

**LEGEND** FL = Fireside Lounge 1<sup>st</sup> Floor GR = Garden Room 1<sup>st</sup> Floor GRC = Garden Room Courtyard  
 4<sup>th</sup> DR = 4<sup>th</sup> Floor Dining Room G = Games Room 3<sup>rd</sup> Floor CY = Centre Court Yard  
 CC1 = Care Centre 1<sup>st</sup> Floor L = Library on 2<sup>nd</sup> Floor AR = Activity Room (3<sup>rd</sup> Floor)  
 FC = Fitness Centre 3<sup>rd</sup> Floor Pink = Volunteer Run Programs SU = Sign Up

**Personal Fitness: 8:00 am -11:00am Tuesday, Thursday Saturday (FC)**

Harmony Court Estate  
 7197 Canada Way  
 Burnaby, BC V5E 4A6

Reception: (604) 527-3300  
 Recreation: (604) 528-8584

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

~ August 2015 ~  
**HARMONY COURT ESTATE**



1  
 2:30 Music Circle With Birgit (GR)  
 7:30 Movie Night: The Kings Speech (AR)

2  
 2:00 Parkinson's Support Meeting 4<sup>th</sup> Floor Dining Room

3  
  
 BC DAY  
 Statutory Holiday

4  
 9:30 News and Views (FL)  
 12:30 Tuck Shop (FL)  
 2:30 Resident Update (AR)  
 4:00 Crosswords (FL)  
 7:30 Movie Night: BBC Oceans (AR)

5  
 9:00 Bus Outing: Walking Club to Burrard Dry Docks and Picnic Lunch (SU)  
 2:30 Wii Bowling (AR)

6  
 9:30 Ladies Breakfast (4<sup>th</sup> DR-SU)  
 12:30 Tuck Shop (FL)  
 1:45 - 3:15 Learn About the Japanese Culture with Students from Japan (CY)

7  
 9:30 News and Views(FL)  
 2:30 Ice Cream Social & BC Day Party with Peter Preston (CY)  
 7:30 Movie Night: Salt (AR)

8  
 2:30 Music Circle With Melody (GR)

9  
 2:00 All About Balance. Toes, Knees & Ankles. Come and See! (AR)  
 7:30 Salvation Army Hymn Sing (GR)

10  
 10:00 Bus Outing: Stanley Park Shuttle and Picnic lunch (\$10.00) (SU)  
 2:30 Wii Bowling (AR)

11  
 12:30 Tuck Shop (FL)  
 2:30 Open Readings or Poetry (AR)  
 4:00 Crosswords (FL)  
 7:30 PUB NIGHT WITH ALLEN & SHARON BOOLINOFF

12  
 9:30 News & Views (FL)  
 10:30 Fitness 'n' Fun (AR)  
 2:30 Afternoon Tea with 30's Trivia (4<sup>th</sup> DR )  
 7:30 Chaplain Dan (AR)

13  
 10:30 Corn Shucking Contest (GRC)  
 10 - 2 Hearing Clinic (AR)  
 12:30 Tuck Shop (FL)  
 1:30 Crosswords (FL)  
 2:30 Bingo (AR)  
 4:00 Philosopher's Café(FL)

14  
 9:30 News and Views(FL)  
 10:30 Fun and Fitness (AR)  
 11:45/1:00 BEACH PARTY BBQ (GR)  
 1 - 4 Computer Class (SU)

15  
 2:30 Music Circle With Melody (GR)  
 7:30 Movie Night: Julie and Julia (AR)

16  
 2:30 Hymn Sing (GR)

17  
 10:00 Bus Outing: Walking Club Buntzen Lake and Picnic(SU)  
 2:30 Wii Bowling (AR)

18  
 9:30 News and Views(FL)  
 12:30 Tuck Shop (FL)  
 2:00 Education Seminar: Walker and Mobility Clinic by Shoppers Home Health & Evolution (AR)  
 2:15 Catholic Mass (CC1)  
 3:30 Recreation Forum(AR)

19  
 9:30 News & Views (FL)  
 10:30 Fitness 'n' Fun (AR)  
 2:30 New Resident Tea With Glen Pearson (Gr)

20  
 10:00 Shopping outing & lunch to Royal City Center (SU)  
 2:30 Bingo (AR)  
 4:00 Philosopher's Café (FL)

21  
 10:00 Chair Yoga with Beate' (AR)  
 1:30 Burnaby Library (FL)  
 2:30 Birthday Party With Ron Ulrich (GR)  
 7:30 Movie Night: Atonement (AR)

22  
 No Music Circle Today

23  
 A DAY OF REST  


24  
 9:00 Bus Outing: Bowen Island and Picnic Lunch (\$20.00) (SU)  


25  
 10 - 3 Heather's Fashion Closet(FL)  
 12:30 Tuck Shop (FL)  
 2:30 Council Meeting  
 7:00 Outdoor Games Night(GR)

26  
 9:30 News & Views (FL)  
 10:30 Fitness 'n' Fun (AR)  
 2:00 Crib Club (FL)  
 2:00 Kitchen Tour (SU)  
 2:30 Wii Bowling (AR)  
 3:30 Food Forum (AR)  
 7:30 Chaplain Dan (AR)  
 SIGN UP SHEETS GO OUT

27  
 9:30 News and Views(FL)  
 11:30 Men's Lunch Club (4<sup>th</sup> DR-SU)  
 12:30 Tuck Shop (FL)  
 1:30 Crosswords (FL)  
 2:30 Bingo (AR)  
 4:00 Philosopher's Café(FL)  


28  
 9:30 Book Club Review "Sweetness at the bottom of the pie"(FL)  
 10:30 Fall Prevention Fitness (AR)  
 11:45/1:00 UNDER THE SEA BBQ(GR)  
 3:30 Cocktail Hour (FL)

29  
 2:30 Music Circle With Birgit (GR)  


30  
 10:00 - 4:00 Donna's Craft & Bake Sale (FL)

31  
 10:00 Bus Outing: Burnaby Foreshore Park and Picnic Lunch (SU)  
 2:30 Wii Bowling (AR)

