
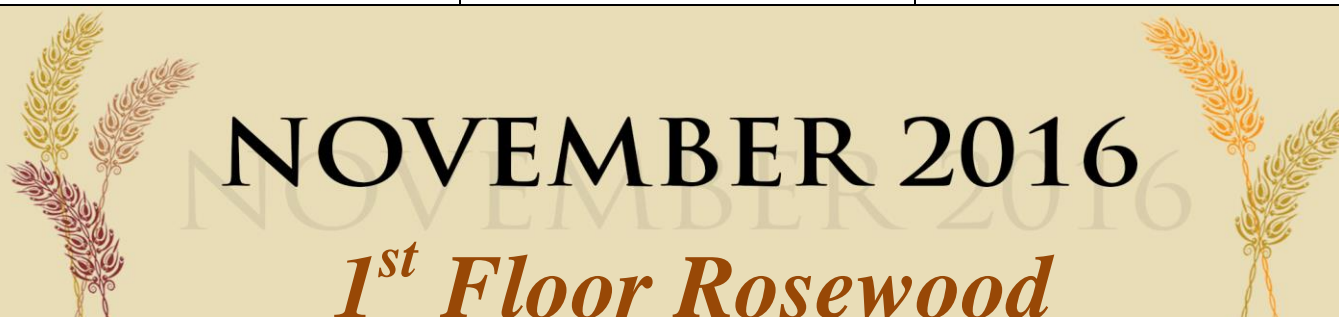


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p style="text-align: right;"><b>1</b></p> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 11:00 <u>Catholic Communion</u> 2:30 Baking Treats (MR) 4:00 Personal Visits (FL) 7:00 BINGO (MR)	<p style="text-align: right;"><b>2</b></p> <b>10:00 Scenic Bus Outing:            Queen Elizabeth Park</b> 10:15 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>1:30 Popcorn &amp; Movie (FL)</b> 2:00 Wellness Spa (C2) 4:00 Ring Toss (FL) 7:00 Walking Club	<p style="text-align: right;"><b>3</b></p> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>1:30 Music Circle 1-1 (MR)</b> <b>2:00 Maj's Baby Shower (C2)</b> 4:00 Nails & Polish (FL) <b>7:00 Pub Night with            Gordy Van (C1)</b>	<p style="text-align: right;"><b>4</b></p> 10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 Modified Osteofit (MR) 2:00 <u>Sing Along with Glen &amp;            Jessica (MR)</u> 4:00 Walking Club (CY) 6:00 Gospel Network TV (FL) 7:00 Hot Cocoa Social (FL)	<p style="text-align: right;"><b>5</b></p> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Farewell Tea Social with Maj (HL) 4:00 Bowling (FL) 6:30 Movie Night (FL)
	<p style="text-align: right;"><b>6</b></p> 10:00 Mental Aerobics (MR) 10:45 Activities for the Soul(MR) <b>2:30 Evangelical Church            Service (C2)</b> 4:00 Nails & Polish (FL) 7:00 Sing-Along with ElderSong (FL)  <b>Daylight Savings Time Ends</b>	<p style="text-align: right;"><b>7</b></p> 10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 Modified Osteofit (MR) 1:30 Travelling Tuck Shop 2:00 Java Music Club (HL) 4:00 Balloon Volley (FL) 7:00 Documentary Film (FL)	<p style="text-align: right;"><b>8</b></p> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 11:00 <u>Catholic Communion</u> <b>12:00 Ladies' Lunch (HL)</b> 2:30 Short Stories (HL) 4:00 Karaoke Singing (FL) 7:00 BINGO (MR)	<p style="text-align: right;"><b>9</b></p> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:00 Crossword Puzzle (FL) 4:00 Beach Ball Soccer (FL) <b>6:30 Inspirational Service            with Chaplain Dan (FL)</b>	<p style="text-align: right;"><b>10</b></p> <b>10:00 Remembrance Day            Ceremony (C2)</b> 10:00 Personal Visits 10:30 Helping Hands <b>2:30 Intergenerational Day            with Edmonds Elementary</b> <b>3:45 Music Circle (MR)</b> 4:00 Nails & Polish (FL) 7:00 Personal Visits	<p style="text-align: right;"><b>11</b></p> 10:00 Town Hall News (MR) 10:30 Active Games (MR) <b>11:00 TV Remembrance            Ceremony (FL)</b> 4:00 Walking Club (CY) 6:00 Gospel Network TV (FL) 7:00 Hot Cider Social (FL)  <b>Remembrance Day</b>
<p style="text-align: right;"><b>13</b></p> 10:00 Mental Aerobics (MR) 10:45 Activities for the Soul (MR) <b>2:00 Music with Douglas (C2)</b> 4:00 Nails & Polish (FL) 7:00 Sing-Along with ElderSong (FL)	<p style="text-align: right;"><b>14</b></p> 10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 Modified Osteofit (MR) 1:30 Travelling Tuck Shop 2:00 Java Music Club (HL) 4:00 Ball Games (FL) 7:00 Personal Visits	<p style="text-align: right;"><b>15</b></p> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>2:15 Catholic Mass (MR)</b> 2:30 Baking Treats (HL) 4:00 Personal Visits (FL) 7:00 BINGO (MR)	<p style="text-align: right;"><b>16</b></p> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>11:00 Lunch Bus Outing:            Pink Pearl Chinese</b> <b>1:30 Popcorn &amp; Movie (FL)</b> 2:00 Wellness Spa (C2) 4:00 Ring Toss (FL) 7:00 Walking Club	<p style="text-align: right;"><b>17</b></p> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>1:30 Music Circle (MR)</b> 2:30 Baking Treats (HL) 4:00 Nails and Polish (FL) <b>7:00 Pub Night with            Brian Gimbel(C2)</b>	<p style="text-align: right;"><b>18</b></p> 10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 Modified Osteofit (MR) 2:00 <u>Music With Glen (MR)</u> 4:00 Walking Club (CY) 6:00 Gospel Network TV (FL) 7:00 Hot Cocoa Social (FL)	<p style="text-align: right;"><b>19</b></p> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>2:00 Music &amp; Dancing            with Steve (MR)</b> 4:00 Bowling (FL) 6:30 Movie Night (FL)
<p style="text-align: right;"><b>20</b></p> 10:00 Mental Aerobics (MR) 10:45 Activities for the Soul (MR) 4:00 Nails & Polish (FL) 7:00 Sing-Along with ElderSong (FL)	<p style="text-align: right;"><b>21</b></p> 10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 Modified Osteofit (MR) 2:00 Java Music Club (HL) 4:00 Balloon Volley (FL) 7:00 Documentary Film (FL)	<p style="text-align: right;"><b>22</b></p> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 11:00 <u>Catholic Communion</u> <b>12:00 Men's Lunch (HL)</b> 2:30 Flower Arranging (MR) 4:00 Karaoke Singing (FL) 7:00 BINGO (MR)	<p style="text-align: right;"><b>23</b></p> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>2:00 Birthday Party with            Wayne Usselman (C2)</b> 4:00 Beach Ball Soccer (FL) <b>6:30 Inspirational Service            with Chaplain Dan (FL)</b>	<p style="text-align: right;"><b>24</b></p> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>1:30 Bus Tour Outing:            Maplewood Farm</b> <b>1:30 Music Circle (MR)</b> 4:00 Nails & Polish (FL) 7:00 Personal Visits	<p style="text-align: right;"><b>25</b></p> 10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 Fitness 'n' Fun (MR) 2:00 Painting to Music (MR) 4:00 Walking Club (CY) 6:00 Gospel Network TV (FL) 7:00 Hot Cider Social (FL)	<p style="text-align: right;"><b>26</b></p> <b>10-4 Sensory Stimulation (HL)</b> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 4:00 Ladder Ball (FL) 6:30 Movie Night (FL)
<p style="text-align: right;"><b>27</b></p> 10:00 Mental Aerobics (MR) 10:45 Activities for the Soul (MR) <b>2:00 Music with Douglas (C2)</b> 4:00 Nails & Polish (FL) 7:00 Sing-Along with ElderSong (FL)	<p style="text-align: right;"><b>28</b></p> 10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 Modified Osteofit (MR) 1:30 Travelling Tuck Shop 2:00 Armchair Travel (FL) 4:00 Ball Games (FL) 7:00 Personal Visits	<p style="text-align: right;"><b>29</b></p> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 11:00 <u>Catholic Communion</u> 2:30 <i>Christmas Decorating</i> 4:00 Personal Visits (FL) 7:00 BINGO (MR)	<p style="text-align: right;"><b>30</b></p> <b>10:00 Scenic Bus Outing:            Stanley Park</b> 10:15 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Popcorn & Movie (FL) 2:00 <i>Christmas Decorating</i> 4:00 Ring Toss (FL) 7:00 Walking Club			

## AgeCare Harmony Court Care Centre

7195 Canada Way Burnaby, BC

Reception: (604) 527-3300

Recreation: (604) 527-3328

**Helping Hands Program**  
 Held throughout the day Sunday to Saturday  
 Residents assisting Care Staff with daily routine chores

**LEGEND:** MR= Magnolia Dining Room

HL= Hearthstone Lounge

FL= Fireside Lounge

CY= Magnolia Courtyard (Weather Permitting)

FG = Friendship Garden (Weather Permitting)

C2= Wedgewood

2<sup>nd</sup> floor

**Bold:** Specialty Programs

Underlined: Volunteers

*Italics:* Theme Week