

Les amies

Réflexions

Défi

Empreinte

Présence

Amour

Walking

La retraite

Regard

Home

La tendresse

Observation

Gratitude

Oser

Révélant

Pandémie

**VOIR LA VIE
AVEC DES YEUX D'AINÉ·E·S**

**SEEING LIFE
THROUGH THE EYES OF THE ELDERLY**

Walking

Lesley Charters Cotton

Date 2 Feb 2021 Heure/Time 3:20 pm

Lieu/Place Living room

Sujet/Subject me

Description

Selfie taken with toe from the floor. Natural light from the window on a snowy day. Feeling positive about me. Calm.



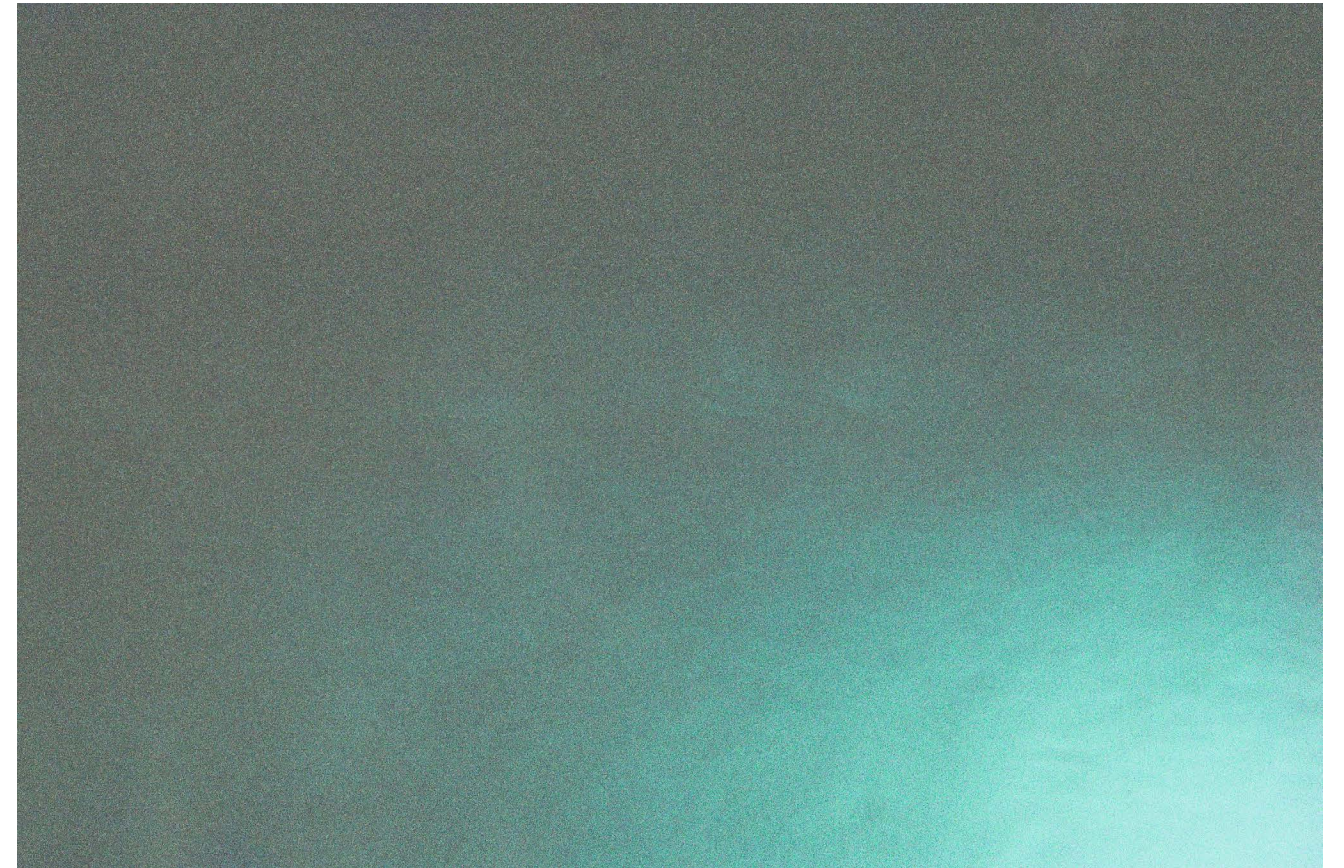
Date 3 Feb 2021 Heure/Time 6am

Lieu/Place Pool

Sujet/Subject Pool walk

Description

Pool walk today
against the current
(metaphor for my path)
Exploring new moves today
feeling ready



Date 4 Feb 2021 Heure/Time 1:50pm

Lieu/Place Pointe-Claire Lakeshore Rd.

Sujet/Subject Tree with snow coat

Description

-2° cold river wind has created
this tree's fashion statement.
On a sunny walk between
Beaconsfield and Pointe Claire,
Feels good to be outdoors
breathing fresh air.



Date 5 Feb 2021 Heure/Time 12:15pm

Lieu/Place Pointe-Claire Plaza Parking

Sujet/Subject Pharmacy pick-up
Brick exterior wall.

Description at the
entrance to the Shopping Center
for the Pharmacy. MLO is picking
up his prepared prescriptions
for one month. At that time
he will request a renewal
from his doctor.

Feeling anxious for next month.



Date 8 Feb 2021 Heure/Time 10:25 am

Lieu/Place Living Room

Sujet/Subject Foot care

Description

My new Shoes.

Inside are my new custom made insoles. Updated since 2015. Adjusting by wearing them for a few hours each day. Inside only. They make me feel like I am "Being there (here) for myself"



Date 9 Feb 2021 Heure/Time 10:30 am

Lieu/Place Wal Mart

Sujet/Subject Shops reopened
Time to stock up

Description The escalator
in the center of Wal Mart has a
mid section designed for shopping
carts. It travels up and down
beside the escalators for people.
It feels like a friend is riding
beside me.



Date 9 Feb 2021 Heure/Time 10:45 am

Lieu/Place Wal Mart

Sujet/Subject Toilet Paper Section

Description Buying

toilet paper seems to be about choosing the cutest, softest pet image on the packages.

Cats and dogs are more important than what is inside.



Date 11 Feb 2020 Heure/Time 11:15 am

Lieu/Place ^{on} Bedroom chair

Sujet/Subject Padded travel case

Description
Special new case for camera. Used to store delicate socks for dancing. Those socks and shoes are no longer being used. So the case has a new purpose. Gives this camera a safe, padded travel case.



Date 12 Feb 2021 Heure/Time 8:30 am

Lieu/Place Bedroom

Sujet/Subject Textures and colours
seen from the bed

Description Collection
of scarves and shawls seen from
the bed in the morning light on a
cold day. These have often made
up the light weight content of
suitcases travelling to the Caribbean
worn with simple summer clothes,
a delightful fashion statement.

Photo: Risa Hatayama



Date 13 Feb 2021 Heure/Time 12:15 pm

Lieu/Place Front Hall

Sujet/Subject Old clothes still good

Description
Pink Oilily coat
from the 80s. Still wear it, I still
admire the lining best. Makes people
smile on a cold winter day.
And the scarf that has been
mended a dozen times. Hatedly
by me. Originally the woman who
made it would fix it for Oilily.
Apparently at her funeral, everyone wore

their multi-coloured scarves



Date 15 Feb 2024 Heure/Time 9:58 am

Lieu/Place Condo basement area

Sujet/Subject Post Box

Description
Plenty of
tax related mail in the box
today. Expected. Just another
sign that Spring is coming.
That's the good news.



Date 15 Feb 2021 Heure/Time 11 am

Lieu/Place Pine Beach Park from
the car

Sujet/Subject Wintertime at the
dance platform area

Description Outdoor
dance platform area of Pine
Beach Park holds happy memories
of several years of dancing in
the summertime. I am proud
of my effort to create and
develop this program. Hope it
will happen early this year.



Date 16 Feb 2021 Heure/Time 11:15am

Lieu/Place Kitchen stove

Sujet/Subject Soup cooking

Description Chicken
gumbo soup starting to cook.
It will make a delicious lunch
later. Cold snowy day.
Rich stock base from 5
chicken legs (eaten over the past
week) plus barley that has soaked.
Something soothing to look forward to



Date / 7 Feb 2021 Heure / Time 11:15 am

Lieu / Place Living Room window

Sujet / Subject Dancing sunshine
on the river

Description The island
in the distance and the balcony
nearby are both covered with
fresh snow. The sunlight
dances on the moving river
looking like diamonds glittering
on the surface. Feeling the
magic on this cold day.



Date 19 Feb 2021 Heure/Time 10:15am

Lieu/Place La Mer

Sujet/Subject Shopping for fish

Description Shopping
for fresh fish about once every
two weeks. Winter coats needed
in the room full of fish and ice,
wet floor. Today Black cod and
salmon and wonderful
potatoe chips from Spain.
Soothing.



Date 20 Feb 2021 Heure/Time 2:15pm

Lieu/Place Living Room

Sujet/Subject Fixing Things.

Description Sewing kit
straw basket covered in my Grand -
mother's lace runner. Various spools
of thread, some from my Mother's
collection. Family scissors. Pin
cushion from Home Economics in
High School. Relaxing work.



Date 25 Feb 2021 Heure/Time 5:05 pm

Lieu/Place living room

Sujet/Subject patched Heart

Description
Finally finished art project. Theme of a heart for February. Stitch challenge evolved slowly but feels good to be finished.
Patches with lots of soft spots. Used old pads for base. An adventure.



Date 26 Feb 2021 Heure/Time 10:46 am

Lieu/Place Westwood Arena, Dorval

Sujet/Subject Skating

Description Not being permitted to walk around the rink I bought skates. So, after 58 years of not skating, I am back at the rink using the stability walkers for children. It feels good but my goal is to convince the city to allow seniors to walk. Hoping.



Date 26 Feb 2021 Heure/Time 11:44 am

Lieu/Place *SAQ store*

Sujet/Subject *Shopping for wine*

Description *Over the past year, one of the daily joys has been sharing a bottle of wine with dinner. A treat at the end of the day. Good music, good food and smooth wine, all helps to make it great.*



Date 1 March 2011 Heure/Time 9:25 am

Lieu/Place Curcuifrest centre
choregraphique

Sujet/Subject Creation Dance workshop

Description

Dance
Studio (holds good memories)
with Alex Spicer Lande giving a
week-long workshop called
creation. Good to be there.
Good to move.



Date 8 March 2021 Heure/Time 10:34am

Lieu/Place Westwood Hockey Rink

Sujet/Subject Walking indoors for citizens of Dorval.

Description

After working hard for this program for 3 months finally today is the first day of the new indoor walking program. Feels good to walk safely inside no scary ice + snow to slip on. Feeling proud that I did this.



Date / 11 March 21 Heure/Time 8:10am

Lieu/Place Living Room

Sujet/Subject St Patrick's
"Scrappy-patchy" heart

Description Reflecting on
being 1/4 Irish (perhaps the nasty 1/4).
On the family story, we don't know
why they left Ireland. We can
imagine it was not a chosen decision.
This mostly green heart reflects a
simple fabric source with some lace
ceramic buttons and the bit of
sparkle speaks of a longing for some
elegance.



Date 15 March 2021 Heure/Time 2pm

Lieu/Place living room

Sujet/Subject Meredith

Description After having been convinced that he should be in this project. Sitting in his chair (where I see him everyday) The sun is shining. Things are looking good. Spring is coming very soon. A smile is the result.



Date / 8 March 2021 Heure / Time 1 pm

Lieu / Place Parc René Leduc, Lac Beauport

Sujet / Subject Looking toward home

Description

From the westerly end
of the park, looking west. We
walk through the park for the first
time since before the winter.
The wild rose bushes are
encrusted with chunks of ice
from the river. Feeling good to
be walking in fresh air.



À propos / About

Nom / Name

Âge / Age

Lesley Charters Cotton 72

With more years in the past than
are available in the future,
I am exploring what the govt. ad
says when the directive is
stay home, respect curfew, avoid
non-essential travel, wear a mask,
wash hands, physical distance 2m
but... Be there for yourself

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2021

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