

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



MARCH 2014

HARMONY COURT ESTATE



										1 2:00 Music Circle with Birgit (FL)	
2 7:30 Movie Night: <i>Cool Runnings</i> (GR)	3 10:00 Bus Trip & Picnic Lunch at the Greater Vancouver Zoo [\$10.00] (SU) 3:00 Wii Bowling (GR)	4 9:30 News & Views (FL) 1:00-3:30 Fashion Closet (FL) 2:30 Reflections of Red: Comedy Tribute to Red Skelton (GR) 3:00 Tuck Shop (FL) 4:00 Crosswords (FL) 7:00 Documentary Show (GR) <i>IMAX: Into the Deep</i> Mardi Gras	5 9:30 News & Views (FL) 10:30 St. Alban's Daycare (GR) Intergenerational Visit 1:30 Hand Spa Wellness (FL) 2:30 Farewell Tea for Kassim (GR)	6 9:30 Ladies Breakfast Club (GR - SU) 1:30 Crosswords (FL) 2:30 Bingo (GR) 3:30 Tuck Shop (FL) 4:00 Philosopher's Café (FL)	7 9:30 News & Views (FL) 10:30 Fitness Fun (GR) 2:30 Fire Safety Follow Up Meeting (GR) 3:30 Cocktail Hour (FL) 7:30 Movie Night: <i>Philomena</i> (GR)	8 3:00 Shuffleboard (FL)					
9 7:30 Salvation Army Hymn Sing (GR) Daylight Saving Time Begins	10 10:00 Bus Trip to CBC Vancouver Broadcast Centre & Lunch at Chinese Super Grill (SU) 3:00 Wii Bowling (GR)	11 2:00 Education Seminar: Preventing Hip Fractures (GR) 3:00 Tuck Shop (FL) 4:00 Crosswords (FL) 7:30 Pub Night with Brian Zalo (GR)	12 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)	13 2:30 Bingo (GR) 3:30 Tuck Shop (FL) 3:30 Food Forum (GR) 5:15 Dinner for Theatre goers (FL) 6:15 Bus Trip to Michael J. Fox Theatre: <i>Guys & Dolls</i> by Burnaby South Secondary School [\$18.00] (SU)	14 9:30 News & Views (FL) 11:30 Special Irish Lunch (1st Sitting - GR) 1:00 Special Irish Lunch (2nd Sitting - GR)	15 2:00 Music Circle with Birgit (GR) 7:30 Movie Night: <i>Still Mine</i> (GR)					
16 2:30 Hymn Sing (GR) Purim	17 9:30 News & Views (FL) 10:30 Fitness Fun (GR) 2:30 St. Patrick's Day Party with the Eire Born Irish Dancers (GR) St. Patrick's Day	18 10:00 Shopping Trip to Shoppers Drug Mart (SU) 2:15 Catholic Mass (CC1) 2:30 Resident Update (GR) 3:00 Tuck Shop (FL)	19 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (GR) 1:30 Hand Spa Wellness (FL) 2:30 Afternoon Tea with songs by Susan Skemp (GR)	20 9:30 News & Views (FL) 10:30 St. Alban's Anglican Church Service (GR) 1:30 Crosswords (FL) 2:30 Bingo (GR) 3:30 Tuck Shop (FL) 4:00 Philosopher's Café (FL) Spring Begins	21 10:30 Fitness 'n' Fun (GR) 2:30 Birthday Party with Thomas MacKay (GR) 7:30 Movie Night: <i>Jobs</i> {Steve Jobs} (GR)	22 2:00 Music Circle with Birgit (GR) 3:00 Shuffleboard (FL)					
23 2:30 Musical DVD: (GR) <i>Andre Rieu, Live in Dublin</i>	24 10:00 Shopping Trip & Lunch at Lougheed Mall (SU) 2:30 Wii Bowling (GR) 3:30 Recreation Forum (GR)	25 2:30 Open Microphone Readings or Poetry (GR) 2:30 Resident Council (CC1) 3:00 Tuck Shop (FL) 4:00 Crosswords (FL) 7:30 Pub Night with Gordy Van (GR)	26 10:30 Fitness 'n' Fun (GR) 11:30-3 5TH Avenue Collection (FL) 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) Sign Up Sheets Go Out	27 9:30 Men's Breakfast Club (GR - SU) 1:30 Crosswords (FL) 2:30 Bingo (GR) 3:30 Tuck Shop (FL) 4:00 Philosopher's Café (FL)	28 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (GR) 1:30 Burnaby Library (FL) 3:30 Cocktail Hour (FL)	29 2:00 Music Circle with Birgit (GR) 7:30 Movie Night: <i>The Shipping News</i> (GR)					
30 Day of Rest	31 9:30 News & Views (FL) 11:30 Bus Trip & Buffet Lunch at Grand Villa Casino [\$13.95] (SU) 3:00 Wii Bowling (GR)	<p>Harmony Court Estate 7197 Canada Way Burnaby, BC V5E 4A6 Reception: (604) 527-3300 Recreation: (604) 528-8584</p> <p>Legend: L = Library on 2nd Floor CC1 = Care Centre 1st Floor G = Games Room 3rd Floor SU = Sign Up GR = Garden Room 1st Floor FC = Fitness Centre 3rd Floor FL = Fireside Lounge 1st Floor AO = AdvoCare Office (101) Pink = Volunteer Run Programs</p> <p>Personal Fitness: 7:30am - 12:00pm Tuesday, Thursday and Saturday (FC) Blood Pressure Clinic: Every Monday at 2:00pm (AO-SU)</p>									