



**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 Leithbridge, AB 403.326.9363	Governor's Walk Ottawa, ON 613.564.9255	Harmony Court Burnaby, BC 604.527.3300	Orchard Manor Brooks, AB 403.367.6188	The Beverly Estate Calgary, AB 403.873.5600	Valleyview Medicine Hat, AB 403.526.7000
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Fitness Room Hours
The hours are 8-4 seven days a week.
You must sign a waiver to use the gym.
Please see Karen, Reception or get one from the gym to sign.

There will be an **orientation on Monday Jan 9th at 3:30pm,**
We will be learning about the Treadmill



Age Care
Harmony Court Estate
January ~ 2017
Newsletter



*Our Christmas Craft and Bake sale was a great big hit! With all the baking and specially made items just for this sale we raised \$350, the Purdy's fundraiser raised \$175 and donations alone raised \$90!
A total of \$615!*

*All of this money went towards seniors in need in the community for gifts and necessities and over 30 hamper bags went to the seniors society, who help out New Westminster and Burnaby Seniors in need.
Way to go everyone! And thank you for all that you do for others.*

Thank you to all of the volunteers that helped put the hampers together to be delivered, without you, it couldn't have been done.

The fitness room is open and there will be an orientation every month focusing on a machine and body dynamics. Come on out and see how you can keep living a healthy life by exercising your whole body.

*It has been a great year with everyone here at Harmony Court Estate from the Residents, family and staff. Everyone has made 2016 a year of good memories! Thank you!
*We can only hope that 2017 is just as good!**

Have a safe, prosperous and Happy New Year!

*Karen Scott
Recreation Coordinator*



*The Book Club
Book of the Month is
"The Secret Scripture"
Please See Karen for
your copy*



Chaplains 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



Dates of Interest

Bus Outing: The Starlight Casino Buffet lunch (\$12)
Monday Jan 9th

Fitness room Orientation
Monday Jan 9th

Pub Night and 50/50 With Steve Hillis
Tuesday Jan 10th

Chari Yoga with Beatte'
Tuesday Jan 10th & 24th

Bus Outing: Shopping and lunch at Brentwood Mall
Thursday Jan 12th

New Resident Tea
Friday Jan 13th

Bus Outing: Value Village and lunch at Boston Pizza
Monday Jan 16th

Urban Safari Wild animals
Tuesday Jan 17th

Birthday Social
Friday Jan 20th

Bus Outing: Scottish Lunch at the Tomahawk Restaurant, North Van(\$15)
Monday Jan 23rd

Bus Outing: Shadbolt Center Jazz Jam
Tuesday Jan 24th

Robbie Burns Day Celebration with the Burnaby Scottish Dancers
Tuesday Jan 24th

Chinese New Year Celebration with the Evergreen Chinese Dance Group
Monday Jan 30th

**7197 Canada Way
Burnaby, V5E 4A6**

**Reception Desk: (604)-527-3300 Recreation Office: (604)-528-8584
General Manager: (604)-527-3314 Support Services Manager: (604)-527-3329**

Happy Birthday

Jean L.	Jan 2 nd
John (Jack) H.	Jan 4 th
Robert Mac.	Jan 7 th
Howard R.	Jan 21 st
Rose W.	Jan 24 th
Teresa V.	Jan 28 th

Capricorn Dec 22nd – Jan 19th

The one thing a Capricorn must always try to do is balance work with play; otherwise they can become to one-sided and work can replace true personal emotional fulfilment. Continually climbing the eternal mountain of success. Capricornians rise to the occasion when faced with a new task or deadline.

Sagittarius Jan 20th – Feb 18th

Often simple and unassuming, the Aquarian goes about accomplishing goals in a quiet, often unorthodox ways. Although their methods may be unorthodox, the results for achievement are surprisingly effective. They are honest, loyal and highly intelligent. They are also easy going and make natural friendships.



In Memory
Vera T.

Farewell
Ewald R.

Welcome
Teresa V.
Alfonso R.
Robert Mac

NEVER REGRET
ANYTHING
BECAUSE AT
ONE TIME IT
WAS EXACTLY
WHAT YOU
WANTED

NEWS FROM THE LIBRARY January 2017

In January there will be three events. On Thursday, January 12, 2017, *Poetry In The Workplace* features in-house staff and residents, who will publicly read in the Fireside Lounge. All forms of poetry welcomed at this open mic event. If you hanker to be a M.C., please let us know. Coincident with this event, there will be a Pop-Up Library, featuring some of the newer titles given to our donation-driven collection. Friday, January 27, 2017, is *National Geographic Day* and a donation will be welcomed, with hope the magazine is free of marmalade and bubonic plague, and published in this century. [Please remember duplicate items are recycled.]

An Open House will be held Monday, February 27, 2017, as part of *Freedom To Read Week*, an annual event to encourage individuals to think about and appreciate their intellectual freedoms guaranteed in *The Charter of Rights and Freedoms* (Canada, The Constitution Act, 1982). Suggestions? Let us know.

The library, located on the second floor of the West Wing, is maintained by volunteers who provide attentive care. Thank-you Russell, Ton, Catharina, Rosemary and Lorna for help with and contributions to the *Let It Snow* display. Unexpectedly, it did snow. Perhaps the next display will feature winning lotto numbers?

Volunteers keep the library thrumming. Thank-you to Ton for hefting books into storage. The history titles are now in storage and could return if demand increases. Thank-you Lorna for managing book identification and shelving titles. New titles received throughout December, 2016, will be labelled and on the shelves by mid-January. Thank-you Carol for keeping the plants alive through this remarkably snowy winter. Thank-you Anonymous for the new plant holder. Very beautiful.

Thank-you for donations, which range from pencil crayon techniques (self-help) to dementia and Alzheimer's (health). Growth of non-fiction titles has been vigorous throughout 2016. Circulation continues to average about 50 titles monthly, with novels and mysteries as the most popular reads. Nothing like a good mystery for a snowy evening.

TTFN

Quotations

“Patterning your life around other's opinions is nothing more than slavery.”
~ Lawana Blackwell, *The Dowry of Miss Lydia Clark* (1999).

“Age is no guarantee of maturity.”

&

“It isn't kind to cultivate a friendship just so one will have an audience.”
~ Lawana Blackwell, *The Courtship of the Vicar's Daughter* (1998).

