

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
		1	2	3	4	5
		10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 10:30 <u>Catholic Communion</u> 12:00 Ladies' Bunch (HL) 2:30 Creative Projects (MDR) 4:00 Balloon Volley (FL) 7:00 Personal Visits	10:00 Bus Outing: Scenic Drive 10:15 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 1:30 Popcorn & Movie (FL) 2:00 Wellness Spa (C2) 4:00 Nails and Polish (FL) 7:00 Short Stories (FL)	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 1:30 Music Circle (MDR) 2:30 Baking Treats (HL) 4:00 Beach Ball Soccer 7:00 BINGO (HL)	10:00 Mental Aerobics (MDR) 10:30 Active Games (MDR) 4:00 Karaoke Singing (FL) 6:00 Gospel Network TV (FL) 7:00 Personal Visits	10-4 Sensory Stimulation (HL) 10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 2:30 Creative Projects (C2) 4:00 Bowling (FL) 6:30 Movie Night (FL)
6	7	8	9	10	11	12
10:00 Mental Aerobics (MDR) 10:45 Activities for the Soul (MDR) 2:30 Evangelical Church Service (C2) 4:00 Nails & Polish (FL) 7:00 Reminiscing (FL)	10:00 Town Hall News (MDR) 10:30 Active Game (MDR) 11:00 Fitness 'n' Fun (MDR) 1:30 Travelling Tuck Shop 2:30 Java Music Club (HL) 4:00 Walking Club 7:00 Documentary Film (FL)	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 10:30 <u>Catholic Communion</u> 2:30 Creative Projects (MDR) 4:00 Ball Games (FL) 7:00 BINGO (MDR)	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 11:00 Lunch Outing: Burnaby Chinese Palace 2:30 Baking Treats (HL) 4:00 Nails and Polish (FL) 6:30 Inspirational Service with Chaplain Dan (FL)	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 1:30 Music Circle (MRD) 2:30 St. Patty's Decorating 4:00 Horseshoes (FL) 7:00 Pub Night with Chad Allan (MDR)	10:00 Mental Aerobics (MDR) 10:30 Active Games (MDR) 11:00 Modified Osteofit (MDR) 2:00 Sing Along with Glen & Jessica (MDR) 4:00 Helping Hands 6:00 Gospel Network TV (FL) 7:00 Short Stories (FL)	10-4 Sensory Stimulation (HL) 10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 2:00 Tea Social & Reminiscing (C2) 4:00 Bowling (FL) 6:30 Movie Night (FL)
13	14	15	16	17	18	19
Theme Week: Luck of the Irish 10:00 <i>Irish Trivia</i> (MDR) 10:45 Activities for the Soul (MDR) 2:00 St. Patty's Decorating (C2) 4:00 Nails & Polish (FL) 7:00 Sing-Along with ElderSong (FL) Daylight Savings Time Begins	10:00 Town Hall News (MDR) 10:30 Active Game (MDR) 11:00 Modified Osteofit (MDR) 1:30 Travelling Tuck Shop 2:00 <i>St. Patty's Craft</i> (MDR) 4:00 Helping Hands 7:00 Hot Apple Cider Social (MDR)	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 12:00 Men's Brunch (HL) 2:15 Catholic Mass (MDR) 3:00 Eire Born Irish Dancers (C2) 4:00 Balloon Volley (FL) 7:00 Personal Visits	10:00 Bus Outing: Scenic Drive 10:15 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 1:30 Popcorn & Movie (FL) 2:00 Wellness Spa (C2) 4:00 Nails and Polish (FL) 7:00 <i>Irish Limericks & Tales</i> (FL)	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) ~ <i>St. Patty's Special Lunch</i> ~ 2:30 St. Patrick's Day Party with Old Friends (C2) 4:00 Beach Ball Soccer (FL) 7:00 <i>St. Patty's BINGO</i> (HL) St. Patrick's Day	10:00 Mental Aerobics (MDR) 10:30 Active Games (MDR) 11:00 Modified Osteofit (MDR) 2:00 Painting to Music (HR) 4:00 <i>Irish Hits Karaoke Singing</i> (FL) 6:00 Gospel Network TV (FL) 7:00 Personal Visits	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 2:30 Creative Projects (C2) 4:00 Bowling (FL) 6:30 <i>Armchair Travel: Ireland</i> (FL)
20	21	22	23	24	25	26
10:00 Mental Aerobics (MDR) 10:45 Activities for the Soul (MDR) 2:00 Tea Social & Trivia (C2) 4:00 Nails & Polish (FL) 7:00 Reminiscing (FL) 	10:00 Town Hall News (MDR) 10:30 Active Game (MDR) 11:00 Modified Osteofit (MDR) 1:30 Travelling Tuck Shop 2:00 Tea Social with Glen on Piano 4:00 Walking Club 7:00 Documentary Film (FL)	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 10:30 <u>Catholic Communion</u> 2:30 Spring Centerpieces (MDR) 4:00 Ball Games (FL) 7:00 BINGO (MDR)	10:00 Bus Outing: Scenic Drive 10:15 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 2:00 Birthday Party with Brian Zalo (C2) 4:00 Nails and Polish (FL) 6:30 Inspirational Service with Chaplain Dan (FL)	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 1:30 Music Circle (MDR) 2:30 Easter Decorating (HL) 4:00 Horseshoes (FL) 7:00 Pub Night with Steve Warner (C2)	10:00 Mental Aerobics (MDR) 10:30 Active Games (MDR) 2:00 Easter Egg Decorating (C2) 4:00 Helping Hands ~ Special Easter Dinner ~ 6:00 Gospel Network TV (FL) 7:00 Short Stories (FL) Good Friday	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 2:00 Easter Tea Social (C2) 4:00 Bowling (FL) 6:30 Movie Night (FL) 
27	28	29	30	31		
10:00 Mental Aerobics (MDR) 10:45 Activities for the Soul (MDR) 2:00 Music with Douglas (C2) 4:00 Nails & Polish (FL) 7:00 Sing-Along with ElderSong (FL) Easter Sunday	10:00 Town Hall News (MDR) 10:30 Mental Aerobics (MDR) 11:00 Modified Osteofit (MDR) 1:30 Travelling Tuck Shop 2:00 Easter Egg Hunt (MDR) 4:00 Helping Hands 7:00 Hot Cocoa Social (MDR) Easter Monday	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 10:30 <u>Catholic Communion</u> 2:30 Creative Projects (MDR) 4:00 Balloon Volley (FL) 7:00 Personal Visits	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 1:30 Popcorn & Movie (FL) 2:00 Wellness Spa (AR) 4:00 Nails and Polish (FL) 7:00 Short Stories (MDR)	10:00 Mental Aerobics (MDR) 10:30 Fitness 'n' Fun (MDR) 1:30 Music Circle (MDR) 2:30 Baking Treats (HL) 4:00 Beach Ball Soccer 7:00 <i>Easter BINGO</i> (HL)		

AgeCare Harmony Court Care Centre
 7195 Canada Way Burnaby, BC
 Reception: (604) 527-3300
 Recreation: (604) 527-3328

9:00am – 11:00am Sunday to Saturday
Helping Hands Program
 Residents assisting Care Staff 1:1 during daily routine chores

LEGEND: MDR= Main Dining Room
 HL= Hearthstone Lounge (C1)
 FL= Fireside Lounge (C1)
 CY= Courtyard (Weather Permitting)

C1= Care 1st Floor
 C2= Care 2nd Floor

Bold: Specialty Programs
Underlined: Volunteers
Italics: Theme Week