



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JANUARY 2015</h1> <h2>Rosewood 1st Floor</h2>						
				1	2	3
				New Year's Day Statutory Holiday 10:00 Funny New Year Resolutions (MDR) 10:30 Fitness 'n' Fun (MDR) 4:00 Sing-A-Long (FL) 7:00 Bingo (MDR)	10:00 Mental Aerobics 10:30 Active Games (MDR) 1:30 Fitness 'n' Fun (MDR) 2:30 Bingo (MDR) 3:30 Personal Visits 4:00 Beach Ball Soccer (MDR) 6:00 Gospel Network TV (FL) 6:30 Nails & Polish (FL)	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 4:00 Bowling (MDR) 6:30 Movie Night (FL)
4	5	6	7	8	9	10
10:00 Mental Aerobics (MDR) 10:45 Activities for the Soul (MDR) 2:30 Evangelical Church Service (CC2) 4:00 Nails & Polish (FL) 7:00 Reminiscing (HL)	10:00 Town Hall News 10:30 Mental Aerobics (MDR) 11:00 Christmas Decoration Clean Up (FL) 2:00 Travelling Tuck Shop 2:30 Christmas Decoration Clean Up (MDR) 4:00 Walking Club (CY) 7:00 Bingo (MDR)	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 10:30 Catholic Communion 12:00 Ladies Lunch Club (HL) 2:00 Christmas Decoration Clean Up (MDR) 4:00 Helping Hands 7:00 Bingo (MDR)	10:00 Bus Outing: Scenic Drive 10:15 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 2:00 Popcorn & A Movie (FL) 2:30 Wellness Spa (HL) 4:00 Nails and Polish (FL) 6:30 Short Stories (MDR)	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 11:00 Pet Visits with Niko 2:00 Homemade Treats & Baking (HL) 4:00 Sing-A-Long (FL) 7:00 Pub Night with Steve Warner (CC1)	10:00 Mental Aerobics (MDR) 10:30 Active Games (MDR) 11:00 Fitness 'n' Fun (MDR) 2:00 Horse Races (MDR) 4:00 Horseshoes (MDR) 6:00 Gospel Network TV (FL) 7:00 Friday Night Tea & Cookies (FL)	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 1:30 Music Circle (MDR) 4:00 Bowling (MDR) 6:30 Movie Night (FL)
11	12	13	14	15	16	17
10:00 Mental Aerobics (MDR) 10:45 Activities for the Soul (MDR) 4:00 Nails & Polish (FL) 7:00 Reminiscing (HL)	10:00 Town Hall News (MDR) 10:30 Mental Aerobics (MDR) 11:00 Fitness 'n' Fun (MDR) 2:00 Travelling Tuck Shop 2:30 Java Music Club (HL) 4:00 Walking Club (CY) 7:00 Personal Visits	10:00 Mental Aerobics (MDR) 10:15 Helping Hands (MDR) 10:30 Fitness 'n' Fun (MDR) 10:30 Catholic Communion 2:30 Stories, Poetry Writing & Reminiscing (FL) 4:00 Bean Bag Throw (FL) 7:00 Bingo (MDR)	10:00 Bus Outing: Scenic Drive 10:15 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 3:00 Mike's Critters Presentation (MDR) 4:00 Nails and Polish (FL) 6:30 Chaplain Dan	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 11:00 Pet Visits with Niko 2:00 Creative Projects (HL) 3:30 Personal Visits 4:00 Sing-A-Long (FL) 7:00 Bingo (MDR)	10:00 Mental Aerobics (MDR) 10:30 Active Games (MDR) 11:00 Fitness 'n' Fun (MDR) 3:00 Tea Social & Reminiscing (MDR) 4:00 Beach Ball Soccer (MDR) 6:00 Gospel Network TV (FL) 6:30 Nails & Polish (FL)	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 1:30 Music Circle (MDR) 4:00 Bowling (MDR) 6:30 Movie Night (FL)
18	19	20	21	22	23	24
10-4 Sensory Stimulation (HL) 10:00 Mental Aerobics (MDR) 10:45 Activities for the Soul (MDR) 4:00 Nails & Polish (FL) 7:00 Reminiscing (HL)	10:00 Town Hall News (MDR) 10:30 Mental Aerobics (MDR) 11:00 Fitness 'n' Fun (MDR) 2:00 Travelling Tuck Shop 2:30 Personal Visits: Life Stories & Storytelling 4:00 Walking Club (CY) 6:30 Popcorn & a Movie (FL)	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 12:00 Men's Brunch Club (HL) 2:15 Catholic Mass (CC1) 3:30 Personal Visits 4:00 Helping Hands 7:00 Bingo (MDR)	10:00 Bus Outing: Scenic Drive 10:15 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 2:00 Birthday Party with Greg Alcock (CC2) 4:00 Nails and Polish (FL) 6:30 Short Stories (MDR)	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 2:00 Tea Social & Reminiscing (MDR) 3:00 Personal Visits 4:00 Sing-A-Long (FL) 7:00 Pub Night with Steve Hillis (CC2)	10:00 Mental Aerobics (MDR) 10:30 Active Games (MDR) 11:00 Fitness 'n' Fun (MDR) 2:00 Decorate for 50's Rock & Roll Theme Week 4:00 Horseshoes (MDR) 6:00 Gospel Network TV (FL) 6:30 Bingo (MDR)	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 1:30 Music Circle (MDR) 4:00 Bowling (MDR) 6:30 Movie Night (FL)
25	26	27	28	29	30	31
10-4 Sensory Stimulation (HL) 10:00 50's Word Games 10:45 Activities for the Soul (MDR) 4:00 Nails & Polish 7:00 Reminiscing Theme Week: 50's Rock & Roll 	10:00 Town Hall News (MDR) 10:30 50's Fun Facts (MDR) 11:00 Fitness 'n' Fun (MDR) 2:00 Travelling Tuck Shop 2:30 50's Reminiscing Social 4:00 Walking Club (CY) 7:00 Board Games (MDR)	10:00 Mental Aerobics (MDR) 10:15 Helping Hands (MDR) 10:30 Fitness 'n' Fun (MDR) 10:30 Catholic Communion 2:30 50's Party with Peter Paulus (CC2)  4:00 Ball Toss 7:00 Bingo (MDR)	10:15 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 11:00 Lunch Outing to Swiss Chalet Restaurant 2:00 Popcorn & A 50's Movie (FL) 4:00 Nails and Polish (FL) 6:30 Inspirational Service Chaplain Dan	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 2:00 Homemade Treats & Baking from the 50's 4:00 Sing-A-Long (FL) 7:00 Bingo (MDR)	10:00 Mental Aerobics (MDR) 10:30 Active Games (MDR) 11:00 Fitness 'n' Fun (MDR) 12:00 50's Rock & Roll Lunch 2:00 50's Bowling Game & Other TV Game Shows 4:00 Beach Ball Soccer (MDR) 6:00 Gospel Network TV (FL) 6:30 Nails & Polish (FL)	10:00 50's Music Trivia (MDR) 10:30 Fitness 'n' Fun (MDR) 1:30 Music Circle (MDR) 4:00 Bowling (MDR) 6:30 Movie Night (FL)

Harmony Court Care Centre
7195 Canada Way Burnaby, BC

Reception: (604) 527-3300

Recreation: (604) 527-3328

LEGEND: MDR=Main Dining Room FL= Fireside Lounge (Communication Station)

CC1= Care Floor 1 CC2= Care Floor 2

FG= Friendship Garden HL=Hearthstone Lounge (Down the Hallway)

CY= Courtyard (Weather Permitting)

Green: Volunteers

Red: Specialty Programs

Blue: Recreation Programs

Black: Leisure Programs