






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <h1 style="margin: 0;">APRIL 2016</h1> <h2 style="margin: 0;">1st Floor Rosewood</h2>						1 10:00 Mental Aerobics (MR) 10:30 Active Games (MR) 11:00 Modified Osteofit (MR) 2:00 Sing Along With Glen & Jessica 4:00 Karaoke Singing (FL) 6:00 Gospel Network TV (FL) 7:00 Personal Visits	2 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Active Games (MR) 4:00 Helping Hands 6:30 Movie Night (FL)
3 10:00 Mental Aerobics (MR) 10:45 Activities for the Soul (MR) 2:30 Evangelical Church Service (C2) 4:00 Nails & Polish (FL) 7:00 Reminiscing (FL)	4 10:00 Town Hall News (MR) 10:30 Active Game (MR) 11:00 Modified Osteofit (MR) 1:30 Travelling Tuck Shop 2:00 Java Music Club (HL) 4:00 Walking Club (CY) 7:00 Documentary Film (FL)	5 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 10:30 <u>Catholic Communion</u> 12:00 ladies' Brunch (HL) 2:30 Crossword Puzzles (MR) 4:00 Ball Games (FL) 7:00 Personal Visits	6 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 11:00 Lunch Outing: My Greek Taverna 2:30 Baking Treats (HL) 4:00 Nails and Polish (FL) 7:00 Short Stories (FL)	7 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:00 Mike's Critters (C2) 4:00 Horseshoes (FL) 7:00 <i>BINGO</i> (HL)	8 10:00 Mental Aerobics (MR) 10:30 Active Games (MR) 11:00 Modified Osteofit (MR) 2:00 Personal Visits 4:00 Helping Hands 6:00 Gospel Network TV (FL) 7:00 Short Stories (FL)	9 10-4 Sensory Stimulation (HL) 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:00 Tea Social & Reminiscing (C2) 4:00 Bowling (FL) 6:30 Movie Night (FL)	
10 10:00 Mental Aerobics (MR) 10:45 Activities for the Soul (MR) 2:00 Music with Douglas (C2) 4:00 Nails & Polish (FL) 7:00 Sing-Along with ElderSong (FL) <i>Theme Week: Casino Royal</i>	11 9:00 Casino Royal Decorating 10:00 Town Hall News (MR) 10:30 Horse Racing Game (MR) 11:00 Modified Osteofit (MR) 1:30 Travelling Tuck Shop 2:00 Java Music Club (MR) 4:00 Walking Club (CY) 7:00 Hot Apple Cider Social	12 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 10:30 <u>Catholic Communion</u> 2:30 Casino Games (MR) 4:00 Balloon Volley (FL) 7:00 BINGO (MR) 	13 10:15 Casino Trivia (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Popcorn & Movie (FL) 2:00 Wellness Spa (C2) 4:00 Nails and Polish (FL) 6:30 Inspirational Service with Chaplain Dan (FL)	14 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Music Circle (MR) 2:00 Bus Outing: Starlight Casino 4:00 Beach Ball Soccer (FL) 7:00 Pub Night with Gordy Van (MR)	15 10:00 Mental Aerobics (MR) 10:30 Active Games (MR) 2:00 Arts & Crafts (MR) 4:00 Karaoke Singing (FL) 6:00 Gospel Network TV (FL) 7:00 Personal Visits	16 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:30 Horse Racing Game (C2) 4:00 Bowling (FL) 6:30 <i>Movie Night (FL)</i>	
17 10:00 Mental Aerobics (MR) 10:45 Activities for the Soul (MR) 2:00 Tea Social & Trivia (C2) 4:00 Nails & Polish (FL) 7:00 Reminiscing (FL)	18 10:00 Town Hall News (MR) 10:30 Active Game (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Travelling Tuck Shop 2:00 Java Music Club (HL) 4:00 Walking Club (CY) 7:00 Documentary Film (FL)	19 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 12:00 Men's Brunch (HL) 2:15 Catholic Mass (MR) 2:30 Short Stories & Poems (HL) 4:00 Ball Games (FL) 7:00 Personal Visits	20 10:00 Bus Outing: Scenic Drive 10:15 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:00 Birthday Party with Pancho & Sal (C2) 4:00 Nails and Polish (FL) 	21 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Music Circle (MR) 3:30 Volunteer Appreciation Social (C2) 4:00 Horseshoes (FL) 7:00 BINGO (HL) 	22 10:00 Mental Aerobics (MR) 10:30 Active Games (MR) 2:00 Earth Day Tea Social with Glen (C2) 4:00 Helping Hands 6:00 Gospel Network TV (FL) 7:00 Short Stories (FL) <p style="text-align: center;">Earth Day</p>	23 10-4 Sensory Stimulation (HL) 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:00 Tea Social & Reminiscing (C2) 4:00 Bowling (FL) 6:30 Movie Night (FL)	
24 10:00 Mental Aerobics (MR) 10:45 Activities for the Soul (MR) 2:00 Music with Douglas (C2) 4:00 Nails & Polish (FL) 7:00 Sing-Along with ElderSong (FL)	25 10:00 Town Hall News (MR) 10:30 Mental Aerobics (MR) 11:00 Modified Osteofit (MR) 1:30 Travelling Tuck Shop 2:00 Java Music Club (MR) 4:00 Walking Club (CY) 7:00 Hot Cocoa Social	26 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 10:30 <u>Catholic Communion</u> 2:30 Creative Projects (MR) 4:00 Balloon Volley (FL) 7:00 BINGO (MR)	27 10:00 Bus Outing: Scenic Drive 10:15 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Popcorn & Movie (FL) 2:00 Wellness Spa (C2) 4:00 Nails and Polish (FL) 6:30 Inspirational Service with Chaplain Dan (FL)	28 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Music Circle (MR) 2:30 Baking Treats (HL) 4:00 Beach Ball Soccer 7:00 Pub Night with Mike Kinal (C2)	29 10:00 Mental Aerobics (MR) 10:30 Active Games (MR) 11:00 Modified Osteofit (MR) 2:00 Armchair Travel (HL) 4:00 Karaoke Singing (FL) 6:00 Gospel Network TV (FL) 7:00 Short Stories (FL)	30 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Tea Social with Musical Performance (MR) 4:00 Helping Hands 6:30 Movie Night (FL)	

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: MR= Magnolia Room C2= Wedgewood 2nd floor
 HL= Hearthstone Lounge (C1)
 FL= Fireside Lounge (C1)
 CY= Courtyard (Weather Permitting)

Bold: Specialty Programs
Underlined: Volunteers
Italics: Theme Week