

Special Events

Sunday the 1st
Super Bowl XLIX
Live Broadcast

Tuesday the 3rd
Making Centerpieces
for Garden Room &
Resident Update

Thursday the 5th
Ladies Breakfast Club

Tuesday the 10th
Education Seminar by
The Alzheimer's
Society: "Let's Talk
About Dementia"

Friday the 13th
Special Valentine's
Day Lunch &
Valentine's Day Party
with
David O'Malley

Sunday the 15th
Scandinavian Folk
Dancers

Tuesday the 17th
Euro Design Scarves
& Mardi Gras Party
Games

Thursday the 19th
Food Forum

Friday the 20th
Birthday Party with
Peter Montgomery

Tuesday the 24th
Recreation Forum

Thursday the 26th
Men's Breakfast Club

Friday the 27th
Special Chinese Lunch

February Birthdays

Aquarius - February 1-18

Aquarius, 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

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

Special Dates in February

Ground Hog Day Monday February 2nd
Family Day Monday February 9th
Valentine's Day Saturday February 14th
Mardi Gras Tuesday February 17th
Chinese New Year Thursday February 19th



2015

Happy Birthday To...

Eric Godman February 4th
Viola Anderson February 7th
Neil Holman February 8th
Irene Swan February 12th
Terry Hannigan February 13th
Dorris Hannigan February 14th
Peter Mein February 22nd
Iolanda Motoiu February 25th

A little Joke for the Folks

A tour bus driver was driving with a
bus load of seniors down a highway
when he was tapped on his shoulder by
a little old lady. She offered him a
handful of peanuts, which he gratefully
munched up. After about 15 minutes,
she tapped him on his shoulder again
and she handed him another handful of
peanuts.

She repeated this gesture about five
more times. When she was about to
hand him another batch he asked the
little old lady, "Why don't you eat the
peanuts yourself?"

"We can't chew them because we've
no teeth", she replied. The puzzled
driver asked, "Why do you buy them
then?" The old lady replied, "We just
love the chocolate around them."

Chaplain's 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

Harmony Court Estate



February 2015

7197 Canada Way Reception Desk: (604)-527-3300
Burnaby, BC Recreation Office: (604)-528-8584
V5E 4A6

**Outings and Pub
Nights**

Monday the 2nd
Scenic Bus Trip To
Fly Over Canada,
Vancouver; "Flight
of the Dragon"
[\$17.95]

Tuesday the 10th
Pub Night with
Brian Zalo

Thursday the 12th
Shopping Trip &
Lunch at Lougheed
Mall

Monday the 16th
Bus Trip to
Charlie's
Chocolate
Factory, Burnaby
& Lunch at ABC
Restaurant

Monday the 23rd
Bus Trip: CBC
Newsroom Tour,
Vancouver &
Lunch at Ken's
Chinese Food
Restaurant

Tuesday the 24th
Pub Night with
Colleen Durdon

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

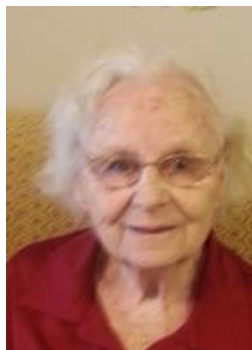


Friends of AgeCare Rewards Program

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.

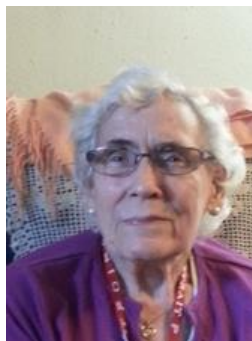
Please ask us about how you can participate in our rewards program today!

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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Meet Harmony Court New Resident: Alies Van Vliet

Alies was born in Assen, Holland and moved to Canada in 1951. She lived throughout Canada working as a Nurse. She and her husband had a jewellery business and they traveled throughout Europe. Alies enjoys traveling, reading, and singing. She has three children of her own and two adopted daughters as well. She is blessed with two wonderful granddaughters. Please help me give Alies a warm welcome to Harmony Court!



Meet Harmony Court New Resident: Maybelle McIntyre

Maybelle was born in Saskatchewan and moved to BC where she has lived for 20 years. She worked as a secretary for the post office and helped with making furniture for daycares. She is very close to her sister Joan. Maybelle enjoys reading love stories, playing bingo, and listening to music. Let's welcome Maybelle to Harmony Court!

Look for Harmony Court "Brain Games" in each Newsletter for extra fun! Answers will be posted on the 15th!

Recreation News

February may be a cold month yet Harmony Court Estate can keep you warm and busy till spring. Until then; you can keep up with all the ins and outs at Harmony Court. On Sunday the 1st, don't miss the action with the Super Bowl 2015 game. We will have the live broadcast in the Garden 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 so you can fill up on delicious chocolates for your loved ones before Valentine's Day. On the 23rd the group will have a special tour through the CBC Newsroom and Lunch at Ken's Chinese Food Restaurant.

February is a month filled with celebrations and special dates. You 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 come have a good time with David O'Malley at 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. Come join in with the fun 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. Your Leisure Lifestyle Coordinator will review each survey and improve any programs as well as maybe try one or two new ones along the way. Together with your feedback, we can make Harmony Court a truly unique and wonderful place to live.

Have a great month and Gong Xi Fa Cai!!

Celeste Bouffard (Leisure Lifestyle Coordinator)



Calling All Family, Residents and Staff! Do you want to learn more about Harmony Court Estate and AgeCare?

All the information you need can be found on the company website at www.agecare.ca or "Like" and follow us on Facebook at Harmony Court Estate/AgeCare.

Find helpful tips for your loved ones and fun photos of the seniors in the community of AgeCare.

Welcome
James Robertson
Sharilyn Calliou
Carol Manson

In Loving Memory
Lillian Newman

