

# A Lady Who Loved to Travel

SUSAN WINN

Miss Virginia Armstrong is our most senior lady at Fulford. She will be 103 on her next birthday! Miss Armstrong lived her entire life in the Town of Mount Royal until she chose to move to Fulford several years ago. When she was born in 1914, TMR was a small rural community. It was called "The Model City." Her home on Cornwall would have been surrounded by open fields. She and her younger sister enjoyed a childhood playing outdoors with their Airedale terrier, Jiggs. She loved to bicycle and enjoyed the parks, tennis courts and skating rinks available in the town. As she grew older she enjoyed croquet and lawn bowling.

Once she had completed her studies at Carlyle School, and then the Mother House, Virginia discovered she loved to travel. One of her most memorable trips was to Northern



*Virginia, her sister and their dog Jiggs.*

India, travelling through the Himalayan Mountains and seeing Mount Everest. Another trip she remembers well was to New Zealand and Australia. These holidays provided welcome breaks from her employment in a real estate investment company.

Virginia attended St. Peter's Anglican Church, and she enjoyed being part of an active seniors' club, organized by Jan Nauer, with excursions to the Laurentians and to restaurants in Montreal.

Every summer Virginia would visit Ogunquit in Maine. Because Virginia never wanted to drive or to own a car, she and a friend would travel together. A favourite painting of the waves on an Ogunquit beach hangs over Virginia's bed in Fulford. Several delightful paintings by her sister also adorn her walls.

Virginia says she is happy to be at Fulford. She says, "I am not a joiner, but I love the Sunday concerts with Brian Roy. He knows everyone by name and plays classical music on the piano. I really enjoy that."

Another highlight of her day is a phone call with her friend, Vera Michel. She met Vera and another friend, Joan Clark, when she lived in the Sherwood Apartments in TMR. Virginia is a lady who is content and grateful for the kindness of her Fulford caregivers.

I look forward to future visits with this precious lady.



*Miss Armstrong*