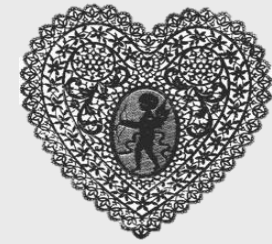





WELCOME
 2nd Floor
 Mary C.
 David R.
 Douglas W.



Special Events

- Pub Night with Steve Warner**
February 1st
- Birthday Party with Colleen Durdon**
February 7th
- Music with Douglas Simpson**
February 11th & 25th
- Valentine's Tea Social with Martin Adcock**
February 14th
- Music & Dancing with Barrie Randle**
February 17th
- Sing Along with Glenn**
February 17th
- Chinese Evergreen Dancers**
February 19th
- Pub Night with Clearly Classic**
February 22nd
- Tea Social with Glenn**
February 26th
- Melodares Choir**
February 28th
- Music Circle**
February 1st, 8th, 15th, 22nd
- Bus Outings**
February 7th, 21st, 28th

AGECARE
 HARMONY COURT CARE

FEBRUARY 2018

7195 Canada Way, Burnaby BC V5E 4A6

Reception: 604-527-3300

Recreation: 604-527-3328

1st Floor Nursing Station: 604-527-3320

2nd Floor Nursing Station: 604-527-3302

XXIII Winter Olympics

From February 9–25, the world's greatest athletes will compete for gold medals and glory at the XXIII Winter Olympics. South Korea will host the winter games in Pyeongchang, a city in Gangwon Province, high in the Taebaek Mountains of the north.

Chief among the battles to play out on snow and ice will be the contest for men's hockey gold. For the past five Winter Olympics, players from the National Hockey League have participated in the Olympics. This year the NHL is not building a break into its schedule to allow players to compete in the Olympics, a matter that is not sitting well with the athletes. The USA hopes to compete with Russia, Canada, Sweden, and Finland for the coveted medal.

Elsewhere on the ice, Russia's 17-year-old Evgenia Medvedeva is favored for gold in women's figure skating, but 17-year-old American Karen Chen is an up-and-coming phenom who might surprise the world. On the men's side, American Nathan Chen could take gold if he continues to impress with innovative new jumps.

On the slopes, Americans Lindsey Vonn and Mikaela Shiffrin are poised to make a run for gold in downhill skiing. Shaun White, red-haired maestro of the snowboard half-pipe, has been a fan favorite since he took gold in 2006.

Canada took gold in men's and women's curling in 2014. Will they repeat? While Germany swept all luge events in the Sochi Olympics, the Austrians will provide stiff competition this time. In bobsleigh, Nigeria will attempt to field its first-ever team as three former women's track stars introduce the cool sport to the African continent. And beyond sports, South Korea is introducing innovative technological advances to the Olympics—virtual reality will change the way we watch the games. These Winter Games are sure to offer both sport and spectacle.

**Winter Olympic Opening Ceremony
 Starts at 5:00pm**



Celebrating Chinese New Years with



The Evergreen Chinese Dancers
 Monday, February 19th at 10:30 am
 Wedgewood Main Dining Room

**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.





Birthstone
Amethyst

For thousands of years, the amethyst, the most striking representative of the quartz family, has been a coveted jewel. Moses described it as a symbol of the Spirit of God adorning the official robes of the high priests, and the Russian Empress Catherine the Great sent thousands of miners into the Ural Mountains to look for it.

HAPPY BIRTHDAY

1ST FLOOR

Noelle Phan ~February 14th

Helen Toth ~ February 22nd

Elisabeta Pazmany ~ February 27th

2ND FLOOR

Annamalai Murgessan ~ February 10th

Rino Parker ~ February 16th

Dyveke Christensen ~ February 17th

Walter Brandl ~ February 27th

Birthday Party with
Colleen Durdon

Wednesday, February 7th at 2:00 pm

Flower of the Month
Violet

Most people think of the rose as the traditional Valentine's Day flower because it's a popular gift to bestow upon your beloved. But it's time to set the record straight—it's the violet!

As the legend goes, the Christian priest St. Valentine, who was imprisoned by the Romans, used the ink made from crushed violet blossoms that grew outside his prison cell to write notes of love and friendship.

Sensory Stimulation Program

Every 1st & 3rd Saturday of the month

Living Now Sensory Services at Harmony Court is there to provide an environment where Touch, Movement and Sensory Stimulation come together in a pro-active holistic approach towards overall health and wellbeing.

The sensory environment assists to improve and increase synaptic connections and neuron-transmission. Exposure to frequent and various Sensory Stimulation can facilitate connectivity in the areas with damaged nervous systems, leading to maintained or improved cognitive functioning and environmental interaction.

The Sensory Stimulation Environment allows freedom for individuals to impact their spirit, adjust behavior, motivate learning and sooth the stresses of everyday duties, rules and expectations. This unique setting also affords a tranquil, comfortable environment to foster successful family visits that ease the tension and helpless feelings of the family and allow in moments of awareness and joy.

Some benefits of the sensory environment are social integration, decrease of isolation and withdrawal, increased focus, alertness and cognition, emotional stability/wellness, intentional nurturing touch, support with varying behaviors, and so much more.

Imagine a wonderful world filled with the wonderful sights of floating colors all over, aromas that appeal to your senses and sounds that come from the earth and speak to your soul.

Orbiting pictures and gentle colors that surround you in dance, enjoy as different textures and the feel of your tactile senses are amused. Gentle vibrations and a warm touch massages your body and takes away your stress as your worries drift away.

Here there are no expectations; one is free from pressures, orders, demands and the overstimulated environment of a Care Home. Your loved ones are free to touch and explore and discover as they relax and let go.

For more information please go to www.livingnowservices.com

CHAPLAIN'S CORNER

Two very important things to carry into a new year are faith and prayer; nothing can withstand these indispensable giants of success. First of all the Bible says: "Without faith it is impossible to please God". By faith, we mean that simple trust and total reliance upon the Lord for everything in our lives. Our happiness, welfare and eternal destiny are all wrapped up in our faith.

Prayer, on the other hand, is that which opens up the rich treasury of God's promises to those who believe in Him: promises for guidance, healing, restoration, safety, security and fulfillment. Scripture declares: "Happy are the people whose God is the Lord".

So help us walk by faith Oh Lord

In everything we do.

And when we pray we'll be assured,

Of receiving the best from YOU.

Have a great February

Your Chaplain, Dan



VALENTINE DAY TEA SOCIAL

Wednesday, February 14th

2:00 pm ~ 2nd floor

RSVP

hcrecreation@agecare.ca



IN LOVING
MEMORY

Adam L.

Lucy H.

Marguerite A.

They will be missed