

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p style="text-align:right;">2</p> <p>10:00 Fitness 'n' Fun (MR) 10:45 Activities for the Soul (MR) 2:30 Evangelical Church Service (C2) 4:00 Nails & Polish (FL) 7:00 Sing-Along with ElderSong (FL)</p>	<p style="text-align:right;">3</p> <p>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)</p>	<p style="text-align:right;">4</p> <p>10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 11:00 <u>Catholic Communion</u> 12:00 Ladies' Brunch (HL) 2:30 Creative Corner (MR) 4:00 Personal Visits (FL) 7:00 BINGO (MR)</p>	<p style="text-align:right;">5</p> <p>10:00 Scenic Bus Outing 10:15 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:00 Birthday Party with Gordy Van (C2) 4:00 Beach Ball Soccer (FL) 7:00 Walking Club (CY)</p>	<p style="text-align:right;">6</p> <p>10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Music Circle (MR) 2:30 Baking Treats (HR) 4:00 Nails & Polish (FL) 7:00 Pub Night with Loran Smith (MR) 1:30 – 4:00 Staff Appreciation Party (MR)</p>	<p style="text-align:right;">7</p> <p>10:00 Active Games (MR) 10:30 Town Hall News (MR) 4:00 Ball Games (FL) 6:00 Gospel Network TV (FL) 7:00 Puzzle Time (FL)</p>	<p style="text-align:right;">8</p> <p>10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:00 Music & Dancing with Colleen (MR) 4:00 Ladder Ball (FL) 6:30 Movie Night (FL)</p>
<p style="text-align:right;">9</p> <p>10:00 Fitness 'n' Fun (MR) 10:45 Activities for the Soul (MR) 2:00 Music with Douglas (C2) 4:00 Nails & Polish (FL) 7:00 Table Games (FL)</p>	<p style="text-align:right;">10</p> <p>10:00 Active Game (MR) 10:30 Town Hall News (MR) 1:30 Travelling Tuck Shop 4:00 Balloon Volley (FL) 7:00 Personal Visits</p>	<p style="text-align:right;">11</p> <p>10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 11:00 <u>Catholic Communion</u> <i>2:30 Easter Egg Painting (MR)</i> 4:00 Karaoke Singing (FL) <i>7:00 Easter BINGO (MR)</i></p>	<p style="text-align:right;">12</p> <p>10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:00 Easter Tea Social with Chad Allan (C2) 4:00 Ring Toss (FL) 6:30 Inspirational Service with Chaplain Dan (FL)</p>	<p style="text-align:right;">13</p> <p>10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Music Circle (MR) 2:00 Scenic Bus Outing 4:00 Nails and Polish (FL) 7:00 Personal Visits</p>	<p style="text-align:right;">14</p> <p><i>10:00 Easter Fact & Trivia (MR)</i> 10:30 Fitness 'n' Fun (MR) 4:00 Walking Club (CY) 6:00 Gospel Network TV (FL) 7:00 Hot Cocoa Social (FL)</p> <p style="text-align:center;">Good Friday</p>	<p style="text-align:right;">15</p> <p>10-4 Sensory Stimulation (HL) 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 4:00 Bowling (FL) 6:30 Movie Night (FL)</p>
<p style="text-align:right;">16</p> <p>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)</p>	<p style="text-align:right;">17</p> <p>10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 CareFit Exercise (MR) 11:30 Garden Care (CY) 1:30 Travelling Tuck Shop 2:00 Java Music Club (HL) 4:00 Balloon Volley (FL) 7:00 Documentary Film (FL)</p>	<p style="text-align:right;">18</p> <p>10:00 Active Games (MR) 10:30 Mental Aerobics (MR) 11:00 Fitness 'n' Fun (MR) 12:00 Men's Brunch (HL) 2:15 Catholic Mass (MR) 2:30 Spring Gardening (FG) 4:00 Personal Visits (FL) 7:00 BINGO (MR)</p> <p style="text-align:center;">Family Council Meeting 7pm</p>	<p style="text-align:right;">19</p> <p>10:15 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) <i>1:45 Canadian Film (FL)</i> 2:00 Wellness Spa (C2) 4:00 Beach Ball Soccer (FL) 7:00 Walking Club (CY)</p>	<p style="text-align:right;">20</p> <p>10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Music Circle (MR) 2:30 Baking Treats (HR) 4:00 Nails & Polish (FL) 7:00 Personal Visits</p>	<p style="text-align:right;">21</p> <p>10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 CareFit Exercise (MR) 3:00 Garden Time (FG) 4:00 Ball Games (FL) 6:00 Gospel Network TV (FL) 7:00 Puzzle Time (FL)</p>	<p style="text-align:right;">22</p> <p>10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Crossword Puzzle (FL) 4:00 Ladder Ball (FL) 6:30 Movie Night (FL)</p> <p style="text-align:center;">Earth Day</p>
<p style="text-align:right;">23</p> <p>10:00 Fitness 'n' Fun (MR) 10:45 Activities for the Soul (MR) 2:00 Music with Douglas (C2) 4:00 Nails & Polish (FL) 7:00 Table Games (FL)</p>	<p style="text-align:right;">24</p> <p>10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 CareFit Exercise (MR) 11:30 Garden Care (CY) 1:30 Travelling Tuck Shop 2:00 Ice Cream Social (FL) 4:00 Balloon Volley (FL) 7:00 Personal Visits</p>	<p style="text-align:right;">25</p> <p>10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 11:00 <u>Catholic Communion</u> 2:30 Creative Corner (MR) 4:00 Karaoke Singing (FL) 7:00 BINGO (MR)</p>	<p style="text-align:right;">26</p> <p>10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:00 Choir Performance with The Melodares 4:00 Ring Toss (FL) 6:30 Inspirational Service with Chaplain Dan (FL)</p>	<p style="text-align:right;">27</p> <p>10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Music Circle (MR) 2:00 Bus Outing: Starlight Casino 4:00 Nails & Polish (FL) 7:00 Pub Night with Glen Pearson (MR)</p>	<p style="text-align:right;">28</p> <p>10:00 Active Game (MR) 10:30 Town Hall News (MR) 11:00 CareFit Exercise (MR) 4:00 Walking Club (CY) 2:00 Armchair Travel 6:00 Gospel Network TV (FL) 7:00 Hot Cocoa Social (FL)</p>	<p style="text-align:right;">29</p> <p>10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 4:00 Bowling (FL) 6:30 Movie Night (FL)</p>

<p style="text-align:right;">30</p> <p>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)</p>	<p>AgeCare Harmony Court Care Centre 7195 Canada Way Burnaby, BC Reception: (604) 527-3300 Recreation: (604) 527-3328</p>	<p>LEGEND: MR= Magnolia Dining Room HL= Hearthstone Lounge FL= Fireside Lounge CY= Magnolia Courtyard (Weather Permitting) FG = Friendship Garden (Weather Permitting)</p>	<p>C2= Wedgewood 2nd floor</p>	<p>Bold: Specialty Programs <u>Underlined:</u> Volunteers <i>Italics:</i> Themed Programs</p>
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Helping Hands Program
Held throughout the day Sunday to Saturday
Residents assisting Care Staff with daily routine chores