

## Helen's Last Day in Vancouver

Written by

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Helen flies out of here tomorrow morning so we wanted to make her last day here a good one. When we woke up we immediately knew the day would be great because the sunshine and blue skies had returned and the temperature was already 6C. We had made plans to spend the day with Karley and Makai so we went over to the house after breakfast. Karley had a dentist appointment at noon and our job was to look after Makai while she was occupied so we all piled in the car and headed over to Kitsilano where her dentist was.

Rick strapped on the baby harness and the four of us, Helen, Rick, Makai and I, walked along 4th Avenue while Karley went to her appointment. We strolled along enjoying the 16C temperature until we reached [Capers](#), part of the Whole Foods chain and eatery, where we enjoyed coffees and a light snack. We then continued our leisurely stroll until Karley was finished. Since we have started on our journey we have created a new meal, &quot;Lupper&quot;, a combination of Lunch and Supper for those days when we eat a very late lunch or a really early dinner. Today was a Lupper day because by the time we completed our errands and stopped for a meal it was 4:00 PM so we decided to go to [Milestones](#)

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We enjoyed our final meal together, the four generations and Rick, with the youngest family member cuddling his &quot;Luvvy&quot; through the entire meal. He was quietly content, smiling and cooing, on his best behaviour while charming the other patrons and staff. We then headed back to the house where Helen hugged her baby great-grandson goodbye. A tear or two was shed (not by Makai) and then we went home so Helen could pack.