

A collection of various colorful flowers and greenery scattered on a light yellow background. The flowers include a large pink rose, several carnations in shades of pink, purple, and orange, and some smaller yellow and orange flowers. Green leaves and stems are interspersed among the blooms.

Kinsmen Lodge
Honouring Elders

April 2026
Newsletter

In Loving Memory

Patricia Bronson

New Faces at Kinsmen

Glenda Allan

Happy Birthday To You....

April Birthdays

Ronnie Freeman	1 st	Gabriella Bongelli	4 th
Glenda Allan	4 th	Kulwinder Sarana	4 th
Evelyn Terada	7 th	Frigga Tschapeller	8 th
Kathleen Olson	14 th	Dorothy Galenzoski	15 th
Karen Trapnell	17 th	Elvira Maurice	17 th
Luisito Jiongco	17 th	Marcia Rayner	19 th
Arnold Nordlander	22 nd	Krishna Swamy	23 rd
Sharon Schifferns	25 th	Patricia Gokey	27 th
Chris Breitsprecher	27 th	Brian Schamahorn	29 th
Donald Welch	30 th		

April 2026 Events

Bus Outings

16th- Country Drive

23rd- Country Drive

30th- Country Drive

Special Events

Happy Hour Every Wednesday- Family are welcome
2nd- “Hoppy Hour” with the Easter Bunny (and other animals from Barnyard Snuggle Therapy)- 2:30pm

5th- Easter Tea- 2:00pm

11th- Vaisakhi Celebration- 10:00am

19th- Elder Council Meeting- 2:30pm

25th- Volunteer Appreciation- 11:30am

A monthly calendar is available.

Just ask someone in the recreation department.

Celebration of Life:

Elaine Shorter

Elaine was a beloved cook who served at Kinsmen Lodge since 1979. She was a dedicated and detail-oriented professional—strict but fair—always willing to help and eager to connect with our Elders. She took great pride in her work and warmly welcomed everyone she met.

She was an extraordinary woman who will be deeply missed by all who had the privilege of knowing her at Kinsmen Lodge. On March 26, staff, Elders, and friends gathered to share memories and celebrate her life following her passing on February 23, 2026.

“If I Should Go

By Joyce Grenfell

If I should die before the rest of you,
Break not a flower, nor inscribe a stone,
Nor, when I'm gone, speak in a Sunday voice,
But be the usual selves that I have known,
Weep if you must: parting is hell,
But life goes on
So...sing as well!



FRASER VALLEY MUSICAL THEATRE presents

RODGERS + HAMMERSTEIN'S

Cinderella

June 26 to July 5, 2026

Main Stage, Surrey Arts Centre

SENIOR OUTING OPPORTUNITY

Rodgers & Hammerstein's ***Cinderella*** is a much-loved Golden Age musical, originally written for television in 1957 and starring Julie Andrews. FVMT's production celebrates traditional musical theatre storytelling, with a talented cast of local performers. It's a feel-good show perfect for a group outing!

SENIOR FRIENDLY FEATURES:

- ✓ Matinees (2:30pm on Saturdays & Sundays)
- ✓ Fully accessible theatre building with wireless listening devices
- ✓ Seniors' Group Rates for 10+: \$29.00 (\$27.00 before March 31)
- ✓ Golden Age musical with familiar songs from Rodgers & Hammerstein

To book tickets: call Surrey Arts Centre box office at (604) 501-5580 or online at www.fvmt.org/shows/cinderella-2026



FRASER
VALLEY
MUSICAL
THEATRE



producer@fvmt.org



www.fvmt.org/shows/cinderella-2026/

GETTING TO KNOW YOU

Elder Profile



NAME: Evelyn Terada

BIRTHPLACE: Moodyville, North Vancouver, BC

FAVOURITE COLOUR : I love 'Pink'

FAVOURITE FOOD: 'I enjoy Japanese food, especially Tempura Udon.'

FAVOURITE MUSIC: 'I love Elvis music. Actually all kinds of Music I can dance to.'

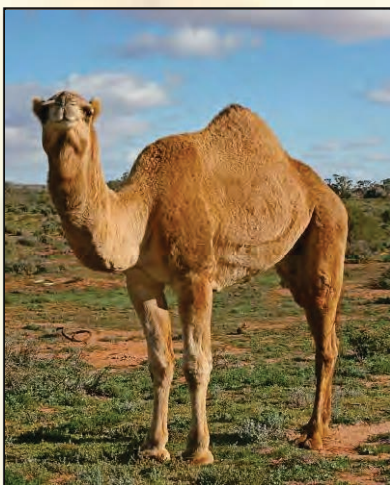
FAVOURITE SCENT: 'I like the smell of Roses and the ocean.'

WHAT MAKES YOU HAPPIEST: 'Music makes me happiest along with my husband George, my grandson Renny, dancing, travelling and friendship.'

HOW LONG HAVE YOU LIVED AT KINSMEN LODGE?: 'I have lived at Kinsmen since July 2024.'

WHAT PROGRAMS DO YOU PARTICIPATE IN AT KINSMEN?: 'I participate in a variety of programs. Happy hour, Special Events, Small Group, Java Music Club, Art Therapy Group and many more programs.'

SPECIAL MEMORIES: I have so many precious memories in my life such as travelling around the world with my husband in many places; Cuba, Egypt, Russia, Denmark, Cook Islands, Las Vegas, Alaska and Japan. I met so many friends along the way. Moreover, winning a Basketball Championship for Vancouver, Japanese dancing at the PNE, jet skiing at Shuswap and riding a camel in Egypt.



Getting To Know Our Volunteers



For the month of April we would like to acknowledge one of our regular Saturday volunteer's, Prithu Sethi. Prithu has been coming every Saturday morning for the past 1.5 years to do the heart for music program and friendly visits. One of the reasons he enjoys volunteering at KL is because it helps him meet new people and make a positive impact in his community." He is currently in grade 11 at Enver Creek Secondary School and in the future wants to pursue a career where he can help people, likely going into medicine. Some of his hobbies include ice skating, playing basketball and writing poetry. What makes Prithu the happiest is spending time with family and friends as it helps him unwind.

Interesting Facts about Prithu:

Favourite Book: "Game Change because it demonstrates that with hard work you can achieve anything."

Favourite Scent: "I like the smell of freshly cut grass because it makes me feel happy and free."

Favourite Movie: "My favourite movie is the Outsiders because it tells an important story about friendship."

Favourite Music: "I enjoy listening to Hip Hop music because it gives me energy."

Favourite Food: "I love eating pizza because it's delicious."

Favourite Color: "Blue because it reminds me of the ocean and makes me feel at peace."



ART



From top left going clockwise:

Collage by Sawitri Gupta

Collage by Mercedes Dagala

Drawing by Partrick O'Connell

Collage by Gerry Hutchinson

Sheila and Olive with new jewelry



Nicki's Notes

This month, we are focusing on a few simple, but important things - making it easier to share feedback, creating more welcoming spaces for visits, and recognizing the people who give their time to support our Elders.

You will see some updates below, including the launch of our *Your Voice Matters* initiative, the opening of our coffee bar, and a thank you to our volunteers during National Volunteer Week.

As always, thank you for being part of our community.

Your Voice Matters

We are happy to share that our *Your Voice Matters* initiative is now live.

Feedback forms are available at the front desk, and you can also submit feedback online through our website at www.kinsmenlodge.ca. Look for the **Give Feedback** button at the top right-hand corner of our [home page](#) to fill out the questionnaire.

This is an opportunity for our families to share compliments, concerns, or suggestions.

We truly value your input and look forward to hearing from you.

Main Floor Coffee Bar

Coming soon! We are planning to have a coffee bar set up on the main floor beside the shop by the end of the month. This will be a perfect opportunity for our residents and their friends and families to grab a coffee and spend some time visiting with loved ones. Just another small way to make these moments together even more special.

Volunteer Appreciation Week

April 19–25, 2026 marks National Volunteer Week across the province and we will be celebrating our volunteers here at KL on April 25. From the bottom of my heart, Kinsmen Lodge would not be the home it is without our incredible volunteers. Your time, compassion, and dedication make a meaningful difference in the lives of our Elders every single day.

You are appreciated more than words can express -

Thank you for all that you do.



Music Therapy News



The Ukulele Circle is back on its feet after taking a short hiatus in March, and will happen on alternating Thursdays with Drum Circle. We are also back to regular programming and will have choir most Friday mornings at 10:30 am.

We are sad to see her go, but it's time that this little birdie learns to fly! Jasmine joined us in the beginning of the year to complete her 1st practicum on her journey to become a music therapist. Her last day at Kinsmen will be Wednesday, April 8th, 2026.



Looking Back - April 2026

Springtime! It's always a good time of year to look forward with anticipation and maybe even backward with gratitude? I tend to think each day should be lived that way, so I focus on the benefits of milder seasonal temperatures. Feel free to comment here, Ms. Editor, was my request that Garden Doors stay open until after dark & PJ's are ok outside until 9 a.m. a bit much?!

Kinsmen Lodge's garden is a treasure for Elders and their friends. Activities are held there like Art under the Umbrellas, small groups meeting for coffee, some enjoy planned lunches, and on Special Days live music pops up. Friends and grandchildren LOVE the garden; places to sit and chat, take photos to send to others and they don't have to worry about crumbs if they bring home-baked treats to nibble there!! Just as it was back when you, your friends and family all met in someone's back yard for a treat of homemade ice-cream, a BBQ or a birthday cake. Happy times outside are bound to pop up here now that the days are growing longer and brighter.

Gratitude is another activity that fits being practised in the outdoors, and if you will pardon the pun, it blossoms in the garden. The first daffodil to show its bright petals above the muddy soil here this year was admired for weeks. That is the nice thing about gratitude, it is not complicated, and is really just words of thanks and the nice warm feeling you get, or give, when they are said aloud. We may want to say "thank you" dozens of times a day because help and care is why we live here. Sometimes we need to acknowledge a special smile, a pat on the shoulder or extra time for a few encouraging words. That's when the nice warm feeling goes to the care aides or staff members and you both feel comforted. Praise or prayer for "another new day" happens often when gardens or parks can be seen up close or nearby. Greenery, big on a hilltop or small in a flower pot leads to a more positive attitude toward our daily routine.

That nice warm feeling is not out of place with your first sip of coffee at the breakfast table or a special "thank you smile" back to the one who serves it. Just as prayers twice a day bring a feeling of Peace, Gratitude and encourages us to look for positive moments and smiling more often.

A final happy thought for today is to keep aware of what is flying just above your head. Hummingbirds live at 9650 137A too! There are feeders at both ends near the Main Floor entrances and they are kept filled by Recreation staff nearby. You will be able to see them clearly so keep your eyes open for a white one. They are rare and some have variations of white in their necks but they have been seen in Surrey and White Rock in the last 3 years.

Think happy thoughts with much gratitude this springtime season.

- Elder Mary Brown

Home Happenings



March was full of fun! We enjoyed some Irish Dancers on the 13th from the Steel School of Irish Dance (top left). We continued the party on March 17th with St. Patrick's Day music with Lorraine Smith (top right, middle & bottom left).



We then had an Eid Celebration on the 18th with treats and education from our staff (bottom right).



Home Happenings



We enjoyed some Music Therapy sessions with Mackenzie (top). Had some puppy visits from Karen McGowan's new puppy Ruby (middle). We also enjoyed some visits with Princess the cat, Art Therapy sessions, and going to the Shoppe (bottom).



Searching for April

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



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

APRIL FOOLS' DAY

ARBOR DAY

ARIES

BASEBALL

BLOOMS

CHICKS

DAISY

DIAMOND

EARTH DAY

EASTER

JELLY BEANS

JOKES

PASSOVER

PINK MOON

RAINCOAT

TAURUS

TAX DAY

THUNDER

KINSMEN LODGE

HELPFUL INFO

CONTACT

604-588-0445
info@kinsmenlodge.ca
<https://kinsmenlodge.ca/>

THE SHOPPE

OPEN 7 DAYS A WEEK HOURS: 9:30-11:30 &
SAT/SUN 1:30-3:00 MARY SELLS COFFEE ON
MONDAYS

HAIRDRESSER

Located on the first floor
Open Friday
Booked at reception

HAPPY HOUR

Located on the first floor with Live music
Every Wednesday at 2PM

LEADERSHIP OFFICES

ON FIRST
FLOOR AVAILABLE
WEEKDAYS ASK AT
RECEPTION

BINGO

Located on the first floor
Big game is 50/50 split
Every Friday at 2:30PM

CONFERENCE ROOM

The conference room can be
booked for parties. Ask Bev.

CHOIR

Located on the first floor. Most Fridays at 10:30am

MONTHLY CALENDAR

Available from Recreation

DID YOU KNOW

WE VALUE YOUR PARTICIPATION. FAMILY MEMBERS
ARE INVITED AND ENCOURAGED TO COME AND TAKE
PART IN RECREATION ACTIVITIES LIKE HAPPY HOUR
AND EXERCISES.

WE ALSO HOST A WELCOME TEA EVERY MONTH FOR
OUR NEW ELDERS.



KINSMEN LODGE
Honouring Elders