












Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Fitness 'n' Fun (RC) 10:45 Rolls & Strolls (CY) 11:30 Personal Visits 1:45 Nails & Polish (RC) 2:30 Evangelical Church Service (RC) 3:30 Walking Program  Happy New Year's Day!	2 10:00 Fitness 'n' Fun (RC) 10:45 Coffee Corner (HL) 2:00 Travelling Tuck Shop 2:30 BINGO (RC) 4:00 Rolls & Strolls (CY)	3 10:00 Fitness 'n' Fun (RC) 10:30 <u>Catholic Communion</u> 10:45 Helping Hands (RC) 12:00 Ladies' Lunch: Chinese Food (HL) 2:30 Active Games (RC) 3:30 Walking Program 	4 10:00 Scenic Bus Outing: Weather permitting 2:00 Wellness Spa (RC) 4:00 Personal Visits	5 10:00 Fitness 'n' Fun (RC) 10:45 Walking Program 2:00 Baking Treats(DW) 3:45 Music Circle (RC) 4:00 Christmas Cleanup 7:00 Pub Night with Mike Kinal (C1) 	6 10:00 Community News (RC) 10:30 Fitness 'n' Fun (RC) 11:00 Crosswords (RC) 2:00 Active Games (RC) 4:00 Nails & Polish (FL)	7 10:00 Town Hall News (RC) 10:30 Bowling (RC) 3:30 Rolls & Strolls (CY)
8 10:00 Fitness 'n' Fun (RC) 10:45 Spirit & Soul (RC) 11:15 Helping Hands (RC) 2:00 Music with Douglas (RC) 3:30 Walking Program	9 10:00 Fitness 'n' Fun (RC) 10:45 Coffee Corner (HL) 2:00 Travelling Tuck Shop 2:30 Creative Corner 4:00 Rolls & Strolls (CY)	10 10:00 Fitness 'n' Fun (RC) 10:30 <u>Catholic Communion</u> 10:45 Crossword Puzzle (RC) 2:00 Music with Hans (RC) 3:30 Walking Program 7:00 Gentle Touch (RC)	11 10:00 Active Game (RC) 10:45 Fun Facts (RC) 2:00 Birthday Party with Old Friends (RC) 4:00 Nails & Polish (FL) 7:00 Inspirational Service with Chaplain Dan (RC) 	12 10:00 Fitness 'n' Fun (RC) 10:45 Walking Program 2:00 Baking Treats(DW) 3:45 Music Circle (RC) 4:00 Rec. Office Time 7:00 BINGO (RC)	13 10:00 Community News (RC) 10:30 Fitness 'n' Fun (RC) 11:00 Sing-A-Long (RC) 2:00 Active Games (RC) 4:00 Rolls & Strolls (CY)	14 10-4 Sensory Stimulation (C1) 10:00 Town Hall News (RC) 10:30 Ladder Ball (RC) 2:00 Tea Social & Reminiscing (RC) 4:00 Personal Visits
15 10:00 Fitness 'n' Fun (RC) 10:45 Helping Hands (RC) 10:45 Sentimental Journey (RC) 2:00 Tea Social & Trivia (RC) 3:30 Walking Program	16 10:00 Balloon Volley (RC) 10:45 Wellness Spa (RC) 2:00 Travelling Tuck Shop 2:00 Creative Projects (RC) 4:00 Rolls & Strolls(CY)	17 10:00 Fitness 'n' Fun (RC) 10:45 Helping Hands (RC) 12:00 Men's Lunch: Chinese Food (HL) 2:00 Music with Nancy (RC) 2:15 Catholic Mass (C1) 3:30 Walking Program 	18 10:00 Scenic Bus Outing: Weather Permitting 2:30 Urban Safari Visit (RC) 4:00 Personal Visits 	19 10:00 Fitness 'n' Fun (RC) 10:45 Walking Program 2:00 Baking Treats (DW) 3:45 Music Circle (RC) 4:00 Rec. Office Time 7:00 BINGO (RC)	20 10:00 Community News (RC) 10:30 Fitness 'n' Fun (RC) 11:00 Crosswords (RC) 2:00 Active Games (RC) 4:00 Nails & Polish (FL)	21 10:00 Town Hall News (RC) 10:30 Bowling (RC) 3:30 Rolls & Strolls (CY)
22 10:00 Fitness 'n' Fun (RC) 10:45 Spirit & Soul (RC) 11:15 Helping Hands (RC) 2:00 Music with Douglas (RC) 3:30 Walking Program	23 10:00 Fitness 'n' Fun (RC) 10:45 Coffee Corner (HL) 2:00 Travelling Tuck Shop 2:30 BINGO (RC) 4:00 Rolls & Strolls (CY)	24 10:00 Fitness 'n' Fun (RC) 10:30 <u>Catholic Communion</u> 10:45 Decorating for Social(RC) 2:00 Robbie Burns Social with Burnaby Scottish Dancer (C2) 3:30 Walking Program 7:00 Gentle Touch (RC) Family Council Meeting 7pm 	25 10:00 Sing-A-Long (RC) 11:00 Lunch Bus Outing: Cora's Restaurant 2:00 Wellness Spa (RCR) 7:00 Inspirational Service with Chaplain Dan (RC)	26 10:00 Fitness 'n' Fun (RC) 10:45 Walking Program 2:00 <i>Decorating for Chinese NY</i> 3:45 Music Circle (RC) 7:00 Pub Night with Steve Hillis (RC) 	27 10:00 Community News (RC) 10:30 Fitness 'n' Fun (RC) 11:00 Sing-A-Long (RC) 2:00 Active Games (RC) 4:00 Rolls & Strolls (CY)	28 10-4 Sensory Stimulation (C1) 10:00 Town Hall News (RC) 10:30 Ladder Ball (RC) 2:00 Chinese New Year Tea Social 4:00 Personal Visits  Happy Chinese New Year!
29 10:00 Fitness 'n' Fun (RC) 10:45 Rolls & Strolls (CY) 11:30 Personal Visits 2:00 Taster's Club (RC) 3:30 Walking Program	30 10:00 Chinese New Year Celebration with the Evergreen Dance Group (RC) 2:00 Travelling Tuck Shop 2:30 Flower Arranging (RC) 4:00 Rolls & Strolls (CY) 	31 10:00 Fitness 'n' Fun (RC) 10:30 <u>Catholic Communion</u> 10:45 Crossword Puzzle (RC) 2:00 Music with Hans (RC) 3:30 Walking Program	 <h1 style="margin: 0;">JANUARY 2017</h1> <h2 style="margin: 0;">2nd Floor Wedgewood</h2>			

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



 **Weekly Pet Visits with Smokey**

LEGEND: RC= Red Cedar Dining Room
 DW= Dogwood Dining Room
 HL= Hearthstone Lounge (C1)
 CY= Magnolia Courtyard (C1) (Weather Permitting)

C1= Rosewood
 1st floor

Bold: Specialty
Underlined: Volunteers
Italics: Theme Program