

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>October 2014</h1> <h2>2nd Floor Wedgewood</h2>						
			1	2	3	4
			10:00 Bus Outing: Scenic Drive to Queen Elizabeth Park 10:30 Fitness 'n' Fun (MDR) 11:00 Sing A Long (MDR) 2:00 Wellness Spa (HL) 4:00 Personal Visits	10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:30 Nail Spa & Hand Massages 4:00 Rec. Office Time 6:00 Personal Visits 7:00 Bingo (MDR)	10:00 Trivia & Crosswords 10:30 Autumn Decorating 11:00 Sing A Long (MDR) 2:30 Bingo (MDR) 4:00 Rolls & Strolls (CY)	10:00 Community News (MDR) 10:30 Bowling (MDR) 2:00 Tea Social & Reminiscing (CY) 3:45 Music Circle (MDR) 4:00 Personal Visits (CY)
5	6	7	8	9	10	11
10-4 Sensory Stimulation(HL) 10:00 Fitness 'n' Fun (MDR) 10:45 Spirit & Soul (MDR) 11:30 Personal Visits 2:30 Evangelical Church Service (CC2) 3:30 Walking Program	10:00 Fitness 'n' Fun (MDR) 10:45 Coffee Corner (HL) 1:30 Mobile Tuck Shop 2:30 Mystery Monday 3:30 Helping Hands 4:00 Rolls & Strolls (CY)	10:00 Bowling (MDR) 10:30 Catholic Communion 10:45 Fun Facts (MDR) 12:00 Ladies Lunch Club(HL) 2:30 Java Music Club (AR) 3:30 Walking Program 6:00 Personal Visits 7:00 Bingo (MDR)	10:00 Bus Outing: Aldor Acres Farm Tour, Pumpkin Patch & Picnic Lunch 10:30 Fitness 'n' Fun (MDR) 11:00 Sing A Long (MDR) 2:30 Movie Afternoon (MDR) 4:00 Personal Visits 7:00 Inspirational Service Chaplain Dan	10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 3:00 Java Memory Care Staff Training (HL) 7:00 Pub Night with Douglas Simpson (CC1)	10:00 Community News (MDR) 10:30 Fitness 'n' Fun (MDR) 11:00 Crosswords (MDR) 12:00 Fall Harvest BBQ 2:00 Tea Social & Reminiscing (CY) 4:00 Rolls & Strolls (CY)	10:00 Community News & Trivia (MDR) 10:30 Balloon Volley (MDR) 11:00 Nail Spa 2:00 Bingo (MDR) 3:45 Music Circle (MDR) 4:00 Personal Visits (CY)
12	13	14	15	16	17	18
10:00 Fitness 'n' Fun (MDR) 10:45 Spirit & Soul (MDR) 11:30 Personal Visits 2:00 Creative Flow (MDR) 3:30 Walking Program 5:00 Turkey Thanksgiving Dinner	Thanksgiving Statutory Holiday 5:00 Ham Thanksgiving Dinner	10:00 Bowling (MDR) 10:30 Catholic Communion 10:45 Fun Facts (MDR) 2:30 Music on the Guitar with Marilyn (CC1) 3:30 Walking Program 6:00 Personal Visits 7:00 Short Stories (AR)	10:00 Bus Outing: Scenic Drive to Buntzen Lake 10:30 Fitness 'n' Fun (MDR) 11:00 Sing A Long (MDR) 2:00 Birthday Party with Brian Zalo (CC2) 4:00 Personal Visits	10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 2:00 Century House Choir Performs (CC2) 3:30 Pet Visits with Niko 6:00 Personal Visits 7:00 Bingo (MDR)	10:00 Trivia & Crosswords 10:30 Fitness 'n' Fun (MDR) 11:00 Sing A Long (MDR) 2:00 Bingo (MDR) 4:00 Rolls & Strolls (CY)	10:00 Community News (MDR) 10:30 Bowling (MDR) 2:00 Tea Social & Reminiscing (CY) 3:45 Music Circle (MDR) 4:00 Personal Visits (CY)
19	20	21	22	23	24	25
10:00 Fitness 'n' Fun (MDR) 10:45 Spirit & Soul (MDR) 11:30 Personal Visits 2:00 Music with Douglas (MDR) 3:30 Walking Program	10:00 Fitness 'n' Fun (MDR) 10:45 Nail Spa & Hand Massages 1:30 Mobile Tuck Shop 2:30 Java Music Club (AR) 3:15 Helping Hands 4:00 Rolls & Strolls (CY)	10:00 Bowling (MDR) 10:45 Fun Facts (MDR) 12:00 Men's Brunch Club(HL) 2:15 Catholic Mass (CC1) 3:30 Walking Program 6:00 Personal Visits 7:00 Bingo (MDR)	10:00 Bus Outing: Scenic Drive to Stanley Park 10:30 Fitness 'n' Fun (MDR) 11:00 Sing A Long (MDR) 2:00 Wellness Spa (HL) 4:00 Personal Visits 7:00 Inspirational Service Chaplain Dan	10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 2:00 Music With Nancy(MDR) 3:30 Pet Visits with Niko 4:00 Rec. Office Time 7:00 Pub Night with Pete Campbell (CC2)	10:00 Community News (MDR) 10:30 Fitness 'n' Fun (MDR) 11:00 Crosswords (MDR) 2:00 Decorate for Halloween 4:00 Rolls & Strolls (CY)	10:00 Community News & Trivia (MDR) 10:30 Balloon Volley (MDR) 11:00 Nail Spa 2:30 Special Birthday Event with Thomas MacKay (CC1) 4:00 Personal Visits (CY)
26	27	28	29	30	31	
10-4 Sensory Stimulation(HL) 10:00 Fitness 'n' Fun (MDR) 10:45 Spirit & Soul (MDR) 11:30 Personal Visits 2:00 Halloween Craft: Masks (MDR) 3:30 Walking Program Theme Week: Halloween	10:00 Fitness 'n' Fun (MDR) 10:45 Coffee Corner: (HL) Halloween Traditions 1:30 Mobile Tuck Shop 2:30 Halloween Happy Hour (MDR) 4:00 Rolls & Strolls (CY)	10:00 Bowling (MDR) 10:30 Catholic Communion 10:00 Halloween Word Games & Trivia(MDR) 2:00 Music with Hans(MDR) 3:30 Walking Program 6:00 Personal Visits 7:00 Short Stories (AR)	10:00 Bus Outing: Halloween Scenic Drive 10:30 Fitness 'n' Fun (MDR) 11:00 Sing A Long (MDR) 2:30 Multi-Sensory Halloween House (CC2) 4:00 Personal Visits	10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 2:00 Halloween Baking: Ghost Cookies (AR) 3:30 Pet Visits with Niko 4:00 Rec. Office Time 6:00 Personal Visits 7:00 Bingo (MDR)	Halloween 10:00 Trivia & Crosswords 10:30 Fitness 'n' Fun (MDR) 10:45 St Alban's Day Care Costume Parade 1:45 Staff Costume Parade 2:00 Halloween Party with Thomas MacKay (CC1) 4:00 Rolls & Strolls (CY)	
Harmony Court Care Centre Reception: (604) 527-3300 Recreation: (604) 527-3328 LEGEND: MDR=Main Dining Room CC1= Care Floor 1 7195 Canada Way Burnaby, BC AR= Activity Room (Down the Hall) CC2= Care Floor 2 Red: Specialty Programs Black: Recreation & Leisure Programs Green: Volunteers HL=Hearthstone Lounge (CC1) CY= Courtyard (Weather Permitting)						