

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JANUARY 2015</h1> <h2>Wedgewood 2nd Floor</h2>						
				1 New Year's Day Statutory Holiday	2 10:00 Trivia & Crosswords 10:30 Sing A Long (MDR) 11:00 Christmas Decoration Clean Up (MDR) 2:00 Bingo (MDR) 4:00 Rolls & Strolls (CY)	3 10:00 Community News (MDR) 10:30 Bowling (MDR) 2:00 Tea Social & Reminiscing (CY) 4:00 Personal Visits (CY)
4 10:00 Fitness 'n' Fun (MDR) 10:45 Spirit & Soul (MDR) 11:30 Personal Visits 2:30 Evangelical Church Service (CC2) 3:00 Christmas Decoration Clean Up (MDR) 3:30 Walking Program	5 10:00 Fitness 'n' Fun (MDR) 10:45 Coffee Corner (HL) 1:30 Mobile Tuck Shop 2:30 Java Music Club (AR) 4:00 Helping Hands	6 10:00 Bowling (MDR) 10:30 Catholic Communion 10:45 Fun Facts (MDR) 12:00 Ladies Lunch Club(HL) 2:00 Christmas Decoration Clean Up (MDR) 3:30 Walking Program 4:00 Personal Visits 7:00 Bingo (MDR)	7 10:00 Bus Outing: Scenic Drive to Queen Elizabeth Park 2:00 Wellness Spa (HL) 4:00 Personal Visits	8 10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:30 Baking (AR) 4:00 Rec. Office Time 7:00 Pub Night with Steve Warner (CC1)	9 10:00 Community News (MDR) 10:30 Fitness 'n' Fun (MDR) 11:00 Crosswords (MDR) 2:00 Tea Social & Reminiscing (CY) 4:00 Rolls & Strolls (CY)	10 10:00 Community News & Trivia (MDR) 10:30 Balloon Volley (MDR) 2:00 Bingo (MDR) 3:45 Music Circle (MDR) 4:00 Personal Visits (CY)
11 10:00 Fitness 'n' Fun (MDR) 10:45 Spirit & Soul (MDR) 11:30 Personal Visits 2:00 Creative Flow (MDR) 3:30 Walking Program	12 10:00 Fitness 'n' Fun (MDR) 10:45 Nail Spa & Hand Massages 1:30 Mobile Tuck Shop 2:30 Wellness Spa (MDR) 4:00 Rolls & Strolls (CY)	13 10:00 Bowling (MDR) 10:30 Catholic Communion 10:45 Fun Facts (MDR) 2:00 Music with Hans(MDR) 3:30 Walking Program 4:00 Personal Visits 7:00 Bingo (MDR)	14 10:00 Bus Outing: Scenic Drive to Pitt Lake 1:30 Personal Visits 3:00 Mike s Critters Presentation (CC1) 7:00 Inspirational Service Chaplain Dan	15 10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:00 Music with Nancy (MDR) 4:00 Rec. Office Time 6:00 Personal Visits 7:00 Short Stories (AR)	16 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)	17 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)
18 10-4 Sensory Stimulation(HL) 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	19 10:00 Fitness 'n' Fun (MDR) 10:45 Coffee Corner (HL) 1:30 Mobile Tuck Shop 2:30 Java Music Club (AR) 4:00 Helping Hands	20 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 4:00 Personal Visits 7:00 Bingo (MDR)	21 10:00 Bus Outing: Scenic Drive to Burnaby Mountain 2:00 Birthday Party with Greg Alcock (CC2) 4:00 Personal Visits	22 10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 2:00 Wellness Spa (MDR) 4:00 Rec. Office Time 7:00 Pub Night with Steve Hillis (CC2)	23 9:30 Decorate for 50's Rock & Roll Theme Week 10:30 Fitness 'n' Fun (MDR) 2:00 Tea Social & Reminiscing (CY) 4:00 Rolls & Strolls (CY)	24 10:00 Community News & Trivia (MDR) 10:30 Balloon Volley (MDR) 2:00 Bingo (MDR) 3:45 Music Circle (MDR) 4:00 Personal Visits (CY)
25 10-4 Sensory Stimulation 10:00 Fitness 'n' Fun (MDR) 10:45 Spirit & Soul (MDR) 11:30 Personal Visits 2:00 Creative Flow: 50's Rock & Roll Records (MDR) 3:30 Walking Program Theme Week: 50's Rock & Roll	26 10:00 Fitness 'n' Fun (MDR) 10:45 Nail Spa & Hand Massages 1:30 Mobile Tuck Shop 2:30 50's Reminiscing Social 4:00 Rolls & Strolls (CY)	27 10:00 Wellness Spa (MDR) 10:30 Catholic Communion 2:30 50's Party with Peter Paulus (MDR) 3:30 Walking Program 4:00 Personal Visits 7:00 Bingo (MDR)	28 9:30 Personal Visits 10:00 Sing A Long (MDR) 11:00 Lunch Outing to Swiss Chalet Restaurant 2:00 50's Movie Afternoon 4:00 Personal Visits 7:00 Inspirational Service Chaplain Dan	29 10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 2:00 Baking from the 50's 4:00 Rec. Office Time 6:00 Personal Visits 7:00 Short Stories (AR)	30 10:00 50's Music Trivia 10:30 Fitness 'n' Fun (MDR) 11:00 Sing A Long (MDR) 12:00 50's Rock & Roll Lunch 2:00 Bingo (MDR) 4:00 Rolls & Strolls (CY)	31 10:00 50's Fun Facts (MDR) 10:30 Bowling (MDR) 2:00 Tea Social & Reminiscing (CY) 3:45 Music Circle (MDR) 4:00 Personal Visits (CY)
<p>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 HL=Hearthstone Lounge (CC1) CY= Courtyard (Weather Permitting)</p> <p>Red: Specialty Programs Black: Recreation & Leisure Programs Green: Volunteers</p>						

