

Horoscopes and Birthdays

Aries (April 1-19) ~ The Ram

These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence give them big and outgoing personalities.

Taurus (April 20-30) ~ Bulls

Bulls show a steady persistence in endeavors both professional and personal, and after working hard, like to reward themselves for a job well done.

Happy Birthday to...

Grace Gytenbeek	April 10
Anna Isbister	April 13
Rolf Kunze	April 13
Leita Blair	April 15
Ruth Shewchuk	April 20
Godelieve Jelking	April 29
Shirley McLeod	April 30



Notable Quotable

"A life is not important except in the impact it has on other lives."

~ Jackie Robinson



Meet Harmony Court Resident: Anna Isbister

Anna was born in South Vancouver and was married 43 years to a wonderful man. She has 3 children, Carol, Patty and Michael. She has 8 grandchildren and 5 great grandchildren in total. She worked at Bowing Airlines during the war years and worked at Hudson Bay in Granville for 26 years. She used to love swimming, fishing and bowling with her husband. Anna enjoys playing cribbage and loves to crochet and make baby blankets for donation. Welcome to Harmony Court Anna!



Meet Harmony Court Team Member, Joel Grigg: Retirement Living Coordinator

Joel was born in Tofino and did all of his schooling & college here in Burnaby. His career background is primarily Hotel sales, advertising and marketing. Interestingly, his grandfather was a resident here when it was known as Canada Way Lodge. Joel is very passionate about the care and service to our respected elders. He loves to golf, travel and strives to find balance between work and play every day. He enjoys laughing and living every moment like it's his last, because one day it might be. Joel looks forward to working with everyone here. Welcome to Harmony Court Joel!



Harmony Court Estate

April 2014



7197 Canada Way
Burnaby, BC
V5E 3R7
Reception Desk: (604) 527-3300
Recreation Office: (604) 528-8584

Outings & Pub Nights

Monday the 7th
Bus Trip to Stave Falls,
Picnic Lunch at
Eighteen Pastures Golf
Course

Tuesday the 8th
Pub Night with Gracie
& the Guys

Thursday the 10th
Shopping Trip & Lunch
at Coquitlam Centre

Monday the 14th
Bus Trip to Iona Beach,
Lunch at Richmond
Market for Chinese
Food

Tuesday the 15th
Shopping Trip to
Shoppers Drug Mart

Tuesday the 22nd
Pub Night with Bob
York

Monday the 28th
Bus Trip & Picnic
Lunch at Domanie De
Chaberton Estate
Winery

Welcome to April!

Being asked to write an article for the newsletter for the first time as your new General Manager had me thinking of you. How were you feeling about the change you are all now experiencing? What do the residents of Harmony Court expect from me and how will I ensure them that I will maintain the same standards of care and wellness that Kassim has delivered over the past four+ years. Time, Trust and Teamwork is my answer to you.

I also found myself thinking of Bob Dylan's song, *The Times They Are A-Changin'*. An existing everywhere song and while written and grounded in the times of the early sixties, its verses timelessly translate to any era. Dylan's vague lyrics are actually what strengthen the song, taking it out of time and making it applicable to any series of circumstances. While it brings forth change for the most unselfish of causes, its overall meaning relies on the simple idea of a shift and the certainty that all times are fleeting and changing.

Like Dylan's lyrics say simply *The Times They Are a Changin'* like the General Manager. My sincere hope is to do you proud.

Paula Anderson

General Manager

Special Events

Tuesday the 1st
Resident Update

Thursday the 3rd
Ladies Breakfast
Club

Sunday the 6th
Donna's Craft &
Bake Sale

Tuesday the 8th
Purdy's Chocolate
Easter Sale

Friday the 11th
Welcome to Spring
Lunch in the Garden
Room

Tuesday the 15th
Carda Creations
Clothing Sale

Wednesday the 16th
Easter Tea with
Richard Stepp

Thursday the 17th
Food Forum

Tuesday the 22nd
Recreation Forum

Wednesday the 23rd
Men's Breakfast
Club

Friday the 25th
Birthday Party with
Ron Ulrich

Wednesday the 30th
New Resident
Welcome Tea with
Luigi Tallarico



**Friends of AgeCare
Rewards Program**

Friends of AgeCare Rewards Program

We realize that our residents, staff and community partners recommend us to their friends and family frequently. So we would like to formally recognize this wonderful compliment with a \$500 dollar "Friends of AgeCare" reward. Or, if you prefer we will make a donation to the charity or association of your choice in your name.

Please ask us about how you can participate in our rewards program today!

OUR RESIDENCES:	Columbia Lethbridge, AB 403.320.9363	Governor's Walk Ottawa, ON 613.564.9255	Harmony Court Burnaby, BC 604.527.3300	Orchard Manor Brooks, AB 403.362.6188	The Beverly Estate Calgary, AB 403.873.2600	Valleyview Medicine Hat, AB 403.526.7000
------------------------	--	---	--	---	---	--

Recreation News

Welcome to April! We have another busy month ahead of us so please keep a watchful eye on the calendar. The first Monday of the month, April 7th, we will be taking a trip to Mission. We will start with a picnic lunch at Eighteen Pastures Golf Course and then head for a tour of Stave Falls. A week later we will be heading to Iona Beach for coffee and cookies and then a Chinese food lunch at the Richmond Market. Finally, at the end of the month join us for a bus trip and picnic lunch at Domaine De Chaberton Estate Winery, which will include a mini tour and tasting. Come down to the Garden Room for our Easter celebration on Wednesday April 16th for an afternoon tea with entertainment by pianist Richard Stepp. On Thursday the 24th, we will be hosting our volunteer appreciation dinner to recognize everyone involved in our volunteer program at the Estate and Care Centre. Once again we will be gathering for a New Resident Welcome Tea on Wednesday April 30th. Come down to the Garden Room to help welcome the new faces to our Harmony Court Community. Finally, be sure to see the Sign Up Binder in the front lobby. Along with the usual sign ups, there are signups for voice friend recreation reminders, gardening club and a variety of card games.

"Our spring has come at last with the soft laughter of April suns and shadow of April showers." ~Byron Caldwell Smith

All the best,
Justine Steckley
Recreation Department

Welcome

*Vladimir Pleshakov
Anna Draper*

Farewell

*Joyce Matthews
Eileen Frost
Iris MacNevin*

CHAPLAIN'S CORNER

Many celebrate Easter in what is called a 'sunrise service'. My older brother has been to many of these services. I recently came across a poem by Myrtle Vorst Sheppard that fittingly describes such an event.

*"Easter! It is so wond'rous sweet
To feel the light of early morn,
Upon my face - to take my place
With others, glad as I,
Beneath the azure sky,
To fold my hands....and pray!*

*And it is sweet indeed,
To mark new green on yonder hill.
To know the still cool breath
Of Spring upon my cheek.
Go tell to all the doubting ones,
Here is the answer that they seek!"*

Have a good April!

Your Chaplain,
Dan

A Fool's Errand

It is a strange tradition that on April 1 we celebrate the practice of making others look foolish through tricks and practical jokes. But April Fools' Day, or All Fools Day as it's sometimes called, is boisterously celebrated throughout the world as an unofficial holiday. There is confusion surrounding the origins of April Fools' Day. Some believe it sprang from the ancient Roman festival of *Hilaria*, which celebrated the arrival of spring with silly masquerade parties. Another belief is that it developed out of the medieval celebration known as the Feast of Fools. On this December holiday, common folk and young people were allowed to become popes, archbishops, and bishops for a day. The social order was turned upside down, and power was handed over to those who did not have much. These people took names such as "Lord of Misrule" and "Pope of Fools."

But how did two separate celebrations, one in March and the other in December, turn into the holiday celebrated on April 1? Some think April Fools' Day became official when Pope Gregory XIII established his new Gregorian calendar in 1582. This new calendar ordered that New Year's Day be changed to January 1. While many adopted this change, some refused and continued to celebrate New Year's Day on April 1. As a result, these traditionalists became the butt of jokes every April 1. In France, someone who is tricked is called a *poisson d'avril*, or "April fish." Victims are humiliated by unknowingly having a paper fish taped to their back. In the United Kingdom, joking traditionally ceases at midday, and anyone playing a joke after noon is a fool themselves. Iranians have been playing pranks on April 1 since the year 536 BC, which makes Iran's holiday of *Sizdah Bedar* the oldest pranking holiday in the world.

