

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
HARMONY COURT ESTATE 2018 			1 10:00 Osteofit Exercise (AR) 10:30 St. Alban's Daycare Intergenerational Visit (AR) 2:30 BINGO (AR)	2 9:30 Breakfast Club (4 th FL-DR) (SU) 2:30 Music Circle with Birgit (AR) 3:30 Ice Cream Social (Main Courtyard)	3 10:00 News & Views (AR) 10:30 Chair Yoga with Beate' (AR) 2:30 Afternoon Social with Glenn Williams (GR)	4 2:30 Expressive Art with Gordon (AR) 7:30 Movie Night: Charles Darwin and the Tree of life (AR)
5 B.C. Day Salmon Dinner	6 BRITISH COLUMBIA DAY	7 10:30 Bus Outing: Picnic Lunch at Queen Elizabeth Park (SU) 2:30 Resident Update Meeting (GR) 7:30 Documentary Film Night: Planet Earth Part 3 (AR)	8 10:00 Osteofit Exercise (AR) 10:45 Word Games (AR) 2:30 BINGO (AR) 3:30 Wii Bowling (AR) 7:30 Inspirational Service with Chaplain Dan (AR)	9 10:30 Bus Outing: Shopping & Lunch at Coquitlam Centre (SU) 2:30 Music Circle with Birgit (AR)	10 10:00 Osteofit Exercise (AR) 1:30 Burnaby Library (FL) 2:30 B.C Day Celebrations with Pancho & Sal (Main Courtyard) 7:30 Movie Night: Roman Holiday (AR)	11 11:00 Aroma Spa with Kelly (SU) (AR) 2:30 Gentle Stretch with Kelly (AR)
12 	13 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:30 Wii Bowling (AR) 3:30 Popsicle Social (Main Courtyard)	14 10:30 Education Seminar: Alzheimer Society of B.C (AR) 2:30 Scenic Bus Outing: Burnaby Mountain (SU) 3:30 Food Forum (AR) 7:30 Pub Night & 50/50 Draw with Ryan Langevin (GR)	15 10:00 Osteofit Exercise with Easy Therapy (AR) 10:45 Crossword (AR) 2:30 BINGO (AR) 3:30 Wii Bowling (AR)	16 10:30 Bus Outing: Shopping & Lunch at Royal City Centre (SU) 2:30 Ice Cream Sandwich Social with Birgit (FL)	17 10:00 News & Views (AR) 10:30 Chair Yoga with Beate'(AR) 2:30 Birthday Social with Lorraine Smith (GR)	18 2:30 Expressive Art with Gordon (AR) 7:30 Movie Night: The Philadelphia Story (AR)
19 	20 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:30 Wii Bowling (AR) 3:30 Artistic Expression (AR)	21 10:30 Education Seminar: Medical Alert Device by Telus (AR) 2:15 Catholic Mass (CC1) 3:30 Recreation Forum (AR)	22 10:00 Osteofit Exercise (AR) 10:45 Crosswords (AR) 2:30 BINGO (AR) 3:30 Wii Bowling (AR) 7:30 Chemsemble Choir (GR)	23 10:30 Bus Outing: Picnic Lunch at Vancouver Aquarium (\$30) 2:30 Music Circle with Birgit (AR)	24 11:00 Outdoor Walks (GR) 2:30 Afternoon Social with Lou Earl (GR) 7:30 Movie Night: Charlie Wilson's War(AR)	25 11:00 Aroma Spa with Kelly (SU) (AR) 2:30 Gentle Stretch with Kelly (AR)
26 	27 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:00 Resident Council Meeting (AR) 3:00 Wii Bowling (AR) 3:30 Open Reading & Poetry (L)	28 11:15 Lunch Outing: Balkan House Restaurant (\$15) (SU) 3:30 Outdoor Walks (FL)	29 10:00 Osteofit Exercise (AR) 10:45 Crosswords (AR) 2:30 Jackpot BINGO (AR) 3:30 Wii Bowling (AR) 7:30 Inspirational Service with Chaplain Dan (AR) SIGN UP SHEETS GO OUT	30 10:30 Outdoor Walks (GR) 3:00 Cocktail Hour (FL)	31 10:00 Osteofit Exercise (AR) Caribbean BBQ Lunch 2:30 Caribbean Day Celebrations with Kendrick (Main Courtyard)	