


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-family: cursive; color: #8B4513;">November 2014</h1> <h2 style="font-family: cursive; color: #8B4513;">Harmony Court Estate</h2>						1 2:30 Music Circle with Birgit (GR) 7:30 Movie Night: <i>The Blind Side</i> (GR)

2 2:00 Parkinson's Support Group Meeting (AR) Daylight Savings Time Ends	3 10:00 Scenic Bus Trip to The Vancouver Aquarium [\$14.00] & Lunch at the Aquarium Café [\$10-18] (SU) 3:00 Wii Bowling (GR)	4 12:30-2 Municipal Elections Mobile Poll Station (FL) 12:30 Tuck Shop (FL) 2:30 Resident Update (AR) 4:00 Crosswords (FL) 7:30 Pub Night With Mike Sanyshyn (GR)	5 10:30 St. Alban's Daycare Intergenerational Visits (AR) 1:30 Hand Spa Wellness (FL) 2:30 New Resident Welcome Tea with Mellow Guitar (GR)	6 9:30 Ladies Breakfast Club (4 th DR – SU) 12:30 Tuck Shop (FL) 1:30 Crosswords (FL) 2:30 Bingo (AR) 4:00 Philosopher's Café (FL)	7 10:00 Outing: Swimming at Edmonds Community Centre [\$4.38] (SU) 1:30 Burnaby Library (FL) 2:30 Baking Cookies for Bake Sale (GR) 7:30 Movie Night: <i>Silver Linings Playbook</i> (GR)	8 2:30 Music Circle with Birgit (GR)
9 7:30 Salvation Army Hymn Sing (GR)	10 10:00 Scenic Bus Trip to SFU Museum of Archaeology and Ethnology, Burnaby & Picnic Lunch (SU) 3:00 Wii Bowling (GR)	11  Remembrance Day Statutory Holiday 10:00 Televised Remembrance Day Service Gathering CBC News Network (FL)	12 10:30 Fitness 'n' Fun (AR) 1:30 Hand Spa Wellness (FL) 2:30 Remembrance Day Service & Music with Lillian Sebulsky (GR) 7:30 Chaplain Dan (AR)	13 10:00 Christmas Shopping Trip & Lunch at Brentwood Mall (SU) 12:30 Tuck Shop (FL) 1:30 Crosswords (FL) 2:30 Bingo (AR) 3:30 Food Forum (AR)	14 9:30-2:00 Residents Craft & Bake Sale (FL) 10:30 Fall Prevention Fitness (AR) 3:30 Cocktail Hour (FL)	15 2:30 Music Circle with Birgit (GR) 7:30 Movie Night: <i>Transcendence</i> (GR)
16 10:45 Do it Yourself Exercises (AR) 2:30 Hymn Sing (GR)	17 10:00 Bus trip to Hard Rock Casino in Coquitlam & Lunch at Rodie's Burger Bar [\$10-15] (SU) 2:30 Senior to Senior Bullying Education Seminar (GR) 3:00 Wii Bowling (GR)	18 10:30 Acrylic Painting Course (AR) 11-3 BEjewelled Fashion Accessories (FL) 12:30 Tuck Shop (FL) 2:30 Open Microphone Readings or Poetry (AR) 3:30 Recreation Forum (AR)	19 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR) 1:30 Hand Spa Wellness (FL) 2:00 Kitchen Tour (SU-FL) 2:00 Cribbage Club 3:00 Wii Bowling (GR) 3:30 Sing-A-Long (FL)	20 10:30 St. Alban's Anglican Church Service (AR) 10:30 Asian Water Colour Painting Course (FL) 12:30 Tuck Shop (FL) 11:45/1:00 Special Asian Lunch 1:30 Crosswords (FL) 2:30 Bingo (AR) 4:00 Philosopher's Café (FL) 4:45/6:00 Special Asian Dinner	21 9:30 News & Views (FL) 2:30 Birthday Party with Susan Skemp (GR) 7:30 Movie Night: <i>Friends With Kids</i> (GR)	22 2:30 Music Circle with Birgit (GR)
23 2:00 London, England Memorabilia Presentation (AR)	24 10:00 Bus Trip to Charlie's Chocolate Factory, Burnaby and Picnic Lunch in Fire Side Lounge Upon Arrival (SU) 3:00 Wii Bowling (GR)	25 9:30-3:30 Optometry Clinic (AR-SU) 12:30 Tuck Shop (FL) 2:15 Catholic Mass (CC1) 2:30 Council Meeting (4 th DR) 4:00 Crosswords (FL) 7:30 Pub Night With Brian Zalo (GR)	26 10-3 Euro Designs Scarves (FL) 10:30 Fitness 'n' Fun (AR) 1:30 Hand Spa Wellness (FL) 2:00 Christmas Decorating (FL) 7:30 Chaplain Dan (AR) SIGN UP SHEETS GO OUT	27 9:30 Men's Breakfast Club (4 th DR – SU) 12:30 Tuck Shop (FL) 1:30 Crosswords (FL) 2:30 Bingo (AR) 4:00 Philosopher's Café (FL)	28 10:30 Fall Prevention Fitness (AR) 2:30 Christmas Decorating (GR)	29 No Music Circle Today 7:30 Movie Night: <i>Midnight in Paris</i> (GR)

30
Day of Rest

Legend:
 FL = Fireside Lounge 1st Floor CC1= Care Centre 1st Floor AR = Activity Room (3rd Floor Dining Room)
 AO = AdvoCare Office (101) GR = Garden Room 1st Floor 4th DR = 4th Floor Dining Room
 FC = Fitness Centre 3rd Floor G = Games Room 3rd Floor Pink = Volunteer Run Programs
 CY= Centre Court Yard DR = Dining Room
 L = Library on 2nd Floor SU = Sign Up

Harmony Court Estate Reception: (604) 527-3300
 7197 Canada Way Recreation: (604) 528-8584
 Burnaby, BC V5E 4A6
Personal Fitness: 7:30am – 12:00pm Tuesday, Thursday & Saturday (FC)

