







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
 Burnabv. BC V5E 4A6

SUN	MON	TUE	WED	THU	FRI	SAT
1 2:00 Parkinson's Support Meeting (4 th Floor Dining Room)	2 2:30 Wii Bowling (AR) 4:30 Bus Outing: Dinner Outing to The Old Bavaria Haus (\$15-20) (SU)	3 9:30 News and Views (FL) 12:30 Tuck Shop (FL) 2:00 – 5:00 Flu shots (4 th FL- DR) (SU) 2:30 Resident Update(AR) 4:00 Crosswords (FL) 7:30 Movie Night: IMAX Galapagos (AR)	4 9:30 News and Views (FL) 10:30 St. Albans Daycare Intergenerational Visit (AR) 2:30 New Resident Tea With Glen Pearson (GR)	5 9:30 Ladies Breakfast (4 th FL-DR-SU) 12:30 Tuck Shop (FL) 1:30 Crosswords (FL) 2:30 Bingo (AR) 2:30 Music Circle with Birgit (GR) 4:00 Philosopher's Café: Genetic Cloning; Wrong or Right?(FL) 7:30 Music By "We Youth"	6 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR) 2:30 Shen Yun Presentation; The Land of the Divine, Chinese Dance Culture (AR)	7 7:30 Movie Night: The Devil Wears Prada (AR)
8 2:30 Poetry Readings and Much More with Sharilyn (AR) 7:30 Salvation Army Hymn Sing (GR)	9 10:00 Bus Outing: Museum of Flight Langley (\$7.00) Lunch (\$10.00) (SU) 2:30 Wii Bowling (AR)	10 12:30 Tuck Shop (FL) 2:30 Remembrance Day Tea with Guest Speaker from The Royal Canadian Navy (GR) 7:30 Pub Night with Ron Ulrich (GR)	11 REMEMBRANCE DAY!  7:30 Chaplain Dan	12 10:00 Bus Outing: Shopping to Royal City mall and Lunch (SU) 12:30 Tuck Shop (FL) 2:30 Bingo (AR) 2:30 Music Circle with Birgit (GR) 4:00 Philosopher's Café: The Pharmaceutical Industry, Friend or Foe? (FL)	13 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR) 1:30 Burnaby Library (FL) 2:30 Creative Corner (AR) 7:30 Movie Night: Dean Spanley (AR)	14 A DAY OF REST 
15 2:30 Hymn Sing (GR)	16 10:30 Bus Outing: UBC Lunch time Composers Concerts (Picnic Lunch on Bus) (SU) 2:30 Wii Bowling (AR)	17 9:30 News and Views (FL) 12:30 Tuck Shop (FL) 11- 3 Carda Creation (FL) 2:15 Catholic Mass (CC1) 2:30 Open Readings or Poetry (AR) 3:30 Recreation Forum(AR)	18 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR) 2:00 Kitchen Tour (SU) 2:00 Crib Club (FL) 2:30 Wii Bowling (AR) 3:30 Sing- A – Long (FL)	19 10:00 Bus Outing: Shopping at Costco (Have you got your card) (SU) 10:30 St. Albans Anglican Church Service (AR) 12:30 Tuck Shop (FL) 2:30 Bingo (AR) 2:30 Music Circle with Birgit (GR) 4:00 Philosopher's Café: The Sanctity of Marriage; has it changed?(FL)	20 9:30 Book Club Review (AR) 10:30 Fitness 'n' Fun (AR) 11:45 – 1:00 BBQ World Fisheries Day (GR) 2:30 Birthday Party with Brian Zalo (GR)	21 7:30 Movie Night: The Blind Side (AR)
22 A DAY OF REST 	23 10:00 Bus Outing: Fraser Valley Trout Hatchery and Picnic Lunch (\$5.00) (SU) 2:30 Wii Bowling (AR)	24 12:30 Tuck Shop (FL) 2:30 Resident Council Meeting (4th FL- DR) 2:00 Christmas Decorating in the Fireside Lounge (FL) 7:30 Pub Night With Gail Hawksworth (GR)	25 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR) 2:30 Wii Bowling (AR) 7:30 Chaplain Dan	26 11:30 Men's Lunch Club (4th FL-DR-SU) 12:30 Tuck Shop (FL) 12:30 Bus Outing to The Orpheum for Tea and Trumpets (\$35) (SU) 2:30 Music Circle with Birgit (GR) 3:30 Food Forum (AR)	27 9:30 News & Views (FL) 10:30 Chair Yoga with Beatte' (AR) 3:30 Cocktail Hour (FL) 7:30 Movie Night: Blood Diamond (AR) SIGN UP SHEETS GO OUT	28 A DAY OF REST 
29 A DAY OF REST 	30 9:30 News & Views (FL) 11:00 Lunch Outing: Oliver Twist Pub (\$10.00-\$15.00) (SU) 2:30 Wii Bowling (AR) 4:00 Philosopher's Café: <u>Should Marijuana be legalized with the same restrictions as Alcohol?(FL)</u>	 <h1 style="margin: 0;">NOVEMBER 2015</h1> <div style="background-color: #e0e0e0; padding: 5px; display: inline-block;">Pause to Remember 11-11-11</div> 