

ROBBINSDALE SENIOR NEWSLETTER

A BI-MONTHLY PUBLICATION OF ROBBINSDALE RECREATION SERVICES

November - December 2011

FRIENDLY ROBINS SENIOR CLUB

The Friendly Robins Senior Club meets every Wednesday from 12:30 p.m.-3:00p.m. at the Robbinsdale Police & Fire Station, 4101 Hubbard Avenue North. Meetings are held in the Community meeting room, lower level. Meetings begin with announcements, followed by door prizes, refreshments, Bunco and card playing. The business meeting is held on the second Wednesday. **Wii and Pool** begin at 11:30am on Friendly Robin Wednesdays. The winners of a game of four players will get their \$1 back!☺ Visitors and new members are welcome!
A \$1 refreshment fee is taken at door.

FRIENDLY ROBINS SENIOR CLUB



**HELP THE ENVIRONMENT!
BRING YOUR OWN MUG TO
FRIENDLY ROBINS!**

Wednesday, November 2, 2011

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.

Wednesday, November 9, 2011

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Business meeting followed by 500 and Bunco.

Wednesday, November 16, 2011

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.

Wednesday, November 23, 2011

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.

Wednesday, November 30, 2011

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.

Wednesday, December 7, 2011

Annual Holiday Party!

12:30-3:00p.m., Crystal VFW, 5222 56th Avenue North, Crystal. Prior registration required. Register at a club meeting, stop in at Robbinsdale City Hall, or mail in your registration. Invitations will be mailed November 1.

Wednesday, December 14, 2011

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Business meeting and election of officers followed by 500 and Bunco.

Wednesday, December 21, 2011

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.

Wednesday, December 28, 2011

12:30-3:00p.m., Police & Fire Building, 4101 Hubbard Avenue North, Community meeting room, lower level. Social meeting followed by 500 and Bunco.



MEMBER FEEDBACK APPRECIATED

Friendly Robins Club leaders appreciate your feedback. Please let club officers and/or Rita know if there is something you would like to do at a club gathering. Thank you! ☺

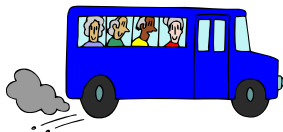
FIVE CITIES TRANSPORTATION

Persons of all cultural backgrounds, who are 60 years or older, and a resident of Crystal, Brooklyn Center, New Hope, Golden Valley, or Robbinsdale, may ride the Five Cities bus.

Phone: 763-531-1259

Visit us on the web at:

www.5citiesmn.org



Scheduled destinations

include: grocery shopping, senior club meetings, senior dining, Wal-Mart, Target, and Ridgedale. Call 763-531-1259 for a bi-monthly trip schedule.

Fare: the fare per round trip is \$3.50 with the punch pass or \$4.00 cash.

Special Destination Fare: Special destinations include: Forum and the Fork, Seniors in Mind, Afternoon Vivace, Nature of Things, and Local Motion. Special destinations are outside of the regular five cities boundaries and pickups are primarily at one central location in each city. Special Destination fare is 2 punches from the punch pass (\$7) or \$7 if paying cash.

Punch Passes are available in \$14 or \$28 amounts and may be purchased from the Five Cities bus drivers.

Riders who live in both private homes and any apartment are welcome!

Apartments on the Robbinsdale schedule:

Lee Square-4400 36th Avenue North

Bridgeway-3755 Hubbard Avenue North

Cambridge-3711 West Broadway

Broadway-3837 West Broadway

Robinwood-3850 West Broadway

Robbins Landing-4300 Robbins Landing

Broadway Court-4600 41st Avenue North

Copperfield Hill-4200 40th Avenue North

Chelsea Park-4200 45th Avenue North

Regent Apts – 4150 42nd Ave.

Lilac Parkway-4223 County Road 81

Robins Way-5500 42nd Avenue North

Coachlite-4259 West Broadway

Apts. at 5800 42nd Avenue North

Meet the Five Cities office personnel:

Monday – Nancy Schmidt

Tuesday – Sharon Laurel

Wednesday – Ivne Tidwell

Thursday – Bea Nyback/Mike Galajda

Friday – Joyce Boyko

Prism Express - a compliment to the Five Cities Transportation Project, offers rides to medical appointments, hair appointments, and other single on demand destinations. If you need a ride, call 763-529-1252.



TELEPHONE NUMBERS

City of Robbinsdale	763-537-4534
Recreation Services	763-531-1278
Sunshine Lady-Donna Stangler	763-535-0479
First Call for Help	651-291-0211
Senior Outreach	952-746-4028
Five Cities Transportation	763-531-1259
PRISM Express	763-529-1252
H.O.M.E. Program	952-746-4046
Rita DeBruyn	763-531-1274

COMMUNITY EVENTS

ROBBINSDALE HISTORICAL SOCIETY

The Historical Society meets the 4th Tuesday of the month during March, April, May, Sept., Oct. and Nov., 1:00 p.m. in the Community meeting room Police & Fire Bldg, 4101 Hubbard Ave No. The Historical Society welcomes guests.

Next Meeting date: November 22.

Robbinsdale Historical Museum

The Robbinsdale Historical Museum is located at 4915 42nd Avenue North in the Historical Library building. Open Fridays, 10:00 a.m.-4:00 p.m. and Saturdays from 11:00 a.m.-4:00 p.m. except on holidays and during inclement weather.

Men's Mornings at the Museum on Fridays

Join a group of men who love to remember the great history and people of Robbinsdale. (Please note, WOMEN ARE WELCOME, too.) The coffee pot is on at the Museum Friday mornings. Just poke your nose into the museum and you will be invited to join the discussion...or just listen. Any time around 10:00am or later – come on in.

The Robin Gallery, located in the Historical Robbinsdale Library, is operated by volunteers of the North Hennepin Artists Association.

Regular gallery hours are Tuesdays through Thursdays, 5:30-8:30pm and Fridays and Saturdays, 12-4:00pm.

ROBBINSDALE SENIOR COMMISSION

The purpose of the Robbinsdale Senior Commission is to improve the lives of older citizens in the City of Robbinsdale. The public is welcome to attend the Commission meetings, which are held on the second Monday of the month at 9:30 a.m. at Robbinsdale City Hall, 4100 Lakeview Avenue North.

Next Meeting Dates:

November 14 and December 12

Senior Commissioners are:

Virginia Anderson	David Bjorkquist
Tony Harmon	Darlene Gobel
Lila Werner	Kathleen Mathews
Bea Nyback	

Results of Craft and Bake Sale

Saturday, September 24, 2011

The volunteers from the Friendly Robins, the Monday Bunch and the Robbinsdale Senior Commission hosted the fall Craft and Bake Sale on September 24. After expenses the proceeds were \$960. These were given to the Heart of Robbinsdale Community Foundation and the Robbinsdale Lions Club to be donated to local schools to help children. Thanks to everyone who donated items, baked goods, and time. It was a very fun day.



Holiday Events – 2011

Thursday, December 1, Holiday Band Concert
Crystal Community Center, 4800 Douglas Drive,

Program: Join the Robbinsdale City Band for their annual holiday band concert. An assortment of holiday songs and rousing band numbers will inspire you with the spirit of the season.

Refreshments at 7:00pm Concert at 7:30pm

Cost: Donation for the Robbinsdale City Band

Tuesday, December 6, 2011 Christmas Tree Lighting at Robbinsdale City Hall, 6:00-6:30pm
Program: Christmas Carols and a visit from Santa are the highlights of the tree lighting at Robbinsdale City Hall, 4100 Lakeview Ave. N.

Wednesday, December 7, 2011

Program: Holiday Party at the Crystal Knights of Columbus

Program: Holiday luncheon with entertainment by Ken Wanovich and door prizes!

Thursday, December 15, 2011

Program: Holiday Movie: *Christmas in Connecticut* followed by Holiday Potluck (Bring a dish to share.).

SENIOR PROGRAMS

ROVING MINDS

DISCUSSION STUDY GROUP

The Roving Minds is a group that is curious about a variety of subjects and enjoys learning about and discussing them. The group meets at Robbinsdale City Hall in the Sixth Corner (back meeting room). The 2011-2012 discussion topic will be:

Cities in the United States and National Parks

Tuesday, November 15, 2011

Topic: Yellowstone National Park

Tuesday, December 20, 2011

Topic: History of National Parks with speaker Karen Pape.

BOOK DISCUSSION GROUP

If you enjoy books, the book discussion group could be for you. We discuss, learn, laugh and enjoy each others friendship over books.

Time: 1:00-2:30pm

Location: Sixth Corner - Robbinsdale City Hall

Date: November 1, 2011

Book: The Invisible Wall by Harry Bernstein

Date: December 6, 2011

Book: The Zookeeper's Wife

by Diane Ackerman

(Holiday Potluck begins at 12pm; book discussion begins at 1pm.)



SENIOR DINING

Lunch is served Monday through Friday at the Crystal Community Center, 4800 Douglas Drive in Crystal. The suggested contribution is **\$3.50**.

To make your reservation, call Audrey – 763-531-1183 at the Crystal dining site.

The Volunteers of America Senior Nutrition program serves all seniors age 60 and over, regardless of race, color, sex, disability, national origin, creed or religion. The program is funded through a contract with the Metropolitan Area Agency on Aging, Inc., as part of the Older Americans Act Program and participant contributions.



BRUNCH BUNCH



Each 4th Tuesday of the month, the Five Cities bus will take a group of brunch goers from Golden Valley and Robbinsdale to an area restaurant. (Crystal and New Hope Brunch Bunch go to the same restaurant on the third Tuesday of the month.) Lunch is on your own and space is limited to twenty-eight persons.

Reservations: 763-531-1259

Date: November 22, 2011

Restaurant: Olive Garden in St Louis Park

Registration begins: Tuesday, November 1

MOVIE DISCUSSION GROUP

Good conversations, great movies, and much fun are practically guaranteed. Refreshments too!! The big screen television is great! Movie-goers are encouraged to attend as many movies as possible to be able to make comparisons among the films. All are welcome as your schedule (and movie appreciation) permits. Movies are shown on various Thursdays, 9:30 a.m. in the community meeting room, Police & Fire Station, 4101 Hubbard Ave No. Please call 763-531-1274 for a detailed flyer. **Cost: \$1**



Upcoming fall movies and dates:

November 10 – *Desire Under the Elms*

November 17 – *The Americanization of Emily*

December 15 – *Holiday Movie - Christmas in Connecticut followed by Holiday Potluck*

DONUT MAKE YOU WONDER?



Join a curious group on the third Wednesday of the month for informative programs and delicious donuts. Programs held at Crystal Community Center, 4800 Douglas Drive. The program is cooperatively sponsored by the cities of Crystal, New Hope, Brooklyn Center, Robbinsdale, and School District 281.

November 16: Preventing Falls

Dr. Gary Hines is a highly regarded speaker about a topic that is dear to his heart: *Preventing Falls*. In this informative and entertaining presentation you will learn the top 20 causes of falls, the common falls you can prevent, how to avoid injury if you fall, how to make your home safer, how to live a fall free lifestyle, and what to do if you fall.

Time: 10:00am Cost: \$2 payable at the door

Registration: 763-531-1274

SPECIAL DESTINATIONS

Explore local sites, sounds, art, culture and nature on a Five Cities Transportation Special Destination. Meet new people and have great fun.

Afternoon Vivace Landmark Center

Date: Thursday, January 26, 2012

Program: Enjoy a concert by the *Artaria String Quartet* presented by the Schubert Club. Concerts are held in lovely Courtroom 317 of the historic Landmark Center in downtown St. Paul.

Following the concert there is time for a leisurely lunch or dessert at Anita's Café on the main floor.

Registration with Five Cities: 763-531-1259

Cost: No charge for the concert

Lunch: On your own at Anita's Cafe

Special Destination Bus Fare: 2 punches (\$7) from punch pass or \$7 cash. *Payable to bus driver*

Pick up at Robbinsdale City Hall: 10:30AM

Westminster Town Hall Forum

The Westminster Presbyterian Church in downtown Minneapolis hosts one of the most prestigious speaker series in the country: The Westminster Town Hall Forum. A concert precedes the forum and each is followed by a light lunch reception. There is no charge for this program.

Date: Thursday, December 8

**Program: Chris Matthews –
*Jack Kennedy: Elusive Hero***

Chris Matthews is a writer, political commentator, and the host of the nightly news show *Hardball with Chris Matthews* and the weekly panel discussion, *The Chris Matthews Show*. Before entering journalism, he was on the staff of four members of Congress, served as a top aide to former Speaker of the House Tip O’Neill, and worked as a speechwriter for President Jimmy Carter. His latest book, *Jack Kennedy: Elusive Hero*, offers a fresh look at our 35th president.

Registration with Five Cites: 763-531-1259

Cost: No charge for forum, concert, or reception.

Special Destination Bus Fare: 2 punches (\$7) from punch pass or \$7 cash. *Payable to bus driver*

Pick up at Robbinsdale City Hall: 10:30AM

Seniors in Mind at the History Center

Seniors in Mind offers an exceptional program followed by an opportunity to view the exhibit at the Minnesota History Center and have lunch in the Minnesota Café.

Date: Tuesday, November 8

Program: 1968 - The Year that Rocked the World Curator Brian Horrian shares stories and insights on the development and creation of Minnesota History Center’s major new traveling show, “The 1968 Project”. In addition, the MHS Teen Advisory Council will perform a reader’s theater presentation of 1968: Teen to Teen, created by playwright Cory Hinkle and based on oral histories from the generation who came of age during that chaotic, incredible year.

Following the program there is time for lunch in the Minnesota Café. Additionally, you will have time to explore the 1968 exhibit at the History Center.

1968 Exhibit

The 1968 exhibit is an ambitious, state-of-the-art multi-media exhibit that looks at how the experiences of the year fueled a persistent, if often contradictory, sense of identity for the people who were there. It is the unsettled nature of the debate about damage done or victories won that makes an exhibit on this subject so compelling.

The year saw the peak of the Viet Nam War, assassinations of Martin Luther King, Jr. and Robert Kennedy, riots at the Democratic National Convention, and feminist demonstrations at the Miss America Pageant. *Hair* opened on Broadway, *Bonnie and Clyde* and *The Graduate* picked up Oscars. President Lyndon Johnson spoke of a country “challenged at home and abroad” in his final state of the union address. Richard Nixon promised in his nomination acceptance speech that “the long dark night for America is about to end”. In the closing days of the year, we saw Earth in its entirety for the first time from the window of the Apollo 8 space capsule.

Attendance of the exhibit is optional for an additional fee of \$8.

Registration with Five Cites: 763-531-1259

Cost: No charge for the program. Entrance to the 1968 exhibit at the History Center is \$8 payable when you enter.

Special Destination Bus Fare: 2 punches (\$7) from punch pass or \$7 cash. *Payable to bus driver*

Pick up at Robbinsdale City Hall: 9:05 AM



**Museum of
Russian Art
February 3, 2012**

The Museum of Russian Art is hosting an exhibition of artifacts dating from the Neolithic age to the Byzantine era. Presented in conjunction with the Government of Ukraine and the Museum of National Cultural Heritage PLATAR, the exhibition will include unique clay objects from one of the most ancient civilizations of the world, the Trypillian culture, which flourished approximately 7,000 years ago. The lost world of this sophisticated matriarchal society comes to life in the fascinating figurines of the Great Goddess and in the highly stylized patterns decorating Trypillian earthenware. The Museum of Russian Art is one of only three American venues hosting this private collection. The tour will be conducted by docent Carol Rudie who has a PhD in Russian Art History and a passion she loves to share with her audience. **Lunch is on your own at Patrick’s Café and Bakery at Bachman’s in Richfield**

Registration and Cost: \$8 includes admission to the Museum of Russian Art, guided tour and escort. Please register with the New Hope Parks and Recreation by phone with a credit card at 763-531-5151 or mail to New Hope Parks and Recreation, 4041 Xylon Avenue N., New Hope, MN 55428.

Fare: 2 punches (\$7) from punch pass or \$7 cash. Payable to bus driver.

Pick up at Robbinsdale City Hall: 9:00 AM

Deadline: January 26, 2012 or when filled.
Depart Robbinsdale City Hall: 10:00am

TRIPS - OUT AND ABOUT

Out and About trips offer recreational day trips around the city and around the state. For a detailed flyer or to register for Out & About trips, call the Recreation Office at 763-531-1278.

Thursday, November 10, 2011

Old Log Theater Presents:

Everybody Loves Opal

Opal Kronke lives in a tumbledown mansion at the edge of town. Her only companion is her cat. Into her life come Gloria, Bradford and Solomon. These rascals decide they are going to take out an insurance policy on Opal then bump her off and collect the money. They soon find out Opal has more lives than her cat. Laughs abound as each of their plots fail and Opal's belief that there is good in everyone eventually wins the day. Make your luncheon selection when you register.

Cost: \$51.00 Check availability

Wednesday, November 30, 2011

Chanhassen Dinner Theater presents:

Plaid Tidings

Plaid Tidings is the holiday edition of *Forever Plaid* with completely new music and a new story from the original. Featuring delightful holiday and hit tunes from the 1950's, the Plaid Boys, Sparky, Smudge, Frankie and Jinx, cannot wait to entertain you. Also enjoy their version of the Ed Sullivan Show, featuring the Rockettes, the Chipmunks, and even the Vienna Boys Choir. You will choose your dinner entrée when you are seated at Chanhassen.

Cost: \$58.00 Check availability

Thursday, January 12, 2012

Plymouth Playhouse presents:

The Church Basement Ladies in:

A Mighty Fortress is Our Basement

The Church Basement Ladies return in this delightful new show. It is 1960 and Beverly gets her first pair of high heels for confirmation. Pastor announces his impending nuptials, Mrs. Snustad and Mrs. Gilmerson plan a food booth at the County Fair to raise money, and Mrs. Engelson embarks on a spontaneous driving lesson. Through it all these bulwarks never failing stand strong in their faith and in their friendships. Green Mill Catering will be serving a delicious chicken dinner prior to the show.

Cost: \$53.00 Check availability

Wednesday, February 22, 2012

Chanhassen Dinner Theater Presents:

Forever Plaid

Forever Plaid, the original, is also coming to Chanhassen! Fantastically funny, and timelessly tuneful, this clean cut musical revue features 50's style crooning and hilarious antics that will have you laughing yourself to tears. The four Plaids perform precision harmonies, squabble boyishly, and execute their delightfully outlandish choreography with over-zealous precision. Just a few of the songs you will hear are: Catch a Falling Star, Chain Gang, Day-O, Heart and Soul, Love is a Many Splendored Thing, and Three Coins in the Fountain. You will choose your dinner entrée when you are seated at Chanhassen.

Cost: \$59.00 Check availability

TRIPS

TWIN CITIES ARTS SAMPLER

The Twin Cities Arts Sampler offers stimulating cultural and educational experiences. For a detailed flyer or to register for Art Sampler trips, call the Recreation Office at 763-531-1278.

January 27, 2012 – The Art of Cooking at Le Cordon Bleu & lunch at Technique Restaurant

Few institutions possess the prestigious reputation of Le Cordon Bleu. Founded in Paris in 1895, this internationally known school for the culinary arts has become synonymous with refinement. Our visit includes a tour and a gourmet lunch.

Cost: \$35.00 Check availability

February 7, 2012 – *Ragtime* at Park Square Theater with lunch at Great Waters Brewery
This Tony award winning musical tells the story of three groups in America, a Harlem musician courting the woman he loves, a matriarch of a WASP family living the good life in New Rochelle New York, and an immigrant artist bent on achieving success. The stories intertwine in turn of the century America. Lunch is at the Great Waters Brewery.

Cost: \$68.00 Check availability

February 29, 2012 – Guthrie Theater presents *End of the Rainbow* and Lunch at Peter's Grill
On the McGuire Proscenium Stage, the Guthrie Theater is presenting the American premiere of *End of the Rainbow*. A smash hit in London, this show was nominated for four Olivier awards. Olivier Award winner Tracie Bennett repeats her London performance of Judy Garland in the final years of her career. The play will move to Broadway in March 2012. Lunch will be hosted by Peter's Grill.

Cost: \$73.00 Check availability

SENIOR OUTREACH

Senior Community Services Senior Outreach 10709 Wayzata Blvd Suite 111, Minnetonka

This service provides in home counseling and case management to frail elderly and their families to help older people remain independent. The staff assists seniors to identify and connect with the right combination of services. Helps older adults access the most appropriate and cost effective services available from a wide array of programs. Support groups for seniors and caregivers are available also. **For Appointments Call: Gayle Wright-Fickbohm at 952-746-4028.**

Need Help with Medicare and Health Insurance Questions?

Brooklyn Center Community Center
6301 Shingle Creek Parkway

Call Kathy Flesher of the Brooklyn Center Senior Program at 763-569-3405 to make an appointment for the second Wednesday of the month.

- **Hospital bills**
- **Medicare or insurance forms**
- **Problems about health insurance.**
- **Medicare supplements**
- **Medicare Part D**
- **Long-Term Care Insurance Plans**
- **Appeals**



A health insurance counselor from **Senior Community Services** will be available for hour long appointments.

WATER EXERCISE IN BROOKLYN CENTER

SilverSneakers – Silver Splash

Activate your aqua urge for variety. Silver Splash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. A special SilverSneakers kickboard is used to develop strength, balance and coordination.

Call: 763-569-3400

Cost: No charge SilverSneakers participant.
Low class fee of under \$3 per session.

Location: Brooklyn Center Community Center,
6301 Shingle Creek Parkway, Brooklyn Center

Arthritis Water Exercise

Joining a water exercise class gives you opportunity to exercise in warm water with guidance from a trained Arthritis Foundation instructor. Participating can help decrease pain and stiffness. Class concentrates on walking, warm ups, range of motion of all major joints and low-impact exercises.

Call: 763-569-3400

Cost: \$3 per session

Location: Brooklyn Center Community Center,
6301 Shingle Creek Parkway, Brooklyn Center



VOLUNTEER OPPORTUNITIES

MONDAY BUNCH

Every Monday, anytime from 9am-3pm, a lively bunch of volunteers gathers at Robbinsdale City Hall for odds and end jobs and lots of good fun and conversation. The door is always open and you are welcome to come and join in the fun. Call Rita, for more information at 763-531-1274.

YARN IS NEEDED!



When you are sorting through your closets and find yarn, material or unfinished craft projects, be sure to donate any usable materials to the Warm Up Minnesota supply. More knitters and crocheters are always welcome. Batting for quilts and stuffing for pillows is always appreciated, too. Just drop it off in the back room of City Hall. You will be warmly welcomed.

DINNER AT YOUR DOOR

Dinner at your Door is seeking drivers to deliver meals to shut-ins. Deliveries are Monday – Friday. Drivers usually drive just once per month. Deliveries take about 1½ hours. Call Ruby Van Horn at: 763-588-3933.

WARM-UP MINNESOTA



Folks who knit and/or crochet are always welcome to join the Warm-up Minnesota volunteers. Afghans have been donated to The Veterans Home, Habitat for Humanity, and North Memorial Hospice. Yarn is available in the Senior Program office.

NORTH MEMORIAL HOSPITAL

Interesting openings are available in a variety of departments. You can work as often or as seldom as you choose. Please call Maureen Vanek, Manager, Volunteer Services, Lifeline, and Patient Escort, at 763-520-5649.



ROAD TO RECOVERY

Cancer patients from this area need help getting to their medical treatments and appointments. Road to Recovery, an American Cancer Society program, needs kind people to volunteer their time and use their personal vehicles to drive patients to and from their appointments. For more information, call Mary Wiles at 651-255-8183.

Warmly Rita

For me, there are always some poignantly somber moments during the holiday season. Are there for you?

The parts that are intended to bring joy can also create feelings of sadness. The songs, the sights, the tastes, the traditions remind me of holidays past and people I have loved who are no longer with me. They remind me of loss and loneliness.

I struggle with experiencing the season for what it means. Jim and I have at least three conversations about who we are this year, what do we hope to experience, and what can we give to others.

In recent years, I have come to accept that in the midst of the lovely tumult of holiday events and celebrations, I will be sad sometimes. I don't dread it anymore because it reminds me of how human we all are. And how happiness and sadness are intertwined in most of life's big moments.

So during this year as you travel your way through the gatherings of your holidays, if sadness joins you on the path, say hello and walk together for just a bit. Then wave goodbye- until you meet again.

Warmly, with love and holiday hug,

Rita

Rita

