


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Harmony Court Estate 7197 Canada Way Burnaby, BC V5E 4A6 Reception: (604) 527-3300 Recreation: (604) 528-8584	Legend: L = Library on 2 nd Floor GR = Garden Room 1 st Floor CC1 = Care Centre 1 st Floor FL = Fireside Lounge 1 st Floor SU = Sign Up AO = AdvoCare Office (101) FC = Fitness Centre 3 rd Floor Pink = Volunteer Run Programs	1 9:30 News & Views (FL) 12:30 Tuck Shop (FL) 2:30 Resident Update (GR) 4:00 Crossword (GR) 7:00 Documentary Show <i>IMAX: The Hidden Dimension</i> (GR) <i>All Fools' Day</i>	2 9:30 News & Views (FL) 10:30 St. Alban's Daycare (GR) Intergenerational Visit 1:30 Hand Spa Wellness (FL) 2:30 Afternoon Tea (GR)	3 9:30 Ladies Breakfast Club (GR – SU) 12:30 Tuck Shop (FL) 1:30 Crosswords (FL) 2:30 Bingo (GR) 4:00 Philosopher's Café (FL)	4 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (GR) 3:30 Cocktail Hour (FL) 7:30 Movie Night: <i>Chariots of Fire</i> (GR)	5 2:00 Music Circle with Birgit (GR) 3:00 Shuffleboard (FL)
6 10-4 Donna's Craft & Bake Sale (FL)	7 10:00 Bus Trip to Mission for Stave Falls Tour & Picnic Lunch at Eighteen Pastures Golf Course [\$4.00] (SU) 3:00 Wii Bowling (GR)	8 11-2 Purdy's Chocolates Easter Sale (FL) 12:30 Tuck Shop (FL) 2:30 Open Microphone Readings or Poetry (GR) 4:00 Crosswords (FL) 7:30 Pub Night with Gracie & the Guys (GR)	9 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (GR) 1:30 Hand Spa Wellness (FL) 2:00 Cribbage Club (FL) 3:00 Wii Bowling (GR) 3:30 Sing-a-Long (FL) 7:30 Chaplain Dan (GR)	10 10:00 Shopping Trip & Lunch at Coquitlam Centre (SU) 12:30 Tuck Shop (FL) 1:30 Crosswords (FL) 2:30 Bingo (GR) 4:00 Philosopher's Café (FL)	11 9:30 News & Views (FL) 11:30 Welcome to Spring Lunch (1 st Sitting- GR) 1:00 Welcome to Spring Lunch (2 nd Sitting- GR) 3:30 Cocktail Hour (FL)	12 3:00 Shuffleboard (FL) 7:30 Movie Night: <i>Mandela</i> (GR)
13 2:00 Open Discussion: "Who knows more about aging than we do? Guess!" (FL) <i>Palm Sunday</i>	14 10:00 Bus Trip to Iona Beach for Coffee & Cookies, Lunch at Richmond Market for Chinese Food [\$3.00] (SU) 3:00 Wii Bowling (GR)	15 10:00 Shopping Trip to Shoppers DrugMart (SU) 11:00-3:30 Carda Creations (FL) 12:30 Tuck Shop (FL) 2:15 Catholic Mass (CC1) 2:30 Creative Projects: Spring Centerpieces (GR) 4:00 Crosswords (FL) <i>First Day of Passover</i>	16 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (GR) 1:30 Hand Spa Wellness (FL) 2:30 Easter Tea with Richard Stepp (GR)	17 9:30 News & Views (FL) 10:30 St. Alban's Anglican Church Service (GR) 12:30 Tuck Shop (FL) 1:30 Crosswords (FL) 2:30 Bingo (GR) 3:30 Food Forum (GR) 4:00 Philosopher's Café (FL)	18 Good Friday Statutory Holiday 7:30 Movie Night: <i>Amazing Grace</i> (GR) <i>Good Friday</i>	19 2:00 Music Circle with Birgit (GR) 3:00 Shuffleboard (FL)
20 2:30 Hymn Sing (GR) <i>Easter Sunday</i>	21 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (GR) 2:00 Afternoon Games: Board Games & Cards (FL) 3:00 Wii Bowling (GR)	22 12:30 Tuck Shop (FL) 2:30 Open Microphone Readings or Poetry (GR) 3:30 Recreation Forum (GR) 4:00 Crosswords (FL) 7:30 Pub Night with Bob York (GR) <i>Earth Day</i>	23 9:30 Men's Breakfast Club (GR – SU) 1:30 Hand Spa Wellness (FL) 2:00 Cribbage Club (FL) 3:00 Wii Bowling (GR) 3:30 Sing-a-Long (FL) 7:30 Chaplain Dan (GR)	24 12:30 Tuck Shop (FL) 1:30 Crosswords (FL) 2:30 Bingo (GR) 4:00 Philosopher's Café (FL) 6:00 Volunteer Appreciation Dinner (GR)	25 10:30 Fitness 'n' Fun (GR) 1:30 Burnaby Library (FL) 2:30 Birthday Party with Ron Ulrich (GR) <i>Arbor Day (US)</i>	26 2:00 Music Circle with Birgit (GR) 3:00 Shuffleboard (FL) 7:30 Movie Night: <i>Captain Phillips</i> (GR)
27 Day of Rest	28 10:00 Bus Trip & Picnic Lunch at Domaine De Chaberton Estate Winery for a Mini Tour & Tasting [\$5.00] (SU) 3:00 Wii Bowling (GR)	29 9:30 News & Views (FL) 12:30 Tuck Shop (FL) 2:30 Open Microphone Readings or Poetry (GR) 2:30 Council Meeting (CC1) 4:00 Crosswords (FL)	30 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (GR) 1:30 Hand Spa Wellness (FL) 2:30 New Resident Welcome Tea with Luigi Tallarico (GR) Sign Up Sheets Go Out			

Personal Fitness: 7:30am – 12:00pm Tuesday, Thursday and Saturday (FC)

Blood Pressure Clinic: Every Monday at 2:00pm (AO-SU)