
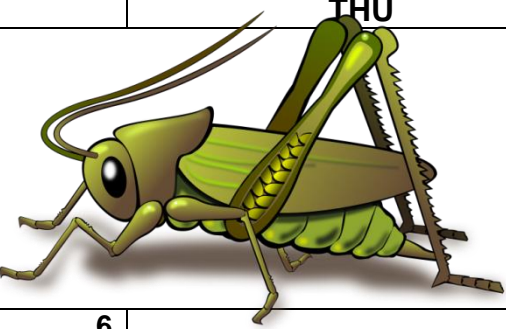

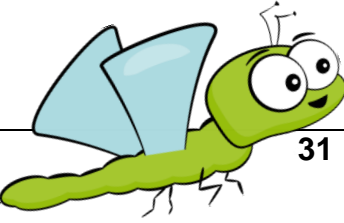
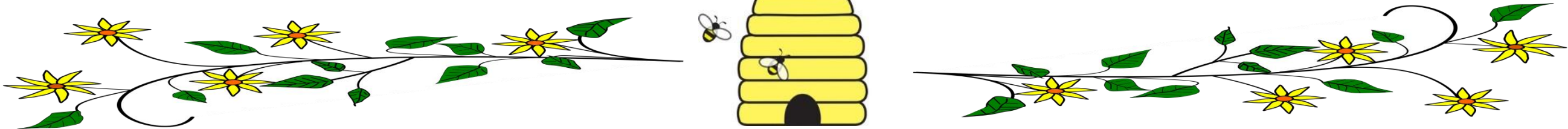


LEGEND FL = Fireside Lounge 1st Floor GR = Garden Room 1st Floor GRC = Garden Room Courtyard
 4th FL- DR = 4th Floor Dining Room G = Games Room 3rd Floor CY = Centre Court Yard
 CC1 = Care Centre 1st Floor L = Library on 2nd Floor AR = Activity Room (3rd Floor)
 FC = Fitness Centre 3rd Floor Red = Volunteer 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
 <h1 style="color: red;">JULY 2016</h1> 						
3	4	5	6	7	8	9
A DAY OF REST!	10:30 Bus Outing: Walking Group to Foreshore Park and Picnic (SU) 2:30 Afternoon Tea with music by Gail Hawks (GR)	9:30 News & Views (FL) 12:30 Tuck Shop (FL) 2:30 Resident Update (AR) 4:00 Crosswords (FL) 7:30 Movie Night: The BBC The Story of Wales PT 1 (AR)	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)	9:30 Ladies Breakfast (4th FL-DR) (SU) 12:30 Tuck Shop (FL) 2:00 Crib Club (FL) 2:30 NO Music Circle 3:30 Mike's Critters (FL)	 7:30 Movie Night The Great Canadian Wilderness (AR)	A DAY OF REST! 2:00 Expressive Art Program (AR) 7:30 Movie Night: Country Strong (AR)
10	11	12	13	14	15	16
A DAY OF REST!	10:30 Bus Outing: Walking Group to Deer Lake Park and Picnic(SU) 2:30 Wii Bowling (AR) 3:30 Treasures of the past (AR)	11 -3 Carda Creations (FL) 12:30 Tuck Shop (FL) 2:30 Armchair Travel: Planet Earth Mountains(AR) 4:00 Crosswords (FL) 7:30 Casino Night (Just for fun) (GR)	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)	9:45 Bus Outing: Walking Group to the Burrard Shipyard, with a historical tour and lunch at White Spot(\$15)(SU) 12:30 Tuck Shop (FL) 2:00 Crib Club (FL) 2:30 Music Circle with Birgit (AR) 4:00 Philosopher's Café: If you could change one thing about the world?(AR)	10:30 Yoga with Beatte' (AR) 11:45/1:00 Western Themed BBQ (GR) 2:30 Birthday Party Social with David O'Malley(AR) 7:30 Movie Night: Miss Potter (AR)	
17	18	19	20	21	22	23
2:30 Hymn Sing (GR)	10:30 Bus Outing: Walking Group to Buntzen Lake and Picnic (SU) 2:30 Wii Bowling (AR) 3:30 Open Readings or Poetry (L)	12:30 Tuck Shop (FL) 2:15 Catholic Mass (CC1) 2:00 Bus Outing: New Westminster Pier Park for Ice Cream (SU) 4:00 Crosswords (FL) 7:30 Pub Night and 50/50 with Ron Ulrich (GR)	9:30 News & Views (FL) 10:30 Fitness 'n' Fun (AR) 2:30 Bingo (AR) 3:30 Wii Bowling (AR) 4:00 Crosswords (FL)	10:00 Bus Outing: Shopping and Lunch Outing to Lougheed Mall (SU) 12:30 Tuck Shop (FL) 2:00 Board Games(FL) 2:30 Music Circle with Birgit (AR) 4:00 Philosopher's Café: Who defines good and evil? (AR)	10:30 Fitness 'n' Fun (AR) 2:30 Strawberry Tea with Music by Neil Harnett (GR)	2:00 Expressive Art Program (AR) 7:30 Movie Night: The Producers (AR)
24	25	26	27	28	29	30
A DAY OF REST!	10:30 Bus Outing: Garden Works Paint your own pot and plant your own indoor plant and lunch (\$23)(SU) 3:30 Treasures of the past (AR)	11:30 Lunch outing to Osaka Island Japanese Restaurant. Off of Edmonds St. (SU) 12:30 Tuck Shop (FL) 2:00 Residential Council Meeting (4th FL DR) 3:30 Recreation Forum (AR) 4:00 Crosswords (FL)	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)	9:30 News & Views (FL) 11:30 Men's Lunch Club (4th FL-DR)(SU) 12:30 Tuck Shop (FL) 2:00 Book Club (L) 2:30 Music Circle with Birgit (AR) 3:30 Food Forum (AR)	10:30 Fitness 'n' Fun (AR) 11:45/1:00 Beach Themed BBQ (GR) 1:30 Burnaby Library (FL) 2:30 Ice Cream Social with Colleen Durdon(CY) (GR – if rain) 7:30 Movie Night: Roving Mars(AR) SIGN UP SHEETS GO OUT	A DAY OF REST!
31	 					
A DAY OF REST!						