

acknowledging  Royalcliffes residents – composers of this collective piece as a group



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An uplifting note gifted as a 'surprise smile' tucked in to all **Meals On Wheels** clients (about 200 daily).



A new year offers Change/Resolution, Hope, the Future. Here are our thoughts on such themes, inspired (as you may be, too) by these quotation or question prompts.

Steven Spielberg said: *'All of us every single year, we're a different person. I don't think we're the same person all our lives.'* One of the good ways I'm different is...

More patient (except at the elevator). I can sit back. Especially more patient with children. # I don't have to be the disciplinarian anymore. And I'm tolerant of how others are different, their stories, listening better. # I'm able to adjust to personalities, and find there are many kinds. # I'm even more aware of the love of my children. Before, we were all busy. I appreciate all they do. # I make sure I'm in contact with siblings. As kids, we lived together. Now, far away, I phone daily.

In challenging situations, I find hope / comfort / courage in...

Expressing my feelings to others. It's comforting to know there are certain people I can talk to. # Music. # Reading a lighter book. # Solitude. I'm not as interested in discussing it (challenge) with people; I rely upon myself more. # Turn to faith. # Meet people at church. # Stick inspiring quotations inside my cupboard doors.

Danielle Steel said: *'If you can see magic in a fairy tale, you can face the future.'* A fairy tale character magical to me is [], because...

Popeye: I told my kids *'got to each spinach to grow strong'*. # Anne of Green Gables: her imagination. # Pollyanna: willingness to help others and cheerful outlook. # Lassie: always ready to help. # Mary Poppins: positive outlook, take-action approach for muddles, messes, or chores.

In closing, 2017 marks a 150<sup>th</sup> *smilestone* – Canada's sesquicentennial. Thank you, Canada, for...

Freedom # Prime Minister's visits to schools (grandson, Univ/Ottawa) # Diversity # Tolerance # Not electing president # Beautiful sceneries.

Of 150<sup>th</sup> celebrations, I look forward to / hope they include...

Scottish bands # Parades # Children on floats # Colourful # Makes me feel patriotic # Fireworks # Backyard picnics and street parties.

As you welcome a new year, we wish you...

Hope # Happiness # Health # Goodwill  
# Know others are thinking of you, and care.

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