

KOPERNIK LODGE

NEWSLETTER



Global Pride at BC Place

Cherry blossoms line the street,
Where soccer fans and seniors meet.
The mountain air is crisp and clear,
As World Cup tournament days draw near.

Tourists pack the vibrant space,
To cheer inside our BC Place.
The beautiful game fills every heart,
As teams from every nation start.

Our Team Canada takes the field,
With roaring fans who will not yield.
Vancouver shines with global pride,
With soccer magic, side by side.

The red and white flag proudly waves,
For spectacular goals and heroic saves.
Together we cheer our home team on,
From early morning until the dawn.

A Broadway Classic Turns 70

Seventy years ago, on March 15, 1956, *My Fair Lady* opened on Broadway and quickly became one of the most celebrated productions in musical theater history. Its premiere at the Mark Hellinger Theatre marked the beginning of a record-setting run that helped define a golden era for the American stage.

Set in 1912 London, the story follows Eliza Doolittle's transformation from a struggling flower seller into someone confident enough to challenge the expectations placed on her. Although the original production reflected mid-20th-century attitudes, many modern viewers see Eliza's arc as a useful lens on empowerment—an idea that aligns neatly with March's Women's History Month. Her pushback against Professor Higgins feels more relevant now than ever.

The musical also offers a snapshot of a changing era. London in 1912 balanced Edwardian elegance with social tension. Suffrage activism was gaining momentum, fashion was beginning to loosen from restrictive styles, and the traditional class structure faced increasing scrutiny. While *My Fair Lady* presents these shifts with wit and charm, its backdrop hints at the larger societal forces shaping the characters' world.

Over the decades, the show's score has played a major role in its longevity. Songs like "I Could Have Danced All Night" and "Wouldn't It Be Lovely" became standards, recorded by a wide range of performers and woven into popular culture. The familiarity of the music keeps the show accessible, even for those who haven't seen a full production in years.

The anniversary arrives just ahead of World Theatre Day on March 27, a reminder of how live performance continues to bridge generations. Few shows have matched the musical's staying power; its songs and characters have been reinvented through revivals, films, and countless stagings across the globe. *My Fair Lady* still invites audiences to reflect on identity, opportunity, and the ways people reinvent themselves. For a production rooted in another century, its voice remains remarkably current—and still worth hearing.

Hello
Spring



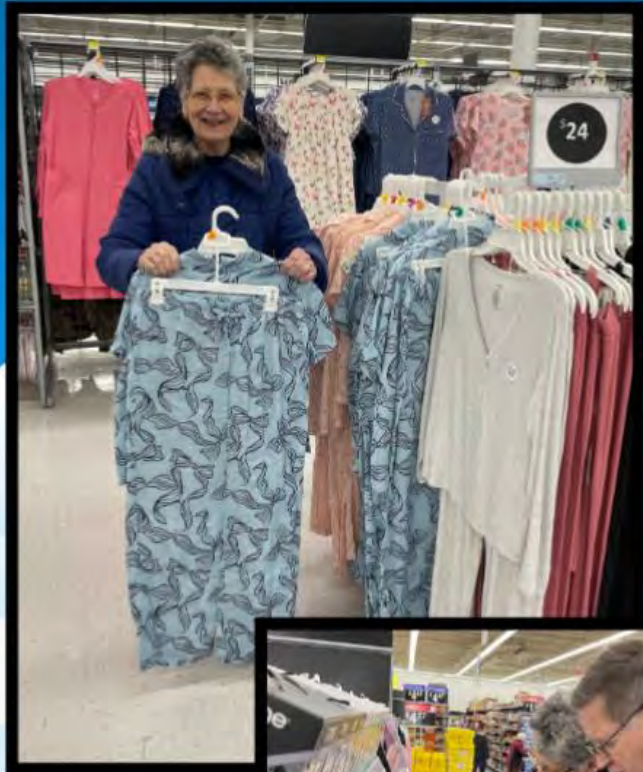


OUTDOOR WALKS



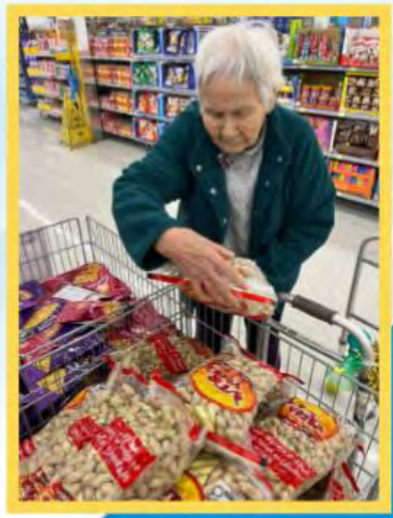
FIELD TRIP







There is nothing quite like the joy of finding a new treasure while shopping or savoring a favorite dish at a local restaurant. Whether we are browsing the shops or enjoying a meal out, these cherished moments bring the comfort of community and the joy of a fun day out right to our hearts.



A Legacy of Laughs



Funny how men often think themselves funnier than women. Studies on humor between the genders have found that men's jokes are sometimes rated slightly funnier—but often it's other men who are laughing. Women, meanwhile, may quietly have the last laugh

on March 31, She's Funny That Way Day, a day celebrating comedians past and present.

Carole Lombard was a leading lady of old Hollywood, a natural beauty whose charm and comedic timing shone even when she took the occasional pie in the face. Barbara Stanwyck could play any role: glamorous dame, femme fatale, tough feminist, and yes, the madcap comedian. Both women were nominated for Oscars yet never won.

Any discussion of funny women must include Lucille Ball, often called the Queen of Comedy. Ball once told a *Rolling Stone* reporter, "I am not funny," though her millions of fans would beg to differ. Not only was she hilarious, she mentored another extraordinary comedian, Carol Burnett.

Many of these performers also changed the business behind the scenes. They pushed for better roles, wrote their own material, and shaped shows that reflected their voices rather than someone else's idea of what women should be. Their influence extends well beyond their punchlines, reminding us that real comedic power comes from having the freedom to tell your own story.

Like many of the men who came before them, no topic is too bold for these daring women. From Phyllis Diller to Joan Rivers to Whoopi Goldberg, to modern comedians such as Tina Fey, Kristen Wiig, Melissa McCarthy, Sarah Silverman, Mindy Kaling, Amy Poehler, Wanda Sykes, and Maya Rudolph, the list of talented women is truly endless—and so are the laughs.

The Curious Case of Whuppity Scoorie

The ancient ritual of Whuppity Scoorie is undertaken in Lanark, Scotland, with dead seriousness every first day of March. At the ringing of the "wee bell," the children of Lanark race counterclockwise three times around the village church, or *kirk*, swinging balls of paper tied to lengths of string. A local Lanarkian, as reported in *The Scotsman* news, explained the ritual as a means of chasing bad spirits away to the next village. The Lanark Community Council's historical records offer a more sinister origin. Boys, armed with rolled-up caps or stones, once marched at the sound of the bell to the neighboring village to fight a rival gang. Once police got wise, they guarded the local road and have ever since. To this day, most Lanarkians are unsure of the point of Whuppity Scoorie, but that doesn't stop the annual event.

Stitched Across the World



During its heyday in the American mid-19th century, quilting was a utilitarian craft. According to Emporia State University's Center for Great Plains Studies, westward

homesteaders, inheritors of many great European quilting traditions, fashioned blankets, door and window covers, and play mats for children out of whatever scraps of fabric they could find. Quilters learned to arrange fabric to make wonderful works of art. And because blankets were always needed to protect against the elements, quilting never went out of style.

A number of quilting bees will no doubt be held on March 21, so be ready to cut your favorite patterns—Irish Chain, Log Cabin, Bear's Paw, or Tree of Paradise.

THE KING LIVES ON!



ELVIS





THE TIMELINERS



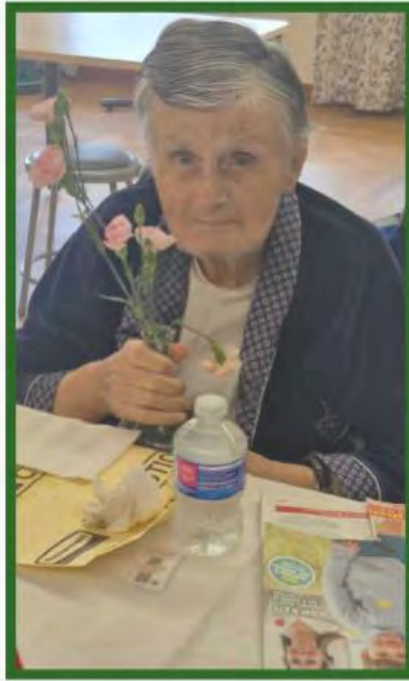


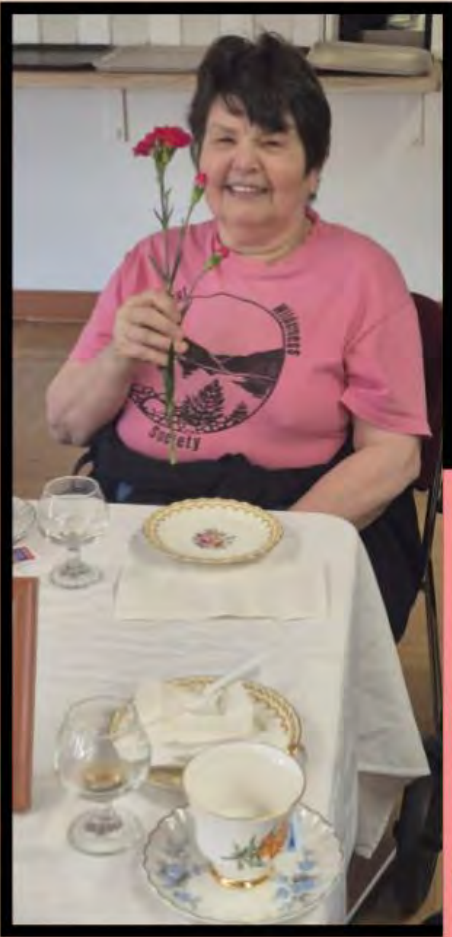
Elgar Strings Orchestra



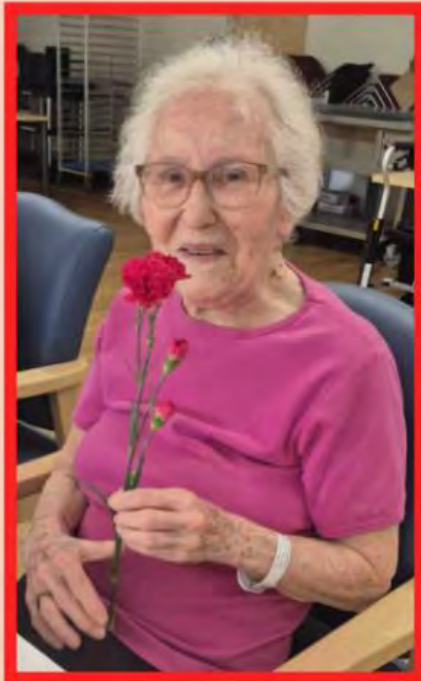
Mother's Day

memories

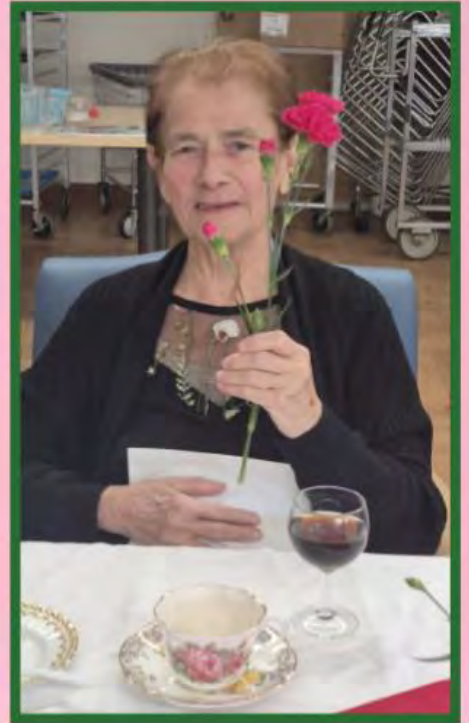
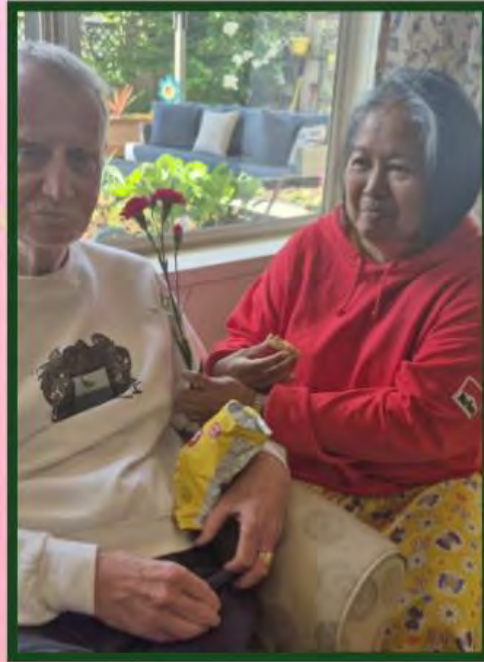




Mothers DAY

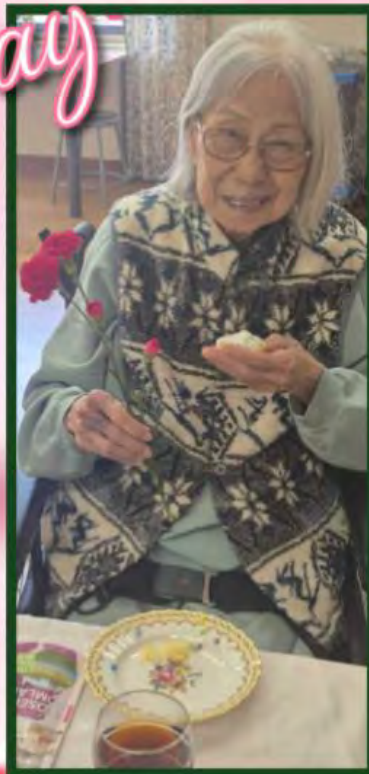






MOTHER'S

Day



Courtesy Counts



Many lament that common courtesy is not so common anymore. Some point to technology as a major culprit in the decline of courtesy, especially as we've grown more tethered to our screens. Others see a broader cultural shift: When people feel rushed, stressed, or isolated,

empathy tends to shrink. Researchers continue to note that young adults report feeling more pressure and less connection than in previous generations. Etiquette experts also observe that norms have loosened over time, sometimes in ways that make everyday interactions feel less considerate.

Across many countries, parents and teachers are trying to balance freedom with guidance, and the line can get blurry. When expectations around behavior become too vague, kids can miss out on learning how their actions affect others. The result can be the same everywhere: a little more self-focus, a little less awareness. Renewed interest in teaching social skills and emotional literacy suggests that people are recognizing the need to rebuild those habits.

If we don't practice empathy every day, we may have to rely on others to pass laws of courtesy for us. Restaurants declare "No Cell Phone Zones." Sports stadiums regulate fan conduct. New York City even imposes a fine on those who prop their feet on a subway train seat. Psychologist Marie Hartwell-Walker believes that even "faked" manners can teach empathy, that cornerstone of courtesy. Simple acts such as holding doors open, returning phone calls, treating clerks and cashiers with respect, and saying *please* and *thank you*—these daily reminders to consider others' feelings lay a foundation for building empathy.

Mid-March Mood Swing

Mid-March sends us on quite a roller-coaster ride. On the 15th, we may be filled with doubt on Everything You Think Is Wrong Day. But have no fear, for on the 16th comes Everything You Do Is Right Day. Does this mean we should act without thinking? Some call this being impulsive. Strategic thinking expert Greg Githens understands that impulsivity can be a sign of spontaneity, playfulness, and humor—all valuable qualities. If impulsivity, however, leads to bad habits and selfishness, it is nothing more than mindlessness. So play it safe on Everything You Do Is Right Day because you don't want your actions to lead you to celebrate Awkward Moments Day on March 18.

Webs of Wonder

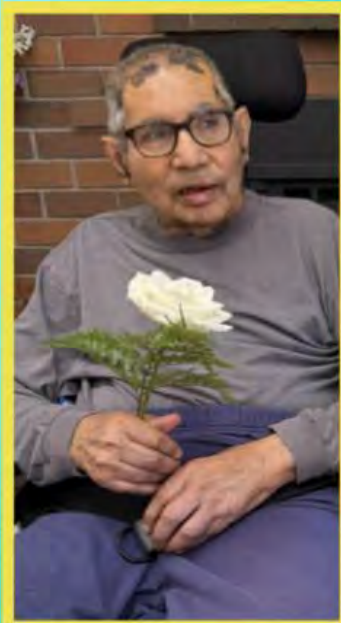
For many, the first reaction to seeing a spider is to squash it.



Lots of folks, experts and novices alike, think spiders are just plain cool. The Goliath bird-eating tarantula fits in your palm and was named by an explorer who saw it eating a hummingbird. The pinktoe tarantula, named for its pink-

tipped legs, can climb trees and swim. Not impressed? Another reason not to squash spiders is that many of them carry their newly hatched babies on their backs. One whack can disperse hundreds of tiny spiderlings. Still not convinced? Spiders benefit humans in many ways. They eat lots of bugs. Their venom can be used for making medicine. Spider silk, which is stronger than steel, inspires technological innovation.





On Father's Day, we honored the incredible fathers, grandfathers, and father figures who have shaped many lives with their strength, wisdom, and quiet sacrifices. We are deeply privileged to care for these remarkable gentlemen, whose life stories and legacies continue to inspire everyone around them every single day. To the dads, brothers, and all the wonderful men in our community—thank you for the laughter, the life lessons, and the enduring love you bring to our home. Your presence enriches our days, and we celebrate the wisdom you share. Thank you for being a part of our home.



Roll into Spring

April 3 marked World Marbles Day, a lighthearted celebration of one of the world's oldest and most satisfying games. Long before screens and controllers, a small pouch of marbles and a patch of dirt were enough to fill an afternoon.

Marbles have been played in some form for thousands of years. Archaeologists have uncovered stone and clay marbles at ancient sites, and by the 1800s, glass marbles—often handmade—became popular in Europe and the United States. Each one had its own personality: cat's-eyes, swirls, shooters, and cloudy "alley agates." Some were meant for play, while others were carefully traded or saved as prized collectibles.

The game itself was simple but never dull. Players crouched low, flicking a shooter marble with a practiced thumb, aiming to knock opponents' marbles out of a circle or hole. It required strategy, steady hands, and just enough daring to risk losing your best marble on a bold shot. Skill mattered, but luck always had a say, which kept things exciting.

World Marbles Day is a good excuse to revisit that sense of play. Even if you never played by official rules, you might remember the feel of cool glass in your palm or the clink marbles made when they collided. Today, marbles are still collected for their craftsmanship, with modern artists creating intricate designs that are as much art as toy.

The word *marble* even rolls into the kitchen. Think of marbled rye bread, marbled pound cake, or a perfectly marbled steak—proof that swirling patterns are just as appealing on the plate as they are in a game.

As spring arrives and days grow longer, World Marbles Day offers a reminder that fun doesn't have to be complicated. Sometimes it's as simple as a small glass sphere, good aim, and the pleasure of watching something roll exactly where you hoped it would.

Barnum's Biggest Star

On April 9, 1882, renowned showman P. T. Barnum arrived in New York City with the largest spectacle ever to grace his traveling circus. Jumbo the African elephant, weighing 6.5 tons and standing over 11 feet tall, stepped from the British steamship HMS Assyrian Monarch. The massive but gentle beast instantly endeared himself to audiences. Thanks to Jumbo's many stunts, such as promenading across the Brooklyn Bridge, Barnum's circus earned the nickname "The Greatest Show on Earth."

The name Jumbo was a cross between two Swahili words: *jumbe* meaning "chief," and *jambo* meaning "hello." We can thank Jumbo the elephant for adding the word *jumbo* to our vocabulary.

A Perfect Pairing

Is there a more perfect sandwich than peanut butter and jelly? When it comes to PB&J, many think, "If it ain't broke, don't fix it." However, if you're looking to expand your PB&J horizons, do what Elvis did and swap the jelly for fresh fruit. Bananas, strawberries, or even pomegranates fit the bill. More adventurous types opt for grilling their sandwiches in a frying pan, while others ditch the bread and slather their pancakes with PB&J.

When it comes to food combinations, PB&J certainly tops the list. But is this humble sandwich tastier than bacon and eggs? Macaroni and cheese? Spaghetti and meatballs? A burger and fries? Cookies and milk? Dietician Katherine Brooking offers some insight into PB&J's allure. "Humans have an innate predilection for salt, sweet, and fat," she says. Add the creamy texture of peanut butter, and this sandwich becomes "one of the hardest foods to eat in moderation."

Craft time



Making something with your hands is one of the most satisfying things you can do." - Unknown





"Creativity is contagious, pass it on." - Albert Einstein



Forever Young. Always Active! Staying moving is our secret to a vibrant life. Every week, our community comes alive with laughter, energy, and friendly competition. Whether you love a spirited game of adaptive soccer, the precise strategy of bocce, or the fast-paced fun of balloon volleyball, there is an activity for everyone. These games are not just about exercise. They are about building friendships, sharpening reflexes, and sharing great moments. Check the Activity Calendar for this week's game schedule. Grab a friend, bring your energy, and let's have some fun!





We are thrilled to announce the launch of our brand-new Bocce Ball activity program! At Kopernik we are always striving to keep our seniors engaged, happy, and active. This classic sport offers the perfect blend of gentle physical activity and fun, friendly competition for all skill levels.

Why We Chose Bocce Ball

Bocce is one of the oldest and most beloved games in the world, and it adapts perfectly to our indoor space. It is highly accessible, low-impact, and can be easily enjoyed by players of varying physical abilities—including those who prefer to play while seated.

The Health & Social Benefits

More than just a pastime, playing bocce provides fantastic physical and mental perks: **Improves Flexibility & Balance:** The gentle bending, reaching, and underhand throwing motions help maintain joint mobility and core stability.

Provides Light Cardio: It is a fantastic way to enjoy mild, low-stress exercise in a comfortable indoor setting.

Boosts Brain Health: Lining up the perfect shot engages your mind, improving focus and hand-eye coordination.

Fosters Community: Group games are a wonderful way to socialize, laugh, and connect with neighbors.

Join the Fun!

Whether you are a seasoned player aiming to perfect your throws or a complete beginner looking to learn something new, everyone is welcome. It is a truly inclusive activity focused on good sportsmanship, laughter, and building lasting friendships. Come roll a few frames with us and see what all the excitement is about!

BOCCÉ-BALL



Go team go!

With the world's eyes on Vancouver for the historic FIFA World Cup matches at BC Place, including our Canadian Men's National Soccer Team taking the global stage, our city is absolutely buzzing with the beautiful game. But right here at Kopernik, we are having our own fun and staying active! Whether it's a lively soccer match, bocce game, carpet bowling, chair exercises, active games, or social activities, our community loves keeping moving and enjoying life just as much as the pros do.





Hawaiian Party





LUAU



Across Faiths and Time

The message of doing unto others as you would have them do unto you is timeless.

While many know the Golden Rule to come from Jesus' Sermon on the Mount, it might be a surprise to hear that a version of the Golden Rule appears in almost every major religion.

The Bible tells the story of how Jesus, in order to better address the great crowds following him, ascended a mountainside. His moving proclamations became known as the Sermon on the Mount. As told by his apostle Matthew, Jesus said, "So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets."

Jesus, in this teaching, was actually summarizing the Jewish Torah. Elsewhere in the Talmud, Rabbi Hillel taught, "What is hateful to yourself, do not do to another." This is a sentiment that echoes other religious teachings. The Chinese philosopher Confucius said, "Do not do to others what you would not like yourself." The Buddha preached, "Hurt not others in ways that you yourself would find hurtful." It is written in the Hindu text Mahabharata, "Do naught unto others what you would not have them do unto you."

The Quran advises Muslims, "None of you has faith until he loves for his brother what he loves for himself."

Though many now call these teachings the Golden Rule, it was never called that in the Bible or elsewhere. The term originated in the 17th century in reference to the courts of old England, where golden law implied that judges could be bought with gold. From this cynical view of law sprouted a more optimistic and common-sense golden rule, which implied the sharing of good deeds between citizens in order to sidestep corrupt courts. The Golden Rule is found in so many different cultures that some believe it to be the fundamental quality of human nature.

Inside the Human Blueprint

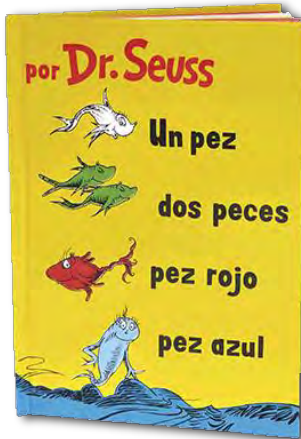
Over two decades ago, scientists completed a \$3 billion effort to understand and map human DNA—long strands of genetic material that influence traits such as biological sex, eye and hair color, ancestry, and susceptibility to certain diseases. That map of the human genome has opened new opportunities for doctors and researchers to better understand, prevent, and treat a wide range of illnesses. Since National DNA Day falls on the 25th, the month of April is a fitting time to learn about ongoing advances in genetic science.

Gene therapy requires scientists to find faulty strings of DNA that cause disease and replace them with normal ones. In this way, the body can stop itself from producing genetic ailments. The ultimate goal of researchers is for scientists to develop gene therapies that fight all kinds of DNA-based diseases, including some forms of blindness, muscular dystrophy, and even cancer.

Our DNA can reveal not only why we may become sick but also how our bodies respond to certain medicines. Francis Collins, former director of the National Institutes of Health, has suggested that genetic testing may one day become a routine part of medical care. By studying DNA, drug companies and doctors are already working to develop treatments tailored to groups of patients—and in some cases individuals—based on their genetic makeup.

Some promising advances also come from stem cells, which act as a body's internal repair system and can develop into many different types of cells. Researchers continue to explore how stem cells might be used to repair or replace damaged tissues, such as heart tissue affected by disease, vision loss from macular degeneration, joint damage from arthritis, or brain injury caused by stroke. Today, these DNA-based treatments are often complex and costly, but they remain an important and growing area of medical research.

Blast the Birthday Horn



Theodor Seuss Geisel, known as Dr. Seuss, was never a doctor of anything. He called himself “doctor” because his father wanted him to study medicine. Thankfully, he pursued children’s literature and in 1937 wrote his first book, *And to Think That I Saw It on Mulberry Street*,

debuting the pen name Dr. Seuss. The idea for the book struck Geisel while on an ocean voyage. The rhythm of the ship’s engines inspired him to write the lines:

*And that is a story that no one can beat.
And to think that I saw it on Mulberry Street.*

No fewer than 20 publishers rejected the book before Geisel showed it to an old college classmate, who was editor of children’s books at the publishing house Vanguard Press. Dr. Seuss went on to write over 60 children’s books (including some under the name Theo LeSieg), selling over 600 million copies in over 20 different languages.

What makes Dr. Seuss’ books so enduring? Children’s literature expert Ann Neely believes it is the books’ readability. “Children can read Dr. Seuss books many, many times without tiring of the rhythms, the plot, or the art.” Furthermore, Seuss’ moral lessons appeal to young and old alike. Journalist Melissa Breyer believes adults have plenty to learn from Dr. Seuss. *Did I Ever Tell You How Lucky You Are?* teaches us that self-pity is an unnecessary indulgence. *The Lorax* reminds us that it’s up to us to give a voice to the voiceless. Truly, Dr. Seuss’ children’s books may be more valuable to adults than his odd adult work, a humorous, slightly scandalous take on the legend of Lady Godiva, full of illustrations of the seven nudist Godiva sisters. That book, perhaps understandably, was Seuss’ only major flop.

Letters in Action

Since its creation in 1938 by Alfred Butts, Scrabble has challenged players to turn letters into clever combinations, scoring big points while occasionally learning a new word or two. From casual family game nights to competitive tournaments, Scrabble brings people together and sparks a bit of friendly rivalry. On National Scrabble Day, players embrace the challenge of crafting the highest-scoring words and reveling in the joy of landing a triple-word score. Even if you’re not a seasoned pro, the day is a fun reminder that words can be playful, powerful, and sometimes tricky. Some enthusiasts share words or post photos of game boards mid-battle on social media. Schools, libraries, and community centers often host Scrabble events to encourage literacy and spark a love of language. So grab your tiles, find a worthy opponent, and celebrate the delightful challenge of Scrabble.

World Cup Fever Hits Vancouver!

Vancouver is currently electric as it co-hosts the FIFA World Cup 2026™, with BC Place welcoming international teams and thousands of visitors. As a host city, locals are swept up in the global excitement, enjoying the historic tournament matches, community celebrations, and viewing events. This marks only the third time in history that the Canadian men’s national team has qualified for the tournament, following their appearances in 1986 and 2022. The hometown crowd recently witnessed history right here on our West Coast soil when Canada captured its first-ever men’s World Cup victory in a spectacular 6-0 win against Qatar. Whether you are a lifelong soccer fan or new to the sport, this is a wonderful opportunity to gather together and share in the fun. Be sure to tune into the upcoming television broadcasts or join your neighbors in the lounge to cheer on Team Canada as they make their historic run!