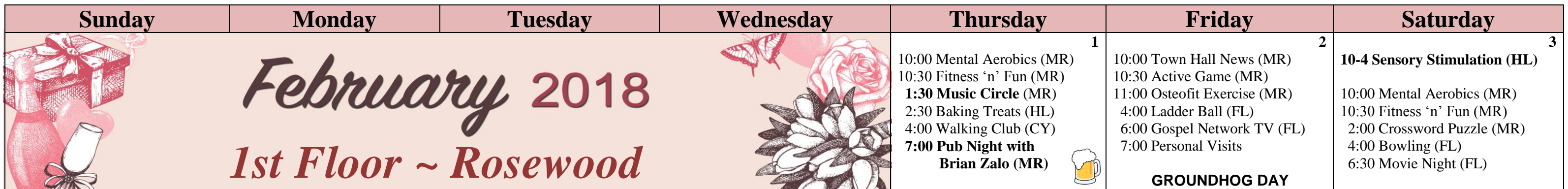



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|---|---|
|  <h1 style="font-family: cursive;">February 2018</h1> <h2 style="font-family: cursive;">1st Floor ~ Rosewood</h2> | | | | | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 10:00 Fitness 'n' Fun (MR) 10:45 Activities for the Soul (MR) 2:30 Evangelical Church Service (C2) 4:00 Sing Along with ElderSong (FL) 7:00 Nails & Polish (FL) Super Bowl Sunday | 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Travelling Tuck Shop 2:00 Pets & Friends 2:00 Java Music Club (HL) 4:00 Balloon Volley (FL) 7:00 Personal Visits | 10:00 Town Hall News (MR) 10:30 Fitness 'n' Fun (MR) 11:45 Ladies' Lunch (HL) 2:30 Flower Arranging (MR) 4:00 Walking Club (CY) 7:00 BINGO (MR) | 10:00 Bus Outing: Scenic Trip 10:15 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:00 Birthday Party with Colleen Durdon (C2) 4:00 Ring Toss (FL) 7:00 Hot Cider Social (FL) | 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Music Circle (MR) 2:30 Wellness Spa (HL) 4:00 Walking Club (CY) 7:00 Table Games (MR) | 10:00 Town Hall News (MR) 10:30 Active Game (MR) 2:00 Chair Yoga with Almas (MR) 4:00 Ball Toss (FL) <i>5:00 Olympic Opening Ceremony (FL)</i> 7:00 Personal Visits Winter Olympics Feb 9th - 25th | 10-4 Sensory Stimulation (HL) 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:00 Crossword Puzzle (MR) 4:00 Bowling (FL) 6:30 Movie Night (FL) |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 10:00 Fitness 'n' Fun (MR) 10:45 Activities for the Soul (MR) 2:00 Music with Douglas (C2) 4:00 Sing Along with ElderSong (FL) 7:00 Nails & Polish (FL) | 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:00 Pets & Friends 4:00 Balloon Volley (FL) 7:00 Personal Visits BC FAMILY DAY | 10:00 Town Hall News (MR) 10:30 Fitness 'n' Fun (MR) 2:30 Crossword Puzzle (MR) 4:00 Walking Club (CY) <i>7:00 Valentine's BINGO (MR)</i> | 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:00 Valentine's Tea with Martin Adcock (C2) 4:00 Horseshoes (FL) 6:30 Inspirational Service with Chaplain Dan (FL) 7:00 Hot Cocoa Social (FL) VALENTINE'S DAY | 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Music Circle (MR) 2:30 Baking Treats 4:00 Walking Club (CY) 7:00 Table Games (MR) | 10:00 Town Hall News (MR) 10:30 Active Game (MR) 11:00 Osteofit Exercise (MR) 4:00 Ladder Ball (FL) 6:00 Gospel Network TV (FL) 7:00 Personal Visits HAPPY CHINESE NEW YEAR | 10-4 Sensory Stimulation (HL) 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:00 Music & Dancing with Barrie Randle (MR) 4:00 Bowling (FL) 6:30 Movie Night (FL) |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 10:00 Fitness 'n' Fun (MR) 10:45 Activities for the Soul (MR) 4:00 Sing Along with ElderSong (FL) 7:00 Nails & Polish (FL) | 10:30 Performance with The Chinese Evergreen Dancers (C2) 1:30 Travelling Tuck Shop 4:00 Balloon Volley (FL) 7:00 Personal Visits | 10:00 Town Hall News (MR) 10:30 Fitness 'n' Fun (MR) 11:45 Men's Lunch (HL) 2:15 Catholic Mass (MR) 2:30 Short Stories (HL) 4:00 Walking Club (CY) 7:00 BINGO (MR) | 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 11:00 Bus Outing: Lunch at Burnaby Palace Chinese 2:30 Personal Visits 4:00 Ring Toss (FL) 7:00 Hot Cider Social (FL) | 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 1:30 Music Circle (MR) 2:30 Baking Treats 4:00 Walking Club (CY) 7:00 Pub Night with Clearly Classic (C2) | 10:00 Town Hall News (MR) 10:30 Active Game (MR) 2:00 Chair Yoga with Almas (MR) 4:00 Ball Toss (FL) 6:00 Gospel Network TV (FL) 7:00 Personal Visits | 10:00 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 4:00 Bowling (FL) 6:30 Movie Night (FL) |
| 25 | 26 | 27 | 28 |  | | 29 |
| 10:00 Fitness 'n' Fun (MR) 10:45 Activities for the Soul (MR) 2:00 Music with Douglas (C2) 4:00 Sing Along with ElderSong (FL) 7:00 Nails & Polish (FL) | 10:00 Mental Aerobics (FL) 10:30 Fitness 'n' Fun (FL) 1:30 Travelling Tuck Shop 2:00 Pets & Friends 2:00 Tea Social with Glenn Williams (MR) 4:00 Balloon Volley (FL) 7:00 Personal Visits | 10:00 Town Hall News (MR) 10:30 Fitness 'n' Fun (MR) 2:30 Creative Corner (MR) 4:00 Walking Club (CY) 7:00 BINGO (MR) | 10:00 Bus Outing: Scenic Trip 10:15 Mental Aerobics (MR) 10:30 Fitness 'n' Fun (MR) 2:00 Performance with Melodares Choir (C2) 6:30 Inspirational Service with Chaplain Dan (FL) 7:00 Hot Cocoa Social (FL) | | | Happy Valentine's Day |

AgeCare Harmony Court Care Centre

7195 Canada Way Burnaby, BC
 Reception: (604) 527-3300
 Recreation: (604) 527-3328



Weekly Visits with TJ

Helping Hands Program
 Held throughout the day Sunday to Saturday
 Residents assisting Care Staff with daily routine chores

LEGEND: MR= Magnolia Dining Room
 HL= Hearthstone Lounge
 FL= Fireside Lounge
 CY= Magnolia Courtyard (Weather Permitting)
 FG = Friendship Garden (Weather Permitting)

C2 = 2nd floor Wedgewood
Bold = Specialty Programs
Underlined = Volunteers
Italics: Themed Programs