












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 |
|--|--|---|--|--|--|--|
| <p>1</p> <p>New Year's Eve Salmon Dinner</p>  | <p>2</p> <p>flappy New Year</p> <p>No Recreation Staff</p> | <p>3</p> <p>10:30 Bus Outing: Bloedel Conservatory-Queen Elizabeth Park & Picnic Lunch on the Bus (SU) 4:00 Crossword (FL) 7:30 Documentary Film Night: Life Story (Earth) (AR)</p> | <p>4</p> <p>9:30 Fitness 1:1 (FC) 10:30 St. Alban's daycare Intergenerational Visit (AR) 2:30 BINGO (AR) 3:30 Wii Bowling (AR) 4:00 Christmas Decors Down</p> | <p>5</p> <p>9:30 Ladies Breakfast Club (4th FL - DR) (SU) 2:00 Bridge Game (FL) 2:30 Music Circle with Bigit (AR) 3:30 Bus Outing: Burnaby Village Museum Light Show (SU)</p> | <p>6</p> <p>9:30 Fitness 1:1 (FC) 10:30 Chair Yoga with Beate' (AR) 2:30 Golden oldies With Barrie Randle (GR)</p>  <p>7:30 Movie Night: The Nice Guys-Comedy (AR)</p> | |
| <p>7</p>  | <p>8</p> <p>9:30 Fitness 1:1 (FC) 10:30 Osteofit Exercise (AR) 2:30 Wii Bowling 3:30 Open Reading or Poetry (L)</p> | <p>9</p> <p>11:00 Bus Outing: Lunch Outing to C- Lovers (SU) 2:30 Education Seminar: "People's Pharma Choice"(AR) 4:00 Crossword (FL)</p> | <p>10</p> <p>9:30 Fitness 1-1 (FC) 10:30 Osteofit Exercise(AR) 2:00 BINGO (AR) 3:30 Wii Bowling (AR) 7:30 Inspirational Service with Chaplain Dan (AR)</p> | <p>11</p> <p>Pajama Day 10:30 Bus Outing: Shopping and Lunch at Royal City Centre (SU) 2:00 Bridge Games (FL) 2:30 Hot Chocolate Social with Birgit (AR) "Stay Cozy in your Pajamas"</p> | <p>12</p> <p>9:30 Fitness 1:1 (FC) 10:30 Osteofit Exercise (AR) 2:30 New Resident Welcome Tea with Old Friends (GR) 7:30 Movie Night: Up (AR)</p> | <p>13</p> <p>11:00 Aroma Spa with Kelly (SU) (AR) 2:30 Gentle Stretch with Kelly (AR)</p> |
| <p>14</p>  | <p>15</p> <p>9:30 Fitness 1-1 (FC) 10:30 Osteofit Exercise (AR) 2:30 Wii Bowling (AR) 2:30 Men's Social Club (FL)</p> | <p>16</p> <p>2:15 Catholic Mass (CC1) 3:30 Food Forum (AR) 7:30 Pub Night with Square Dancers (GR)</p>  | <p>17</p> <p>9:30 Fitness 1:1 (FC) 10:30 Osteofit by Easy Therapy (AR) 11:30 Bus Outing: Lunch Outing to Joy Club (SU) (\$5) 3:00 BINGO (AR)</p> | <p>18</p> <p>10:30 St. Albans Anglican Church Service (AR) 2:00 Crib and Card Games (FL) 2:30 Music Circle with Birgit (AR) 4:00 Crossword (FL) 7:30 Social Hour with Ukulele Ensemble (GR)</p> | <p>19</p> <p>9:30 Morning Social (FL) 10:30 Chair Yoga with Beate'(AR) 2:30 Birthday Social & Robbie Burns day with Scottish Dancers (GR)</p>  | <p>20</p> <p>2:30 Expressive Art with Gordon (AR) 7:30 Movie Night: Bird Man (AR)</p> |
| <p>8</p>  | <p>22</p> <p>9:30 Fitness 1-1 (FC) 10:30 Osteofit Exercise (AR) 2:30 Wii Bowling (AR) 2:30 Artistic Expressions (FL)</p> | <p>23</p> <p>11:00 Bus Outing: The Starlight Casino Buffet Lunch (SU) 2:30 Education Seminar: Oral Hygiene (AR) 3:30 Recreation Forum (AR)</p>  | <p>24</p> <p>9:30 Fitness 1-1 (FC) 10:30 Osteofit Exercise(AR) 2:30 BINGO (AR) 3:30 Wii Bowling (AR) 7:30 Inspirational Service with Chaplain Dan (AR)</p> | <p>25</p> <p>9:30 Men's Breakfast Club (4th FL-DR) (SU) 2:00 Bridge Games (FL) 2:30 Music Circle with Birgit (AR) 3:30 Book Club (Cool Water) (L)</p> | <p>26</p> <p>9:30 Fitness 1:1 (FC) 10:30 Osteofit Exercise (AR) 1:30 Burnaby Library (FL) 2:30 Cocktail Hour with Melodious Mandolins (GR) 7:30 Movie Night: Snow White & The Huntsman (AR)</p> | <p>27</p> <p>11:00 Aroma Spa with Kelly (SU) (AR) 2:30 Gentle Stretch with Kelly (AR)</p> |
| <p>28</p>  | <p>29</p> <p>9:30 Fitness 1-1 (FC) 10:30 Osteofit Exercise (AR) 3:00 Wii Bowling (AR) 2:00 Resident Council Meeting (AR)</p> | <p>30</p> <p>10:30 Bus Outing: A Little Lunch Music and Buffet lunch at Shadbolt Centre (SU) (\$12) 3:30 Music Appreciation (AR)</p>  | <p>31</p> <p>9:30 Fitness 1-1 (FC) 10:30 Osteofit Exercise (AR) 2:30 Jackpot BINGO (AR) 3:30 Wii Bowling (AR) SIGNUP SHEETS GO OUT</p> | <p>JANUARY 2018</p>  <p>Harmony Court Estate</p> | | |