



APEX HARMONY LODGE *Family Newsletter*

"TOUCH EACH OTHER'S HEART AND LIVE A FULL LIFE"

2016 is coming to an end soon. It has been a memorable year journeying with you and our beloved Residents. Together, we have created many wonders. We would like to share a heartfelt poem composed by our care staff dedicated to our Residents for the tenacity to continue to live life with zest, hopes, peace and joy as a family.

Wishing everyone a

≡HAPPY≡
NEW YEAR

"My Friends, My Family, My Home"

Why are we here? And what is this place?
我们为什么在这里? 这是什么地方?

Is it here that we'll spend the rest of our days?
我们会在这度过余生吗?

Who are these people? Can we be friends?
他们又是谁? 我们真的能成为朋友吗?

Are we gonna be together till the day ends?
我们难道会相伴到时间的尽头?

As the sun shows its first light, we slowly awake.
在太阳发出它的第一道光芒, 我们渐渐起身

And they bring us our meal, not one they forsake.
送食物给我们的他们, 不曾遗漏任何一个人

We eat then we bathe and have our fitness in check,
我们吃东西, 洗澡, 然后做健康检查

Often they assist and sometimes they direct.
都有他们在旁细心地协助, 或指挥

Our eyes to the walls and look forward to nothing more,
我们看着墙壁, 也不向往什么了

For we expected our days to be no more than a bore.
因为我们以为我们的日子不再精彩了

Goodbye 2016,
Hello 2017!



But lo and behold, this feeling of glee,
可是, 我们发现, 我们在这边的生活并不是以上所说的, 反而是多么的丰富多彩.

We have lots to do, and so much to see.
我们有好多东西做, 好多东西看

We play lots of games and even do art
我们玩好多游戏, 甚至还成为艺术家

And guess what, we have clubs! And that's just the start.
更让意想不到的是, 我们还有俱乐部! 这不过是个开始

They take us to a hall that lets us play drums
他们带我们到礼堂打鼓

There we express our songs through simple our hums.
在那, 我们透过歌曲表达了自己

Those morning ventures really are exciting
每天早上的晨运都好兴奋

Often we go to greenology and other times just plain outing.
我们常常去种花, 或出去逛逛

A monthly dinner to celebrate each birthday,
每个月, 我们都会庆祝彼此的生日

And not to mention a party on Father's day and Mother's day.
更不用说, 父亲节和母亲节

They let us bake cakes and have it with tea.
他们让我们自己做蛋糕，然后再配茶

There's even a room to reminisce with the family.
在这里还有一个专属让我们与家人一同回忆美好过去的空间

But at moments when our love ones couldn't come
有时候，我们的家人不能来

A SKYPE session is scheduled and done
我们就会透过视频与他们聊天，一解相思之愁

We feel the care only few could top
我们感受到在这里的他们，无比的关心

Just like how they set up our own barbershop
也喜欢他们为我们建立的理发店

THINGS TO
LOOK
FORWARD
IN



Family Announcements

JOIN YOUR LOVED ONES TO LIVE WELL



IN STAR GAZING!

SHOPPING

KEEPING FIT

ENJOY NATURE

BEING CREATIVE

"IN THE END, IT'S NOT THE
YEARS IN YOUR LIFE THAT
COUNTS. IT'S THE LIFE IN
YOUR YEARS."

- A. LINCOLN

At the end of the day, while sipping our tea
天暗了，我们喝着茶，回想今日

With our back against the sofa we feel so free
我们感受到自由

Then we realized something that we didn't foresee
在我们体验着这些我们没有预料到的事时，

We look back on those questions that have gone down to three,
我们也找到了问题的答案

If asked why are we here?
如果要问，我们为何在这

Of course this is our place.
我们会说：“当然，这是我们的地方”

And it is here that we'll gladly spend the rest of our days
我们很乐意在这度过余生。

Who are these people? Are we just friends?
那他们是谁呢？我们只是朋友？

No we're not, we're more than that even after the day ends.
不，我们不是，就算到了世界的尽头，我们是比朋友更亲的家人

After all that's said and done, I can now clearly see.
经历了这些，我现在很清楚

Apex Harmony Lodge is family.
崇仁至上和谐院是一家人

Apex Harmony Lodge

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