













Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="color: green;">DECEMBER 2016</h1> <h2 style="color: red;">Rosewood ~ 1<sup>st</sup> Floor</h2> 						
4	5	6	7	8	9	10
10:00 Fitness 'n' Fun (MR) 10:45 Activities for the Soul(MR) <b>2:30 Evangelical Church Service</b> (C2) 4:00 Nails & Polish (FL) 7:00 Sing-Along with ElderSong (FL)	10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 CareFit Exercise (MR) 1:30 Travelling Tuck Shop 2:00 <i>Christmas Java Music Club</i> (HL) 4:00 Balloon Volley (FL) 7:00 Personal Visits	10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 11:00 <u>Catholic Communion</u> 2:30 <i>Christmas Baking</i> (HL) 4:00 Karaoke Singing (FL) 7:00 BINGO (MR)	10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Popcorn & Movie (FL) 4:00 Beach Ball Soccer (FL) 7:00 Short Stories (FL)	<b>10 – 2 pm HC Bake &amp; Craft Sale (Estate- Independent Living)</b> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>1:30 Music Circle</b> (MR) <b>2:30 Bus Outing: The Burnaby Village Museum</b>  4:00 Nails & Polish (FL) 7:00 Personal Visits	10:00 Town Hall News (MR) 10:30 Active Games (MR) 11:00 CareFit Exercise (MR) 3:00 <i>Christmas Card Writing</i> (MR) 4:00 Walking Club (CY) 6:00 Gospel Network TV (FL) 7:00 Hot Cider Social (FL)	<b>10-4 Sensory Stimulation</b> (HL) 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>2:00 Music &amp; Dancing with Douglas</b> (MR) 4:00 Ladder Ball (FL) 6:30 Movie Night (FL)
11	12	13	14	15	16	17
10:00 Mental Aerobics (MR) 10:45 Activities for the Soul (MR) <b>2:30 Family Christmas Carolers</b> (C2) 4:00 Nails & Polish (FL) 7:00 Sing-Along with ElderSong (FL) 	10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 CareFit Exercise (MR) 1:30 Travelling Tuck Shop 2:00 Armchair Travel (FL) 4:00 Ball Games (FL) 7:00 Documentary Film (FL)	10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 11:00 <u>Catholic Communion</u> <b>12:00 Ladies' Pancake Brunch</b> 2:30 <i>Christmas Crafts</i> (MR) 4:00 Personal Visits (FL) 7:00 BINGO (MR)	<b>10:00 Scenic Bus Outing: Lafarge Lake</b> 10:15 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Popcorn & Movie (FL) 2:00 Wellness Spa (C2) 4:00 Ring Toss (FL) <b>6:30 Inspirational Service with Chaplain Dan</b> (FL) 7:00 Walking Club	10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>1:30 Music Circle</b> (MR) 2:30 <i>Christmas Gift Wrapping</i> (HL) 4:00 Nails and Polish (FL) <b>7:00 Family &amp; Resident Christmas Party with Brian Zalo</b> (MR) (RSVP by Dec.13 <sup>th</sup> ) 	10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 CareFit Exercise (MR) 3:00 <i>Eggnog Social &amp; Reminiscing</i> 4:00 Walking Club (CY) 6:00 Gospel Network TV (FL) 7:00 Hot Cocoa Social (FL)	 <b>10-4 Sensory Stimulation</b> (HL) 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 4:00 Bowling (FL) 6:30 Movie Night (FL)
18	19	20	21	22	23	24
10:00 Fitness 'n' Fun (MR) 10:45 Activities for the Soul (MR) 4:00 Nails & Polish (FL) <b>6:30 Inspirational Service with Chaplain Dan</b> (FL) 7:00 Sing-Along with ElderSong (FL)	10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 CareFit Exercise (MR) <b>1:30 Visit &amp; Pictures with Santa Claus</b> (FL)  3:00 Travelling Tuck Shop 4:00 Balloon Volley (FL) 7:00 Personal Visits	10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>2:15 Catholic Mass</b> (MR) 2:30 <i>Christmas Stories</i> (HL) 4:00 <i>Christmas Karaoke</i> (FL) 7:00 Hot Cider Social (FL)	10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:30 Crossword Puzzle (FL) 4:00 Beach Ball Soccer (FL) 7:00 Short Stories (FL)  <b>1<sup>ST</sup> DAY OF WINTER</b>	10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>2:00 Century House Choir</b> (C2) 4:00 Nails & Polish (FL) <b>6:15 Scenic Bus Outing: Christmas Light Tour</b> 7:00 Personal Visits	10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 CareFit Exercise (MR) 2:00 <i>Christmas Gift Wrapping</i> (MR) 4:00 Walking Club (CY) 6:00 Gospel Network TV (FL) 7:00 <i>Christmas BINGO</i> (MR)	10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 <i>Eggnog Social</i> (MR) 4:00 Ladder Ball (FL) 6:30 <i>Christmas Movie Night</i> (FL) <b>CHRISTMAS EVE</b>
25	26	27	28	29	30	31
 10:00 <i>Christmas Morning Tea &amp; Opening Christmas Gifts</i> <b>2:00 Caroling with Douglas</b> (C2) 4:00 <i>Christmas Sing-Along</i> 7:00 <i>Christmas Stories</i>  <b>CHRISTMAS DAY</b>	10:00 Active Game (MR) 10:30 Town Hall News (MR) 1:30 Travelling Tuck Shop 4:00 Ball Games (FL) 7:00 Documentary Film (FL) <b>BOXING DAY</b>	10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 11:00 <u>Catholic Communion</u> <b>12:00 Men's Pancake Brunch</b> 2:30 Creative Corner (MR) 4:00 Personal Visits (FL) 7:00 BINGO (MR)	<b>10:00 Scenic Bus Outing: English Bay</b> 10:15 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Popcorn & Movie (FL) 2:00 Wellness Spa (C2) 4:00 Ring Toss (FL) 7:00 Walking Club	10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:30 Baking Treats (HL) 4:00 Nails & Polish (FL) 7:00 Personal Visits	10:00 Active Game (MR) 10:30 Town Hall News (MR) <b>2:00 New Year's Party with Ryan L.</b> (C2)  4:00 Walking Club (CY) 6:00 Gospel Network TV (FL) 7:00 Hot Cocoa Social (FL)	<b>10:00 2016: A Year in Review</b> (MR) 10:30 Fitness 'n' Fun (MR) 4:00 Bowling (FL) 6:30 Movie Night (FL)  <b>NEW YEARS EVE</b>

**AgeCare Harmony Court Care Centre**  
 7195 Canada Way Burnaby, BC  
 Reception: (604) 527-3300  
 Recreation: (604) 527-3328

**Helping Hands Program**  
 Held throughout the week  
 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  
  
 Happy Holidays

**Bold:** Specialty Programs  
Underlined: Volunteers  
*Italics:* Theme Week