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March 2017

2nd Floor Wedgewood

<p style="text-align:right; margin:0;">5</p> <p>10:00 Fitness 'n' Fun (RC) 10:45 Spirit & Soul (RC) 11:15 Helping Hands (RC) 1:45 Nails & Polish (RC) 2:30 Evangelical Church Service (C2) 3:30 Walking Program</p>	<p style="text-align:right; margin:0;">6</p> <p>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)</p>	<p style="text-align:right; margin:0;">7</p> <p>10:00 Fitness 'n' Fun (RC) 10:30 <u>Catholic Communion</u> 10:45 Puzzle Time (RC) 12:00 Ladies' Brunch (HL) 2:30 Java Music Club (RC) 3:30 Walking Program</p>	<p style="text-align:right; margin:0;">8</p> <p>10:00 Fitness 'n' Fun (RC) 10:30 Fun Facts (RC) 1:30 Matinee Movie (RC) 4:00 Personal Visits 7:00 Inspirational Service with Chaplain Dan (RC)</p> <p style="text-align:center; margin-top:10px;">1:30 – 4:00 Staff Appreciation Party (C1)</p>	<p style="text-align:right; margin:0;">9</p> <p>10:00 Fitness 'n' Fun (RC) 10:45 Walking Program 2:00 Baking Treats (DW) 4:00 Music Circle (RC) 7:00 Pub Night with Langley Ukulele Ensemble (RC)</p>	<p style="text-align:right; margin:0;">10</p> <p>10:00 Community News (RC) 10:30 Fitness 'n' Fun (RC) 11:00 Sing-A-Long (RC) 2:00 Active Games (RC) 4:00 Nails & Polish (CY)</p>	<p style="text-align:right; margin:0;">11</p> <p>10-4 Sensory Stimulation (C1) 10:00 Town Hall News (RC) 10:30 Bowling (RC) 2:00 Tea Social & Reminiscing (RC) 4:00 Personal Visits</p>
<p style="text-align:right; margin:0;">12</p> <p>10:00 Fitness 'n' Fun (RC) 10:45 St. Patty's Decorating 2:00 Music with Douglas (RC) 3:30 Walking Program</p> <p style="text-align:center; margin-top:10px;"> <i>Daylight Savings Time Begins</i></p>	<p style="text-align:right; margin:0;">13</p> <p>10:00 Balloon Volley (RC) 10:45 Wellness Spa (RC) 2:00 Travelling Tuck Shop 2:00 Creative Corner (RC) 4:00 Nails & Polish (CY)</p>	<p style="text-align:right; margin:0;">14</p> <p>10:00 Fitness 'n' Fun (RC) 10:30 <u>Catholic Communion</u> 10:45 Helping Hands (RC) 2:00 Music with Hans (RC) 3:30 Walking Program 7:00 Gentle Touch (RC)</p>	<p style="text-align:right; margin:0;">15</p> <p>10:00 Scenic Bus Outing 2:00 St. Patrick's Celebration with Eire Born Irish Dancers (RC) 4:00 Rolls & Strolls (CY)</p> <p style="text-align:center; margin-top:10px;"></p>	<p style="text-align:right; margin:0;">16</p> <p>10:00 Fitness 'n' Fun (RC) 10:45 Walking Program 2:00 Baking Treats (DW) 4:00 Music Circle (RC) 7:00 BINGO (RC)</p> <p style="text-align:center; margin-top:10px;"></p>	<p style="text-align:right; margin:0;">17</p> <p>10:00 Community News (RC) 10:30 Fitness 'n' Fun (RC) 11:00 <i>St. Patrick's Trivia (RC)</i> 2:00 St. Patrick's Tea Social 4:00 Rolls & Strolls (CY)</p> <p style="text-align:center; margin-top:10px;">St. Patrick's Day </p>	<p style="text-align:right; margin:0;">18</p> <p>10:00 Town Hall News (RC) 10:30 Bowling (RC) 2:00 Card Games 4:00 Personal Visits</p>
<p style="text-align:right; margin:0;">19</p> <p>10:00 Fitness 'n' Fun (RC) 10:45 Sentimental Journey (RC) 2:00 Tea Social & Reminiscing (RC) 3:30 Walking Program</p>	<p style="text-align:right; margin:0;">20</p> <p>10:00 Fitness 'n' Fun (RC) 10:45 Coffee Corner (HL) 2:00 Travelling Tuck Shop 2:30 <i>Spring Painting (RC)</i> 4:00 Rolls & Strolls (CY)</p> <p style="text-align:center; margin-top:10px;"></p>	<p style="text-align:right; margin:0;">21</p> <p>10:00 Fitness 'n' Fun (RC) 10:45 Puzzle Time (RC) 12:00 Men's Brunch (HL) 2:30 Java Music Club (RC) 2:15 Catholic Mass (C1) 3:30 Walking Program</p> <p style="text-align:center; margin-top:10px;">1:00 – 3:30 Voting Enumeration (C1) </p>	<p style="text-align:right; margin:0;">22</p> <p>10:00 Scenic Bus Outing 2:00 Birthday Party with Barrie Randle (C2) 4:00 Personal Visits 7:00 Inspirational Service with Chaplain Dan (RC)</p> <p style="text-align:center; margin-top:10px;"></p>	<p style="text-align:right; margin:0;">23</p> <p>10:00 Fitness 'n' Fun (RC) 10:45 Walking Program 2:00 Special Visit with OWL Rehabilitation Society (RC) 4:00 Rolls & Strolls 7:00 BINGO (RC)</p> <p style="text-align:center; margin-top:10px;"></p>	<p style="text-align:right; margin:0;">24</p> <p>10:00 Community News (RC) 10:30 Fitness 'n' Fun (RC) 11:00 Sing-A-Long (RC) 2:00 Active Games (RC) 4:00 Nails & Polish (RC)</p>	<p style="text-align:right; margin:0;">25</p> <p>10:00 Fitness 'n' Fun 11:00 Town Hall News 3:30 Rolls & Strolls (CY)</p>
<p style="text-align:right; margin:0;">26</p> <p>10:00 Fitness 'n' Fun (RC) 10:45 Rolls & Strolls (CY) 11:30 Personal Visits 2:00 Music with Douglas (RC) 3:30 Walking Program</p> <p style="text-align:center; margin-top:10px;"></p>	<p style="text-align:right; margin:0;">27</p> <p>10:00 Fitness 'n' Fun (RC) 10:45 Coffee Corner (HL) 2:00 Travelling Tuck Shop 2:30 Flower Arranging (RC) 4:00 Nails & Polish (CY)</p>	<p style="text-align:right; margin:0;">28</p> <p>10:00 Fitness 'n' Fun (RC) 10:30 <u>Catholic Communion</u> 10:45 Helping Hands (RC) 2:00 Music with Hans (RC) 3:30 Walking Program 7:00 Gentle Touch (RC)</p>	<p style="text-align:right; margin:0;">29</p> <p>10:00 Fitness 'n' Fun (RC) 10:30 Fun Facts (RC) 11:00 Helping Hands (RC) 2:00 Wellness Spa (RC) 4:00 Rolls & Strolls (CY)</p>	<p style="text-align:right; margin:0;">30</p> <p>10:00 Fitness 'n' Fun (RC) 10:45 Walking Program 1:30 Scenic Bus Outing 4:00 Music Circle (RC) 7:00 Pub Night with Leo Araujo (C1)</p> <p style="text-align:center; margin-top:10px;"></p>	<p style="text-align:right; margin:0;">31</p> <p>10:00 Community News (RC) 10:30 Fitness 'n' Fun (RC) 11:00 Crosswords Puzzle (RC) 2:00 Active Games (RC) 4:00 Rolls & Strolls (CY)</p>	<p style="text-align:right; margin:0;">31</p> <div style="text-align:center;">  <p>Come visit March 23rd at 2pm to see some birds of prey!</p> </div>

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



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