










**LEGEND** FL = Fireside Lounge 1<sup>st</sup> Floor    GR = Garden Room 1<sup>st</sup> Floor    GRC = Garden Room Courtyard  
 4<sup>th</sup> FL- DR = 4<sup>th</sup> Floor Dining Room    G = Games Room 3<sup>rd</sup> Floor    CY = Centre Court Yard  
 CC1 = Care Centre 1<sup>st</sup> Floor    L = Library on 2<sup>nd</sup> Floor    AR = Activity Room (3<sup>rd</sup> Floor)  
 FC = Fitness Centre 3<sup>rd</sup> 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  
**Fitness Room Hours: 8:00 am - 4:00pm (Every day) (FC)**

SUN	MON	TUE	WED	THU	FRI	SAT
<h1>MARCH 2017</h1> <h2>8 March International Women's Day</h2>			<p>1</p> <p>9:30 News &amp; Views (FL)</p> <p>10:30 St. Albans Daycare Intergenerational Visit Come make a craft with our daycare friends(AR)</p> <p>2:30 Bingo (AR)</p> <p>3:30 Wii Bowling (AR)</p> <p>4:00 Crosswords (FL)</p>	<p>2</p> <p>9:30 Ladies Breakfast (4<sup>th</sup> FL-DR) (SU)</p> <p>12:30 Tuck Shop (FL)</p> <p>2:00 Crib and Card Games(FL)</p> <p>2:30 Music Circle with Birgit (AR)</p> <p>2:30 Come see the Dental Hygienist Ellen for all your Dental Concerns (4<sup>th</sup> FL-DR)</p> <p>7:30 Langley Seniors Ukulele Ensemble (GR)</p>	<p>3</p> <p>10:30 Osteofit and fun (AR)</p> <p>2:30 Game Day: Scrabble (FL)</p> <p style="text-align: center;"><i>I want you to be Happy Day!</i></p>	<p>4</p> <p>7:30 Movie Night: The thin man (AR)</p> 
<p>5</p> 	<p>6</p> <p>10:30 Bus Outing: UBC concert series at Noon featuring Early Music Ensembles with lunch on the Bus (SU)</p> <p>2:30 Wii Bowling (AR)</p> <p>3:30 Open Readings or Poetry (L)</p>	<p>7</p> <p>9:30 News &amp; Views (FL)</p> <p>10:30 Osteofit and fun (AR)</p> <p>10 – 3 Euro Design (FL)</p> <p>12:30 Tuck Shop (FL)</p> <p>2:30 Resident Update (GR)</p> <p>4:00 Crosswords (FL)</p> <p>7:30 Movie Night: IMAX; China, the Panda Adventure (AR)</p>	<p>8</p> <p>9:30 News &amp; Views (FL)</p> <p>10:30 Osteofit and fun (AR)</p> <p>2:30 Bingo (AR)</p> <p>3:30 Wii Bowling (AR)</p> <p>7:30 Chaplain Dan (AR)</p> <p style="text-align: center;"><i>1:30 - 4:30 Staff Appreciation Day</i></p>	<p>9</p> <p>10:30 Bus Outing: Shopping and lunch at Lougheed Mall (SU)</p> <p>12:30 Tuck Shop (FL)</p> <p>2:30 Century House Singers (GR)</p> <p>2:30 Music Circle with Birgit (AR)</p>	<p>10</p> <p>10:30 Osteofit and fun (AR)</p> <p>2:30 New Resident Tea With Music by Music Variations (GR)</p> <p>7:30 Movie Night: An American in Paris (AR)</p>	<p>11</p> <p>2:30 Expressive Art Program (AR)</p> 
<p>12</p> <p>2:30 Bible Study with Ali Non-Denominational (AR)</p>	<p>13</p> <p>11:00 Bus Outing: Grand Villa Casino and Buffett Lunch (\$13)</p> <p>2:30 Wii Bowling (AR)</p> <p>3:30 Fitness Room Orientation; Arm and leg press(FC)</p>	<p>14</p> <p>10:30 Chair Yoga with Beate' (AR)</p> <p>12:30 Tuck Shop (FL)</p> <p>2:30 Movie Matinee: BBC From Pole to Pole; Shallow Seas(AR)</p> <p>4:00 Crosswords (FL)</p> <p>7:30 Pub night and 50/50 Draw with music by Heart &amp; Soul(AR)</p>	<p>15</p> <p>9:30 News &amp; Views (FL)</p> <p>10:30 Osteofit and fun (AR)</p> <p>2:30 St.Patrick's Day Celebration Eire Born Dancers (GR)</p> 	<p>16</p> <p>10:30 St. Albans Anglican Church Service (AR)</p> <p>11:30 Men's Lunch Club (4<sup>th</sup> FL-DR)(SU)</p> <p>12:30 Tuck Shop (FL)</p> <p>2:00 Crib and Card Games(FL)</p> <p>2:30 Music Circle with Birgit (AR)</p>	<p>17</p> <p>10:30 Osteofit and fun (AR)</p> <p>1:30 Burnaby Library (FL)</p> <p>2:30 Birthday Party with Ron Ulrich (GR)</p> 	<p>18</p> <p>7:30 Movie Night: Philomena (AR)</p> 
<p>19</p> <p>2:30 Hymn Singing (GR)</p> 	<p>20</p> <p>10:30 Bus Outing: Tour of the International Buddhist Society in Richmond and lunch at A&amp;W(\$10)</p> <p>2:30 Wii Bowling (AR)</p> <p>3:30 Open Readings or Poetry (L)</p>	<p>21</p> <p>9:30 News &amp; Views (FL)</p> <p>10:30 Osteofit and fun (AR)</p> <p>12:30 Tuck Shop (FL)</p> <p>2:15 Catholic Mass (CC1)</p> <p>2:30 Tea Social (FL)</p>  <p style="text-align: center;"><i>TEA FOR 2 DAY!</i></p>	<p>22</p> <p>9:30 News &amp; Views (FL)</p> <p>10:30 Osteofit and fun (AR)</p> <p>2:30 Bingo (AR)</p> <p>3:30 Wii Bowling (AR)</p> <p>4:00 Crosswords (FL)</p> <p>7:30 Chaplain Dan (AR)</p>	<p>23</p> <p>10:30 Bus Outing: Shopping and lunch at Coquitlam Center Mall (SU)</p> <p>12:30 Tuck Shop (FL)</p> <p>2:00 Crib and Card Games(FL)</p> <p>2:30 NO MUSIC CIRCLE</p> <p>3:00 Owl Wildlife Rehabilitation Society (GR)</p>	<p>24</p> <p>10:30 Osteofit and fun (AR)</p> <p>2:00 Book Club Review (L)</p> <p>3:30 Cocktail Hour (FL)</p> <p>7:30 Movie Night: The Bridges of Madison County (AR)</p>	<p>25</p> <p>2:30 Expressive Art Program (AR)</p>  <p style="text-align: center;"><i>WAFFLE DAY!</i></p> <p style="text-align: center;"><i>Come to the (GR) for a breakfast of waffles</i></p>
<p>26</p> <p>2:30 Bible Study with Ali Non-Denominational (AR)</p>	<p>27</p> <p>10:30 Bus Outing: Museum of Archaeology and Ethnology at SFU and C-Lovers for lunch (\$10) (SU)</p> <p>2:30 Wii Bowling (AR)</p>	<p>28</p> <p>10:30 Chair Yoga with Beate' (AR)</p> <p>12:30 Tuck Shop (FL)</p> <p>11 – 3 Carda Creations (FL)</p> <p>2:00 Resident Council Meeting (4<sup>th</sup> FL-DR)</p> <p>3:30 Recreation Forum (AR)</p> <p>5:30 Bus Outing: Shadbolt Center for a Jazz Jams evening with a glass of Chardonnay (\$5) Dinner in the Fireside Lounge at 5pm (SU)</p>	<p>29</p> <p>9:30 News &amp; Views (FL)</p> <p>10:30 Osteofit and fun (AR)</p> <p>2:30 Jackpot Bingo (AR)</p> <p>3:30 Wii Bowling (AR)</p> <p>4:00 Crosswords (FL)</p>	<p>30</p> <p>9:30 News &amp; Views (FL)</p> <p>10:30 Computer Basics With Karen (AR)</p> <p>12:30 Tuck Shop (FL)</p> <p>2:00 Crib and Card Games(FL)</p> <p>2:30 Music Circle with Birgit (AR)</p>	<p>31</p> <p>10:30 Osteofit and fun (AR)</p> <p>2:30 Crib and Card Games (FL)</p> <p style="text-align: center;"><i>SIGNUP SHEETS GO OUT</i></p> 