



Harmony Court Estate

February 2015

Family Update

Operations Update

Paula Anderson, General Manager

604-527-3314 (O)

panderson@agecare.ca

We were all honoured several months ago when Harmony Court Estate was chosen #1 on the Burnaby Newsleader A-List for the best in Retirement Living. This past month a tea was held to celebrate this honour and how special did the staff feel when members of the resident council served us cake, tea and coffee. Thank you again for everyone that votes for Harmony Court and to the staff we couldn't of won this award without you.

I was away the last week of January attending the AgeCare's retreat in Calgary and will report to you soon the updates on the discussions and workshops.

Finally, this is just a friendly reminder that your concerns and compliments are always welcome. There are feedback forms available at the sign in desk.

Hospitality Update

Billy Ibarra, Hospitality Services Manager

604-527-3329(O)

Billy_Ibarra@aramark.ca

Special Meals

Ladies Breakfast Club – February 5

- French Toast with Peaches
- Bacon
- Home-made Biscuits
- Orange Juice

Valentine's Day Lunch – February 13

- Pancakes with Strawberries & Whipped Cream
- Sausages or Bacon

- Fruit Salad
- Red Velvet Cake

Men's Breakfast Club – February 26

- French Toast with Peaches
- Bacon
- Home-made Biscuits
- Hash Browns
- Orange Juice
- Tea/ Coffee

Chinese New Year Lunch – February 27

- Chicken Stir-Fry
- Spring Rolls
- Steamed Noodles
- Baby Bok-Choi
- Rice Pudding & Fortune Cookie

*Kitchen Tour – February 18 at 2:00

*Menu Review Forum – February 19 at 3:30

Recreation Update

Justine Steckley, Recreation Manager

604-527-3328(O)

hcrecreation@agecare.ca

&

Celeste Bouffard, Leisure Lifestyle Coordinator

604-528-8584

hcestaterec@agecare.ca

February may be a cold month yet Harmony Court Estate will keep everyone warm and busy till spring. On Sunday the 1st, don't miss the action with the Super Bowl 2015 game. Harmony Court will have the live broadcast in the Activity Room and Fireside Lounge at 3:30pm.

During the month there will be a few places the bus will be heading based on high demand. On Monday the 2nd, the group will see the fantastic show at Fly Over Canada which will feature "The Flight of The Dragon". On Monday, the 16th, the bus will be going to Charlie's Chocolate Factory to fill up on delicious chocolates for their loved ones before Valentine's Day. On the 23rd they will have a special tour through the CBC Newsroom and Lunch at Ken's Chinese Food Restaurant.

On Tuesday February 10th, 2:30pm in the Garden Room, the Alzheimer's Society will be here to present an Education Seminar called "Let's talk about Dementia". We are welcoming any family or friends to attend this education session as will.

February is a month filled with celebrations and special dates. Residents can participate in celebrating with the variety of entertainment and cultural food and games that will be here at Harmony Court. On Friday the 13th, David O'Malley will be performing for the Valentine's Day Party! There will also be a special valentine's day lunch provided on this day.

On Tuesday the 17th, New Orleans and Harmony Court will be celebrating the Festival Mardi Gras. The fun will take place in the Activity Room at 2:30pm. The event will include food traditionally eaten during the festival and games played by the locals. February 19th is another date to celebrate in the month; this is the beginning of the Chinese New Year Holiday. To celebrate there will be a special Chinese New Year Lunch on Friday the 27th.

Last month there was a recreation survey passed around for feedback on the current activities and future programs here at Harmony Court. We will be reviewing each survey to help us improve any programs as well as maybe try one or two new ones along the way. Together with feedback and helpful suggestions, we can make Harmony Court a truly unique and wonderful place to live.

Have a great month and Gong Xi Fa Cai!!