

Chaplains Corner

The month with Valentine's Day has come again. It can never be emphasized enough just how much we need a fresh look at, and an experience of love. We always use the largest measuring stick available, which comes from the Holy Scriptures: "God is Love."

Because of His great love for us, we have the privilege and opportunity to accept that love and share it in our own lives with others. The famous quote: "Now abides faith, hope and love, but the greatest of these is love", still remains important to a fulfilling life.

Lord, thank you for all the gifts you give: mercy, grace, faith, truth, hope, righteousness, blessings, favour, deliverance, protection, guidance but most of all - thank you for Your love!

Help us to walk, talk, act and live in that love every day this year.

Have a good February.
Your Chaplain,
Dan



February Birthdays

Aquarius ~ February 1-18

The Water Bearer. Witty, clever, and honest, Water Bearers desire independence above all and are not afraid to deviate from the crowd to pursue their own interests.

Pisces ~ February 19-28

The Fish. Selfless, spiritual, and intuitive, Pisces swim on an inner journey. They are emotional, compassionate people who are always willing to help others.

Happy Birthday to...

Rosewood 1st Floor

Joyce Hobbs	February 14 th
Noelle Phan	February 14 th

Wedgewood 2nd Floor

Roslyn Brebner	February 7 th
Annamalai Murgessan	February 10 th
Madeline Brown	February 13 th
Florence Morozoff	February 19 th
Alexander Robinson	February 20 th
Rosaline Greer	February 24 th



Special Events

Tuesday the 3rd
Family Council

Wednesday the 4th
Bus Outing to
White Rock

Feb. 8-14
Theme Week:
Valentines

Wednesday the 11th
Bus Outing to Iona
Lake, Richmond

Thursday the 12th
Pub Night with
Brian Zalo

Tuesday the 17th
Mardi Gras Word
Games & Craft

Wednesday the 18th
Bus Outing to
Rocky Point &
Birthday Party with
2 Hits & A Miss

Wednesday the 25th
Lunch Outing to
IHOP

Thursday the 26th
Pub Night with
Mike Kinal

Friday the 27th
Chinese New Year
Dance Performance

Harmony Court Care

7195 Canada Way
Burnaby, BC V5E 4A6
Reception: 604-527-3300
Recreation: 604-527-3328

February 2015

The Empty Pickle Jar - A Lesson On Life

A professor stood before his philosophy class holding a large empty pickle jar. When the class began he proceeded to fill the jar with golf balls. He then asked the students if the jar was full. They all agreed it was.

So the professor then picked up a box of pebbles and poured them into the jar. The pebbles rolled onto the open areas between the golf balls. He asked the students if the jar was full. Again they said it was.

The professor next picked up a box of sand and poured it into the jar. Of course the sand filled up everything else. He asked once more if the box was full. They are responded with an unanimous "yes".

The professor produced a bottle of chocolate milk from under the table. He poured it into the jar effectively filling the empty space between the sand.

The students laughed. "Now", said the professor, "I want you to recognize that the jar represents your life."

The golf balls are the important things, Your **Family** and **Children**, Your **Health** & **Friends**. The pebbles are the other things that matter like your job, your home, your car. The sand is everything else, the small stuff. If you put the sand into the jar first there is no room for the pebbles and the golf balls.

The same goes for Life. If you spend all your time and energy on the small stuff, you will never have room for the things that make you happy. Play with Children, have regular checkups, enjoy dinner with Family and Friends. There will always be time to clean the house. Take care of the golf balls first the things that really matter. Set your priorities, the rest is just sand.

One student asked, "what about the chocolate milk"? The professor responded, "no matter how full your life may seem there's always room for chocolate.

Remember every day is a gift and the quality of your life is your gift to yourself.

Paula Anderson,
General Manager

Recreation News

Welcome to February! Hope you all enjoyed the nice relaxing month of January because we now have a busy month ahead of us. February is a month filled with celebrations and special dates. You can participate in celebrating with the variety of entertainment and cultural foods that will be here at Harmony Court.

The first Wednesday of the month we will be taking an afternoon trip to White Rock to stroll the Oceanfront promenade. The next two Wednesdays will be scenic drives to Iona Lake, Richmond and Rocky Point. On the 25th, we will be having a lunch outing at IHOP restaurant, Coquitlam to celebrate Pancake Day. If you have any requests for your family member to attend any of these outings please let me know by phone 604-527-3328 or email hcrecreation@agecare.ca.

Our theme week for this month is Valentine's, February 8-14th. This week will be full of Valentines themed programs such as decorating, crafts, bingo, movies, baking, a special lunch, word games, trivia and a Valentine's tea with entertainment. 1st floor will be having their tea on Friday February 13th at 2pm with violinist Larry Harper. 2nd floor will be having their tea on Saturday February 14th at 2pm with Luigi Tallarico. Family and friends are welcome to attend!

For the New Orleans festival, Mardi Gras, we will be making traditional masks usually worn during the festival. In recognition of Chinese New Year, we will be having a special lunch on the 27th followed by a dance performance by the Chinese Seniors Society.

Have a Great Month!

Justine Steckley,
Recreation Manager

Too Many Valentines

While February 14 is widely celebrated as Valentine's Day, there is some confusion as to which Saint Valentine this day actually refers to. According to the Roman Catholic Church, there are 14 different saints named Valentine. Some believe Valentine's Day honors the Bishop of Terni, in central Italy, who was condemned by the Roman Emperor Claudius. Others believe Valentine's Day

is connected to a Roman priest who secretly married Christian couples until he was discovered by the Roman authorities and sentenced to death. Still others believe the Valentine we associate with Valentine's Day suffered martyrdom in Africa with several companions. Perhaps the real identity of St. Valentine is unnecessary since what is truly important is his enduring legacy of love.



Notable Quotable

"Some folks think I painted Lincoln from life, but I haven't been around that long. Not quite."

~ Norman Rockwell



Cookie Power

It's the weekend you've been waiting for all year: February 27-28 is Girl Scout Cookie Weekend! The "Super Six" flavors are all coming back: Thin Mints, Samoas, Trefoils, Tagalongs, Do-si-dos, and the 100th anniversary cookie, Savanna Smiles. Two additional flavors are being offered in 2015: Rah-Rah Raisin, which is an oatmeal raisin cookie with yogurt chunks, and a gluten-

free option called Toffee-tastic, a buttery cookie packed with toffee bits.

This year, the price of Girl Scout Cookies will increase by one dollar to five dollars a box. Amazingly, the cost of cookies has not increased for 11 years. And every extra dollar will benefit a program that is dedicated to building our next generation of young female leaders.

Furthermore, the Girl Scout Cookie program teaches Girl Scouts five invaluable life skills: goal-setting, decision-making, money management, people skills, and business ethics. Not to mention, scouts build courage, confidence, and character. It's a wonderful feeling knowing that you can help achieve all this through eating delicious cookies.



Quote

"You aren't wealthy until you have something money can't buy."

~ Garth Brooks

I Cannot Tell a Lie

On February 23, 1940, Walt Disney released *Pinocchio*. In honor of the little wooden boy who could not tell a lie without his nose growing, enjoy the quiz below. Can you determine whether the statements are true or false?

- 1. Sugar makes children hyperactive.
- 2. Diamonds form in coal.
- 3. Bulls hate the color red.
- 4. Napoleon was very short.

ANSWERS: 1. False: Medical tests show no difference between children given sugar-full and sugar-free diets. 2. False: Diamonds do form deep underground under extreme pressure and intense heat. 3. False: Bulls can see red, but they charge because they feel threatened by the matador. 4. False: Napoleon was actually five feet, seven inches tall, which was considered tall for his time.

Winter Wonderland by Rail

Perhaps one of the greatest sightseeing adventures in the world is a four-hour train ride on the Bernina Express from Switzerland to Italy through the Alps. There may be no better time to travel the route than in February, when all the world is glistening white with snow.

What makes the journey so special? The railway crosses 196 bridges, passes through 55 tunnels, and climbs to more than 7,000 feet. The crimson-colored scenic train serves many small cities between Chur, Switzerland, and Tirano, Italy. First opened in

1904, the railway is a marvel of engineering designed to open the isolated mountain villages to the rest of the world. For these regions, the rail line has been granted status as a UNESCO World Heritage Site.

