

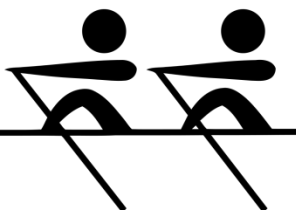





**LEGEND** FL = Fireside Lounge 1<sup>st</sup> Floor GR = Garden Room 1<sup>st</sup> Floor GRC = Garden Room Courtyard  
 4<sup>th</sup> FL- DR = 4<sup>th</sup> Floor Dining Room G = Games Room 3<sup>rd</sup> Floor CY = Centre Court Yard  
 CC1 = Care Centre 1<sup>st</sup> Floor L = Library on 2<sup>nd</sup> Floor AR = Activity Room (3<sup>rd</sup> Floor)  
 FC = Fitness Centre 3<sup>rd</sup> Floor **Red = Volunteer Run Programs** 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	
	<b>1</b>  7:30 Movie Night The Great Canadian Wilderness (AR)	<b>2</b> <b>12:30 Tuck Shop (FL)</b> <b>2:30 BC Day Celebration with music by Music Variations(GR)</b> 7:30 Movie Night: The BBC The Story of Wales PT 2 (AR)	<b>3</b> 9:30 News & Views (FL) <b>10:30 St. Albans Daycare Intergenerational Visit (AR)</b> 2:30 Bingo (AR) 3:30 Wii Bowling (AR) 4:00 Crosswords (FL)	<b>4</b> <b>9:30 Ladies Breakfast (4<sup>th</sup> FL-DR) (SU)</b> <b>12:30 Tuck Shop (FL)</b> <b>2:00 Crib Club (FL)</b> 2:30 Music Circle with Birgit (AR) 4:00 Philosopher's Café: Do the Olympic Games bring Unity?(AR)	<b>5</b> 10:30 Fitness 'n' Fun (AR) <b>11:45/1:00 Olympic Style BBQ (GR)</b> <b>2:30 Game Day: What do you know? Olympic Trivia(FL)</b> <i>6:30 Olympic Opening Ceremonies CBC (AR)</i>	<b>6</b> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <b>2016 SUMMER OLYMPICS</b>  <b>AUGUST 5TH – 21ST</b> </div> 7:30 Movie Night: The Sundowners (AR)	
<b>7</b> 	<b>8</b> 10:30 Bus Outing: Gulf of Georgia Cannery Tour - Richmond (\$9) And Fish and Chips at Daves (\$10)(SU) 2:30 Wii Bowling (AR) <b>3:30 Treasures of the past (AR)</b>	<b>9</b> <b>12:30 Tuck Shop (FL)</b> <b>2:30 Resident Update (AR)</b> 4:00 Crosswords (FL) <b>7:30 Pub Night and 50/50 with Steve Hills (GR)</b>	<b>10</b> 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)	<b>11</b> <b>10:00 Bus Outing: Shopping and Lunch Outing to Coquitlam Center Mall (SU)</b> <b>12:30 Tuck Shop (FL)</b> <b>2:00 Crib Club (FL)</b> <b>2:00 Kitchen Tour (SU)</b> 2:30 Music Circle with Birgit (AR) <b>2:30 Centerpieces for the GR (GR)</b> 4:00 Philosopher's Café: Racial Profiling (AR)	<b>12</b> 10:30 Fitness 'n' Fun (AR) <b>2:30 Neale Bacon Ventriloquist Extraordinaire(AR)</b> 7:30 Movie Night: A Summer's Place (AR)	<b>13</b> 2:00 Expressive Art Program (AR)	
<b>14</b> 	<b>15</b> 10:30 Bus Outing: UBC Botanical Garden (\$9) with picnic lunch (SU) 2:30 Wii Bowling (AR) 3:30 Open Readings or Poetry (L)	<b>16</b> <b>12:30 Tuck Shop (FL)</b> 2:15 Catholic Mass (CC1) 2:30 Education Seminar: Dehydration, know the signs(AR) <b>4:00 Bus Outing: Authentic Brazilian food at Boteco Brasil (\$10)(SU)</b>	<b>17</b> 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)	<b>18</b> 9:30 News & Views (FL) <b>12:30 Tuck Shop (FL)</b> <b>2:00 Bus Outing: Ice Cream Outing to Rocky Point (\$5)(SU)</b> 2:30 Music Circle with Birgit (AR)	<b>19</b> 10:30 Fitness 'n' Fun (AR) <b>2:30 Birthday Party Social with Leo Ojuara GR)</b>	<b>20</b>  7:30 Movie Night: Fried Green Tomatoes (AR)	
<b>21</b> <b>2:30 Hymn Sing (GR)</b>  <i>6:30 Olympic Closing Ceremonies CBC (AR)</i>	<b>22</b> 10:30 News and Views (FL) 3:00 Bus Outing: Hastings Raceway and dinner outing(\$15) (SU)	<b>23</b> <b>12:30 Tuck Shop (FL)</b> <b>2:30 Armchair Travel: Planet Earth Deserts (AR)</b> 4:00 Crosswords (FL) <b>7:30 Game Night: Horse Racing (GRC)</b>	<b>24</b> 9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR) <b>2:30 Ice Cream Social with the Metro Seniors Swing Band (CY)</b> 7:30 Chaplain Dan (AR)	<b>25</b> <b>10:30 Bus Outing:Seniors day at the PNE(\$FREE) lunch (\$10)(SU)</b> <b>12:30 Tuck Shop (FL)</b> 2:30 Music Circle with Birgit (AR) <b>3:30 Food Forum (AR)</b>	<b>26</b> 10:30 Yoga with Beatte' (AR) <b>11:45/1:00 Hawaiian Themed BBQ (GR)</b> <b>1:30 Burnaby Library (FL)</b> <b>2:30 Blueberry Tea with music by Ryan Langevin (GR)</b> 7:30 Movie Night: Still Alice (AR) <b>SIGN UP SHEETS GO OUT</b>	<b>27</b> 2:00 Expressive Art Program (AR)	
<b>28</b> A DAY OF REST!	<b>29</b> 10:30 Bus Outing: Queens Park with Picnic Lunch (SU) 2:30 Wii Bowling (AR) <b>3:30 Treasures of the past (AR)</b>	<b>30</b> 9:30 News & Views (FL) <b>11 – 2 Fashion Closet (FL)</b> <b>12:30 Tuck Shop (FL)</b> <b>2:00 Residential Council Meeting (4<sup>th</sup> FL DR)</b> <b>3:30 Recreation Forum (AR)</b>	<b>31</b> 9:30 News & Views (FL) <b>11:30 Men's Lunch Club (4<sup>th</sup> FL-DR)(SU)</b> 2:30 Bingo (AR) 3:30 Wii Bowling (AR) 4:00 Crosswords (FL)	