

Horoscopes

Pisces (March 1-20), The Fish.

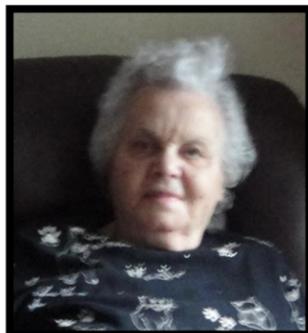
Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside they are intuitive, intensely spiritual, and deeply emotional.

Aries (March 21-31) 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.

March Birthdays

Vera Tomiska	March 1
Catharina Donkersloot	March 2
Jack Springford	March 7
Beatriz Baptista	March 8
George Mayrhofer	March 9
Stanley Cook	March 10
Elsie Friesen	March 16
Robert Clough	March 18
Ton Donkersloot	March 20
John Maslove	March 20
William Henderson	March 22
Mary Matheson	March 23
Elfriede Bernhardt	March 26
Kathleen Coristine	March 27
Jean McIntyre	March 28
Rosetta Hauge	March 28



Meet Harmony Court Resident: Ruth Shewchuk

Ruth was born in Grande Prairie, Alberta. She is mother to 5 children, grandmother to 57 (with one in the oven, ready to pop out any day), 25 great grandchildren and 4 great great grandchildren. Besides raising kids, she was a cook and homemaker, spending 12 years at Point Grey Golf Club as sandwich girl. She had to learn the difference between a sandwich and a sand-wedge (golf term). Additionally, Ruth was a proud volunteer at the Salvation Army for 25 years. Ruth loves to read, watch old movies and listening to any kind of music. Welcome to Harmony Court Ruth!



Meet Harmony Court Team Member: Paula Anderson General Manager

Paula, with enthusiasm, has accepted the position as General Manager. She is leaving the non-profit world as a Director of programs that supported adults with different abilities. She knows her experiences will assist her in her new endeavours at Harmony Court Estate and Care Centre. She lives with her Husband in New Westminster, is Nana to three very active grandkids and is a bit of a weekend warrior. She thoroughly enjoys challenging herself by participating in an outdoor Boot Camp, Ride to Conquer Cancer, 13 - 60km weekend walks and mud obstacle events. She looks forward to working with the team and meeting all the residents and staff! Welcome to Harmony Court Paula!



HARMONY COURT ESTATE

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

March 2014

Outings and Pub Nights

Monday the 3rd
*Bus Trip & Picnic
Lunch at the
Greater
Vancouver Zoo*

Monday the 10th
*Bus Trip to CBC
Vancouver
Broadcast Centre
& Lunch at Chinese
Super Grill*

Tuesday the 11th
*Pub Night with
Brian Zalo*

Thursday the 13th
*Bus Trip to Michael
J. Fox Theatre to
see Guys & Dolls*

Monday the 24th
*Shopping Trip &
Lunch at Lougheed
Mall*

Tuesday the 25th
*Pub Night with
Gordy Van*

Monday the 31st
*Bus Trip & Buffet
Lunch at Grand
Villa Casino*

Welcome to March at Harmony Court Estate!

The theme of my message this month is gratitude. Looking at the News headlines every day is a constant reminder that we are very lucky to be living in Canada. As I often say, "perspective is a funny thing", it truly is. How can we know true joy without having already experienced sadness?

I have been the GM at Harmony Court for the past four years and the time feels like it has flown by. It is sometimes difficult to remember where we were four years ago, sometimes even 1 year ago. Harmony Court has come a long way over the past few years, but the next phase of our journey now with Paula at the helm is just beginning.

I want to take this opportunity to express my eternal gratitude to our staff and residents for allowing me to be part of the journey.

I will leave you with a great quote on this subject: "Gratitude is not only the greatest of virtues, but the parent of all others".

Best Always,

Kassim Dossa
General Manager
Harmony Court

Wednesday the 5th
Farewell Tea
for Kassim

Thursday the 6th
Ladies Breakfast

Friday the 7th
Fire Safety Follow
Up Meeting
&
Cocktail Hour

Tuesday the 11th
Education
Seminar:
Preventing Hip
Fractures

Thursday the 13th
Food Forum

Friday the 14th
Special Irish Lunch

Monday the 17th
St. Patrick's Day
Party with Eire
Born Irish Dancers

Tuesday the 18th
Resident Update

Friday the 21st
Birthday Party with
Thomas MacKay

Monday the 24th
Recreation Forum




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
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Recreation News

Welcome to March! Spring is just around the corner! We will be starting off the month on Monday March 3rd with a bus trip to the Greater Vancouver Zoo for a Safari Tour. The admission cost is \$10.00. After the tour, there will be the opportunity to explore the zoo, see a Raptors training show and have a picnic lunch. As you all know, Kassim is only with us as the General Manager for a few more weeks. Please join us at a farewell tea for him on Wednesday the 5th in the Garden Room. We will be taking a trip to the CBC Vancouver Broadcast Centre for a newsroom tour on Monday March 10th. There is no charge for the tour, however please be aware that the tour is approximately an hour long and you will be standing. Afterwards, we will be having lunch at the Chinese Super Grill. On Thursday March 13th, our bus will be taking residents to the Michael J. Fox Theatre to see a Guys & Dolls Performance by Burnaby South Secondary School. Tickets are \$18.00. Please meet in the Fireside Lounge at 5:15pm for dinner prior to our 6:15pm departure. If you are interested, please sign up at the reception desk as soon as possible so tickets can be reserved. We will be celebrating St. Patrick's Day with Irish spirit on Monday March 17th with a show by the Eire Born Irish Dancers. At the end of the month, we will be taking a trip to the Grand Villa Casino and having lunch at the Buffet. The buffet is \$13.95.

*"May your pockets be heavy and your heart be light,
May good luck pursue you each morning and night."*

All the best,
Justine, Recreation Manager

CHAPLAIN'S CORNER

Worry is not necessary.

With all the troubling and disturbing events that happen in our world we could all very easily succumb to worry and despair. A very comforting thought comes from the Gospel message, when our Lord said: **"Do not worry about your life, what you will eat....."** Our Heavenly Father knows what we are in need of. Someone has said, "Worry is interest paid on trouble before it comes due."

Usually we say something like, "what if?"...etc., etc. and we end up imagining one bad thing after another.

Nothing can change the past – excepting God's forgiveness, when we ask in repentance for our sin – and nothing can be known about the future except what God knows.

So decide to live in the now, trust God this day and do not worry about the past or future. Simple childlike trust gives peace to all who choose to leave those things that we have no power to change -- in God's hands!

*Each day we learn from
yesterday
Of God's great love and care
And every burden we must face
He'll surely help us bear.*

Have a good March!

Your Chaplain,
Dan



Welcome...
Olive Bourque
Anna Isbister

Notable Quote

"Today was good. Today was fun. Tomorrow is another one."
~ Dr. Seuss

"Age is no barrier. It's a limitation you put on your mind."
~ Jackie Joyner-Kersey

