

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 10:00 Christmas Shopping Trip & Lunch at Royal City Center (SU) 2:30 Christmas Decorating (FL) 3:00 Wii Bowling (GR)	2 10:30 Christmas Decorating (AR) 12:30 Tuck Shop (FL) 2:30 Resident Update (AR) 4:00 Crosswords (FL)	3 10:30 St. Alban's Intergenerational Visits (AR) 1:30 Hand Spa Wellness (FL) 2:00 Cribbage Club (FL) 2:30 Arranging The Basket for Seniors Project (FL) 3:00 Wii Bowling (GR) 7:30 Shadbolt Singers (GR)	4 9:30 Ladies Breakfast Club (4th DR-SU) 12:30 Tuck Shop (FL) 1:30 Crosswords (FL) 2:30 Bingo (AR) 4:00 Philosopher's Café (FL)	5 11:00-2 Purdy's Chocolate Sale (FL) 4:30 Bus Outing to The Singing Christmas Tree, Vancouver & Dinner at White Spot, Burnaby [\$10-12] (SU)	6 2:30 Music Circle with Birgit (GR) 7:30 Movie Night: A Christmas Carol (GR)	
7 10-3 Donna's Craft & Bake Sale (FL)  2:00 Parkinson's Support Group Meeting (AR)	8 10:30 Scenic Bus Trip to The Vancouver Christmas Market [\$6.00] & Lunch at the Market [\$10] (SU) 3:00 Wii Bowling (GR) 7:30 Chemsemble Choir Performance (GR)	9 11:00-3:30 Carda Creations Clothing Sale (FL) 12:30 Tuck Shop (FL) 2:30 Open Mic Readings or Poetry (AR) 4:00 Crosswords (FL) 7:30 Pub Night with Thomas Mackay (GR)	10 9:30 News & Views (FL) 10:30 Fall Prevention Fitness (AR) 1:30 Hand Spa Wellness (FL) 2:30 Afternoon Tea (GR) 7:30 Chaplain Dan (AR)	11 9:30-3:30 Optometry Clinic (4th DR-SU) 10:00-11:30 Burnaby Library (FL) 10:00 Christmas Shopping & Lunch at Lougheed Mall (SU) 12:30 Tuck Shop (FL) 2:30 Bingo (AR) 3:30 Food Forum (AR)	12 2:30 Birthday Party with Steve Hillis (GR) 6:00 St Paul's Hospital Christmas Lights of Hope Tour With Hot Chocolate (SU) 	13 2:30 Music Circle with Birgit (GR) 7:30 Movie Night: It's a Wonderful Life (GR)
14 No Salvation Army Hymn Sing Today	15 10:00 Scenic Bus Trip to The Potters Christmas Store, Surrey & Lunch at ABC Country Restaurant [\$10-15] (SU) 3:00 Wii Bowling (GR)	16 10-3:00 Watkins Sale (FL) 12:30 Tuck Shop (FL) 2:15 Catholic Mass (CC1) 2:30 Christmas Snowman Painting (AR)  4:00 Crosswords (FL)	17 9:30 News & Views (FL) 10:30 Fall Prevention Fitness (AR) 1:30 Hand Spa Wellness (FL) 2:00 Cribbage Club (FL) 3:00 Wii Bowling (GR) 3:30 Christmas Sing-a-Long (FL)	18 8:30 Men's Breakfast Club (4th DR-SU) 10:30 St. Alban's Anglican Church Service (AR) 12:30 Tuck Shop (FL) 1:30 Crosswords (FL) 2:30 Bingo (AR)	19 9:30 News & Views (FL) 2:30 Decorative Sweater Christmas Party with Neil Harnett (GR) 7:30 Movie Night: Miracle on 34th Street (GR)	20 2:30 Music Circle with Birgit (GR)
21 2:30 Hymn Sing (GR)	22 3:00 Wii Bowling (GR) 4:30 Scenic Bus Trip to Burnaby Village Museum Heritage Christmas, then Lights Tour with Hot Chocolate. Dinner in Fire Side Lounge Upon Arrival (SU) 	23 10:30 Let's Laugh Together (AR) 12:30 Tuck Shop (FL) 2:30 Open Microphone Readings or Poetry (AR) 3:30 Recreation Forum (AR)	24 Christmas Eve 9:30 News & Views (FL) 1:30 Hand Spa Wellness (FL) 2:30 Eggnog Social with Gordy Van (GR) 4:45/6:00 Ham Christmas Dinner (GR) 7:30 Chaplain Dan (AR)	25 Christmas Day Statutory Holiday 4:45/6:00 Turkey Christmas Dinner (GR) 7:30 Christmas Movie: A Christmas Story (GR) 	26 10:30 Fall Prevention Fitness (AR) 2:00 Favourite Christmas Story Social (FL)	27 2:30 Music Circle with Birgit (GR) 7:30 Movie Night: Sweet Home Alabama (GR)
28 Day of Rest	29 10:00 Scenic Bus Trip to The Festival of Trees at The Four Seasons Hotel [\$2.00 Donation] & Lunch at the Pacific Centre Mall Food Court (SU) 3:00 Wii Bowling (GR)	30 10:30 A Year in Review (FL) 12:30 Tuck Shop (FL) 2:30 Open Microphone Readings or Poetry (AR) 4:00 Crosswords (FL)	31 New Year's Eve 1:30 Hand Spa Wellness (FL) 2:00 Cribbage Club (FL) 3:00 Wii Bowling (GR) 7:30 New Year's Eve Party With Gracie and The Guys (GR) 4:45/6:00 Special New Year's Eve Dinner (GR) Sign-Up Sheets Go Out			

Legend:

FL = Fireside Lounge 1st Floor
AO = AdvoCare Office (101)
FC = Fitness Centre 3rd Floor
CY = Centre Court Yard
L = Library on 2nd Floor
CC1 = Care Centre 1st Floor
GR = Garden Room 1st Floor
G = Games Room 3rd Floor
DR = Dining Room
SU = Sign Up

AR = Activity Room (3rd Floor Dining Room)
4th DR = 4th Floor Dining Room
Pink = Volunteer Run Programs



Harmony Court Estate Reception: (604) 527-3300
 7197 Canada Way Recreation: (604) 528-858
 Burnaby, BC V5E 4A

Personal Fitness: 7:30am – 12:00pm Tuesday, Thursday & Saturday (FC)