

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="color: red;">December 2017</h1> <h2 style="color: green;">Harmony Court Estate</h2> 						
3	4	5	6	7	8	9
	10:30 Osteofit Exercise (AR) 10-3 Harmony Court's Christmas Bazaar (FL) 	2:30 Resident Update Meeting (GR) 4:00 Crossword (FL) 7:30 Chemsemble Choir (GR) 	10:30 St. Alban's Daycare Intergenerational Visit (AR) 2:00 BINGO (AR) 3:30 Wii Bowling (AR)  3:30 Bus Outing: Christmas Light Walk at Lafarge Lake (SU)	9:30 Ladies Breakfast Club (4 th FL- DR) (SU) 2:00 Bridge Games (FL) 2:30 Music Circle with Birgit (AR) 2:30 Tuck Shop (FL) 4:00 Crossword (FL)	10:30 Osteofit Exercise (AR) 11:00 Christmas Decorating (AR) 2:30 Afternoon Tea with Slava and his Dancer (GR) 	2:30 Expressive Art with Gordon (AR) 7:30 Movie Night: Love & Friendship (AR)
10	11	12	13	14	15	16
	9:30 Fitness 1-1 (FC) 10:30 Osteofit Exercise (AR) 2:30 Melodaires Choir (GR)  Join the Choir... You'll Be Glad You Did!	10:30 Bus Outing: Lunch Outing to Sammy J Pepper (SU) 2:30 Education Seminar: "Fall Prevention by Ali" (AR) 3:30 Food Forum (AR)	9:30 Fitness 1:1 (FC) 10:30 Osteofit by Easy Therapy (AR) 11:30 Bus Outing: Christmas Luncheon at The Joy Club (SU) 3:00 BINGO (AR) 7:30 Inspirational Service with Chaplain Dan (AR)	10:30 Bus Outing: Shopping at Royal City Centre (SU) 2:00 Crib and Card Games (FL) 2:30 Harmony Court's Choir with Birgit (GR) 2:30 Tuck Shop (FL) 4:00 Crossword (FL)	9:30 Morning Social -Care Side visit 10:30 Chair Yoga with Beate (AR) 2:30 Special Birthday Party with Elvis Aaron (GR) 	11:00 Aroma Spa with Kelly (SU) (AR) 2:30 Expressive Art with Gordon (AR) 2:30 Gentle Stretch with Kelly (FL) 7:30 Movie Night: A Child's Christmas in Wales (AR)
17	18	19	20	21	22	23
7:30 Inspirational Service with Chaplain Dan (AR)	9:30 Fitness 1-1 (FC) 10:30 Osteofit Exercise (AR) 1:30 Christmas Hamper Packing (FL) 3:30 Santa Clause is Coming to Town! (FL) 	2:15 Catholic Mass (CC1) 2:30 Recreation Forum (AR) 4:00 Heritage Christmas at Burnaby Village Museum & Buffet Dinner at Villa Casino (SU)	9:30 Fitness 1-1 (FC) 10:30 Osteofit Exercise (AR) 2:30 BINGO (AR)  3:30 Wii Bowling (AR)	10:30 St. Albans Anglican Church Service (AR) 2:00 Bridge Games (FL) 2:30 Harmony Court's Choir with Birgit (Care Side) 2:30 Tuck Shop (FL) 4:00 Crossword (FL) 6:30 Bus Outing: Christmas Light Tour and Dinner at VanDusan Garden (SU) (\$15)	10:30 Chair Yoga with Beate (AR) 1:30 Burnaby Library (FL) 2:30 Christmas Social with Variations (GR)  7:30 Movie Night: Love Actually (AR)	7:30 Movie Night: Bad Santa (AR) 
24	25	26	27	28	29	30
Christmas Eve Ham Dinner	Christmas Turkey Dinner 	10:30 Bus Outing: Boxing Day Shopping at Royal City Centre (SU) 2:30 Men's Social Club (FL) 4:00 Crossword (FL)	9:30 Fitness 1-1 (FC) 10:30 Osteofit Exercise (AR) 2:30 Jackpot BINGO (AR)  3:30 Wii Bowling (AR)	9:30 Men's Breakfast Club (4 th FL-DR) (SU) 2:00 Crib and Card Games (FL) 2:30 Tuck Shop (FL) 2:30 Artistic Expressions (AR) SIGNUP SHEETS GO OUT	2:30 Osteofit Exercise (AR) 7:30 New Year's Celebration with Gracie and the Guys (GR) 	7:30 Movie Night: A little Christmas Business (AR) 
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New Year's Eve Salmon Dinner 						