

LEGEND FL = Fireside Lounge 1st Floor
 4th FL- DR = 4th Floor Dining Room
 CC1 = Care Centre 1st Floor
 FC = Fitness Centre 3rd Floor

GR = Garden Room 1st Floor
 G = Games Room 3rd Floor
 L = Library on 2nd Floor
 Red = Volunteer Run Programs

GRC = Garden Room Courtyard
 CY = Centre Court Yard
 AR = Activity Room (3rd Floor)
 SU = Sign Up



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

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

SUN

MON

TUE

WED

THU

FRI




SAT



APRIL 2016

AgeCare Harmony Court Estate



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					10:30 Fitness 'n' Fun (AR) 2:30 Game Day: Family Feud (FL)	2:00 Expressive Art Program (AR) 7:30 Movie Night: Alfred Hitchcock in Blackmail (AR)
2:00 Parkinson's Support Meeting (4 th FL-DR)	3 10:30 Bus Outing: UBC Percussion Ensemble at Barnett Hall with a Picnic lunch on the bus (SU) 2:30 Wii Bowling (AR) 3:30 Open Readings or Poetry (L)	4 11:30 3:00 Linda's Jewelry (FL) 12:30 Tuck Shop (FL) 2:30 Resident Update (AR) 4:00 Crosswords (FL) 7:30 Pub Night and 50/50 with Suede Dogs (GR)	5 9:30 News & Views (FL) 10:30 St. Albans Daycare Intergenerational Visit (AR) 2:30 Bingo (AR) 3:30 Wii Bowling (AR) 4:00 Crosswords (FL)	6 9:30 Ladies Breakfast (4 th FL-DR) (SU) 12:30 Tuck Shop (FL) 2:00 Crib Club (FL) 2:30 NO MUSIC CIRCLE 3:30 Mike's Critters (FL)	7 10:30 Fitness 'n' Fun (AR) 1:30 Burnaby Library (FL) 2:30 Fling into Spring Dance With Leo Araujo (GR) 7:30 Movie Night: The Three Stooges (AR)	8 2:00 Expressive Art Program (AR)
A DAY OF REST! 	10 12:00 Bus Outing: BC Sports Hall of Fame with a tour of BC Place (\$14) Lunch in the fireside Lounge at 11:15 (SU) 3:30 Open Readings or Poetry (L)	11 9:30 News & Views (FL) 12:30 Tuck Shop (FL) 2:30 Armchair Travel: Planet Earth; From Pole to Pole (AR) 4:00 Crosswords (FL) 7:30 Movie Night IMAX: Deep Sea (AR)	12 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR) 2:30 Bingo (AR) 3:30 Wii Bowling (AR) 4:00 Crosswords (FL) 7:30 Chaplain Dan (AR)	13 10:00 Bus Outing: Shopping and lunch outing to Lougheed Mall (SU) 12:30 Tuck Shop (FL) 2:00 Crib Club (FL) 2:00 Kitchen Tour (SU) 2:30 Music Circle with Birgit (AR) 4:00 Philosopher's Café: History and Debate of Free Trade (FL)	14 10:30 Fitness 'n' Fun (AR) 2:30 Birthday Social With Neil Harnett (GR)	15 9:00 - 3:00 Garage Sale (CY) 2:00 Expressive Art Program (AR) 7:30 Movie Night: Alfred Hitchcock in The Lady Vanishes (AR)
2:30 Hymn Sing (GR) 	17 9:45 Bus Outing: H.R. MacMillan Space Center (\$15) Picnic lunch in the Observatory (SU) 2:30 Wii Bowling (AR) 3:30 Open Readings or Poetry (L)	18 12:30 Tuck Shop (FL) 2:30 Understanding Dementia (AR) 2:15 Catholic Mass (CC1) 4:00 Crosswords (FL) 7:30 Pub Night 50/50 with Peter the Sax man (GR)	19 2:30 Bingo (AR) 3:30 Wii Bowling (AR) 4:00 Crosswords (FL) 7:30 Bus Outing: Fiddler on the Roof at the Massey Theatre (\$28/\$33)(SU)	20 9:30 News & Views (FL) 10:30 St. Albans Anglican Church Service (AR) 12:30 Tuck Shop (FL) 1:15 Bus Outing: Free Movie event. The Age of Love! Followed by a lively discussion about seniors and dating (SU) 2:30 Music Circle with Birgit (AR)	21 10:30 Fitness 'n' Fun (AR) 2:30 Earth Day Tea With Gail Penny (GR) 7:30 Movie Night: Red Skelton Comedy Hour (AR) EARTH DAY	22 2:00 Expressive Art Program (AR)
10:00 - 3:00 Donna's Crafts and Baking (FL) 	24 2:30 Wii Bowling (AR) 3:30 Open Readings or Poetry (L) 5:00 Bus Outing: Dinner Outing to Amorosa Pasta House (\$15)(SU)	25 9:30 News & Views (FL) 11:00 - 2:00 Fashion Closet (FL) 12:30 Tuck Shop (FL) 2:00 Residential Council Meeting (4 th FL DR) 3:30 Recreation Forum (AR)	26 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR) 2:30 Bingo (AR) 3:30 Wii Bowling (AR) 4:00 Crosswords (FL) 7:30 Chaplain Dan (AR)	27 11:30 Men's Lunch Club (4 th FL-DR)(SU) 10:45 Bus Outing: Shadbolt Center for a Lunch Buffet (\$12) and Lunch Music with a Jazz quintet (SU) 12:30 Tuck Shop (FL) 2:00 Crib Club (FL) 2:30 Music Circle with Birgit (AR) 3:30 Food Forum (AR) 4:00 Philosopher's Café: History and Debate of Environmental Protection(FL)	28 10:30 Fitness 'n' Fun (AR) 2:00 Book Club (AR) 3:30 Cocktail Hour (FL) SIGN UP SHEETS GO OUT	29 2:00 Expressive Art Program (AR) 7:30 Movie Night: BC Legends; 12 Legendary Tales of BC (AR)
						30