



### Capricorn (Jan. 1<sup>st</sup> to 19<sup>th</sup>)

Capricorns are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multi-taskers and politicians

## HAPPY BIRTHDAY

### 1ST FLOOR

Verna Engelstad ~ 12<sup>th</sup>  
Catherine Tanchak ~ 15<sup>th</sup>  
Henry Schnee ~ 19<sup>th</sup>

### 2ND FLOOR

Anne Brooks ~ 7<sup>th</sup>      Beatrice Blair ~ 8<sup>th</sup>  
Elsie Weeks ~ 10<sup>th</sup>      Keng Hoi ~ 15<sup>th</sup>  
Kathleen Dugger ~ 25<sup>th</sup>

### BIRTHDAY PARTY

Wednesday, January 11<sup>th</sup> at 2:00pm  
with Old Friends



### Aquarius (Jan. 20<sup>th</sup> and 31<sup>st</sup>)

Aquarians may be shy and quiet, but they are energetic, unique, and independent visionaries. They are often unemotional, intellectual, and will pursue wisdom to the ends of the earth.



Majella, Recreation Aide, gave birth to her first child, Briella, on December 14<sup>th</sup>, 2016 at 8:50pm.

Weighing in at 6 lbs., Brie was welcomed into the world with much family excitedly awaiting her arrival.

We look forward to a future visit!



### **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](http://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.



### Special Events

Ladies Lunch  
January 3<sup>rd</sup>

Pub Night with  
Mike Kinal  
January 5<sup>th</sup>

Music with  
Douglas Simpson  
January 8<sup>th</sup> & 22<sup>nd</sup>

Birthday Party with  
Old Friends  
January 11<sup>th</sup>

Sing Along with Glenn &  
Jessica  
January 13<sup>th</sup>

Men's Lunch  
January 17<sup>th</sup>

Urban Safari Animals  
January 18<sup>th</sup>

Music with Glenn  
January 20<sup>th</sup>

Music & Dancing with  
Douglas  
January 24<sup>th</sup>

Robbie Burns Social with  
the Scottish Dancers  
January 24<sup>th</sup>

Family Council Meeting  
January 24<sup>th</sup> at 7pm

Pub Night with  
Brian Gimbel  
January 26<sup>th</sup>

Chinese New Year  
Celebration with  
Evergreen Dancer  
January 30<sup>th</sup>

# AGECARE

# JANUARY 2017

# HARMONY COURT CARE

7195 Canada Way, Burnaby BC V5E 4A6

Reception: 604-527-3300

Recreation: 604-527-3328

1<sup>st</sup> Floor Nursing Station: 604-527-3320

2<sup>nd</sup> Floor Nursing Station: 604-527-3302

### RECREATION NEWS

Happy New Year! We are kicking off the first month of the year with a jam packed January. We have a special event every week, with some old favorites and some new visitors, such as the Urban Safari Rescue Society and the Evergreen Chinese Dance group. Mark them on your calendar and come check them out.

Urban Safari Rescue Society rescue and care for exotic animals surrendered to them, as well as educate the public about animals, the natural world and conservation issues. The Rescue Society has been visiting schools, senior's communities, libraries, and festivals educating children and adults about animals, the natural world, and conservation issues for 28 years. They will be sharing with us a variety of unique animals on the 2<sup>nd</sup> floor, January 18<sup>th</sup> from 2:30 to 3:30.

To celebrate Chinese New Year we have invited the Evergreen Chinese Dance group to perform. They are a group of 12 that will be dressed in traditional Chinese attire to exhibit the Chinese culture through dance and music. You can bring the family and sip green tea and nibble fortune cookies as we enjoy the show.

Bus trips will be a go for most Wednesdays, weather permitted. The first two trips will be Scenic Drives trip on the 4<sup>th</sup> and 18<sup>th</sup>. We will have to decide the day of if the snow shows up again. The following trip will be a Lunch Outing to Cora's Restaurant in Burnaby on the 25<sup>th</sup>. It is close by with lots of amazing breakfast and lunch dishes. If you are planning to visit these days, call ahead to find out if your family member is on the bus.

If you have any questions about Recreation or your family member's participation, do not hesitate to ask.

**Jessica Lemire, Recreation Manager**  
604-527-3328  
[hcrecreation@agecare.ca](mailto:hcrecreation@agecare.ca)

### FAMILY COUNCIL MEETING

Tuesday, January 24<sup>th</sup> at 7pm  
Care Centre, Magnolia Room

Please RSVP to Jessica at [hcrecreation@agecare.ca](mailto:hcrecreation@agecare.ca)



## An Explosive New Year

The New Year is celebrated all around the world, and its arrival is most often heralded with fireworks. Why are fireworks associated with ringing in the New Year all over the globe? It turns out they are part of a larger story and much more than just a loud and raucous display of joy and revelry. This story begins with their invention in China.

China is very proud of its Four Great Inventions: the compass, papermaking, printing, and gunpowder. Like so many important inventions, gunpowder was discovered by accident. In the ninth century, Chinese alchemists searching for the elixir of immortality instead discovered the formula for gunpowder. It was, of course, eventually adapted for use in warfare, but other uses were discovered more immediately, such as in the development of flares and eventually fireworks.

While the emperor may have been treated to elaborate and spectacular fireworks shows, fireworks were not all fun and games. They served another important purpose: when fireworks exploded at the beginning of each new year, they were believed to frighten away evil spirits, banish bad luck, and bring good fortune. From these superstitious beginnings, fireworks have become a mainstay of new year traditions around the world.

There may be no better time to watch a fireworks display than on the Chinese New Year, which falls on January 28. Beijing and Hong Kong often vie for the most amazing displays, which may mean—if ancient superstitions are true—that these two cities will enjoy the greatest luck. In the Chinese zodiac, 2017 is the Year of the Rooster, an animal that, thanks to its relentless crowing, is considered adept at shooing away evil spirits. It is also the year of Fire, so be on the lookout for greater, more elaborate, and more powerful fireworks displays.

### **Happy Chinese New Year** (January 27 – February 2, 2017)



恭喜發財

*"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us. Cheers to a new year and another chance for us to get it right."*

Happy New Year from the  
Harmony Court Team

## **Chaplain's Corner**

The new year can be faced head-on with a proper philosophy and attitude. One such philosophy was captured in a song which came on the radio in the 1950's. My mother encouraged us to learn and sing it:

Have FAITH, HOPE and CHARITY, that's the way to live successfully.

How do I know? The Bible tells me so.

Don't worry about tomorrow, just be real good today,

The Lord is right beside you, He'll Guide you all the way.

Have faith, hope and charity, that's the way to live successfully,

How do I know ? ..... the Bible tells me so !

Let's practice our faith as we know it; keep hope alive by resting in God's holy and sure promises to believers. The most important way to live in 2017 would be show love to your family, friends and colleagues.

Even the great Apostle said: "Now abides faith, hope and charity, and the greatest of these is charity."

Truly, have an excellent New Year !!

Your Chaplain, Dan

### **THANK YOU FOR ALL YOUR SUPPORT!**

Christmas to Remember 2016 was a great success thank you to all the team work of Harmony Court Staff, family, residents and volunteers.

We Raised \$615 and received 31 gift donations. With the money raised we were able to provide 40 food hampers to local seniors and gifts to Harmony Court Care residents that benefit greatly from this program.

THANK  YOU!