

## SENIOR SCAPE

By Christina Doyle

One of the nurses in the great Johns Hopkins Hospital in Baltimore was approached by Dr. Grenfell of Labrador when he was looking for someone to run a hospital there.

He told her that there would be no remuneration for the job, and that she would have to pay her own expenses, but he promised her, 'you will feel a love for life you have never before experienced.'

The nurse found that Grenfell was right. After she had been working at the hospital for some time she wrote to a friend, 'I never knew before that life was good for anything but what one could get out of it. Now I know that the real fun in life lies in seeing how much one can put into life for others.' (The Friendship Book of Francis Gay)

It has been such a joy to receive feedback from our Aurora Seniors' Centre members who have shared their positive thoughts regarding this column that I highly treasure and value. Words cannot express how deeply grateful I am to the committee members who have allowed me to continue to partake in this journey of writing for others. Thank you so much!

This month of love, so to speak, is dedicated to all of those of us who have loved, maybe even lost a loved one during this past year or even years.

To you I say take heart, how wonderful to have loved and been loved by someone while the rest of the world searches for that lifelong friend and love. You never say 'farewell,' but 'see you again someday.' Thank goodness for sweet memories of joy, laughter and tears. Consider yourself fortunate as one of those hearts who throw a coin into the fountain wishing and hoping for love. You found it, loved it and now it has come to a rest. Be strong, be grateful and talk about your precious loved one even if a tear is shed. What a gift you have been given, a love so strong, so beautiful that your memories will forever sustain you till you meet your loved one again.

As Marianne Williamson wrote from her book, A Return to Love, that if we were in love all the time, with everyone, then there would be no more wars because we wouldn't fight. There would be no hunger because we would feed each other. There would be no environmental breakdown because we would love ourselves, our children and our planet too much to destroy it. There would be only peace.

In these ever-changing times, I pray that you are surrounded with individuals who truly care about you. You only need one friend to help you get through the most challenging episodes of life. This month of February while many young lovers will either become engaged, married or hold tightly onto the memory of a loved one's embrace, know that you are not alone in your journey.

When each of you placed your wedding ring on the hand of the other, you said yes to a life of unknowns. You said yes with trust in one another's love to guide you through the years ahead. And here you are, fifty years later, a couple that has made it through the uncertainties, the many hills and valleys of life.

So, give thanks for those hands who gave you tenderness and a smile. Go forward this day with gratitude, knowing what you had. You were truly blessed. Give a big hug to the people who love you and say thank you for all they have done for you.

Have a Happy Valentine's Day. May love always find its way at your doorstep!

### HAPPENINGS AT THE SENIORS' CENTRE

#### KNOTTY KNITTERS

Every Monday morning at 9 o'clock the Knotty Knitters get together to chat and to knit. They have made many items that they give away to charity and also there are items that members may purchase. They often receive donations of wool and so everything is reasonably priced.

#### LINE DANCE

Every Tuesday evening at 6 o'clock, a group of eager people get together for line dancing led by an instructor. It is a lot of fun and no one cares if you miss a step!

#### LET'S CREATE

On Wednesdays at 1 pm a number of members get together to create items that they often sell at a later date. Some of the items are jewellery made from a variety of stones.

These are just a few of the activities that are offered at the Aurora Seniors' Centre.