, BC V4A 9E3

agelessadventures.com





HOLLY COLE: Dazzling and Jazzy

by JENNIFER HARTLEY

“Surviving a natural disaster can have a huge impact on your life.”

In 2011, while in Japan on tour, Canadian music icon Holly Cole was about to head to the pool when glasses on her minibar started rattling. Out the window, she saw skyscrapers swaying back and forth.

“They are not supposed to move like that. That is just so wrong.” The shaking accelerated and plaster began to fall. “The tectonic plates were roaring like a monster. It was super, I mean super scary. Talk about feeling insignificant.”

Everything went into slow motion.

“I thought I might die. I wondered if the band was dying. It was so intense.”

The earthquake, which Holly survived, started her thinking more philosophically about her life. “When we are born, we are dealt a hand. And as I lived through the earthquake, thinking I was about to breathe my last, I thought I had been dealt a good hand. I had been allowed to do what I wanted. I achieved success in music and travel. At that moment, I didn’t berate myself for my mistakes. I felt grateful and happy. It soothed me.”

Gratitude, the result of that frightening experience in Japan, has been her strength and what has since propelled her forward. She says she has a lot to be thankful for.

Her spectacular voice and playful, whimsical musical interpretations have made her indispensable on playlists around the world for over 36 years.

She comes by her talent naturally. Her father, Leon, was host of CBC Radio’s *RSVP* as well as a classical musician, as was her mom, Carolyn.

Holly recounts how, on earthquake day, she also thought about the best day of her life.

“It was the day I got my horse. There was a feeling of great responsibility. My parents didn’t know anything about horses. I had to train him. I was 13. It was the promise of the future and I loved competing and jumping. I read up on it all and became an equine junkie. It was such an accomplishment.”

While life as an equestrian could have been her future, thankfully for us, her brother Allen, who studied jazz piano, introduced her to jazz and she discovered a love of the genre. The rest is history.

She found her voice at Humber College and her performing legs in clubs. She hooked up with Aaron Davis and David Piltch creating, at the time, *The Holly Cole Trio*. Together with other great musicians, Holly has been making music for decades, magnificently covering the greats as well as making their own tunes.

Her covers of songs like “Whatever Lola Wants,” “I Can See Clearly Now,” Gordon Lightfoot’s “If You Could Read

Holly Cole calls two places home: Toronto, and Nova Scotia where she lives in a rustic seaside cottage bought for the family by her grandmother. “It is glorious - in a very rugged, harsh way.”
Photographer: Peggy Pilgrim

My Mind” and her provocative, enigmatic interpretations of songs by Hank Williams, the Gershwins, Tom Waits or her own music like “Onion Girl” are mesmerizing.

Holly hails from the Maritimes (born in Nova Scotia and grew up in New Brunswick), so it is not surprising she is charming, witty and warm. Her kind soul shines through, as does her humility. Rumour has it she was a bit of a wild child. Given her sassy, sultry stage presence, that is fabulously believable.

Her parents were people she has come to value more and more as she herself ages. When Holly’s mother was ill, Holly stepped away from music to look after her. Holly had the opportunity to really get to know her mother in a way she might not have otherwise.

“I tell everyone to let their parents know they appreciate them. When I saw the end of my mother’s life coming, I talked to her about everything. She taught me about the importance of laughter and humour, which she had in spades. We were once at a wedding where there were relentless speeches. We were moaning about it when she leaned over and said, ‘If you don’t have anything nice to say, sit with me.’”

One of her mother’s most important lessons was not to sweat the small stuff and to not try to fix everything, which Holly says is something she always wants to do.

Holly says her inner compass comes from mindfulness and living in the moment.

“Sometimes things are not even broken. Sometimes they can’t be fixed. And sometimes people don’t want you to fix them for them.”

This sizzling singer hangs her hat between two Canadian homes: one in Toronto and the other is a small rustic cottage in Nova Scotia, which Holly loves.

“The cottage has been in my family my whole life. My grandmother bought it for us. You can’t walk anywhere so I got a used car. There is a fireplace and while there are electric heaters I am right on the ocean so it gets a little chilly. Water has to be delivered. Some of it is fun, some of it is less fun. In the summer, it is glorious-- in a very rugged, harsh way.”

In her endearing way, she jokes how owning the cabin has resulted in new renovation skills, like replacing the rotting toilet. “I am learning carpentry, and I love lighting.”

Part of the attraction of that rustic life is how different it is to Toronto’s big city hustle and bustle. However, she loves that, too.

Holly says her inner compass comes from mindfulness and living in the moment, something that intensified during COVID. In fact, Holly says, it is the one good thing to come out of that experience for her, which was a difficult time.

“I realized I don’t want to spend so much time alone. I need people. I think COVID taught us that we have to help each other. Because everything stopped, everyone had to become mindful during a time when we were not happy. Appreciating the moment, even if it isn’t pleasant, is important. When you



Cover of Holly Cole's *Dark Moon* album.

Photographer: Rodney Bowes

HOLLY COLE’S ACHIEVEMENTS

Holly Cole has recorded 13 studio albums, her first in 1989. She has received two JUNOS (Best Contemporary Jazz Album for her 1994 *Don’t Smoke in Bed* and Best Vocal Jazz Album of the Year for *Shade* in 2004), two GEM-INI awards, two Japanese Grand Prix Gold Disc awards (Japan’s equivalent to the JUNOS), as well as the Montreal Jazz Festival’s Ella Fitzgerald Award (one of only two Canadians to ever receive the prestigious award). She also has a 2014 honorary doctorate from Queens University.

arrive to where you hope to be, it may be disappointing and made all the worse if you didn’t enjoy the journey.”

“Today, I take pause far more than I used to and that is something that might not have happened had it not been for COVID.”

She also has an appreciation for the value of detail and how that can embellish life, another lesson from Japan, and one she wasn’t expecting.

“We were on the way to the airport in Tokyo, and we were late (no surprise since I was there – I am notoriously late) but I really wanted to buy a pair of earrings at this department store. So I made them stop the van and I ran in. In Japan, they wrap everything, making everything look beautiful. The clerk is wrapping them up like a gift and I told her she didn’t need to since they were just for me. She stopped and looked at me with curiosity and said, ‘Just you?’ And she turned back to continue wrapping. The look she gave me was like, ‘Why are you the least important person?’ And it stuck with me. My perspective

completely changed from that one incident. Today, I am the queen of wrapping. I realize that little things really DO matter and make people feel happy.”

Holly and her band have toured all over the world and while she clearly has a love of Japan, Canada is home.

“I love Canada. We have a lot of liberties that aren’t afforded people in other countries, and we’re protected. The one positive thing about recent polit-



Wherever she may be in the world, Holly is quick to celebrate Canada.

Photographer: Peggy Pilgrim

ical events has been how Canada has emerged: smoking with pride. I just love it. I always wear my t-shirt that says: Canada is Already Great.”

“For my next tour I will be wearing a chunky red dress, white gloves and white boots to celebrate Canada.”

That tour will bring her to B.C. in September. She will have a show in Vancouver and she is headlining Nanaimo’s Jazz Festival.

Biggest compliment? “I had just been back to Japan after COVID and this gentle man came up to me and said, ‘I could hear your heart beating.’ My jaw dropped. It is a humble thing to hear.”

Holly is a joyous optimist. “I strongly believe if you are an optimist and think good things, they will happen. The world is full of positive and negative things. Focus on the good and deal with the bad. It may sound corny to say, but it IS all about the journey.” |

INSPIRED PODCAST

Long-time broadcasters Michael Forbes and Lisa Marshall, known as “Forbes and Marshall,” now real estate agents, bring their signature banter to bear in their podcast collaboration with INSPIRED Magazine.

Check out this month’s interview with HOLLY COLE at www.seniorlivingmag.com/podcast



HearingLife

4.7 ★★★★★ nps.today

Based on 45,600+ reviews in Canada.¹

It gives me hope and makes me feel more independent.

Lisa P. on how hearing aids have improved her life.²

30-Day FREE Trial

Find the right fit. When you’re ready, we also offer:

✓ Competitive interest rates starting at 0% ✓ No credit checks

Learn more with a **FREE** consultation.

Proudly serving the community over 10 years!

With over 12 clinics across on Vancouver Island.



1-888-484-6680

Mention code: **NSP-TRLF-INSP**

Book online **HearingLife.ca/Try**

¹A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. Depending on the province you’re located in, an administrative fee may apply if a copy of an Audiological Report is requested. Some conditions apply, see clinic for details. Offer not valid in Quebec. Conditions Apply. Ask our hearing care professionals for more details. Interest rates starting at 0%. Deposit may be required. Borrower must be age of majority and have a Canadian bank account. Financing is available on select core-brand hearing aids and at select HearingLife locations. ²[Source: World report on hearing. Geneva: World Health Organization; 2021. License: CC 1 Source: review.nps.today/r/HearingLife-Canada. 2 Source: Lisa Popesco is a Campaign recipient who benefited from the Campaign for Better Hearing Give Back program. Learn more at <https://campaignforbetterhearing.ca/blog/campaign-recipients/>

Thinking About Moving? Start Here.

by BARBARA RISTO

Over the years of publishing *INSPIRED 55+ Lifestyle Magazine*, I've had countless conversations with readers about housing.

Sometimes it's a casual "I've been thinking about downsizing." Other times it's a panicked phone call: "My husband fell. We can't manage the stairs anymore. What do we do now?"

These conversations were the spark that led me to include Senior Housing Listings in the magazine, twice a year. (You can find these listings on pages 8 & 9.)

It also led me to write a 112-page book: *To Move or Not to Move? A Helpful Guide for Seniors Considering Their Residential Options*.

The first edition came out in 2007, and now, nearly two decades and several updates later, having sold over 9,000 copies, I've released a fully revised version for 2025.

This book is meant for people who are facing a big question: Should I stay where I am, or is it time to consider a move?

My interest in this topic isn't just professional. I've lived it. I spent 13 years living with my mother-in-law, and I supported her move into a seniors' residence when the time came.

I also spent over 30 years advocating for my sister, a dependent adult with disabilities, who lived with me in my home.

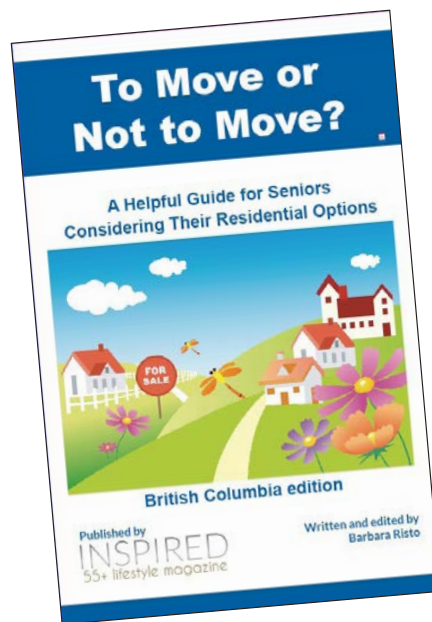
I know how deeply personal these decisions are. I understand the family dynamics, the emotional weight, and how hard it can be to navigate the health system.

So I wrote this book with one clear goal in mind: to help people plan their housing transition before it becomes a crisis. But if it is already a crisis, this book can still be your lifeline. It offers a starting point, practical guidance, and step-by-step tools to help you move forward.

Let me be clear: this is not a book that tells you what to do. It doesn't push you to move. Instead, it helps you understand your options so you can make the decision that's right for you.

Maybe staying put is the best choice. Maybe you'd thrive in an independent living community or a co-housing model. Maybe your home is perfect—once a few safety features are added. Or maybe you're just tired of shovelling snow or mowing the lawn and you're ready to let someone else do the heavy lifting.

Whatever your situation, the key is to explore your options while you still have choices. The longer you wait, the fewer those choices become.



The 2025 edition includes updated information about housing options in British Columbia—from aging in place to retirement homes to assisted living. It walks you through:

- How to assess your current living situation
- What questions to ask yourself (and your family)
- What to expect when you start looking
- How to talk about money, care needs, and personal wishes
- Who can help you, and how to build your team of support

There are checklists, prompts, and real-life examples to help you think things through. And every chapter is written to be easy to read and easy to use.

Too often, people wait until a health scare or a sudden change forces them

to act. That's when decisions are made quickly—and sometimes regretfully. My hope is that *To Move or Not to Move?* helps you avoid that. Planning ahead gives you control. It lets you be part of the decision, not just the recipient of it.

I also know that for many people, just starting the conversation is the hardest part. This book can help with that too. It gives you language to use with your spouse, your children, or your healthcare team. It helps you name what matters to you, so you can make your voice heard.

Get Your Copy

The revised edition is available now. With taxes, shipping, and handling, the total cost is \$25. You can order it directly by filling out the order form on page 19 of this magazine and mailing a cheque.

Simple and straightforward—just like the book itself.

Whether you're actively planning a move or just starting to think about the future, **To Move or Not to Move?** might help you see your situation more clearly—and feel more confident about the road ahead.

Nothing brings the family together like being on the same page when you're going through a stressful transition. Family members often buy several copies so that aging parents and adult children can read it, compare notes and share ideas. When conversation is difficult, sometimes having a place to start makes things easier.

This book is also available to businesses and organizations like senior residences, real estate agents, legal firms, accountants and financial advisors for bulk purchase. If you would like to make this book available for resale at your business, or to give it away as a complementary resource to clients, contact us at publisher@seniorlivingmag.com for bulk purchase pricing details. |

bc senior housing directory

Whether you're exploring housing options for yourself, a loved one, or a friend, this guide is here to help you navigate the possibilities with ease and confidence.

Here, you'll find an overview of care levels, locations, pricing, and amenities to help you make an informed decision. We're grateful to all the senior housing communities that contributed to making this guide a helpful tool for you. We hope it serves as a bright first step on your journey!

CAMPBELL RIVER

Berwick by the Sea ■●

250-850-1353; 1353 - 16th Ave.

www.berwickretirement.com

Capacity: (I) 130 units; (A) 30 units; private **Price:** call for rates

Amenities/Services: ocean view; housekeeping; linens; wellness program; theatre; fitness centre; games room; transport; rooftop lounge; coffee lounge; chef prepared meals; 24hr emergency response.

COMOX / COURTENAY

Berwick Comox Valley ■●

250-339-1690; 1700 Comox Ave.

www.berwickretirement.com

Capacity: (I) 170 units; (A) 35 units **Price:** call for rates

Amenities/Services: in heart of downtown Comox; housekeeping; linens; wellness program; transportation; rooftop garden & lounge; theatre; fitness centre; games room; bistro; pub; coffee lounge; chef prepared meals; 24hr emergency response.

housing directory legend

Three housing categories are used to define residences:

Independent/Supportive Living (I) ■

Includes a combination of housing and hospitality services for retired adults who are capable of directing their own care.

Assisted Living (A) ●

Offers housing, hospitality services and personal assistance to adults who can live independently but require regular help with daily activities. By law, all Assisted Living residences must be registered with the Assisted Living Registrar of BC.

Residential Care (C) ►

Sometimes called Complex Care, these units also provide care and supervision for retired adults who are no longer capable of directing their own day-to-day activities. Complex Care settings typically provide a combination of housing and hospitality services, as well as extensive support services.

The **Housing Directory** on INSPIRED Magazine's website also has senior housing options:

www.seniorlivingmag.com/housing

DELTA

The Waterford ■►

604-943-5954; 1345 56 St.; www.WaterfordSeniors.ca

Capacity: (I) 106 units; (C) 36 units

Price: \$4750+

Amenities/Services: daily fitness & social activities; Red Seal chef prepared meals; housekeeping; courtesy shuttle; bus outings; hair salon; guest suite; close to amenities. Independent living or licensed 24-hour care centre; pets allowed.

The Wexford ■

604-948-4477; 1737 56 St.; www.WexfordSeniors.ca

Capacity: 65 suites

Price: \$5000+

Amenities/Services: daily fitness & social activities; Red Seal chef prepared meals; housekeeping; courtesy shuttle; bus outings; hair salon; fitness centre; rooftop garden; private dining room; pets allowed.

KAMLOOPS

Berwick on the Park ■●

250-377-7275; 60 Whiteshield Cres. S.

www.berwickretirement.com

Capacity: (I) 147 units; (A) 25 units; private **Price:** call for rates

Amenities/Services: valley view; housekeeping; linens; wellness program; transport; games room; fitness centre; library; theatre; gardens; pub; bistro; coffee lounge; chef prepared meals; 24hr emergency response.

LANGLEY

Magnolia Gardens ■►

604-514-1210; 5840 Glover Rd.; www.MagnoliaSeniors.ca

Capacity: (I) 115 units; (C) 40 units

Price: \$3400+

Amenities/Services: daily fitness & social activities; Red Seal chef prepared meals; housekeeping; courtesy shuttle; bus outings; hair salon; guest suite; close to amenities. Licensed 24hr residential care centre.

Sunridge Gardens ■

604-510-5091; 22301 Fraser Hwy; www.SunridgeSeniors.ca

Capacity: 145 suites

Price: \$2950+

Amenities/Services: daily fitness & social activities; Red Seal chef prepared meals; housekeeping; courtesy shuttle; bus outings; hair salon; guest suite; close to amenities; theatre; courtyard gardens; pets allowed.

NANAIMO

Berwick on the Lake ■●

250-729-7995; 3201 Ross Rd.;

www.berwickretirement.com

Price: call for rates

Capacity: (I) 120 units; (A) 28 units; private

Amenities/Services: lakeside; housekeeping; linens; wellness program; transport; fitness centre; coffee lounge; bistro; craft room; library; theatre; games room; gardens; chef prepared meals; 24hr emergency response.

PARKSVILLE

Berwick Parksville ■●

250-937-0989; 180 Jensen Ave E

www.berwickparksville.com

Capacity: 188 units;

Price: call for rates

Amenities/Services: ocean views; pickle ball courts; fitness centre; top floor lounge; craft room; poker room; theatre; wellness program; games room; transportation; pub; coffee lounge; chef prepared meals; 24-hr emerg response.

PORT COQUITLAM

Shaughnessy Seniors Community ■

604-468-4856; 2250 Wilson Avenue;
<https://shaughnessyseniors.com>

Capacity: 61

Price: \$315/day

Amenities/Services: Garden courtyard; large single occupancy suites; hair salon; private dining room; coffee bistro; recreation area.

QUALICUM BEACH

Berwick Qualicum Beach ■●

250-738-6200; 120 First Ave. W;

berwickretirement.com

Capacity: 94 units

Price: call for rates

Amenities/Services: downtown Qualicum; ocean view; housekeeping; linens; wellness program; theatre; fitness centre; games room; rooftop lounge; transport; pub; bistro; coffee lounge; chef prepared meals; 24hr emergency response.

SIDNEY

Legion Manor ■●

250-652-3261; 7601 East Saanich Rd.;

www.legionmanorvictoria.ca

Capacity: (I) 78 suites; (A) 68 suites

Price: \$3225+

Amenities/Services: affordable housing suites at \$1075; fitness classes and activities; entertainment; outings; situated on 5 acres in the beautiful Saanich Peninsula & close to all amenities.

VANCOUVER

Southview Terrace ■

604-438-3367; 3131 58 Ave E;

www.southviewterracesa.ca

Capacity: 57 units

Price: Call for rates

Amenities/Services: Southview Terrace offers 1 & 2 bedroom apts. Rent incl lunch & dinner; utilities; cable; phone; housekeeping; flat laundry; 24hr emergency response; activities; & more; located beside Champlain mall.

VICTORIA

Berwick House ■●●

250-853-5492; 4062 Shelbourne St.

www.berwickretirement.com

Price: call for rates

Capacity: (I) 99 units; (A) 35 units; (C) 37 units; private

Amenities/Services: housekeeping; linens; wellness program; transport; fitness centre; library; theatre; games room; gardens; bistro; coffee lounge; chef prepared meals; 24hr emergency response.

Berwick Royal Oak ■●●

250-386-4680; 4680 Elk Lake Dr.

www.berwickretirement.com

Price: call for rates

Capacity: (I) 201 units; (A) 25 units; (C) 27 units

Amenities/Services: housekeeping; linens; wellness program; transport; fitness centre; library; theatre; games room; gardens; coffee lounge; bistro; pub; chef prepared meals; 24hr emergency response.

Rose Manor ■

250-383-0414; 857 Rupert Terrace;

www.rosemanor.ca

Capacity: 70 units

Price: \$1875+

Amenities/Services: 3 meals & tea times daily; weekly laundry & housekeeping; cable vision, heat, hot water; entertainment & activities; no pets allowed.

Sunrise Senior Living of Victoria ■●●

250-383-1366; 920 Humboldt St; www.sunrisevictoria.com

Capacity: 93 units; private

Price: Call for rates

Amenities/Services: Age in Place community offering a continuum of care - assisted living, long term care & specializing in memory care; secure environment; 24/7 nurse & care; nutritious meals; walking club; activities; gardens & patios; bistro; library; hair salon; pet friendly.

The Cridge Village Seniors' Centre ■●

250-384-8058; 1307 Hillside Ave; www.cridge.org

Capacity: 38 units (I); 38 units (AL)

Price: \$2995+

Amenities/Services: beautiful heritage building; walking paths; excellent food; modern addition; grand lounge; extensive recreation programming; common areas; visiting pets; subsidized (AL).

Wellesley of Victoria ■●

250-383-9099

Community Relations Manager Jeff Nahnybida 250-514-5114

2800 Blanshard St;

www.retirementconcepts.com

Capacity: 204 units (I & AL)

Price: \$3500+

Amenities/Services: salon; store; bistro; housekeeping; room for private functions; library; recreation; shopping shuttle; rooftop gardens; patio; theatre; AC; secure parking; pets allowed.



Home is Right Here!

In this next chapter of your life, spend your days doing what you love best, and let us take care of the rest. Discover carefree retirement living in **Langley** and **Tsawwassen**.

Call: 1.844.969.BRIA (2742)



BriaCommunities.ca

Victoria's Scottish Sights and Sounds

by SAM MARGOLIS

Highland Heritage Leader

Signs of Scotland abound in Victoria, with kilt-clad musicians by the Inner Harbour, the distinctive culinary flavours of the northern part of the United Kingdom, and whisky crafted in the fine Scottish tradition by a local distillery.

Jim Maxwell, who for the past 25 years has been the president of the Victoria Highland Games Association, plays a large role in bringing Scottish culture to life in the capital region. Now in its 162nd year, the Victoria event is the longest-running Highland Games in North America.

"It ran through both World Wars and the pandemic. We didn't want to break our string in 2020 and 2021," recalls Jim during a recent interview at the Victoria Scottish Community Centre, speaking over the sounds of practising bagpipers in an adjacent room.

"Back in 1864, the postmaster general of the United States came up, as did admirals and high-ranking officers. There were over 3,000 people who showed up, at a time when Victoria was a much smaller place."

When Jim got involved in 2000, upon the suggestion of his wife, attendance had ebbed below the 3,000 of the initial Games and the festival had some financial difficulties. Nonetheless, there had always been a desire among the volunteer-led organisation to put together a first-rate event.

"We managed to gather a group of people with a good strategic plan to be the best Highland Games in Western Canada. In a couple of years, we achieved that," Jim says, crediting the large base of experienced volunteers he has around him—many of whom have been connected to the festival longer than he has.

Today, largely due to Jim's efforts and those of the adept team he has assembled, the festival is flourishing, with more than 20,000 people from areas near and far showing up at the annual event held during the May long weekend at Victoria's Topaz Park. Though the city boasts a large contingent of individuals with Scottish heritage, attendees come

from all backgrounds.

"We started developing various components to be world-class, and we went for the heavy sporting events. We will never have the most pipe bands, like some other cities," he says.

When Jim employs the word "heavy," he is not exaggerating, as each of these sporting events requires the participants to possess an enormous level of strength. Competitions include tossing the caber, a section of a tree that tapers from one end to another; putting the stone, a precursor to the modern shot put, with stones weighing up to 28 lbs; and throwing 56-lb weights for height and for distance.



Photo courtesy of Jim Maxwell

Before the Games commence, there is a tour of local drinking establishments known as the Tilted Kilt Pub Crawl, and the annual Victoria Tartan Parade—open to all who have a tartan to don.

Over the course of the Games weekend, there are Celtic music performances, Highland dance competitions and, of course, pipes—with up to 500 players in a mass performance viewed by thousands of spectators.

Additionally, various clans, such as Clan Gregor, Clan MacKenzie and Clan MacRae, have tents set up throughout the spring festival.

Jim explains that planning for such a large-scale operation begins well over

a year ahead of time. He is presently arranging the logistics for the 2026 and 2027 Games. In fact, 2026 will be a big year for the Victoria Highland Games.

"We have just confirmed that we will hold the world women's heavy event for the first time in Canada and we are really looking forward to that," Jim says.

Jim, who worked as the executive director of operations at the British Columbia Forestry Service—a position he asserts helped tremendously with the organisational skills needed to run a top-notch festival—exudes a passion for the Games, pride in what it brings to local Scottish culture, and gratitude towards

his spouse.

"It is a lifestyle for my wife and me. I have a great partner and she is always there. She is as big an asset for the Highland Games as anyone," he says.

Clearly, his devotion and enthusiasm for what he does rubs off on others.

"I find when people talk to me they are so excited to be at the Games because there is always something interesting going on. Our goal is to build a strong community- and family-oriented event," he says.

Jim was instrumental as well in securing the location for the Victoria Scottish Cultural Centre, from which the Highland Games is headquartered and does

its planning throughout the year. The centre is situated on land once used by the Hudson's Bay Company as a farm.

In 2014, the association leased the property from the province. For the next seven years, it went through all the provincial and municipal approval requirements to build the centre, which Jim officially opened on January 19, 2023.

Jim's experience has crossed over to the performing side, too. For 20 years, he played in a police pipe band, despite taking up the instrument as an adult.

"We had a lot of fun travelling around the world and marching in a pipe band," he reflects.

Presently, Jim is also keeping an eye on the long-term future of the Games so that they can thrive for at least another 162 years.

"We have now started the Capital City Pipe Band for all aspiring pipers and drummers ages 8 to 18, and we have 21 members competing at the Games. So it is a huge success and we want to keep it going," he says.

Furthermore, dozens of local athletes train year-round through the Highland Games Association.

Of perhaps greatest significance, Jim has secured a solid succession plan for the Games and a strong financial footing through its business model—the envy of many a cultural festival—as it heads into the future.

Gregarious Bagpiper

Meanwhile in downtown Victoria, Charles Bailey regales locals and tourists alike with his proficiency in the Caledonian instrument. The affable native Albertan talks to all who come by and is able to do so in a variety of languages besides English—French, German, Yiddish, Hebrew and a smattering of Arabic, among them.

As someone who had been playing piano from an early age, picking up the bagpipes came relatively quickly to Charles, despite having started when he was in his 50s.

The instrument does, however, run in the family. Bailey's father, part of the Calgary Highlanders regiment, was one of a select few Canadian pipers during the Second World War who were there with the troops as a means to boost morale. The regiment played a significant role in liberating the Netherlands from 1944 to 1945.

"When I started playing bagpipes, my dad was in his 80s. He gave me some tips and I got inspired," Charles recounts. "I learned from a guy who my dad had known from the Calgary Highlanders while we were in Calgary. He was the existing pipe major for the Highlanders."

Charles studied the instrument while in Alberta, during a career spent in finance and as a real estate appraiser, before moving to the West Coast. For the past several years, he has been a regular presence outside the Royal Scot Hotel & Suites and at the Inner Harbour, across from the Fairmont Empress.

Interestingly, the City of Victoria has a whole section of its bylaws dedicated to bagpipes at a corner of the Inner Harbour, in the area known commonly as the Upper Causeway. The city has ruled that a piper can perform there Monday to Friday between 11:00 a.m. and 1:00 p.m. and 5:00 p.m. and 10:00 p.m., or between the hours of 10:00 a.m. and 10:00 p.m. Saturday, Sunday and statutory holidays.

"I play pretty much each day for five months of the year at



PAGE 10 | Jim Maxwell, President of the Victoria Highland Games Association, has led the charge since 2000 to reinvigorate Victoria's Scottish heritage with the help of many Scottish enthusiasts. **ABOVE |** Bagpiper Charles Bailey is a visible and audible fixture in Victoria's Inner Harbour and at the Royal Scot Hotel.

Photo courtesy of Charles Bailey

the Royal Scot, from May to September. I play for a few hours by the Inner Harbour each week throughout the year. I was the first guy to do it there in the winter," Charles says.

Charles, who entertains each group that comes into the hotel for about an hour, has developed a loyal following over the years.

"The bus drivers are all my friends. They were all excited there was going to be a regular piper at the Royal Scot, as was the hotel," Charles says.

His repertoire extends beyond the regular bagpipe standards. As different groups come in from various parts of the world, he tailors his tunes to them. For example, if a busload of tourists from Quebec arrives in Victoria, he plays "Vive la Canadienne," the anthem for French-speaking Canadians before "O Canada."

When he notices visitors from Germany coming to town, he will play Elvis Presley's "Wooden Heart," which was based on the German folk song "Muss i denn."

"I meet the whole world there and I really enjoy it," says Charles, whose music is heard by thousands of people each year. |

Strength Training for 55+ Women

by EVE LEES

Strength training – also called resistance or weight training – significantly enhances quality of life and independence as we age. Yet it's often overlooked by women, due to the fear that it will create muscle “bulk.”

Strength training can be done using body weight, machines, free weights, or resistance bands. Cardio exercises (like walking, running, and cycling) are also important, and a well-rounded workout should include both. However, resistance training offers several unique benefits that cardio doesn't, says Germana Rovinelli, a fitness professional with over 40 years of experience and owner of Able Body Consulting in Nanaimo.

From age 45 onward, muscle loss accelerates by two to five pounds per decade. “Resistance training preserves muscle and strength, improving stability and preventing falls—a leading cause of injury and death for those over 65,” says Rovinelli.

Another key benefit, she explains, is that “strength training creates muscle symmetry or balance on both the left and right sides of the body. Symmetry ensures your body performs movements efficiently and helps overcome weaknesses and imbalances that lead to injuries.” She adds, “This balance can only be achieved through strength training. Activities like walking, spinning, or yoga can't accomplish this.”

Strength training offers many documented benefits. It maintains bone density and stimulates bone growth, reducing the risk of osteoporosis and fractures. Muscle mass cushions and protects bones, so if you do fall, you're less likely to break something—and you'll heal faster if you are injured. It may also help reduce arthritic pain. You'll improve balance, coordination, and mobility—especially with lower-body exercises like squats and lunges. It also strengthens back, shoulder, and core muscles, helping to counteract age-related poor posture.

Increasing muscle mass improves insulin sensitivity, making your body more efficient at using and storing blood sugar. Improving your muscle-to-fat ratio also slows cellular ageing, stimulates the

secretion of protective substances (called myokines) that regulate inflammation, and protects the lining of the arteries. All this can help reduce the risk of diabetes, high blood pressure, cancer, heart disease, arthritis, osteoarthritis, osteoporosis, depression, and anxiety.

Having more—and stronger—muscles also supports the immune system by improving circulation, reducing inflammation, and promoting the production of immune cells. This helps reduce illness



and supports long-term health.

Because muscle is highly active tissue, retaining as much of it as possible keeps your metabolism high, helping you maintain a healthy weight and energy levels. If your metabolism slows due to age-related muscle loss (sarcopenia), you'll feel weaker and more fatigued. Resistance exercise, however, can be just as energizing as that second cup of coffee.

Beyond the physical benefits, strength training improves mental well-being. It boosts mood-enhancing neurotransmitters like endorphins and serotonin, which help reduce depression and anxiety. Rovinelli says women who engage in strength training feel more confident, empowered, and ready to face life's challenges.

She also notes that strength training is a workout for your brain: “It keeps those cortical pathways active.” These neural connections between brain and body are essential for fine motor skills, memory,

learning, and the ability to focus and concentrate. Regular resistance training supports neuroplasticity—the brain's ability to maintain and form new neural connections.

Unfortunately, many women avoid weight training, fearing they'll “bulk up.” But women naturally have lower testosterone levels, making significant muscle growth unlikely. Light to moderate weights will create muscle tone and definition—not bulk—Rovinelli assures. “Building large muscles requires heavy weights, intense training, high-calorie diets, and perhaps steroids! Gaining muscle is deliberate.”

For strength and endurance, she recommends lifting lighter weights with higher repetitions (10–15), while heavier weights with lower repetitions (6–10) help increase muscle size. Before starting a program, consult your doctor if you have any health concerns, and seek guidance from a fitness professional to learn proper technique.

When starting a strength training routine, Rovinelli advises patience: “Doing too much too soon can cause injuries and discourage you from continuing.” Beginners, she says, are in the “baby chick stage” for the first 12 weeks, as muscles strengthen more quickly than connective tissues like tendons and fascia. Strength training, she adds, isn't a quick fix—it's a slow, consistent process. It's a lifestyle

Consistency is key. Aim for two or three 30-minute sessions per week. “Results are in the rest!” Rovinelli stresses. Recovery is critical; muscles repair and grow stronger only during rest periods. Allow at least 48 hours before training the same muscle group again.

“If you don't use your muscles as you age, they atrophy,” Rovinelli warns. “That's the beginning of the end—because you need muscular strength to do anything physical, even simple movements like getting out of a chair.”

She believes that preserving independence and dignity should be a top priority as we age: “Look after your body, and your body looks after you. No pill from your doctor will cure the debilitating effects of muscle loss.” |



Surprising Yourself in Sicily

by JENNIFER HARTLEY

Life is about surprising yourself and stepping outside your comfort zone. For some, trusting a guided tour to deliver an adventure that lives up to expectations is stepping outside that comfort zone. But with Walk About Italy, those worries quickly melt away.

Walk About Italy tours are intimate and offer the perfect blend of history, nature, culinary excellence, exercise, relaxed sophistication, and warm hospitality. They are also meticulously planned. In fact, to call it simply a “walk” is a misnomer. Gianni Stanghellini’s tours are a feast for the senses.

Gianni’s Story

“Hailing from Siena, a captivating medieval town in the heart of Tuscany, I remain firmly rooted here. The allure of this exquisite place has held me steadfast, and it’s from here that I continue to operate and shape unforgettable experiences.”

It might seem surprising that someone like Gianni—who holds a doctorate in geology (mineralogy)—would become a tourism specialist, but perhaps it’s exactly that background that makes him stand out.

“I loved my geology background, but I never felt the lab was my place. This is the life I like.”

So, in 2012, he launched his own company. “I felt the desire to create tours that focus on everything I love to do, in the way I love to do it: walking in nature, sharing this experience with others, and being ‘leggero’—light—soaking up life, so to speak.”

Motivated by deep passion for his homeland, Gianni says, “I want to share the secrets of my country.” He admits that he occasionally slips in geological facts while guiding, which only adds to the uniqueness of the experience.

The Secret Side of Sicily

I’ve always been captivated by Sicily, so I began my Walk About Italy experience on their Secret Side of Sicily tour.

In 1787, the German author Goethe wrote: “To have seen Italy without having seen Sicily is not to have seen Italy at all, for Sicily is the clue to everything.”

Each day includes a gentle two-hour hike (4–6 km), usually in the morning, to work off the delicious buffet breakfasts and build up an appetite for the equally delightful lunches and dinners. The walks are varied and not strenuous—walking sticks are included—and the views are consistently stunning.

This Sicilian odyssey includes the east-

ern coast of the island, the largest in the Mediterranean, and a visit to three of the seven Aeolian Islands.

Every site, trail, hidden location—and bite—has been chosen first-hand.

The trip includes visits to farms where travellers can meet and chat with the farmers, accommodations in family-run hotels, and meals at local restaurants. The itinerary stays flexible to allow for spontaneous discoveries, and local guides are hired to ensure an authentic, well-rounded experience that highlights the region’s hidden treasures.

Siracusa (Syracuse)

Cicero loved it, and so will you. This UNESCO World Heritage Site bears witness to the evolution of Mediterranean civilization over 3,000 years. Walking in the footsteps of Plato and Archimedes in ancient Ortigia is an experience that stays with you.

What’s striking about Syracuse is how ancient history is woven into everyday life. Next to the Temple of Apollo, dating to the 6th century BC, is a lively piazza and market.

Nearby is a moving surprise: a Commonwealth War Graves Commission cemetery commemorating soldiers who fell

during the 1943 Italian Campaign. Several Canadians are buried here. In Italy, history surrounds you at every turn.

Vendicari Nature Reserve

This is the first major hike (6 km) of the trip. Birdwatchers will be thrilled by the more than 200 species observed here, including flamingos, herons, and storks. Observation decks provide excellent views. The Tonnara di Vendicari, a sophisticated 17th-century tuna-processing plant on the water, now serves as a fascinating museum.

This peaceful, scenic hike follows ancient paths—literal highways of the ancient world.

Nearby, the village of Noto stands as a testament to human resilience. Destroyed by a massive earthquake in 1693, it was rebuilt in ornate Baroque style and is now a UNESCO World Heritage Site. (It's also known for its gelato and granita—so treat yourself!)

Taormina

Cradled by the Mediterranean sun, Taormina captures the magic of the region. Oscar Wilde called it “a town steeped in history that unfolds like a canvas painted by the gods themselves.”

It's no surprise Taormina has long attracted the wealthy—and Hollywood. (Episodes of *The White Lotus* were filmed here.) From upscale boutiques to quirky shops, it's fun to explore. Or simply enjoy a drink on a narrow alley patio and people-watch.

The real star, though, is the ancient Greek Teatro Antico, built in the 3rd century BC. With views of Mount Etna, the sea, and the vibrant town, it's a cinematic backdrop that has appeared in films like *Mighty Aphrodite*.

Aeolian Islands

This rugged island chain was designated a UNESCO World Heritage Site in 2002 for its volcanic significance. The soil is rich, perfect for growing the ingredients that make Sicilian cuisine unforgettable—and it's a hiker's paradise.

Lipari

A hydrofoil ride lands you in Marina Corta, a bustling, charming port that leads into narrow winding streets. Lipari, the largest Aeolian Island, is home base for four nights at the four-star AK-TEA Resort (enjoy the large pool or relax on your private patio). A hike to the Osservatorio Geofisico di Lipari—once a seismic research station—offers stunning views of Vulcano and the island's dramatic cliffs.

Vulcano

The word “volcano” comes from this island, named after Vulcan, the Roman god of fire. No wonder Italians are full of passion! A hike to the main crater, Caldera de La Fossa, brings you to a 500-metre-wide cauldron with sulphur vents hissing steam into the sky. The panoramic views are peaceful and breathtaking.

Back in the village, you can soak in a warm sulphur mud pool or swim in the ocean's bubbly waters. (Tip: don't wear jewelry—the sulphur can tarnish it.)

Salina

This peaceful island, the second largest of the Aeolians, offers serene hiking. One unforgettable lunch was enjoyed mountainside, just our group, overlooking the sea, serenaded by our guitar-playing host.

The Joy of Eating

Eating in Italy is an experience; in Sicily, it's something divine. The cuisine is a mix of Mediterranean influences and volcanic richness. Fresh seafood, citrus, eggplant, capers, herbs, tomatoes, pistachios, and olive oil combine in dishes that are distinctly Sicilian.

Ermes, our affable guide, curated each meal to showcase regional flavours. He provided fascinating insights and ensured every detail was perfect.



Tour host Gianni Stanghellini entertains his guests.

Picture long tables, al fresco dining, multiple shared dishes, and local wines. Meals took place in mountain villages, rustic family kitchens, and scenic outdoor settings. Each one was memorable.

Sicilians love their sweets, so don't skip the gelato, granita (flavoured ice), or pastries—especially the pistachio croissants at AKTEA. And Hermes won't let you leave without trying a Sicilian cannolo—a delicious tube of crispy pastry filled with sweet ricotta. Every bite is worth it.

To savour Sicily is to savour life—and there's no better way to do that than with the team at Walk About Italy. I'm already dreaming of my next adventure with them, to explore another corner of this beautiful country in a completely new way. |



A retirement community in the heart of Victoria

250.383.9099 | jnahnybida@retirementconcepts.com
2800 Blanshard St., Victoria BC V8T 5B5



THE WELLESLEY

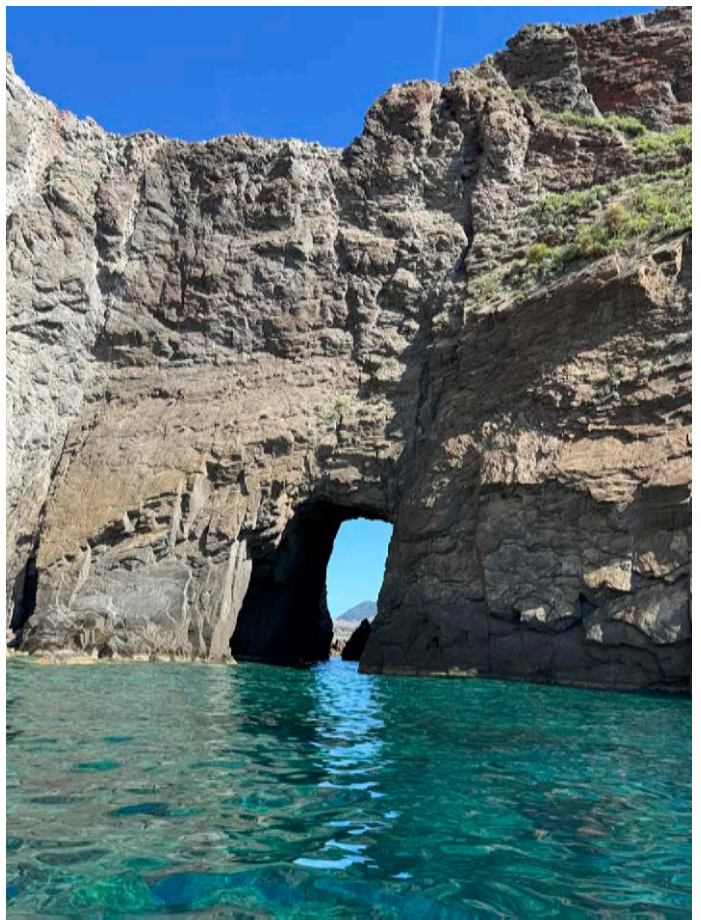


PAGE 13 | Marina Corta greets you as you arrive on the island of Lipari. With churches and restaurants and the 15th century Castello di Lipari keep watch over everything, it is a warm welcome.

ABOVE | A mix of Mediterranean influences provides a rich tapestry of foods for sampling, with a Sicilian distinction.

BELOW | Walking along the paths the Romans followed in Sicily

RIGHT | The magnificent blue water of the Tyrrhenian Sea that separates the islands of Salina and Lipari provides a refreshing dip. The rock formations are stunning reminders of the volcanic activity of the region.



paramount TRAVEL

TOURS | CRUISES | EXPERIENCES

Escorted Senior Small Group Tours

Proudly Canadian Owned & Operated Since 2003

Coach & Cruise Group Tours • Door-to-Door Services
Easy Booking Experience • Frequent Traveller Rewards
Serving Lower Mainland & Island Customers

Scenic & Sightseeing



Scenic Rail & Rockies
October 04 | 7 Days
8 Experiences



Kootenay Rails & Heritage – Sep 21
Blue Jays in Toronto – Sep 21
Storm Watching Tofino – Nov 17
Northern Lights in Yukon – Feb 23

Great Getaways



Rockies Gambling
September 28 | 7 Days
7 Experiences



Whistler Getaway – Sep 17
Harrison Hot Springs – Oct 01
Thanksgiving Getaway – Oct 21
Oktoberfest Penticton – Oct 27

604.575.6200 | 1.866.262.1414
Full tour line-up at wegothere.ca

BC REG 27078

Walking Jersey Shores

by JAMES ROSS



The island of Jersey, off the northern coast of France, has one of the largest tidal ranges in the world. At low tide, the island nearly doubles in size.

Since my wife and I are spending a week wandering around the coastline, I lazily suggest we consider doing our walking at high tide—when the island is smaller. Truthfully, the tides are of little consequence.

The trails remain stunningly beautiful, and only the many stretches of beach that line the coast change—expanding at low tide to offer the choice of walking on silky sand or along higher ground.

The Channel Islands are the most southerly of the British Isles—an archipelago tucked into the Bay of Saint-Malo, about 22 kilometres off France's Cherbourg Peninsula and 161 kilometres from the south coast of England.

Technically, they are not part of the United Kingdom but are Crown Dependencies. The islands became part of the Anglo-Norman realm when William the Conqueror became King of England in 1066. In 1204, when King John lost Normandy to France, the islanders chose to remain loyal to the English Crown.

My wife and I arrived on Jersey, the largest of the Channel Islands, in the early afternoon and jumped on a double-decker bus from the airport to our hotel in St. Aubin.

The tide was out. Boats sat high and dry in the town's pretty harbour, like toys left in the sand. There was the distinctive smell of decay laid bare, and the salty sea.

Black-headed gulls, ringed plovers,

and dunlins screeched and cried above the tidal flats—a beautiful sound in this setting.

Our plan for the week was to do some hiking. Jersey is characterized by steep granite cliffs and sheltered bays to the north, sweeping sandy beaches to the west and south, and rocky beaches and quaint harbours with a view of France to the east. Though there are some wonderful inland trails, we decided to concentrate on walking all four coasts.

Strolling South

We warmed up with a pleasant afternoon stroll along the ocean promenade from St. Aubin to Saint Helier. Sanderlings, redshanks, oystercatchers, curlews, and turnstones ran along the exposed beaches, scavenging for trapped molluscs, crabs, and crustacea.

Reaching the capital, with the sea still receding, we trekked out the causeway to the 16th-century Elizabeth Castle. Not in time to see the midday cannon fired, we explored the fortress and the tiny hermitage that housed the reclusive Saint Helier in the 6th century. If the tide is high, visitors can reach the castle via an amphibious shuttle.

The next morning, we bussed west to the Corbière Lighthouse—the first concrete lighthouse in the British Isles—set on a rocky outcrop at the island's south-west corner. Our plan was to walk the 12-kilometre coastal path back to St. Aubin. At high tide, the lighthouse rises above the swelling sea; at low tide, it can be reached on foot.

We ambled along the cliff-top path,

passing St. Brelade's Bay Church and its 6th-century Fishermen's Chapel before descending to St. Brelade's Bay—a gloriously expansive sweep of sand. After pausing for lunch at the beachside Oyster Box, we climbed up to the Noirmont headland for stunning vistas over St. Aubin's Bay.

Jersey boasts a multi-layered history—from Neolithic times to medieval castles to a more recent chapter during the Second World War, when Jersey, Guernsey, Alderney, and Sark became the only British territories occupied by Nazi Germany. The island is scattered with bunkers, pillboxes, and battlements.

Making our way around the gorse-scented crags, we stumbled first upon La Cotte de St. Brelade, a Neanderthal site, and then Battery Lothringen, a coastal artillery installation that is one of the best preserved in Western Europe.

The islands were the most heavily fortified part of Hitler's vaunted "Atlantic Wall," a strategy into which he poured resources far outweighing the islands' strategic value—encouraged by both the Allies, who hoped to divert German troops from northern France, and the Germans stationed here, who saw it as a more desirable posting than the Russian front.

Meandering North

Our favourite hike was from Grosnez Castle on the island's north-west tip eastward to Grève de Lecq, along the craggy coastline with splendid views out to the other Channel Islands. Puffins and razorbills perched on the bluffs, dolphins swam offshore, and sheep grazed inland. At low tide, seals basked on the exposed rocks, and pale-bellied Brent geese, grebes, mergansers, and egrets waded in the tidal pools.

Ambling East

We bussed to St. Catherine's Bay and its 19th-century breakwater, then walked south along a well-tended seaside path to Mont Orgueil Castle, a formidable fortress perched on a rocky promontory overlooking Gorey Bay. Its maze of towers, staircases, and secret rooms leads to lofty battlements with views of the French coast.



OPPOSITE PAGE | Jersey's St Corbière Lighthouse

LEFT TOP | Groznez castle on the island's north-west reach

LEFT BOTTOM | Coastal path sign post

ABOVE | Mont Orgueil Castle





MILE ZERO TOURS

BC Reg #67275

BC, Canadian and International Adventures!



**Summer & Autumn
2025**

All prices include airfare, fees and taxes

Yukon & Northwest Territories	13 Days	July & Aug	\$6899
Haida Gwaii & Inside Passage	9 Days	July & Aug	\$5299
Discover Newfoundland	12 Days	July & Aug	\$5999
Epic Canadian Rail Journey	16 Days	Aug 15	\$11399
Picturesque Portugal	13 Days	Aug 28	\$7199
Okanagan Grape Escape	5 Days	Sept 20	\$2699
Autumn in Quebec & Ontario	10 Days	Sept 21	\$5999
Discovering Scotland & Ireland	22 Days	Sept 26	\$13799
Tofino Escape—from Victoria	4 Days	Oct 20	\$1799
Tofino Escape —from Vancouver	4 Days	Oct 27	\$1799

Prices listed are per person from Victoria based on double occupancy

LIFE ENRICHING TRAVEL STARTS AT YOUR DOOR!

250.590.0811 1.844.590.0811

WWW.MILEZEROTOURS.COM

208-620 VIEW STREET VICTORIA BC

Curious about how Dentures can help you?

We offer free, in-depth consultations to help you identify the denture solution to suit your needs and budget. Trained specifically with dentures.



Tracy Merkley

I will work with you for the look and function you deserve.

Central Park Denture Clinic

www.centralparkdenture.com

250-388-4100

smilestylists@shaw.ca

201 - 1711 Cook Street, Victoria BC • Free parking



Registered Provider for Canadian Dental Care Plan



**The Cridge
Centre for
the Family**

The Cridge Village
Seniors' Centre



“Why didn’t I make this move sooner?”

The Cridge Village Seniors' Centre offers bright, quiet one- or two-bedroom suites. We have both subsidized Assisted Living suites through Island Health and private pay Independent Living options available. We provide:

- Nutritious, delicious meals made from scratch, often with organic or local ingredients;
- An expansive property with beautifully landscaped gardens, paved pathways, and raised planter patio garden brimming with fresh herbs and vegetables;
- The convenience of weekly housekeeping and warm staff always ready to assist;
- A vibrant, multi-generational community with a childcare centre next door; and
- A wide variety of recreational programming, including fitness classes, live entertainment, movie nights, outings on our private bus, and so much more.

For more information or to book a tour, call **250-384-8058**. We can't wait to meet you!

Located at 1307 Hillside Avenue in Victoria, BC.

250-384-8058 | cridge.org

Wandering West

The most dramatic beach is the eight-kilometre St. Ouen's Bay on the west coast, where surfers test the breakers and families play on the sand.

We rambled through the adjacent dunes and wetlands before ducking down to the beach for lunch at The Sands, a trendy café run by a former pro surfer. A small wheatear entertained us, singing a melodic tune from a hidden perch in the gorse.

We enjoyed beautiful spring weather, which we had been warned could be unpredictable. At times, Jersey felt almost Mediterranean, with bright wildflowers and palm trees—until a sudden squall swept across the bay to remind us to keep our rain gear close.

After each enchanting walk, we returned to the Somerville Hotel, perched high above the colourful St. Aubin harbour. We walked most of the island's coastal path during our delightful week here, along a wild landscape sculpted by the sea. At the end of each day, we had earned our dram and a fresh seafood dinner at one of the many excellent quayside restaurants. |

Walking Notes

Getting Around: Jersey's bus system (LibertyBus) is very efficient. Buy a 7-day pass and explore the whole island. Get dropped off at one spot and hop back on at another after your walk.

Island Hopping: If you have time, visit the neighbouring islands. Guernsey offers a step-back-in-time experience with its floral cliff paths and sleepy towns. Alderney is home to historic fortifications, and car-free Sark and Herm boast beaches to rival the Caribbean.

Occupation: German forces invaded Jersey in July 1940, banning radios, adopting continental time, and ordering residents to drive on the right. On May 9, 2025, Jersey celebrated the 80th anniversary of Liberation Day, marking the end of nearly five years of occupation.

War Tunnels: Learn about life during the occupation at the Jersey War Tunnels. This underground complex, built by the Nazis using forced labour, houses exhibitions that pay tribute to the hardship and heroism of that era.

Information: www.jersey.com

Marketplace

WANTED: Old stereo/audio equipment any condition. Amplifiers, turntables, speakers, receivers, etc. Records. Honest, friendly. Victoria and V.I. Call Bob 250-896-2268. northtowns26@gmail.com

SENSUAL MESSAGE. Are you missing touch? I'm a Certified Sexological Bodyworker, I work with Couples and Individuals. Sher 250-889-4166, or email sexeducator@telus.net

SHARED SPACE – Beautiful garden suite with large private bedroom/living area. Shared bathroom, kitchen & laundry. Separate entrances. Ideal for someone wanting spacious privacy with shared common areas. \$1350/month. Street parking. Near bus routes. No smoking. Available Sept 1. Email: publisher@seniorlivingmag.com

Out & About Single Seniors Meet & Greet Victoria

Join our semi-monthly email newsletter for info on club events.

singleseniorsvictoriabc@gmail.com

SPONSORED BY
INSPIRED MAGAZINE

INSPIRED 55+ Travel Club

www.seniorlivingmag.com/travelclub

Ready for Your Next Adventure?

Join our vibrant community of 55+ travelers and let the journey begin!

Subscribe to our newsletter now and get ready to explore, connect, and experience the world like never before.

Tired of Exploring Alone? Our club connects you with compatible companions. Swap stories and invaluable tips with seasoned travelers who've roamed far and wide.

Uncover New Horizons. Several times a year we hold events where you can learn about interesting destinations presented by our magazine's travel experts.

We're building a community of travellers. Come join us!



Professional Vehicle Buyer Need help getting rid of your vehicle?

Call Colby

Turn your Vehicle into Cash!

Estates, Trustees, Loss of Driver's License, Health Reasons, Down Sizing

Hassle Free
Quick and Easy Transactions
Same Day Payment

We Come to You

(250)216-7104
colby@callcolby.ca

MARKETPLACE ADVERTISING: Affordable advertising for every budget.

Basic: \$55 for 20 words + 5% GST + \$2.50 extra word. Red color 10% extra. Small box ads start at \$180, Large box ads start at \$340, plus tax. Ads must be paid when you book your ad. Phone 250-479-4705. Email publisher@seniorlivingmag.com

SUBSCRIPTION ORDER FORM



6 issues for \$26.25. Includes tax.
CANADA ONLY SHIPPING.

Name _____

Address _____

City _____

Prov _____ Postal Code _____

Make cheque payable to:

Stratis Publishing Ltd
1223 Hopkins Place
Victoria BC V8P 3J9

To Move or Not to Move?

A Guide for Seniors Considering
Their Residential Options

Thinking About Moving?

This essential guide helps seniors and their families navigate the tough decision of relocating. Packed with expert advice, practical tips, and easy-to-read information, this 114-page book offers the guidance you need to make the right choice. Find clarity, confidence, and the best solution for your future.

Written by INSPIRED Magazine publisher, Barbara Risto.

• REVISED for 2025 | **Available NOW**

\$25 (includes tax and shipping within Canada)

Send cheque payable to:

Stratis Publishing Ltd.,
1223 Hopkins Place, Victoria BC V8T 2C1

I have enclosed my cheque for \$25.

NAME _____

ADDRESS _____

PHONE _____

**CANADIAN
BESTSELLER**



**\$25
includes
SHIPPING
& GST**

LIVING ON PURPOSE

by LAURIE MUELLER

Summer Book Reading With a Purpose

Three books I recommend for your summer reading are “Muddy Water” by Allen Tysick, “A Turn of Attention: Journeys into Mediumship” by Debra Doerksen, and “The World So Wide” by Zilla Jones.

All three authors are Canadian—living in Sooke, Victoria, and Winnipeg, respectively.

In “Muddy Water,” Al Tysick writes about his everyday encounters with people living on the streets of Victoria. Instead of seeing them as a problem or threat to our way of life, Al sees these folks as human beings. He brings us into his interactions with individuals he has known over the years, sharing the joys and sorrows of doing the work he was called to do.

A United Church minister, Al could have taken on the role of preacher in one of the large, beautiful church buildings that grace Victoria’s downtown core. But his true calling was to the people who lived outside those buildings.

Now retired, he has drawn from his personal diaries to write this book—offering readers, including those of us in these very same city churches, a glimpse into the humanity he came to know.

For some of us, “helping the poor”

means writing a cheque to a local shelter or buying a Christmas gift for someone anonymously listed as “Male, 55, Size XL.”

I may never walk the streets handing out coffee, or serve soup in a shelter, but I have become more aware that homeless people are not a group to be feared or dismissed. Rather, they are fellow humans for whom our society has yet to create a safe and dignified way of living—especially for those who can’t thrive within the traditional “home, family, job” structure.

I’ve gone to church all my life. There, I found community, a sense of identity, acceptance during lonely times in unfamiliar places, and an open door to explore my spirituality and hear others’ stories.

Since I was young, I’ve received messages from “the other side.” These messages have been both comforting and affirming, so when I picked up Debra Doerksen’s “A Turn of Attention: Journeys into Mediumship,” I couldn’t wait to dig in!

More and more, I find myself in conversations with people who are becoming open to experiences “beyond the veil.”

I was an adult before I gathered the

courage to tell anyone about what happened to me when I was seven and my father died. The minister I confided in surprised me by saying I wasn’t the first to share such a story. I had kept it a secret all that time—and yet, I never told my mother. Perhaps it could have brought her comfort, too.

In Zilla Jones’ novel “The World So Wide,” we follow the story of a young Caribbean opera star navigating life in the predominantly white worlds of Canada and England as well as her mother’s home country of Granada.

Zilla is a member of a Facebook group I follow regularly, and I’m in awe of her ability to teach and mentor through her insights and her writing. She often puts into words things I didn’t even know I needed to understand.

So, when she published a novel to help people like me better grasp the everyday experiences of people of colour, I didn’t expect just how much it would affect me.

I found myself hoping I was reading about how others might act in those situations—not how I might have reacted. But the truth is, we are all partners in this world, and we all need to find ways to get along—whether our differences are in culture, politics, or lifestyle.

These three books aren’t Louise Penny murder mysteries (and I know how much we Canadians love our Louise Penny), but they are thoughtful, moving reads that I highly recommend to *INSPIRED* readers who are looking to learn, grow, and connect more deeply with the world around them. |

Laurie Mueller, M.ED is retired and living in Victoria with her husband, Helmuth. Her book *The Ultimate Guide on What to do When Someone You Love Dies* is available on Amazon. More about Laurie can be found at www.lauriemconsulting.com or on Facebook.



Stay at Home Elevating Services
Stay in your home, safely!

Ramps, Stairlifts, Platform Lifts and Home Elevators
Sales, Rentals, Service and Maintenance

Call today for a FREE consultation!!

250-391-8166

www.stayathome-elevating.com | info@stayathome-elevating.com

LEGION MANOR VICTORIA

Your comfort is our goal.



A Great Place to Call Home

Legion Membership Not Required

Serving Seniors and Veterans for over 50 years

Independent and Assisted Living Suites for seniors located in a rural setting in Central Saanich.



Call us today for information or to book a tour 250-652-3261
legionrentals@legionmanorvictoria.ca | www.legionmanorvictoria.ca

7601 East Saanich Road, Saanichton

With You Every Step of the Way

"They are personable, knowledgeable and dedicated to making our experience stress free. We truly feel we have caring friends in real estate" - Ed H.

"We would highly recommend Forbes and Marshall. They were professional and very caring. Moving a parent to a seniors facility is never easy but they made it just that "easy". Mum was delighted with how quickly and smoothly the process took place." - Shirley S.

"Michael and Lisa are super professional and friendly. Explained everything clearly and happy to answer questions promptly. Got our listing lots of traffic and we ended up with multiple offers. Deal closed as negotiated. Would highly recommend this pair to anyone." - David R.



Michael Forbes & Lisa Marshall

250.881.4493

forbesandmarshallexp@gmail.com

301-1321 Blanshard St, Victoria BC

www.forbesandmarshall.ca



SRES® Senior Real Estate Specialist - National Assoc of Realtors
Lifestyle 55+ Certified Real Estate Affiliate

WELLS GRAY TOURS

a world to experience



The Delta Grand Okanagan

Sun Peaks Alpenglowl Festival	Sept 3	6 days	\$2040
Waterton Lakes & Drumheller	Sept 8	7 days	\$3140
Kootenays Hot Springs	Sept 27	8 days	\$2865
Tyax Lodge 6 Seats Left!	Sept 30	6 days	\$2455
Thanksgiving in the Okanagan	Oct 10	6 days	\$2770
Cirque Du Soleil Echo in Calgary	Oct 17	5 days	\$2445
Fairmont Château Whistler (EB)	Oct 18	4 days	\$2025
The Yukon's Northern Lights	Oct 20	6 days	\$3095
European Christmas Markets	Nov 22	14 days	\$11,070



WE PLAN. YOU PACK. NO WORRIES.

* (EB) Early Booking Bonus
* Home City Pick-ups

* Single Fares Available
* GST not included

VICTORIA OFFICE: 102-736 Broughton St.
250.590.7889 or 800.667.9552

BC Reg. #65842

VANCOUVER ISLAND'S PREMIER SUMMER ARTS EVENT

39TH
ANNUAL

Sooke
FINEARTSSHOW

SHOW & SALE

July 26 - August 4, 2025

375+
works of art

Daily
Artist Demos

Live Music

Special Events



"WEST COAST GHOST"
by Lyle Schultz
2024 Designers' Choice

SEAPARC Recreation Centre • 2168 Phillips Rd, Sooke, BC

✉ sfas@sookefinearts.com | ☎ (250) 642-7256 | 🌐 sookefinearts.com



Making the Most of Your 55+ Years

Thank you to everyone who helped make our 19th annual 55+ Lifestyle Show a success. Inspiring ideas, products, services and opportunities. From local artists to ballroom dancers, exhibitors and special speakers, volunteers and caterers, to fashion show presenters and attendees. Special thanks to emcees Michael Forbes and Lisa Marshall, and CBC Radio's Quirks & Quarks host Bob McDonald who kept everyone entertained and smiling.

Mark your calendars for next year -- Wednesday May 13th, 2026 -- when we will do it all over again.