
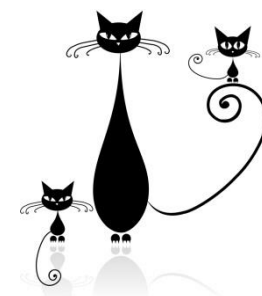
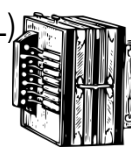




**LEGEND** FL = Fireside Lounge 1<sup>st</sup> Floor GR = Garden Room 1<sup>st</sup> Floor GRC = Garden Room Courtyard  
 4<sup>th</sup> FL- DR = 4<sup>th</sup> Floor Dining Room G = Games Room 3<sup>rd</sup> Floor CY = Centre Court Yard  
 CC1 = Care Centre 1<sup>st</sup> Floor L = Library on 2<sup>nd</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 Reception: (604) 527-3300  
 7197 Canada Way Recreation: (604) 528-8584  
 Burnaby, BC V5E 4A6

SUN	MON	TUE	WED	THU	FRI	SAT
 <h1 style="margin: 0;">~ October 2015 ~</h1> <h2 style="margin: 0;">HARMONY COURT</h2> 						
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
2:00 Parkinson's Support Meeting (4 <sup>th</sup> Floor Dining Room)	10:00 Bus Outing: Laity street Pumpkin Patch (\$2.00 – \$5.00) and Lunch outing to ABC Restaurant (\$10.00-\$15.00) (SU)  2:30 Wii Bowling (AR)	9:30 News and Views (FL) <b>12:30 Tuck Shop (FL)</b> <b>2:00 Education Seminar: Flu and Shingles Vaccine (AR)</b> 1:00 – 3:30 Individual Computer Classes (FL) 4:00 Crosswords (FL) 7:30 Movie Night: Blue Planet IMAX (AR)	10:30 St. Albans Daycare Intergenerational Visit (AR)  2:30 <i>ALL CANDIDATES MEETING (GR)</i>	9:30 Ladies Breakfast (4 <sup>th</sup> FL-DR-SU) <b>12:30 Tuck Shop (FL)</b> 2:30 Bingo (AR) 4:00 Philosopher's Café: <b>SHOULD CLASSROOMS AND SCHOOLS BE SEGREGATED? (FL)</b>	9:30 News & Views (FL) 11:45/1:00 Octoberfest BBQ (GR)   2:30 Octoberfest Party with Gary and his travelling Accordion (GR) 7:30 Movie Night: Hidalgo (AR)	2:30 Music Circle With Birgit (GR)
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>4:45 Turkey Thanksgiving Dinner</b> (1 <sup>st</sup> Sitting GR) <b>6:00 Turkey Thanksgiving Dinner</b> (2 <sup>nd</sup> Sitting GR) 7:30 Salvation Army Hymn Sing (GR)	THANKSGIVING <b>4:45 Ham Thanksgiving Dinner</b> (1 <sup>st</sup> Sitting GR) <b>6:00 Ham Thanksgiving Dinner</b> (2 <sup>nd</sup> Sitting GR) NO RECREATION	<b>12:30 Tuck Shop (FL)</b> <b>2:30 Resident Update</b> (AR) 4:00 Crosswords (FL)  7:30 Pub Night with Brian Zalo (GR)	11:30 Bus Outing: Barnet Hall, UBC James Danderfer Trio (Jazz Trio) (SU) (\$5.00) <b>2:00 Crib Club (FL)</b> 2:30 Wii Bowling (AR) 7:30 Chaplain Dan	10:00 Bus Outing and Lunch to Lougheed Mall (SU) <b>10:30 St. Albans Anglican Church Service (AR)</b> <b>12:30 Tuck Shop (FL)</b> 2:30 Bingo (AR) 4:00 Philosopher's Café: <b>THE DEATH PENALTY: MORALLY WRONG...OR MORALLY ACCEPTABLE (FL)</b>	9:30 News & Views (FL) 10:30 Chair Yoga with Beatte' (AR) <b>1:30 Burnaby Library (FL)</b> <b>2:30 Birthday Party</b> with Music by Music Variations (GR) 7:30 Movie Night: The Help (AR)	2:30 Music Circle With Birgit (GR)
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
2:30 Hymn Sing (GR)	10:00 Bus Outing: Hazelmere Golf Course Buffet Lunch (SU) (\$17.00) And Winery Tour	9:30 News and Views (FL) <b>12:30 Tuck Shop (FL)</b> <b>2:15 Catholic Mass</b> (CC1) 2:30 Open Readings or Poetry (AR) <b>3:30 Recreation Forum</b> (AR)	9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR)  2:00 – 4:00 Tan Jay Nygard Clothing Vendor (FL) 2:30 Wii Bowling (AR)	9:30 News & Views (FL) <b>12:30 Tuck Shop (FL)</b>  <b>12:30 Bus Outing to Douglas College for Music Technologies Concert by Students (SU)</b>	9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR) <b>2:30 Pumpkin Carving Contest (GR)</b>	NO MUSIC CIRCLE TODAY 7:30 Movie Night: Red Skeleton, King of Laughter(AR)
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
A DAY OF REST 	10:00 Bus Outing: River Rock Casino and Buffet Lunch (\$17.00)  2:30 Wii Bowling (AR)	<b>12:30 Tuck Shop (FL)</b> <b>2:30 Resident Council Meeting</b> (4 <sup>th</sup> FL- DR ) 4:00 Crosswords (FL)  7:30 Pub Night with Colleen Durdon (GR)	9:30 News & Views (FL) 10:00 – 12:00 Harvery Web Vendor (FL) 10:30 Fitness 'n' Fun (AR) 2:30 Afternoon Tea with the Melodares (GR) 7:30 Chaplain Dan  <b>SIGN UP SHEETS GO OUT</b>	11:30 Men's Lunch Club (4 <sup>th</sup> FL-DR-SU) <b>12:30 Tuck Shop (FL)</b> 1:30 Crosswords (FL) 2:30 Bingo (AR) 3:30 Food Forum (AR) 7:30 Remembrance Day Musical Ceremony with Chemsemble Choir (GR)	9:30 Monthly Book Club Review (AR) 10:30 St. Albans Daycare Halloween Costume Parade (FL)  2:30 HALLOWEEN COSTUME CONTEST Residents and Staff (GR) 7:30 Movie Night: Hitchcock (AR)	2:30 Music Circle With Birgit (GR)  <b>HAPPY HALLOWEEN!</b>