

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

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

Harmony Court Estate Reception: (604) 527-3300
 7197 Canada Way Recreation: (604) 528-8584
 Burnaby, BC V5E 4A6

SUN	MON	TUE	WED	THU	FRI	SAT
		1 9:30 News and Views (FL) 12:30 Tuck Shop (FL) 2:30 Resident Update (AR) 4:00 Crosswords (FL) 7:30 Movie Night: IMAX Mountain Gorilla (AR)	2 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR) 2:00 Crib Club (FL) 2:30 Wii Bowling (AR) 3:30 Sing – A – Long (FL)	3 9:30 Ladies Breakfast (4 th FL-DR-SU) 12:30 Tuck Shop (FL) 1:30 Crosswords (FL) 2:30 Bingo (AR) 4:00 Philosopher's Café: <i>Is Obedience A Form Of Slavery?(FL)</i>	4 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR) 11:45/1:00 Sports Themed BBQ (GR) 7:30 Movie Night: Quantum of Solace 007 (AR)	5 2:30 Music Circle With Birgit (GR)
6 2:00 Parkinson's Support Meeting (4TH Floor Dining Room)	7 LABOUR DAY Statutory Holiday No Recreation!	8 12:30 Tuck Shop (FL) 2:30 Open Readings or Poetry (AR) 4:00 Crosswords (FL) 7:30 Pub Night with Kenny Buston (GR)	9 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR) 2:30 New Resident Welcome Tea With Peter Mason (Gr) 7:30 Chaplain Dan (AR)	10 10:00 Bus Outing: Lunch and Shopping to Coquitlam Center Mall (SU) 12:30 Tuck Shop (FL) 2:30 Bingo (AR) 4:00 Philosopher's Café: <i>Is Imagination More Powerful Than Knowledge? (FL)</i>	11 9:30 Bus Outing: Walking Club to Amelia Douglas Gallery. Artist talk in the Gallery and Lunch outing (\$10-15) (SU) 2 - 4 Computer Basics (FL-SU)	12 10:45-11:30 Music Circle With Birgit (FL) 7:30 Movie Night: Yes Man(AR)
13 7:30 Salvation Army Hymn Sing (GR)	14 10:00 Bus Outing: Scenic Drive to the Squamish Gondola (\$50.00) (SU)	15 9:30 News and Views (FL) 11:00 – 3:00 Cardia Creation (FL) 12:30 Tuck Shop (FL) 2:15 Catholic Mass (CC1) 2:30 Open Readings or Poetry (AR) 3:30 Recreation Forum(AR)	16 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR) 2:30 Urban Safari Presentation with Wild Animals (GR)  	17 9:30 News & Views (FL) 10:30 St. Albans Anglican Church Service (AR) 12:30 Tuck Shop (FL) 1:30 Crosswords (FL) 2:30 Bingo (AR) 4:00 Philosopher's Café: <i>Should Physical Bullying Be Considered A Crime?(FL)</i>	18 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR) 1:30 Burnaby Library (FL) 11:45/1:00 Country Fair BBQ (GR) 2:30 Birthday Party With Music By Old Friends (GR) 7:30 Movie Night: Taken (AR)	19 2:30 Music Circle With Birgit (GR) 11:00 – 3:00 TERRY FOX FUNDRAISER (CY) OCTOBERFEST STARTS
20 2:30 Hymn Sing (GR)	21 10:00 Bus Outing: Vandusen Gardens and Picnic Lunch (\$8.25)(SU) 2:30 Wii Bowling (AR)	22 12:30 Tuck Shop (FL) 2:30 Open Readings or Poetry (AR) 4:00 Crosswords (FL) 7:30 Pub Night with Gordy Van (GR)	23 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR) 1:00 Bus Outing: Bard on the Beach: The Comedy of Errors (SU) (\$26) 7:30 Chaplain Dan (AR) SIGN UP SHEETS GO OUT	24 9:30 News and Views(FL) 11:30 Men's Lunch Club (4th FL-DR-SU) 12:30 Tuck Shop (FL) 1:30 Crosswords (FL) 2:30 Bingo (AR) 3:30 Food Forum (AR)	25 9:30 Monthly Book Club Review (FL) 10:30 Fitness 'n' Fun (AR) 3:30 Cocktail Hour (FL)	26 2:30 Music Circle With Birgit (GR) 7:30 Movie Night: Finding Nemo (AR)
27 2:00 All About Balance. Toes, Knees & Ankles. Come and See! (AR)	28 10:00 Bus Outing: Walking Club to Stave Falls Hydro Dam (\$4.00) (SU) 2:30 Wii Bowling (AR)	29 9:30 News & Views (FL) 12:30 Tuck Shop (FL) 2:30 Resident Council Meeting (4th FL- DR) 4:00 Crosswords (FL)	30 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR) 2:00 Crib Club (FL) 2:30 Wii Bowling (AR) 3:30 Sing – A – Long (FL)			