

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Fitness 'n' Fun (MDR) 10:45 Spirit & Soul (MDR) 11:30 Personal Visits 2:30 Evangelical Church Service (CC2) 3:30 Walking Program	2 Groundhog Day 9:00 Personal Visits 10:00 Wellness Spa (MDR) 1:30 Mobile Tuck Shop 2:30 Active Game (MDR) 4:00 Rolls & Strolls (CY)	3 10:00 Fitness 'n' Fun 10:30 Catholic Communion 10:45 Fun Facts (MDR) 12:00 Ladies Lunch Club(HL) 2:30 Java Music Club (AR) 3:30 Walking Program 7:00 Bingo (MDR) 7:00 Family Council Meeting (CC1)	4 10:00 Wellness Spa (MDR) 1:30 Bus Outing to White Rock Oceanfront Promenade 4:00 Personal Visits	5 10:00 Bowling (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:30 Helping Hands 4:00 Rec. Office Time 6:00 Personal Visits 7:00 Short Stories (AR)	6 10:00 Trivia & Crosswords 10:30 Fitness 'n' Fun (MDR) 11:00 Decorate for Valentines Theme Week 2:00 Bingo (MDR) 4:00 Rolls & Strolls (CY)	7 10:00 Community News (MDR) 10:30 Bowling (MDR) 2:00 Tea Social & Family Day Reminiscing (MDR) 3:45 Music Circle (MDR) 4:00 Personal Visits
8 10-4 Sensory Stimulation(HL) 10:00 Fitness 'n' Fun (MDR) 10:45 Spirit & Soul (MDR) 11:30 Personal Visits 2:00 Valentines Craft (MDR) 3:30 Walking Program Theme Week: Valentine's	9 Family Day Statutory Holiday	10 10:00 Wellness Spa (MDR) 10:30 Catholic Communion 2:00 Music with Hans(MDR) 3:30 Walking Program 6:00 Personal Visits 7:00 Valentine's Bingo (MDR)	11 10:00 Bus Outing: Scenic Drive to Iona Lake, Richmond 2:00 Valentines Movie (FL) 2:00 Wellness Spa (HL) 4:00 Personal Visits 7:00 Inspirational Service Chaplain Dan	12 10:00 Fitness 'n' Fun (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:30 Baking Valentine's Cookies (AR) 4:00 Rec. Office Time 7:00 Pub Night with Brian Zalo (CC1)	13 10:00 Valentines Word Games (MDR) 10:30 Fitness 'n' Fun (MDR) 11:00 Crosswords (MDR) 12:00 Special Valentines Lunch (MDR) 2:00 Bingo (MDR) 4:00 Rolls & Strolls (CY)	14 Valentine's Day 10:00 Valentines Trivia (MDR) 10:30 Balloon Volley (MDR) 2:00 Valentine's Day Tea With Luigi Tallarico (MDR) 3:45 Music Circle (MDR) 4:00 Personal Visits
15 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	16 9:00 Personal Visits 10:00 Wellness Spa (MDR) 1:30 Mobile Tuck Shop 2:30 Java Music Club (AR) 4:00 Rolls & Strolls (CY)	17 Mardi Gras 10:00 Fitness 'n' Fun (MDR) 10:45 Mardi Gras Word Games 12:00 Men's Brunch Club(HL) 2:15 Catholic Mass (CC1) 2:30 Mardi Gras Mask Making (MDR) 6:00 Personal Visits 7:00 Bingo (MDR)	18 10:00 Bus Outing: Scenic Drive to Rocky Point 2:00 Birthday Party with Two Hits & A Miss(CC2) 4:00 Personal Visits	19 Chinese New Year Begins 10:00 Bowling (MDR) 10:45 Walking Program 1:15 Pet Visits with Niko 2:30 Chinese New Year Facts & Trivia (MDR) 4:00 Rec. Office Time 6:00 Personal Visits 7:00 Short Stories (AR)	20 10:00 Wellness Spa (MDR) 11:30 Sing A Long (MDR) 2:00 Bingo (MDR) 4:00 Rolls & Strolls (CY)	21 10:00 Community News (MDR) 10:30 Bowling (MDR) 2:00 Tea Social & Reminiscing (MDR) 3:45 Music Circle (MDR) 4:00 Personal Visits
22 10:00 Fitness 'n' Fun (MDR) 10:45 Spirit & Soul (MDR) 11:30 Personal Visits 2:00 Creative Flow (MDR) 3:30 Walking Program	23 10:00 Fitness 'n' Fun (MDR) 10:45 Coffee Corner (HL) 1:30 Mobile Tuck Shop 2:30 Baking (AR) 4:00 Rolls & Strolls (CY)	24 10:00 Wellness Spa (MDR) 10:30 Catholic Communion 2:00 Music with Hans(MDR) 3:30 Walking Program 6:00 Personal Visits 7:00 Bingo (MDR)	25 10:00 Sing A Long (MDR) 11:00 Lunch Outing: IHOP Coquitlam 2:00 Movie Afternoon (MDR) 4:00 Personal Visits 7:00 Inspirational Service Chaplain Dan	26 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 7:00 Pub Night with Mike Kinal (CC2)	27 10:00 Community News 10:30 Fitness 'n' Fun (MDR) 11:00 Crosswords (MDR) 12:00 Chinese New Year Special Lunch (MDR) 2:00 Chinese Seniors Society Dance Performance (MDR) 4:00 Rolls & Strolls (CY)	28 10:00 Community News & Trivia (MDR) 10:30 Balloon Volley (MDR) 2:00 Bingo (MDR) 3:30 Nails & Polish 4:00 Personal Visits

Wedgewood 2nd Floor

FEBRUARY 2015

Harmony Court Care Centre
7195 Canada Way Burnaby, BC

Reception: (604) 527-3300

Recreation: (604) 527-3328

LEGEND: MDR=Main Dining Room

AR= Activity Room (Down the Hall)

HL=Hearthstone Lounge (CC1)

CC1= Care Floor 1

CC2= Care Floor 2

CY= Courtyard

(Weather Permitting)

Red: Specialty Programs

Black: Recreation & Leisure Programs

Green: Volunteers