

LEGEND FL = Fireside Lounge 1st Floor GR = Garden Room 1st Floor GRC = Garden Room Courtyard
 4th FL-DR = 4th Floor Dining Room G = Games Room 3rd Floor CY = Centre Courtyard
 CC1 = Care Centre 1st Floor L = Library on 2nd Floor AR = Activity Room (3rd Floor)
 FC = Fitness Centre 3rd Floor Red = Volunteer Run Programs SU = Sign Up at Reception

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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="font-size: 4em; margin: 0;">July 2017</h1> <h2 style="font-size: 2em; margin: 0;">HARMONY COURT ESTATE</h2>						 <p>HAPPY Canada Day! 7:30 Musical Movie Night: Singin' In The Rain (AR)</p>
2 	3  No Recreation Staff	4 10 – 3pm Euro Design (FL) 10:30 – 11:30 Blood Pressure Clinic with Cindy (FL) 12:30 Tuck Shop (FL) 4:00 Crosswords (FL) 7:00 Documentary Film Night: Earth Flight (AR)	5 9:30 News & Views (FL) 10:30 St. Albans Daycare Intergenerational Visit (AR) 2:30 BINGO (AR) 3:30 Wii Bowling (AR)	6 9:30 Ladies' Breakfast (SU) (4 th FL-DR) 12:30 Tuck Shop (FL) 2:00 Crib and Card Games (FL) 2:30 Music Circle with Birgit (AR) 4:00 Crosswords (FL)	7 9:30 News & Views (FL) 10:30 Group Fitness (AR) 1:30 Burnaby Library (FL) 2:30 Birthday Party with Leo Araujo (GR) 7:30 Movie Night: Waking Ned Devine (AR)	8 2:30 Expressive Art Program (AR)
9 2:30 Bible Study with Ali Non-Denominational (AR)	10 3:00 Bus Dinner Outing: Belcarra Park & BBQ Picnic (SU) 2:30 Wii Bowling (AR) 3:30 Open Readings or Poetry (L)	11 9:30 News & Views (FL) 10:30 Outdoor Walking Club (GR) 10:30 Chair Yoga with Beate' (AR) 12:30 Tuck Shop (FL) 1:30 Bus Outing: Betty Griffin Memorial Service 4:00 Crosswords (FL)	12 9:30 News & Views (FL) 10:30 Group Fitness (AR) 2:30 BINGO (AR) 3:30 Wii Bowling (AR) 7:30 Chaplain Dan (AR)	13 10:30 Bus Outing: Shopping and Lunch at Royal City Centre (SU) 12:30 Tuck Shop (FL) 2:00 Crib and Card Games (FL) 2:30 No Music Circle 4:00 Crosswords (FL)	14 9:30 News & Views (FL) 10:30 Group Fitness (AR) 2:30 New Resident Tea with Roy Orbison Tribute (GR)	15 7:30 Movie Night: The Grand Budapest Hotel (AR)
16 2:30 Hymn Singing (GR)	17 10:30 Bus Lunch Outing: Steveston Gulf of Georgia Cannery Tour + Fish & Chips (SU) (\$20) 2:30 Wii Bowling (AR)	18 9:30 News & Views (FL) 10:30 Group Fitness (AR) 12:30 Tuck Shop (FL) 2 – 4pm Tan Jay Clothing (FL) 2:15 Catholic Mass (CC1) 2:30 – 4:00 Education Seminar: Sunquest Mobility (AR) 4:00 Crosswords (FL)	19 9:30 News & Views (FL) 10:30 Group Fitness (AR) 2:30 BINGO (AR) 3:30 Wii Bowling (AR)	20 10:30 Decorating in Courtyard 12:30 Tuck Shop (FL) 2:00 Crib and Card Games (FL) 2:30 Caribbean Day Social with Steel Drum Music by Kendrick (CY) 2:30 No Music Circle 4:00 Crosswords (FL)	21 9:30 News & Views (FL) 10:30 Group Fitness (AR) 11:45/1:00 Caribbean BBQ Lunch 2:30 Armchair Travel: Caribbean (AR) 7:30 Movie Night: Becoming Jane (AR)	22 Day of Rest
23 2:30 Bible Study with Ali Non-Denominational (AR)	24 10:30 Bus Lunch Outing: The River Market at New Westminster Quay (SU) (\$15) 2:30 Wii Bowling (AR) 3:30 Open Readings or Poetry (L)	25 11 – 3pm Linda's Jewelry (FL) 12:30 Tuck Shop (FL) 2:00 Resident Council Meeting (4 th FL-DR) 3:30 Recreation Forum (AR) 7:30 Pub Night & 50/50 Draw with Suede Dogs (GR)	26 9:30 News & Views (FL) 10:30 Group Fitness (AR) 2:30 Jackpot BINGO (AR) 3:30 Wii Bowling (AR) 7:30 Chaplain Dan (AR)	27 11:30 Men's Lunch Club (SU) (4 th FL-DR) 12:30 Tuck Shop (FL) 2:00 Crib and Card Games (FL) 2:30 Music Circle with Birgit (AR) 4:00 Crosswords (FL) SIGNUP SHEETS GO OUT	28 9:30 News & Views (FL) 10:30 Group Fitness (AR) 2:00 Book Club: Shanghai Girls (L) 3:30 Cocktail Hour (FL)	29 2:30 Expressive Art Program (AR) 7:30 Movie Night: Definitely Maybe (AR)
30 Day of Rest	31 2:30 Wii Bowling (AR) 3:30 Smart Phone Basics (FL)	 <h1 style="font-size: 4em; margin: 0;">HAPPY 150TH CANADA!</h1> <p style="font-size: 1.2em; margin: 0;">Sign Up for Bus Trips, Ladies' Breakfast, and Men's Lunch Club at Reception</p> 				