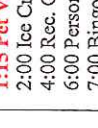


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Fitness 'n' Fun (MDR) 10:30 Nail Spa &amp; Hand Messages 11:15 Water Plants (CY) 1:00 Personal Visits (CY) 2:30 Evangelical Church Service (CC2) 3:30 Walking Program</p>	<p>British Columbia Statutory Holiday</p> 	<p>10:00 Bowling (MDR) 10:30 Catholic Communion 10:45 Fun Facts (MDR) 12:00 Ladies Lunch Club (FG) 2:30 Outdoor Games (CY) 3:30 Walking Program 6:00 Personal Visits (CY) 7:00 Short Stories (AR)</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 &amp; Strolls (CY) 4:00 Helping Hands: Water Plants</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Nail Spa &amp; Hand Messages 1:30 Mobile Tuck Shop 2:00 Mystery Monday 3:30 Rolls &amp; Strolls (CY) 4:00 Helping Hands: Water Plants</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Spirit &amp; Soul (MDR) 11:15 Water Plants (CY) 1:00 Personal Visits (CY) 2:00 Music with Douglas (MDR) 3:30 Walking Program</p>	<p>10:00 Community News &amp; Trivia (MDR) 10:30 Balloon Volley (MDR) 11:00 Bowling (MDR) 11:30 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 10:00 Fitness 'n' Fun (MDR) 11:00 Spirit &amp; Soul (MDR) 11:15 Water Plants (CY) 1:00 Personal Visits (CY) 2:00 Creative Flow (MDR) 3:30 Walking Program</p>	<p>10:00 Bowling (MDR) 10:30 Catholic Communion 10:45 Fun Facts (MDR) 2:00 Music with Hans (CY) 3:30 Walking Program 6:00 Personal Visits (CY) 7:00 Bingo (MDR)</p>	<p>10:00 Bowling (MDR) 10:30 Catholic Communion 10:45 Fun Facts (MDR) 2:00 Music with Hans (CY) 3:30 Walking Program 6:00 Personal Visits (CY) 7:00 Bingo (MDR)</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:00 Ice Cream Tasting (MDR) 4:00 Rec. Office Time 6:00 Personal Visits 7:00 Bingo (MDR)</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:00 Music with Nancy (MDR) 3:30 Rec. Office Time 7:00 Pub Night with Brian Zalo (CC1)</p>	<p>10:00 Community News (MDR) 10:30 Fitness 'n' Fun (MDR) 11:00 Crosswords (MDR) 11:30 Water Plants (CY) 2:00 Ice Cream Social &amp; Reminiscing (CY) 3:45 Music Circle (MDR) 4:00 Personal Visits (CY)</p>	<p>10:00 Community News (MDR) 10:30 Bowling (MDR) 11:30 Water Plants (CY) 2:00 Ice Cream Social &amp; Reminiscing (CY) 3:45 Music Circle (MDR) 4:00 Personal Visits (CY)</p>
<p>10:00 Fitness 'n' Fun (MDR) 10:45 Spirit &amp; Soul (MDR) 11:15 Water Plants (CY) 1:00 Personal Visits (CY) 2:00 Music with Douglas (MDR) 3:30 Walking Program</p>	<p>10:00 Bowling (MDR) 10:30 Catholic Communion 10:45 Fun Facts (MDR) 2:15 Catholic Mass (CC1) 3:30 Walking Program 6:00 Personal Visits (CY) 7:00 Short Stories (AR)</p>	<p>10:00 Bowling (MDR) 10:45 Fun Facts (MDR) 12:00 Men's Lunch Club (FG) 3:30 Walking Program 6:00 Personal Visits (CY) 7:00 Short Stories (AR)</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:00 Outdoor Games (CY) 4:00 Rec. Office Time 6:00 Personal Visits 7:00 Bingo (MDR)</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:00 Outdoor Games (CY) 4:00 Rec. Office Time 6:00 Personal Visits 7:00 Bingo (MDR)</p>	<p>10:00 Community News (MDR) 10:30 Fitness 'n' Fun (MDR) 11:30 Water Plants (CY) 2:00 Bingo (MDR) 3:00 Decorating for Mexican Week 3:15 Water Plants (CY) 4:00 Rolls &amp; Strolls (CY)</p>	<p>10:00 Community News (MDR) 10:30 Music Circle (MDR) 11:30 Water Plants (CY) 2:00 Ice Cream Social &amp; Reminiscing (CY) 3:30 Bowling (MDR) 4:00 Personal Visits (CY)</p>
<p>10-4 Sensory Stimulation (HL) 24 10:00 Fitness 'n' Fun (MDR) 11:00 Spirit &amp; Soul (MDR) 11:15 Water Plants (CY) 1:00 Personal Visits (CY) 2:00 Creative Flow: Mexican Maraca's (MDR) 3:30 Walking Program</p>	<p>10:00 Bowling (MDR) 10:30 Catholic Communion 10:45 Mexican Fun Facts (MDR) 2:00 Music with Hans (CY) 3:30 Walking Program 6:00 Personal Visits (CY) 7:00 Bingo (MDR)</p>	<p>10:00 Bowling (MDR) 10:30 Catholic Communion 10:45 Mexican Fun Facts (MDR) 2:00 Music with Hans (CY) 3:30 Walking Program 6:00 Personal Visits (CY) 7:00 Bingo (MDR)</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:00 Baking: Mexican Taco's (AR) 4:00 Rec. Office Time 7:00 Pub Night with Thomas McKay (CC2)</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:00 Baking: Mexican Taco's (AR) 4:00 Rec. Office Time 7:00 Pub Night with Thomas McKay (CC2)</p>	<p>10:00 Mexican Word Games (MDR) 10:30 Fitness 'n' Fun (MDR) 11:00 Crosswords (MDR) 11:30 Water Plants (CY) 12:00 Mexican BBQ Lunch 2:00 Ice Cream Social &amp; Reminiscing (CY) 4:00 Rolls &amp; Strolls (CY)</p>	<p>10:00 Mexican Trivia (MDR) 10:30 Balloon Volley (MDR) 11:00 Bowling (MDR) 11:30 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) 10:45 Spirit &amp; Soul (MDR) 11:15 Water Plants (CY) 1:00 Personal Visits (CY) 2:00 Creative Flow (MDR) 3:30 Walking Program</p>	<p>10:00 Bowling (MDR) 10:30 Catholic Communion 10:45 Mexican Fun Facts (MDR) 2:00 Music with Hans (CY) 3:30 Walking Program 6:00 Personal Visits (CY) 7:00 Bingo (MDR)</p>	<p>10:00 Bowling (MDR) 10:30 Catholic Communion 10:45 Mexican Fun Facts (MDR) 2:00 Music with Hans (CY) 3:30 Walking Program 6:00 Personal Visits (CY) 7:00 Bingo (MDR)</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:00 Outdoor Games (CY) 4:00 Rec. Office Time 6:00 Personal Visits 7:00 Bingo (MDR)</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:00 Outdoor Games (CY) 4:00 Rec. Office Time 6:00 Personal Visits 7:00 Bingo (MDR)</p>	<p>10:00 Fitness 'n' Fun (MDR) 10:30 Water Plants (CY) 2:00 Bingo (MDR) 3:00 Decorating for Mexican Week 3:15 Water Plants (CY) 4:00 Rolls &amp; Strolls (CY)</p>	<p>10:00 Community News (MDR) 10:30 Music Circle (MDR) 11:30 Water Plants (CY) 2:00 Ice Cream Social &amp; Reminiscing (CY) 3:30 Bowling (MDR) 4:00 Personal Visits (CY)</p>

2014  
August  
Wedgewood 2<sup>nd</sup> Floor

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

Reception: (604) 527-3300  
Recreation: (604) 527-3328

Harmony Court Care Centre  
7195 Canada Way Burnaby, BC

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

