














Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 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)  <b>Happy New Year's Day!</b>	<b>2</b> 10:00 Active Game (MR) 10:30 Town Hall News (MR) 1:30 Travelling Tuck Shop 4:00 Ball Games (FL) 7:00 Personal Visits	<b>3</b> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 11:00 <u>Catholic Communion</u> <b>12:00 Ladies' Lunch:</b> Chinese Food (HL) 2:30 Creative Projects (MR) 4:00 Karaoke Singing (FL)  7:00 BINGO (MR)	<b>4</b> <b>10:00 Scenic Bus Outing:</b> Weather permitting 10:15 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>1:45 Popcorn &amp; Movie</b> (FL) 2:00 Wellness Spa (C2) 4:00 Ring Toss (FL) 7:00 Walking Club	<b>5</b> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>1:30 Music Circle</b> (MR) 2:30 Baking Treats (HR) 4:00 Nails & Polish (FL) <b>7:00 Pub Night with Mike Kinal</b> (MR) 	<b>6</b> 10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 Carefit Exercise (MR) 2:00 Christmas Cleanup 4:00 Walking Club (CY) 6:00 Gospel Network TV (FL) 7:00 Hot Cocoa Social (FL)	<b>7</b> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Crossword Puzzle (FL) 4:00 Bowling (FL) 6:30 Movie Night (FL)
<b>8</b> 10:00 Fitness 'n' Fun (MR) 10:45 Activities for the Soul (MR) <b>2:00 Music with Douglas</b> (C2) 4:00 Nails & Polish (FL) 7:00 Sing-Along with ElderSong (FL)	<b>9</b> 10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 Carefit Exercise (MR) 1:30 Travelling Tuck Shop 2:00 Java Music Club (HL) 4:00 Balloon Volley (FL) 7:00 Documentary Film (FL)	<b>10</b> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 11:00 <u>Catholic Communion</u> 2:30 Creative Projects (MR) 4:00 Personal Visits (FL) 7:00 BINGO (MR)	<b>11</b> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>2:00 Birthday Party with Old Friends</b> (C2) 4:00 Beach Ball Soccer (FL) <b>6:30 Inspirational Service with Chaplain Dan</b> (FL) 	<b>12</b> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>1:30 Music Circle</b> (MR) 2:30 Baking Treats (HR) 4:00 Nails & Polish (FL) 7:00 Personal Visits	<b>13</b> 10:00 Active Games (MR) 10:30 Town Hall News (MR) 11:00 Carefit Exercise (MR) <b>3:00 Sing Along with Glen &amp; Jessica</b> (MR) 4:00 Walking Club (CY) 6:00 Gospel Network TV (FL) 7:00 Hot Cider Social (FL)	<b>14</b> <b>10-4 Sensory Stimulation</b> (HL) 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 4:00 Ladder Ball (FL) 6:30 Movie Night (FL)
<b>15</b> 10:00 Fitness 'n' Fun (MR) 10:45 Activities for the Soul (MR) 4:00 Nails & Polish (FL) 7:00 Sing-Along with ElderSong (FL)	<b>16</b> 10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 Carefit Exercise (MR) 1:30 Travelling Tuck Shop 2:00 Pet Visits with Smokey 4:00 Ball Games (FL) 7:00 Personal Visits 	<b>17</b> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>12:00 Men's Lunch:</b> Chinese Food (HL) <b>2:15 Catholic Mass</b> (MR) 2:30 Short Stories (HL) 4:00 Personal Visits (FL)  7:00 BINGO (MR)	<b>18</b> <b>10:00 Scenic Bus Outing:</b> Weather Permitting 10:15 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>2:30 Urban Safari Visit</b> (C2) 4:00 Ring Toss (FL) 7:00 Walking Club 	<b>19</b> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>1:30 Music Circle</b> (MR) 2:30 Baking Treats (HL) 4:00 Nails and Polish (FL) 7:00 Personal Visits	<b>20</b> 10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 Carefit Exercise (MR) <b>3:00 Music with Glen</b> (MR) 4:00 Walking Club (CY) 6:00 Gospel Network TV (FL) 7:00 Hot Cocoa Social (FL)	<b>21</b> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>2:00 Music &amp; Dancing with Douglas</b> (MR) 4:00 Bowling (FL) 6:30 Movie Night (FL) 
<b>22</b> 10:00 Fitness 'n' Fun (MR) 10:45 Activities for the Soul (MR) <b>2:00 Music with Douglas</b> (C2) 4:00 Nails & Polish (FL) 7:00 Sing-Along with ElderSong (FL)	<b>23</b> 10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 Carefit Exercise (MR) 2:00 Java Music Club (HL) 4:00 Balloon Volley (FL) 7:00 Documentary Film (FL)	<b>24</b> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 11:00 <u>Catholic Communion</u> <b>2:00 Robbie Burns Social with Burnaby Scottish Dancer</b> (C2) 4:00 Karaoke Singing (FL)  7:00 BINGO (MR) <b>Family Council Meeting 7pm</b>	<b>25</b> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>11:00 Lunch Bus Outing:</b> <b>Cora's Restaurant</b> 4:00 Beach Ball Soccer (FL) <b>6:30 Inspirational Service with Chaplain Dan</b> (FL)	<b>26</b> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <b>1:30 Music Circle</b> (MR) 2:30 Decorating for Chinese NY 4:00 Nails & Polish (FL) <b>7:00 Pub Night with Steve Hillis</b> (C2) 	<b>27</b> 10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 Carefit Exercise (MR) 2:00 Armchair Travel (FL) 4:00 Walking Club (CY) 6:00 Gospel Network TV (FL) 7:00 Hot Cider Social (FL)	<b>28</b> <b>10-4 Sensory Stimulation</b> (HL) 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 4:00 Ladder Ball (FL) 6:30 Movie Night (FL)  <b>Happy Chinese New Year!</b>
<b>29</b> 10:00 Fitness 'n' Fun (MR) 10:45 Activities for the Soul (MR) 4:00 Nails & Polish (FL) 7:00 Sing-Along with ElderSong (FL)	<b>30</b> <b>10:00 Chinese New Year Celebration with the Evergreen Dance Group</b> (C2) 10:30 Helping Hands  1:30 Travelling Tuck Shop 4:00 Ball Games (FL) 7:00 Personal Visits	<b>31</b> 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 11:00 <u>Catholic Communion</u> 2:30 Flower Arranging (MR) 4:00 Personal Visits (FL) 7:00 BINGO (MR)	 <h1>JANUARY 2017</h1> <h2>1<sup>st</sup> Floor Rosewood</h2>			

### 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