



**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 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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Harmony Court Estate Managers Directory

AgeCare:

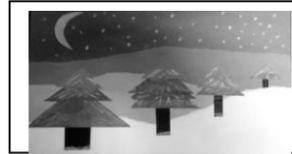
Cindy Kahlon	Administrator	604-527-3319 ext. 3319
Paulette Bonin	Accounting Manager	604-527-3325 ext. 3325
Ralph Villar	Resident Service Manager	604-527-3336 ext. 3336
Joel Grigg	Retirement Living Consultant	604-527-3323 ext. 3323
Evan Klonarakis	Maintenance Manager	604-527-3311 ext.3311

SimpeQ:

Aalysia Mulligan	HR Manager	778-997-1100
Reneta Palaganas	Estate Care Coordinator	778-389-9999
Jessica Lemire	Recreation Manager	604-527-3328 ex.3328
Mehri Kamali	Estate Recreation Coordinator	604-528-8584 ext.8584

Aramark:

Billy Ibarra	Support Services Manager	604-527-3329 ext.3329
Curtiss Schaffer	Support Services Assistant Manager	604-524-8395 ext.8582



**BUS
OUTINGS**

Lunch Outing:
Queen Elizabeth
Park Conservatory
& Picnic on Bus
Tuesday, Jan 2nd

Bus Outing:
Burnaby Village
Museum Light Show
Thursday, Jan 4th

Lunch Outing:
C-Lovers fish &
Chips
Tuesday, Jan 9th

Bus Outing:
Shopping & Lunch at
Royal City Centre
Thursday, Jan 11th

Lunch Outing:
Lunch at Joy Club
Wednesday, Jan 17th

Lunch Outing:
Starlight Casino
Buffet Lunch
Tuesday, Jan 23rd

Bus Outing:
A little Lunch Music
at Shadbolt Centre
Tuesday, Jan 30th

**Sign up at
Reception**

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

AgeCare Harmony Court Estate JANUARY 2018

The January Diet Resolution

T'was the month after Christmas and all through the house,
Nothing would fit me, not even a blouse,
The cookies I'd nibbled, the eggnog I'd taste,
At the holiday parties had gone to my waist.
When I got on the scales, there arose such a number!
When I walked to the store (less a walk than a lumber),
I'd remember the marvelous meals I'd prepared,
The gravies and sauces and beef nicely rared.
The wine and the rum balls; the bread and the cheese,
And the way I'd never said, "No thank you, please."
As I dressed myself in my husband's old shirt,
And prepared once again to battle with dirt,
I said to myself, as only I can
"You can't spend a winter disguised as a man!"
So, away with the last of the sour cream dip.
Get rid of the fruitcake, every cracker and chip.
Every last bit of food that I like must be banished,
'Til all the additional ounces have vanished.
I won't have a cookie – not even a lick.
I'll only just chew on a long celery stick.
I won't have hot biscuits, or cornbread, or pie,
I'll munch on a carrot and quietly cry.
I'm hungry, I'm grouchy, can't fit through the door,
But isn't that what January is for?
Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet! ~ Author Unknown

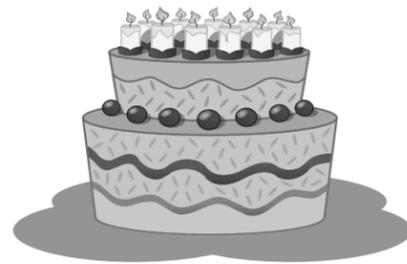
My New Year's Resolution over the Years:

- 2009: I will get my weight down below 180 pounds.
- 2010: I will follow my new diet religiously until I get below 200 pounds.
- 2011: I will develop a realistic attitude about my weight.
- 2012: I will work out three days a week.
- 2013: I will try to drive past a gym at least once a week.
- 2014: I will stay fit and healthy even if it kills me.
- 2015: I will lose weight by starting a diet and sticking to it... Is that cake?
- 2016: I will stick to my New Year's resolution for more than one week.
- 2017: I will stop making New Year's resolutions.

What is your New Year's Resolution?

Happy Birthday

Jean	F	Jan 2 nd
Ron	J	Jan 2 nd
John	H	Jan 4 th
Mo-Kit	H	Jan 5 th
Robert	M	Jan 7 th
Rita	D	Jan 10 th
Howard	R	Jan 21 st
Rose	W	Jan 24 th



SPECIAL EVENTS &

Ladies Breakfast Club
Thursday, Jan 4th

Afternoon Social with Golden oldies with Barrie Randle
Friday, Jan 5th

Hot Chocolate Social with Birgit
Thursday, Jan 11th

New Resident Welcome Tea with Old Friends
Friday, Jan 12th

Pub Night with Square Dancers
Tuesday, Jan 16th

Social Hour with Ukulele Ensemble
Thursday, Jan 18th

Robbie Burns Day & Birthday Social with Scottish Dancers
Friday, Jan 19th

Men's Breakfast Club
Thursday, Jan 25th

Cocktail Hour with Melodious Mandolins
Friday, Jan 26th

Resident's Corner

From The Mouths of Babes

Many years ago my family was having a discussion on the color of our eyes.

My husband Art and myself had brown eyes as did all our children and grandchildren.

My daughter Jill said to her three-year-old "What color are Gramma's eyes?"

Cory promptly answered "YELLOW."

"No, no" said her mother "Gramma's eyes are brown."

Cory firmly said "I mean the white part" and then to add insult to injury said, and so are her teeth.

This is Thursday, Feb, 2, 2017. Cory has had her Thirty fifth birthday.

Thirty-two years have gone by and I still have Yellow Eyes and Yellow Teeth.

Teresa Florkow
February 2017

Faith, Hope and Love

Faith has a name that brings us joy, The name that we can always employ
To take us to heights above the stars, Away past Jupiter, Saturn and mars,
And into the realm of wonderful hope.

Hope has a name that fills our hearts, with expectant longing, for it imparts
A sense of wonder, mixed with awe, considering all that has gone before
Our tomorrows are centered on things above
while today we live and move in Love.

Love has a name beyond compare, for love is something we all can share
It begins when a child loves his or her mother,
then grows when siblings share with each other;
while Christians love with one accord, when the holy spirit is shed abroad.

These three combination in a glorious way,
To meet all our needs from day to day
For the name our faith, hope and love inspire,
Is that of Jesus, our Heart desire.

Ron Jones
December

Capricorn

December 22nd ~ January 19th

Strengths: Responsible, disciplined, self-control, good managers

Weaknesses: Know-it-all, unforgiving, condescending, expecting the worst

Capricorn likes: Family, tradition, music, understated status, quality craftsmanship

Lucky Numbers: 4, 8, 13, 22

Capricorn dislikes: Almost everything at some point. Capricorn is a sign that represents time and responsibility, and its representatives are traditional and often very serious by nature. These individuals possess an inner state of independence that enables significant progress both in their personal and professional lives. They are masters of self-control and have the ability to lead the way, make solid and realistic plans, and manage many people who work for them at any time.

AQUARIUS

January 20th ~ February 18th

Strengths: Progressive, original, independent, humanitarian

Weaknesses: Runs from emotional expression, temperamental, uncompromising, aloof

Aquarius likes: Fun with friends, helping others, fighting for causes, intellectual conversation, a good listener

Lucky Numbers: 4, 7, 11, 22, 29

Aquarius dislikes: Limitations, broken promises, being lonely, dull or boring situations, people who disagree with them
Aquarius-born are shy and quiet, but on the other hand they can be eccentric and energetic. However, in both cases, they are deep thinkers and highly intellectual people who love helping others. They are able to see without prejudice, on both sides, which makes them people who can easily solve problems.

Education Seminar:

“People’s Pharma Choice”

Tuesday, January 9th

2:30 pm

Activity Room ~ 3rd floor

Education Seminar:

Oral Hygiene

Tuesday, January 23rd

2:30pm

Activity Room ~ 3rd floor

Families are welcome to Attend.

Harmony Court Santa’s wish list :

- *A nice relaxed dinner with friends.
- *A world of acceptance, forgiveness, sharing and peace for all.
- *Someone to share a transit trip to Gangs Saltspring Island (about 12 hours return)
- *Comfort and support for people with sickness in Family.
- *Each one needs permission to give a Hug to a fellow sufferer..

Good Luck with your Wishes and all the best in New Year..

Farewell

Rolf K

Joan H

John H



In Loving Memory

Of

David Brummitt

Feb 7th 1927 ~ December 17th 2017

***She will be missed here at
Harmony Court.***

Welcome



Isabelle v

Robert B

Betty u

Helena B

Shirley G

“A Heartwarming Letter from a Family Member”

I love that Mom continues to go out there and live her life. 7 years ago she made the decision to move into Harmony Court Estate and gave up her driver’s license. These were big decisions. But like everything else life has handed her- she forged forward. She could have said” I’m never moving out of my home” and kept us in a constant state of worry. Instead she looks at the bright side, “someone cooks for me and cleans my apartment.” She could have said “there’s nothing wrong with my driving” instead she said ‘you’ll never guess who I talked to on the bus!” or the bus driver didn’t even charge me since I was only going a few blocks” or come and pick me up-I’ll be in the alley.” She has a personal trainer, dance at pub nights, reads voraciously, is on the residents’ council, makes sure the housekeeping staff clean in the corners, and has a blast in thrift stores buying more bling. She got an email account so she could get pictures of her family. She doesn’t need a cell phone. Everyone around her has one and is happy to take pictures of her to send to us. I hope I am able to accept what comes with my old age with her grace and humour and live by her tenets: to everything there is a season.

There is so much horse \$h!t, there’s gotta be a pony somewhere.

Some Positive Aging Quotes!

- * “You don’t stop laughing when you grow old, you grow old when you stop laughing.” ~**George Bernard Shaw**
- * “I believe the second half of one’s life is meant to be better than the first half. The first half is finding out how you do it. And the second half is enjoying it.” ~**Frances Lear**
- * “Anyone who keeps the ability to see beauty never grows old.” ~**Franz Kafka**
- * “The belief that youth is the happiest time of life is founded on a fallacy. The happiest person is the person who thinks the most interesting thoughts and we grow happier as we grow older.” ~**William Lyon Phelps**
- *“Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!” ~**Ingrid Bergman**

Clearing The Way

Alora M Knight

Published: September 14, 2017

I have waited quite a long time to get old,
So I think I should try to enjoy it.
I can't turn it in for a refund,
And I surely don't want to destroy it.

They tell me that life is a one-way street,
As if I am too dumb to know.
I might as well keep moving on forward.
There's not much choice where to go.

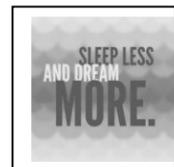
I would like to lighten the luggage
I've accumulated over the years.
I'd be smart to release all the memories
That brought about heartache and tears.

That would make living much better,
Free up space that then could be filled
With appreciation for the good things in life,
With the promise that then I could build

A future that lives for the moment,
With little concern for the past.
My time will be filled with contentment,
No matter how long it will last.

So now that I'm ready for the rest of the trip,
I foresee no problems ahead.
I'll make each day be a worthwhile event,
With no regrets for the life I have led.

Oh, the worst of all tragedies is not to die young, but to live until I am seventy-five and yet not ever truly to have lived." ~ **Martin Luther King Jr.**



Martin Luther King Day

Martin Luther King Day, a federal holiday in the United States, commemorates the birthday of the noted civil rights leader and nonviolent activist. Celebrated the third Monday in January, it usually falls within a few days of his actual birth date of January 15. This year, Martin Luther King Day, also known as MLK Day, will be celebrated on January 15th

Dr. Martin Luther King Jr. Quotes

One of the most gifted orators of our time was Dr. Martin Luther King Jr. His eloquent words, spoken at the pulpit and on the streets, helped lead the nation through the tumultuous civil rights movement. He spoke of nonviolence, hope, and love during a time when unrest and civil disobedience was the order of the day. Here are just a few of his many quotes.

- "Injustice anywhere is a threat to justice everywhere."
- "The time is always right to do what is right."
- "We are not makers of history. We are made by history."
- "There can be no deep disappointment where there is not deep love."
- "Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity."
- "Everything that we see is a shadow cast by that which we do not see."
- "Faith is taking the first step even when you don't see the whole staircase."
- "I submit to you that if a man hasn't discovered something he will die for, he isn't fit to live."
- "In the end, we will remember not the words of our enemies, but the silence of our friends."
- "It may be true that the law cannot make a man love me, but it can stop him from lynching me, and I think that's pretty important."
- "That old law about 'an eye for an eye' leaves everybody blind. The time is always right to do the right thing."
- "Our lives begin to end the day we become silent about things that matter."