
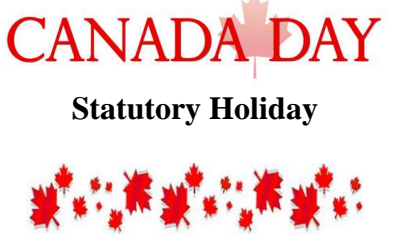
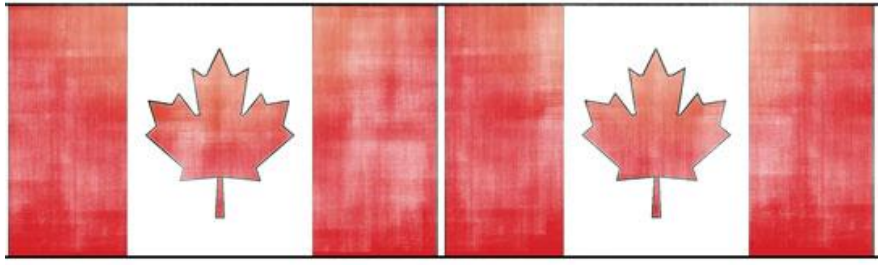


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>10-4 Sensory Stimulation(HL) 10:00 Fitness 'n' Fun (MDR) 10:30 Nail Spa & Hand Massages 11:15 Personal Visits (CY) 1:00 Water Plants (CY) 2:30 Evangelical Church Service (CC2) 3:30 Walking Program</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Nail Spa & Hand Massages 1:30 Mobile Tuck Shop 2:00 Mystery Monday 3:30 Rolls & Strolls (CY) 4:00 Helping Hands: Water Plants</p>	<p>10:00 Bowling (MDR) 10:30 Catholic Communion 10:45 Fun Facts (MDR) 12:00 Ladies Lunch Club(FG) 2:00 Music with Hans(MDR) 3:30 Walking Program 6:00 Personal Visits (CY) 7:00 Bingo (MDR)</p>	<p>10:00 Bus Outing: Scenic Drive to Deer Lake 10:30 Fitness 'n' Fun (MDR) 11:00 Sing A Long (MDR) 2:00 Canada Day Party with Gord Kearney (CY) 4:00 Rolls & Strolls (CY)</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:00 Wellness Spa (HL) 4:00 Rec. Office Time 6:00 Personal Visits (CY) 7:00 Short Stories (AR)</p>	<p>10:00 Community News (MDR) 10:30 Fitness 'n' Fun (MDR) 11:00 Crosswords (MDR) 2:00 Ice Cream Social & Reminiscing (CY) 3:15 Water Plants (CY) 4:00 Rolls & Strolls (CY)</p>	<p>10:00 Community News & Trivia (MDR) 10:30 Bowling (MDR) 11:00 Balloon Volley (MDR) 1:00 Water Plants (CY) 2:00 Bingo (MDR) 3:45 Music Circle (MDR) 4:00 Personal Visits (CY)</p>
<p>10:00 Fitness 'n' Fun (MDR) 10:30 Nail Spa & Hand Massages 11:15 Personal Visits (CY) 1:00 Water Plants (CY) 2:00 Creative Flow (MDR) 3:30 Walking Program</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Coffee Corner (HL) 1:30 Mobile Tuck Shop 2:00 Music with Nancy(MDR) 3:30 Rolls & Strolls (CY) 4:00 Helping Hands: Water Plants</p>	<p>10:00 Bowling (MDR) 10:45 Fun Facts (MDR) 12:00 Men's Lunch Club (FG) 2:15 Catholic Mass (CC1) 3:30 Walking Program 6:00 Personal Visits (CY) 7:00 Bingo (MDR)</p>	<p>10:00 Bus Outing: Scenic Drive to Burnaby Lake 10:30 Fitness 'n' Fun (MDR) 11:00 Sing A Long (MDR) 2:00 Birthday Party with Steve Hillis (CC2) 4:00 Rolls & Strolls (CY)</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:00 Wellness Spa (HL) 4:00 Rec. Office Time 6:00 Personal Visits (CY) 7:00 Short Stories (AR)</p>	<p>10:00 Community News (MDR) 10:30 Fitness 'n' Fun (MDR) 11:00 Crosswords (MDR) 2:00 Ice Cream Social & Reminiscing (CY) 3:15 Water Plants (CY) 4:00 Rolls & Strolls (CY)</p>	<p>10:00 Community News Trivia (MDR) 10:30 Bowling (MDR) 11:00 Balloon Volley (MDR) 1:00 Water Plants (CY) 2:00 Bingo (MDR) 3:45 Music Circle (MDR) 4:00 Personal Visits (CY)</p>
<p>10-4 Sensory Stimulation(HL) 10:00 Fitness 'n' Fun (MDR) 10:30 Nail Spa & Hand Massages 11:15 Personal Visits (CY) 1:00 Water Plants (CY) 2:00 Music with Douglas 3:30 Walking Program</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Nail Spa & Hand Massages 1:30 Mobile Tuck Shop 2:30 Outdoor Social & Games (CY) 4:00 Helping Hands: Water Plants</p>	<p>10:00 Bowling (MDR) 10:30 Catholic Communion 10:45 Fun Facts (MDR) 2:00 Music with Hans(MDR) 3:30 Walking Program 6:00 Personal Visits (CY) 7:00 Bingo (MDR)</p>	<p>10:00 Bus Outing: Scenic Drive to Stanley Park 10:30 Fitness 'n' Fun (MDR) 11:00 Sing A Long (MDR) 2:00 Camp Social (MDR) 4:00 Rolls & Strolls (CY) 7:00 Inspirational Service Chaplain Dan</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:30 Rec. Office Time 7:00 Pub Night with Pete Campbell (CC2)</p>	<p>10:00 Trivia & Crosswords 10:30 Fitness 'n' Fun (MDR) 11:00 Sing A Long (MDR) 12:00 Western BBQ Lunch 2:00 Bingo (MDR) 3:15 Water Plants (CY) 4:00 Rolls & Strolls (CY)</p>	<p>10:00 Community News (MDR) 10:30 Bowling (MDR) 1:00 Water Plants (CY) 2:00 Ice Cream Social & Reminiscing (CY) 3:45 Music Circle (MDR) 4:00 Personal Visits (CY)</p>
<p>10:00 Fitness 'n' Fun (MDR) 10:30 Nail Spa & Hand Massages 11:15 Personal Visits (CY) 1:00 Water Plants (CY) 2:00 Creative Flow (MDR) 3:30 Walking Program</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Coffee Corner (HL) 1:30 Mobile Tuck Shop 2:30 Java Music Club (AR) 3:30 Rolls & Strolls (CY) 4:00 Helping Hands: Water Plants</p>	<p>10:00 Bowling (MDR) 10:30 Catholic Communion 10:45 Fun Facts (MDR) 2:00 Outdoor Social & Games (CY) 3:30 Walking Program 6:00 Personal Visits (CY) 7:00 Bingo (MDR)</p>	<p>10:00 Fitness 'n' Fun (MDR) 11:00 Lunch Outing: Picnic Lunch at Barnet Marine Park 2:30 Movie Afternoon (MDR) 4:00 Rolls & Strolls (CY)</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:00 Wellness Spa (HL) 4:00 Rec. Office Time 6:00 Personal Visits (CY) 7:00 Short Stories (AR)</p>		

Harmony Court Care Centre Reception: (604) 527-3300 Recreation: (604) 527-3328
 7195 Canada Way Burnaby, BC

LEGEND: MDR=Main Dining Room CC1= Care Floor 1
 AR= Activity Room (Down the Hall) CC2= Care Floor 2
 HL=Hearthstone Lounge (CC1) CY= Courtyard (Weather Permitting)

Red: Specialty Programs Black: Recreation & Leisure Programs Green: Volunteer Run Programs