



**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:

Alpha Roque	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	604-528-8582 ext.8582



Bus Outings

Bus Outing:
Autumn Drive to
Burnaby Mountain
& Picnic Lunch
Tuesday, Oct 1st

Scenic Bus Outing:
Queen Elizabeth
Park
Thursday, Oct 3rd

Bus Outing:
Aldor Acres
Pumpkin Patch Tour
& Picnic Lunch
Tuesday, Oct 8th

Bus Outing
UBC Symphony
Orchestra Chan
Centre
Thursday, Oct 10th

Fall Scenic Drive
and Hot Chocolate
at Lafarge lake
Tuesday, Oct 15th

Bus Outing:
Shopping & Lunch
at Royal City Centre
Thursday, Oct 17th

Bus Outing:
Lunch at C-Lovers
Tuesday, Oct 22nd

Lunch Outing:
Starlight Casino
Buffet Lunch
Thursday, Oct 24th

Bus Outing:
Shadbolt Concert
Series
Tuesday Oct 29th

AGECARE HARMONY COURT ESTATE

OCTOBER 2019

Halloween may seem like it's all about costumes and candy, but the holiday which is relatively new to America, having only become popular in the early 1900s has its roots in pagan beliefs. Dating back about 2,000 years, Halloween marked the Celtic New Year and was originally called Samhain, which translates to "summer's end" in Gaelic.

Some Halloween traditions, such as carving Jack-o'-lanterns, are based on Irish folklore and have been carried on throughout the centuries, while others, such as candy corn, are more modern Halloween additions. Read on to find out the meaning behind some spooky Halloween staples, including spiders, witches and trick-or-treating.

Black Cat Often used as symbols of bad luck, black cats grace many Halloween decorations. Another medieval myth told that Satan turned himself into a cat when socializing with witches. But nowadays, black cats aren't synonymous with bad luck and mischief everywhere in Ireland, Scotland and England, it's considered good luck for a black cat to cross your path.

Jack-O'-Lanterns A fun fall activity, carving Jack-o'-lanterns actually has its roots in a sinister, tragic fable. Celtic folklore tells the tale of a drunken farmer named Jack who tricked the devil, but his trickery resulted in him being turned away from both the gates of heaven and hell after he died. Having no choice but to wander around the darkness of purgatory, Jack made a lantern from a turnip and a burning lump of coal that the devil had tossed him from hell. Jack, the story goes, used the lantern to guide his lost soul; as such, the Celts believed that placing Jack-o'-lanterns outside would help guide lost spirits home when they wander the streets on Halloween.

Witch The stereotypical image of the haggard witch with a pointy black hat and warty nose stirring a magical potion in her cauldron actually stems from a pagan goddess known as "the crone," who was honored during Samhain. The crone was also known as "the old one" and the "Earth mother," who symbolized wisdom, change, and the turning of the seasons. Today, the kind, all-knowing old crone has morphed into the menacing, cackling witch.

Witch's Broomstick The witch's broomstick is another superstition that has its roots in medieval myths. The elderly, introverted women that were accused of witchcraft were often poor and could not afford horses, so they navigated through the woods on foot with the help of walking sticks, which were sometimes substituted by brooms. English folklore tells that during night-time ceremonies, witches rubbed a "flying" potion on their bodies, closed their eyes and felt as though they were flying. The hallucinogenic ointment, which caused numbness, rapid heartbeat and confusion, gave them the illusion that they were soaring through the sky.

Trick-Or-Treating in Costumes In olden times, it was believed that during Samhain, the veil between our world and the spirit world was thinnest, and that the ghosts of the deceased could mingle with the living. The superstition was that the visiting ghosts could disguise themselves in human form, such as a beggar, and knock on your door during Samhain asking for money or food. If you turned them away empty-handed, you risked receiving the wrath of the spirit and being cursed or haunted.



- 02 Helen D.
- 04 Bonnie B
- 11 Teresa F.
- 15 Christa K.
- 17 Myrtle W.
- 18 Jean K.
- 18 Maria D.
- 18 Sharon S.
- 20 Tom J.
- 21 May Belle Mc.
- 24 Ted K.
- 25 O'lap Ch.
- 29 Dorothy Y.
- 31 Jen F.

OCTOBER BIRTHDAY PARTY IS"

ON FRIDAY, OCTOBER 18TH

AT 2:30PM IN THE GARDEN ROOM

"MUSIC BY JOHN PARSON"



A Howling Good Time



Falling just a few days before Halloween, October 26 is Howl at the Moon Night. To hear a pack of wolves howling at the moon might make your hair stand on end, but there is really no scientific evidence to show that wolves do howl specifically at the moon. The truth is that wolves howl for a variety of reasons, none of which have to do with the moon. Some howl when they are lonesome. Some howl in confrontation. Others howl to share their location or to warn of danger. The howling of a pack is done to exaggerate their numbers to rivals. Interestingly, wolves have been associated with the moon since ancient times. So, too, have werewolves, that gruesome transformation of people into wolves. Luckily, werewolves are also just a myth.

SPECIAL EVENTS

St. Alban's Daycare Visits
Wednesday, Oct 2nd

Breakfast Club
Thursday Oct 3rd

Fall Ball with Melodious Mandolins
Friday, Oct 4th

Resident Update Meeting
Mon, Oct 7th

Thanksgiving Social
Friday, Oct 11th

Pub Night & 50/50 Draw with Brian Zalo
Tuesday, Oct 15th

Birthday Social with John Parson
Friday, Oct 18th

Country Western with Swinging Singles Square Dance
Friday, Oct 25th

St, Alban's Day Care Halloween Costume Show
Thursday, Oct 31st

Halloween Party with Bo Olsson
Friday, Oct 31st

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

MOBILE TUCK SHOP

ON SATURDAYS OR SUNDAYS

STARTS AT 230PM ON 4TH FLOOR

OR SEE ROSEMARY IN SUITE #108

BETWEEN 10AM - 8PM

Bag of Candy	\$1.50
Hickory Sticks	\$1.50
Sesame Snaps	\$1.50
Cheetos	\$1.50
Chips	\$.75
Chocolate Bar	\$1.25
Cough Drops	as marked
Ice Cream Sandwich	\$1.00
Peanuts	\$1.50
Almonds	\$2.00
Pop	\$1.00 (Diet/ Coke, Ginger Ale)
Variety of Cookies	as marked
AA / AAA Batteries	\$2.25
Band Aids	\$0.50/ 5 strips
Denture Tablets	\$1.00/ 6 pcs
Garbage Bags (Small)	\$1.00/ 5 pcs
Kleenex	\$1.00/ box
Toilet Paper	\$1.00
Paper Towel	\$1.75
Tooth Paste	as marked
Envelopes	\$0.10 Business and \$0.05 Letter
Stamps	\$1.00
Travel Mug	\$6.25
Scotch Tape	\$1.50
Mouth Wash	as marked
Hand Soap	as marked
Laundry Pod and Sheet	\$0.50 / Tide pod and Bounce sheet

Absolute Hearing Clinic

Tuesday, October 15th

1:00pm-4pm

Activity Room ~ 3rd Floor

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Food Forum

Tuesday, October 15th at 10:30am

3rd Floor Activity Room

Recreation Forum

Wednesday, October 16th at 3:30pm

3rd Floor Activity Room

Feedback & Comments

Please let us know.

Fill out a Feedback Form
located at Reception
or

Email / Leave letter for Cindy
Kahlon, Administrator
(Office located to the right of the
main entrance)
ckahlon@agecare.ca

Terry Fox Pancake Brunch Fundraiser!

Together with Residents, Family, & Staff
Harmony Court Raised
\$1021.00

Thank You For your Donations!



Farewell

Doug Obana

Terror

it has no name or face.....
its dark and smells sour.
you want to cry, but...

When all the guns go rat-tat tat Somebody.....Stop.....!
“Help....Help....Help!”

We are aghast, when watching another slaughter.

We want to stop this terrible disaster.

Fear and anger are a part, but cruelty is also a fact,
It's strange how the government seems helpless to act,
To buy more Weapons to defend our self gets insane.
We will soon all be dead, and that's not part of our game.

If those in command can't be in control,
We got to find ways back together, becoming more whole.
Instead of a community of friends, we seem to live as
strangers.

Not knowing each other does become a danger.
If we are scared of others, we will be filled with alarm,
and aren't able to keep others away from harm.
our cities have become crazy places,
where life is on the fast lane, and we find traces
of drugs and gunshots, they are becoming a norm,
pretending as if it was just another life form.
Is it possible to know the neighbours with whom we live?
perhaps we then see them as lovable and help them thrive?
But with no hope of any change,
we and our children will remain within a bullet's range.

Catharina Donkersloot August 2019

WELCOME



*Eva W
Gayle K
Anne Mc*

Purdys Chocolate Fundraiser

*Please pick up Purdys
Pamphlets from Mehri for
ordering your Chocolates.*

Resident's Corner

At the Top of the Tree

From the top of the tree two flowers look down
I'm growing below them, they look down and frown,

I'm small and young, their larger and wise than I,
That's why their above me, closer to the sky,

I'm growing each day and biding my time,
The day they are gone, their place will be mine.

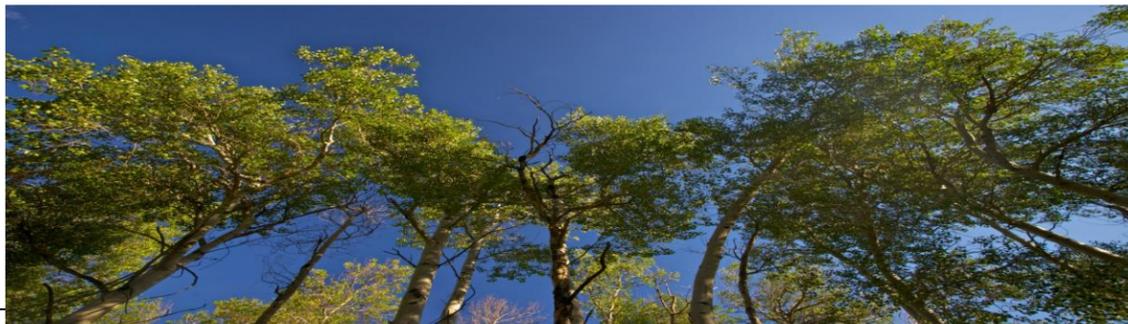
They'll grow old, fade away and leave seeds when their gone,
When their lives are over, I'll sing a sad song

Soon I'll mature and be at the top of the tree
They had each other, I only have me,

At the top of the tree I'll be all alone,
Below me dozens are waiting to take up the throne,

One day it will be my turn to go,
Until then I'll put on a hell of a show.

Teresa Florkow September 2017



Be-Leaf It or Not, October's in the Air

While some Octobers mark the first frost of the winter to follow, within days this month rebounds with warm, near summer-like weather. It is during these late summer days that farmers rush to harvest the last of their crops. According to The Old Farmer's Almanac, the best days for harvesting aboveground crops are October 15 and 16 this year.

The ancient Romans celebrated this harvest season with festivals throughout the month. October, with its beautifully changing foliage, is also one of the most colorful months of the year. Deciduous trees provide vibrant color, with leaves that change color before falling to the ground in a carpet of yellow, brown, orange, and fading reds. These colorful deciduous trees include the following species:

- Red Maple (red leaves)
- Tulip Tree (bright yellow)
- Sugar Maple (red or yellow)
- Sassafras (deep orange or bright yellow)
- Sourwood (red, purplish red, or yellow)
- Ash (yellow or purplish yellow)
- Oak (red, brown, or russet)

Mixed-Up Desserts

Unscramble the letters to reveal words that are desserts.

1. PEALP RICSP _____
2. ESEHECEKAC _____
3. ENBROWI _____
4. UFGDE _____
5. UFNLEN KCAE _____
6. EBORLCB _____
7. REFNZO GUTROY _____
8. IOKSCEO _____
9. MTSUARI _____
10. EUDASN _____
11. PCACUEK _____
12. MOARCONA _____
13. EAOC HLTOC _____
14. DSARTUC _____
15. HCORRU _____
16. IBRMASAO _____
17. TGNDUOUH _____
18. UDNIPD _____