

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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 (FL)	2 Groundhog Day 10:00 Groudhog Day Puzzles & History (MDR) 10:30 Active Games (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 Board Games (MDR)	3 10:00 Mental Aerobics 10:30 Fitness 'n' Fun (MDR) 10:30 Catholic Communion 12:00 Ladies Lunch Club(HL) 2:30 Stories & Reminiscing(FL) 4:00 Helping Hands 7:00 Bingo (HL) 7:00 Family Council Meeting (MDR)	4 10:15 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 1:30 Bus Outing to White Rock Oceanfront Promenade 2:00 Popcorn & A Movie (FL) 4:00 Nails and Polish (FL) 6:30 Short Stories (MDR)	5 10:00 Mental Aerobics 10:30 Fitness 'n' Fun (MDR) 11:00 Pet Visits with Niko 2:00 Creative Projects: Making Knotted Blankets (HL) 3:30 Personal Visits 4:00 Sing-A-Long (FL) 7:00 Bingo (MDR)	6 10:00 Mental Aerobics (MDR) 10:30 Active Games (MDR) 11:00 Fitness 'n' Fun (MDR) 2:00 Decorate for Valentines Theme Week 4:00 Beach Ball Soccer (MDR) 6:00 Gospel Network TV (FL) 6:30 Nails & Polish (FL)	7 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)
8 10-4 Sensory Stimulation(HL) 10:00 Valentines Word Games (MDR) 10:45 Activities for the Soul (MDR) 4:00 Nails & Polish(FL) 7:00 Family Reminiscing (HL) Theme Week: Valentine's	9 Family Day Statutory Holiday 10:00 Town Hall News (MDR) 10:30 Mental Aerobics (MDR) 4:00 Walking Club (CY) 7:00 Valentine's Bingo (MDR)	10 10:00 Mental Aerobics 10:15 Helping Hands 10:30 Fitness 'n' Fun (MDR) 10:30 Catholic Communion 2:30 Valentines Craft (HL) 4:00 Ball Toss (MDR) 7:00 Bingo (MDR)	11 10:00 Bus Outing: Scenic Drive 10:15 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 2:00 Valentines Movie (FL) 2:30 Wellness Spa (HL) 4:00 Nails and Polish (FL) 6:30 Inspirational Service Chaplain Dan	12 10:00 Mental Aerobics 10:30 Fitness 'n' Fun (MDR) 11:00 Pet Visits with Niko 2:00 Baking Valentine's Cookies (HL) 3:30 Personal Visits 4:00 Sing-A-Long (FL) 7:00 Pub Night with Brian Zalo (CC1)	13 10:00 Mental Aerobics 10:30 Active Games (MDR) 11:00 Fitness 'n' Fun (MDR) 12:00 Valentines Lunch 2:00 Valentine's Day Tea with Larry Harper(MDR) 4:00 Horseshoes (MDR) 6:00 Gospel Network TV (FL) 7:00 Bingo (MDR)	14 Valentine's Day 10:00 Valentines Trivia (MDR) 10:30 Fitness 'n' Fun (MDR) 1:30 Music Circle (MDR) 4:00 Bowling (MDR) 6:30 Movie Night (FL)
15 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)	16 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) 7:00 Personal Visits	17 Mardi Gras 10:00 Mardi Gras WordGames 10:30 Fitness 'n' Fun (MDR) 12:00 Men's Brunch Club(HL) 2:15 Catholic Mass (CC1) 2:30 Mardi Gras Mask Making (HL) 3:30 Personal Visits 4:00 Helping Hands 7:00 Bingo (MDR)	18 10:00 Bus Outing: Scenic Drive 10:15 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 2:00 Birthday Party with Two Hits & A Miss(CC2) 4:00 Nails and Polish (FL) 6:30 Short Stories (MDR)	19 Chinese New Year Begins 10:00 Chinese New Year Facts & Trivia (MDR) 10:30 Fitness 'n' Fun (MDR) 11:00 Pet Visits with Niko 2:30 Stories, Poetry Writing & Reminiscing (FL) 3:30 Personal Visits 4:00 Sing-A-Long (FL) 7:00 Bingo (MDR)	20 10:00 Mental Aerobics (MDR) 10:30 Active Games (MDR) 10:30 Wellness Spa (CC2) 3:00 Tea Social & Reminiscing (MDR) 4:00 Beach Ball Soccer (MDR) 6:00 Gospel Network TV (FL) 6:30 Nails & Polish (FL)	21 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)
22 10:00 Mental Aerobics (MDR) 10:45 Activities for the Soul (MDR) 4:00 Nails & Polish (FL) 7:00 Reminiscing (HL)	23 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 Short Stories (FL)	24 10:00 Mental Aerobics (MDR) 10:15 Helping Hands 10:30 Fitness 'n' Fun (MDR) 10:30 Catholic Communion 2:30 Stories, Poetry Writing & Reminiscing (FL) 4:00 Bean Bag Throw (MDR) 7:00 Bingo (MDR)	25 10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 11:00 Bus Outing: Lunch Outing to IHOP Coquitlam 2:00 Popcorn & A Movie (FL) 4:00 Nails and Polish (FL) 6:30 Inspirational Service Chaplain Dan	26 10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 11:00 Pet Visits with Niko 2:00 Homemade Treats & Baking (HL) 3:30 Personal Visits 4:00 Sing-A-Long (FL) 7:00 Pub Night with Mike Kinal (CC2)	27 10:00 Mental Aerobics 10:30 Active Games (MDR) 11:00 Fitness 'n' Fun (MDR) 12:00 Chinese New Year Special Lunch (MDR) 2:00 Chinese Senior Society Dance (CC2) 4:00 Horseshoes (MDR) 7:00 Friday Night Tea & Cookies (MDR)	28 10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 4:00 Bowling (MDR) 6:30 Movie Night (FL)

Rosewood 1st Floor
FEBRUARY 2015

Harmony Court Care Centre Reception: (604) 527-3300 Recreation: (604) 527-3328 LEGEND: MDR=Main Dining Room FL= Fireside Lounge (Communication Station)
7195 Canada Way Burnaby, BC CC1= Care Floor 1 CC2= Care Floor 2 CY= Courtyard
Green: Volunteers Red: Specialty Programs Blue: Recreation Programs Black: Leisure Programs FG= Friendship Garden HL=Hearthstone Lounge (Down the Hallway)