



SPRING IS IN
THE AIR



SHARING SPACES: SPRING 2022



Cover photograph by Mary Burke Simpson

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Contributors

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LETTER FROM THE EDITOR

Hello Everyone,

After such a long winter - and such a slow and cold start to the spring - I think it's fair to say that we are all eager step out of our hibernation and experience all the wonders and beauty the season has to offer.

We can now step outside and enjoy the trees and flowers budding and blossoming, and hear the birds singing. We can take a nice long walk with a friend and take in the fresh air and gentle warmth of the sun. We can also sit outside and just enjoy the moment, letting the hours pass and wave hello at our neighbours who pass by - and maybe chat a little with them.

But spring is also a great teacher, perhaps more so than any of the other seasons. Spring teaches us about growth and renewal. The plants that were so dry and bare that we thought them dead, have suddenly sprung back to life. The cold wind

turned warm, and the short and dark days, turned long and brighter. Spring offers us, through so many examples, an opportunity to reflect on our own lives and the ways we too can renew ourselves, grow and change.

This is the underlying theme of this issue of Sharing Spaces. Whether it's enjoying and celebrating the beauty of spring, or being inspired by its contagious optimism by answering its call for change and renewal, I hope there is a little something in here for everyone.

Warm wishes,
Brian Maxwell



Lifelong Learning

It's never too late to start something new. Some people tend to think that after a certain age, they are no longer allowed to start something new. The truth is, it's just an excuse to not leave one's comfort zone. There's no wrong age to begin something.

Sure, for some domains like becoming a professional athlete, starting early is required. However, to learn and improve for its own sake, you are never too old. Lifelong learners recognize the importance and joy of growth and personal development and always seek to improve and build upon their current knowledge.

Here are some of the habits of lifelong learning. How many of them do you recognize in yourself?

Reading is a great way to broaden your horizons, train your brain, and possibly revolutionize your life. Through reading, you can connect with successful people and learn from the lessons they share. Through fiction, you can learn through your imagination and connect with worlds that aren't your own. Lifelong learners love to get lost in books and

do it regularly. If you want to boost your lifelong learning, pick up any book to get started.

Whether it's online or offline, there are countless courses you can participate in without spending a dime. These are great opportunities to connect with clever and like-minded people and learn from them. With today's technology, you can now gain knowledge from online programs from top universities, some of them are streamed for free on YouTube.

Our bodies were designed to move. Leading a sedentary lifestyle harms both your physical and mental health. Lifelong learners know the body is your temple. In order to flourish for as long as possible, stay active and eat healthy. A clever mind combined with a body in a good condition is the best asset you can have.

New challenges keep you motivated and engaged. In order to keep growing, you clearly define your goals. If you embrace challenges, life's difficulties will scare you less and you will also be better at embracing change and dealing with the unexpected. A complete change can lead to incredible results.

Chair Fit

There's a new class at SAS

Chair Fit offers a mix of slow and gentle seated conditioning exercises aimed to enhance cardiovascular health, strengthen muscles, and improve balance. The class is tailored to the needs of people with limited mobility. Classes are held **Wednesday 11:15-12:15**, in the rec-room and on Zoom. Contact Betty for more details.



About The Instructor:

Azadeh Shooshtari has been teaching fitness for over 20 years and holds a Masters in Physical Education and Sports Sciences. We are so excited to welcome her to our team of excellent and qualified SAS instructors.



NORDIC POLE WALKING



**MAY 17 to
AUGUST 16
TUESDAYS
10:30-11:30**

Verdi: Master of The Opera

Dr. David Bowser

Dates: Friday, June 3, 10, 17, & 24, and July 8 & 15, 1:30-3:00pm

\$40 for SAS Members & SMBH Residents

\$50 for Guests

Series Description

Giuseppe Verdi is considered one of the greatest opera composers in history. His sense of melody, form, and drama are paramount to his creative output and his operas remain powerful testaments to the artform. Join Dr. David Bowser in this series of six lectures exploring Verdi's fascinating life and influential musical oeuvre.

Dr. David Bowser is a conductor, composer, and Artistic Director of the Mozart Project which operates the Toronto Mozart Players, Toronto Mozart Choir and Toronto Mozart Vocal Competition. He is also music director of the Oakville Choral Society and Musical Acts of Kindness. David has conducted music for opera, ballet, film, television and the concert stage, and has performed in Canada, the United States, Japan, and across Europe. His chamber, orchestral, choral and multi-media works have been performed by prominent performers and orchestras. David earned his Doctor of Musical Arts at the University of Toronto specializing in eighteenth century string and vocal performance practices. He holds a Master of Music degree in composition from the University of Toronto and a Diplôme d'Etudes supérieures II (Master's Degree) in conducting from the Conservatoire de Musique in Montreal.



**SUMMER
VIRTUAL
LECTURE
SERIES**



Vaness

Yoga & Chair Yoga Instructor

How did you become a fitness instructor?

In a very organic way, gradually and over a long period of time. Yoga had helped me tremendously and I decided to explore it deeper for my own personal health and development. Over the years I took various courses and finally a teacher training course with no intention to teach. 3 days after completing my teacher training, I was offered a class! I started by teaching part time, 1-3 classes a week and over the years increased my numbers.

How long have you been working with SAS?

I've been with SAS for almost 10 years and I hope to stay for many more!

What's your favourite part about working with the SAS members?

I love the feeling of community at SAS. SAS members are kind, fun and always enjoy the classes. They are open to trying out all the new yoga stuff and have great discipline in consistently coming to class despite challenges they may face. I have learned a lot from our members

SAS Instructor Spotlight



What inspires you?

I'm generally inspired by people, by their endless creativity, ideas, and the things they do. From the "big" acts and ideas of people who go down in history, to the "small" acts and ideas of people carried out in their daily lives despite the enormous challenges they sometimes face. The way "tiny" acts and ideas can completely change another person's life is deeply inspiring.

Hobbies and/or favourite sports?

Yoga of course has been a constant part of my life for 30 years. I also love to read and am the most fun traveling companion.

Some surprising fact no one would expect about you.

I am a Third Culture Kid. I grew up in Africa and lived in 12 countries before the age of 30. I am also an engineer in a very male dominated field, graduating as one of only 4 women out of a class 120 students (fortunately, twenty something years on, the numbers are somewhat better).



Poetry

Cold Spring, Cold Spring

By Quang Pham & Son Duong

Cold Spring, cold Spring
In the garden
Birds don't sing
Flowers don't bloom yet
Snow and rain still fall
Streets are still wet
Cold rain, cold rain
Slippery, slippery; whack!
Hand in hand, we fell down
And hit the ground
Luckily, luckily; no pain, no pain!
Rain, rain... again...
Potholes, potholes; bumpy, bumpy cars
Slowly, slowly; no see, no see far
Now April, cold April, drizzles and showers
Snow and sleet in late April, a wonder!
Old age, warm in bed, getting up late
Outside, cold, rain and snow flakes
Spring snow and cold April showers
Bring no flowers, just umbrellas and snow-ploughers
We may think it's still Winter, long Winter
Still like in December, sweet December
Cold Spring, cold Spring; really Winter in Spring
Baked honey ham, gingerbread, eggnog and Christmas songs
We can still enjoy and rejoice and sing.



Sonnet 98: From you have I been absent in the spring

By William Shakespeare

From you have I been absent in the spring,
When proud-pied April, dressed in all his trim,
Hath put a spirit of youth in everything,
That heavy Saturn laughed and leaped with him.
Yet nor the lays of birds, nor the sweet smell
Of different flowers in odour and in hue,
Could make me any summer's story tell,
Or from their proud lap pluck them where they grew:
Nor did I wonder at the lily's white,
Nor praise the deep vermilion in the rose;
They were but sweet, but figures of delight
Drawn after you, - you pattern of all those.
Yet seem'd it winter still, and, you away,
As with your shadow I with these did play.



I am

By Lee Robinson

I am all pleasure. I am the tree's green leaves penetrated by sunlight. I am the star-kissed night that wraps around the homes of the sleeping and sleepless alike. I am the city awakening to bustle. I am the woods cascading into colour each spring and fall. I am the towns where church chimes summon the faithful to gather. I am the drug that slides down like sweet rain. I am the rag doll you care for deeply. I am the calm you find despite everything being at war. I am the grizzly rousing from a long winter's sleep to find berries to gorge on. I am the cut that makes the cutter feel alive. I am the to-do list, half checked-off. I am the full feeling you get before your meal is finished. I am the dream that sustains you, the reason you carry on. I am the promise fulfilled. I am the One inordinate, expansive love encompassing All.





Who loves you?

By Lee Robinson

It's the reptiles who love you,
the lizards, the cows, the pigs.
It's the ones who loll in bed
and wake slow, the ones who nod
yes to beer, to wine, to films,
phone calls, drugs—the ones
who don't work love you.
Those who detest effort, who
greet the world saying,
You were here first—have me.
These ones love you.

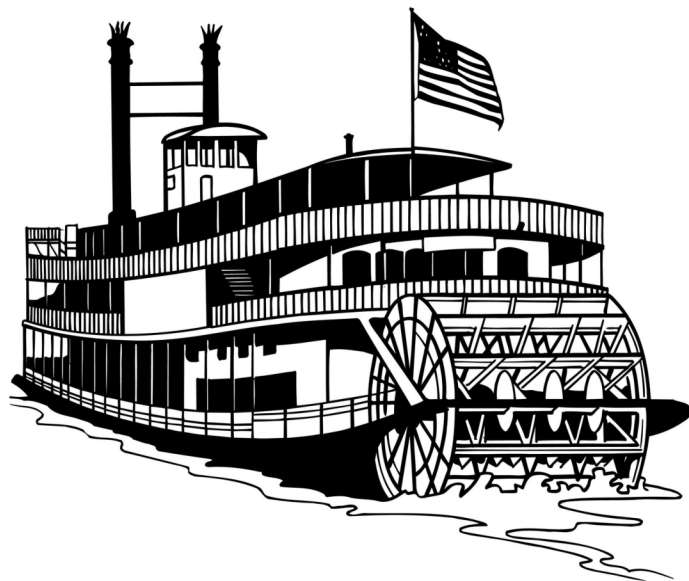
The depressed love you. The polar bear
in Honolulu, the whales in tanks on prozac
despite their doing well. The bug
twisting in the web loves you,
all the caged and caught, those
who can't bother love you.
They who are shredded by newsprint,
clobbered by courtesy, who face
each decision saying,
I could do A or B or
starve myself to death.
They love you.



Mississippi Delta City

By Grenville Johnson

Through the windows of a dream
Reckoning what seems to be
By far the fondest memories
I left in Delta City
The days I travelled riverboat
With a Captain Charleston Pettibone
From Delta City up the coast
Of the mighty Mississippi
Mississippi Delta City
Mississippi Delta City
She's Louisiana's Cajun Changing Queen
Much closer to a sister than a brother
Sister of the City New Orleans
Mystic Delta City
Mystic Delta City
People waiting on the levy
Down at Mystic Delta City
For a paddle wheeling
Eye appealing river boat
And her Captain Charleston
Maurice Beufort Pettibone
The chugging of the engine
The whistle of the steam
The paddle of the riverboat
Mississippi Delta City
Mississippi Delta City
Mississippi in the noon day
Easy going lazy flowing highway
Through the windows of a dream
Reckoning what seems to be
By far the fondest memories
I left Delta City



Spring Came Out Today

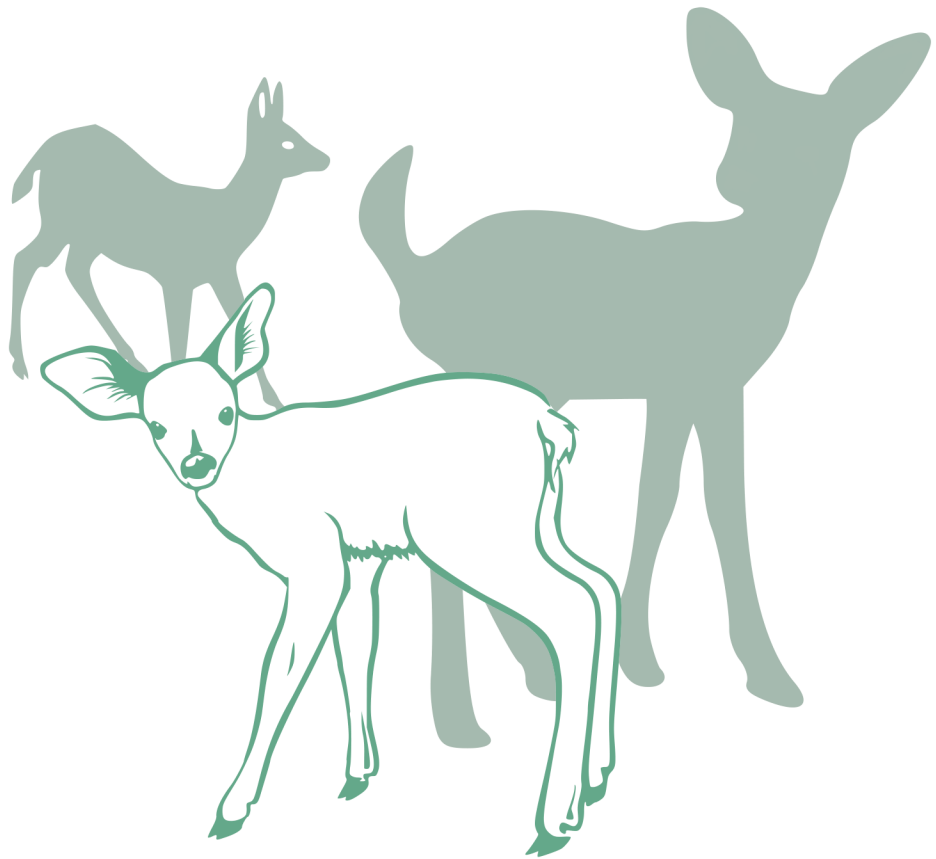
By Grenville Johnson

Spring came out today
The natural way
Smiling sunshine crying rain
Breezing with the trees and hedges
Sunning waters, sands, and beaches
...namely mine

She's a lady
Sometimes cunning
Mostly kind
Thunders words of indignation
Shedding light to conversations
...hard to come by

Spring came out today
The natural way
Moody lady
Tears escape her eyes
Children frolic in her waters
Fellas under umbrellas
Ladies with their parasols
...waiting for her sun to shine
...yes Spring came out today
...the natural way





Saltspring

By Margaret Gunhouse

It was a beautiful day on Saltspring
A pleasant morning had been spent with good friends
A wonderful sight appeared on the lawn
Two yearling, two moms and a fawn
They nibbled the grass and frolicked around
Amusing us all for some time
Then scampered away with their tails in the air
Having left us with great memories to share

Inspiration

By Margaret Gunhouse

While waiting for the family
My eyes look to the horizon
Where the skyline is so amazing
I can watch for hours

Today my eyes looked downward
And a different world I saw
It was rush hour, cars everywhere
And it was those cars that inspired me
To put to paper my thoughts to share

There were silver ones with sunroofs
Some convertibles too
Being a big city, flashing lights were seen
Weaving though the milieu
A bright yellow motorcycle
Driver helmeted and outfitted to match
Gave a jolt of colour to an otherwise
Mundane line-up of metal

Amidst all this gas guzzling traffic
What do my eyes observe?
Mister and missus squirrel
Scampering up a gnarly tree,
Doing the natural thing being spring
As life is really meant to be





"Spring", by Quong Pham



"Spring Landscape", by Alex Green



“Life stands before me like an eternal spring
with new and brilliant clothes.”

- Carl Friedrich Gauss

Photograph and Quote submitted by Andrea Valentini

Spring Musings

By Andrea Valentini

Spring is that wonderful season that inspires writers to wax poetic about renewal and hope for new possibilities. And while Mother Nature unfolds her long-hidden splendours in lush colours and crisp fragrances, as we age, it becomes more challenging to think of our lives in terms of fresh beginnings.

Even though it may be difficult to imagine major changes at this stage of our lives, it may be easier if we think of all the small initiations that have brought us joy and fulfillment... a new friend, a splendid concert, a wonderful meal. When looked at collectively, they make us realize there are always delightful adventures to look forward to, despite the small limitations of aging. The key is to remain ready and receptive to the idea that, today, a new and amazing experience to enchant you is just around the corner.



Submitted by Andrea Valentini

New Friends

by Jean Sabina

We have a new tenant at SMBH. He is exuberantly delightful and completely charming. His face is enough to make a grown woman sigh. And those brown eyes. One could melt into the adorable look he bestows on everyone he greets. Oh, and the salutations are lively and enthusiastic as most people are attracted to him like a magnet luring the crowd.

He loves to be touched, actually, embraced and cuddled. His softness is so attractive as he encourages anyone to stroke his curly hair even though he wiggles way too much to be still while being patted.

But he has some challenges to overcome as he has yet to learn not to bite with those sharp little teeth. Nipping is acceptable but gnawing is causing Lyn's arms and hands great discomfort. Yet, the problem will be overcome and the training of an enthusiastic puppy is underway. That part is not to be envied.

Charley might be the new tenant, but he is winning people over daily with his dynamic personality. The jewel is the comfort and fun that will come over the many years of companionship. The gem is how everyone's face lights up when he arrives. The diamond is how he makes us laugh with his antics. The love of a puppy with an instinct of loyalty through his lifetime is undeniably an amazing pet to have. The relationship, woman and her dog is precious for all to observe.



Submitted by Carrie Ann Cacho



Hi, I'm Charly.
I'm new at Bracondale.
Drop me a line if you want
to have good time. Don't be
shy. I won't bite!





Word Search



Find and circle all of the Winter words that are hidden in the grid.

K	L	S	O	I	L	L	I	R	P	A	D	U	O	L	C	R	R
I	D	T	C	E	S	N	I	O	S	H	O	V	E	L	G	A	L
T	P	R	G	O	F	W	O	R	M	Z	S	W	D	N	L	H	G
E	B	U	A	R	E	W	O	H	S	T	A	E	I	L	T	V	A
B	E	L	D	I	X	P	F	T	O	H	E	R	I	R	W	X	R
I	B	W	O	D	N	H	I	O	T	S	P	P	A	P	S	M	D
R	R	A	V	O	L	C	R	C	W	S	R	E	K	L	E	A	E
D	L	R	I	W	M	E	O	O	N	E	F	C	L	A	A	R	N
E	E	M	O	M	A	Y	B	A	T	I	I	C	F	N	S	C	G
N	A	B	L	L	Y	N	R	A	T	H	C	S	L	T	O	H	R
E	F	U	E	I	I	E	C	S	C	D	I	G	P	I	N	J	O
S	F	T	T	A	T	H	A	T	C	H	P	W	S	R	L	R	W
T	R	T	R	A	W	D	A	F	F	O	D	I	L	T	O	A	K
U	X	E	W	J	I	S	U	N	S	H	I	N	E	W	O	U	C
I	K	R	L	G	N	S	F	R	A	I	N	Y	E	O	E	R	T
Z	C	F	K	X	D	Q	A	P	I	L	U	T	X	G	E	E	M
M	C	L	M	E	T	S	L	L	A	B	E	S	A	B	G	Q	D
O	M	Y	F	L	O	W	E	R	G	A	L	L	E	R	B	M	U

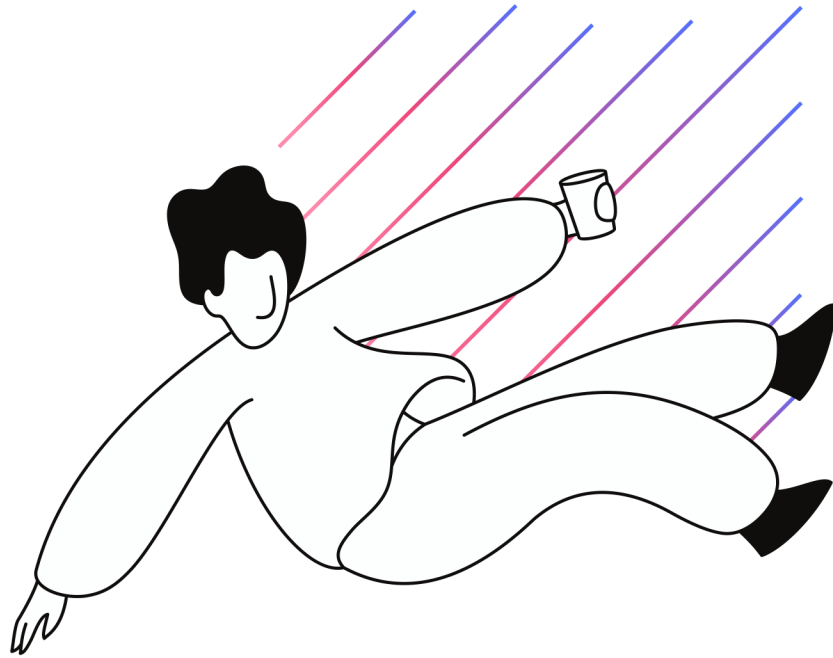
- | | | | |
|-------------|--------|----------|----------|
| April | fog | puddle | stem |
| baseball | garden | rainbow | storm |
| bird | grow | raincoat | sunshine |
| bloom | hatch | rainy | thaw |
| butterfly | insect | roots | tulip |
| caterpillar | kite | season | umbrella |
| chick | leaf | seed | violet |
| cloud | lilac | shovel | warm |
| daffodil | March | shower | water |
| dig | May | soil | weed |
| earth | nest | spring | wind |
| egg | picnic | sprout | worm |
| flower | plant | | |



SUDOKU SCRAMBLE

	8					2	
				8	4		9
		6	3	2			1
	9	7					8
8			9		3		2
	1					9	5
	7			4	5	8	
	3		7	1			
		8					4





Have you fallen in your apartment?
I have and I really, really can't get up.
They have had to call the EMS to lift me up.
Doctors don't have an answer why this happens.
So when I have the problem I just push a button on my wrist
And I tell Life Line,
"I've Fallen and I can't get up" and the EMS are notified

PHILIPS Lifeline



Submitted by Margaret Gunhouse



Thoughts on Spring

You can cut all the flowers but you cannot keep
Spring from coming.

- Pablo Neruda

No matter how long the winter, spring is sure to
follow.

- English Proverb

Spring is nature's way of saying, 'Let's Party!'

- Robin Williams

In the spring, at the end of the day, you should
smell like dirt.

- Margaret Atwood

Spring: a lovely reminder of how beautiful
change can truly be.

- Anonymous





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