

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="color: red;">September 2018</h1> <h2>2nd Floor ~ Wedgewood</h2> 						1 10:00 Fitness 'n' Fun (MD) 10:45 News & Trivia (MD) 2:00 Bowling (MD) 3:30 Rolls & Strolls (CY)
2 10:00 Fitness 'n' Fun (MD) 10:45 Fun Facts & News (MD) 2:00 Lemonade Social & Reminiscing (MD) 3:30 Walking Program	3 10:00 Fitness 'n' Fun (MD) 10:45 Nails & Polish (MD) 2:00 Travelling Tuck Shop 2:30 BINGO (SD) 3:30 <u>1:1 Pet Visits</u> 4:00 Rolls & Strolls (CY) LABOUR DAY	4 10:00 Fitness 'n' Fun (MD) 10:45 Choir Club (HL) 2:00 Creative Corner (MD) 3:30 Walking Program 7:00 Gentle Touch (MD)	5 10:00 Bus Outing: Scenic Trip 10:15 Balloon Volley (MD) 11:00 Mental Aerobics (MD) 2:00 Visit with Japanese Students (MR) 3:30 Rolls & Strolls (CY)	6 10:00 Fitness 'n' Fun (MD) 10:45 Walking Program 2:00 Word Games (MD) 2:15 Wellness Spa (SD) 4:00 Music Circle (MD) 7:00 Pub Night with Leo Araujo (C1) 	7 10:00 News & Trivia (MD) 10:30 Fitness 'n' Fun (SD) 2:00 Java Music Club (SD) 3:30 Rolls & Strolls (CY)	8 10-4 Sensory Stimulation (C1) 10:00 Fitness 'n' Fun (MD) 10:45 News & Trivia (MD) 2:00 Bowling (MD) 3:30 Rolls & Strolls (CY)
9 10:00 Fitness 'n' Fun (MD) 10:45 Spirit & Soul (MD) 2:00 Music with Douglas (MD)  3:30 Walking Program GRANDPARENT'S DAY	10 10:00 Fitness 'n' Fun (MD) 10:45 Nails & Polish (MD) 2:00 Travelling Tuck Shop 2:30 BINGO (SD) 3:30 <u>1:1 Pet Visits</u> 4:00 Rolls & Strolls (CY)	11 10:00 Fitness 'n' Fun (MD) 10:45 Helping Hands (MD) 11:45 Ladies' Lunch (HL) 2:30 Creative Corner (MD) 3:30 Walking Program 7:00 Short Stories (MD)	12 10:00 Balloon Volley (MD) 11:00 Mental Aerobics (MD) 2:00 Birthday Party with Mike Sanyshyn (MD)  4:00 Personal Visits 7:00 Inspirational Service with Chaplain Dan (MD)	13 10:15 Wellness Spa (MD) 2:30 Ice Cream Social in the Courtyard 4:00 Music Circle (MD) 7:00 BINGO (MD) 	14 10:00 Fitness 'n' Fun (MD) 10:45 Crosswords Puzzle (MD) 11:00 Garden Club (CY) 2:00 Active Game (MD) 4:00 Nails & Polish (MD)	15 10-4 Sensory Stimulation (C1) 10:00 Fitness 'n' Fun (MD) 10:45 News & Trivia (MD) 2:00 Sing Along with Glenn Williams (MD) 3:30 Rolls & Strolls (CY) 
16 10:00 Fitness 'n' Fun (MD) 10:45 Fun Facts & News (MD) 2:00 Ice Tea & Reminiscing (MD) 3:30 Walking Program	17 10:30 to 1:00pm Pancake Brunch Fundraiser Estate Fireside Lounge 10:00 Fitness 'n' Fun (MD) 10:45 Nails & Polish (MD) 2:00 Travelling Tuck Shop 2:30 BINGO (SD) 3:30 <u>1:1 Pet Visits</u> 4:00 Rolls & Strolls (CY)	18 10:00 Fitness 'n' Fun (MD) 10:45 Choir Club (HL) 2:00 <u>Music with Nancy (MD)</u> 2:15 Catholic Mass (C1) 4:00 Walking Program 7:00 Gentle Touch (MD) 	19 10:00 Bus Outing & Picnic at The Greater Vancouver Zoo 10:00 Sing Along Music (MD) 2:30 Baking Treats (SD) 2:30 Table Games (MD) 3:30 Rolls & Strolls (CY)	20 10:00 Fitness 'n' Fun (MD) 10:45 Walking Program 2:15 Wellness Spa (SD) 2:30 A Day in Mexico (MD) 4:00 Music Circle (MD) 7:00 Pub Night with Glenn Pearson (MD) 	21 10:00 News & Trivia (MD) 10:30 Fitness 'n' Fun (SD) 2:00 Java Music Club (SD) 3:30 Rolls & Strolls (CY)	22 10:00 Fitness 'n' Fun (MD) 10:45 News & Trivia (MD) 2:00 Bowling (MD) 3:30 Rolls & Strolls (CY)  1st Day of Autumn 
23 10:00 Fitness 'n' Fun (MD) 10:45 Spirit & Soul (MD) 2:00 Music with Douglas (MD)  3:30 Walking Program	24 10:00 Fitness 'n' Fun (MD) 10:45 Nails & Polish (MD) 2:00 Travelling Tuck Shop 2:30 BINGO (SD) 3:30 <u>1:1 Pet Visits</u> 4:00 Rolls & Strolls (CY)	25 10:00 Fitness 'n' Fun (MD) 10:45 Helping Hands (MD) 11:45 Men's Lunch (HL) 2:30 Flower Arranging (MD) 4:00 Walking Program 7:00 Short Stories (MD)	26 10:00 Bus Outing: Scenic Trip 10:15 Balloon Volley (MD) 11:00 Mental Aerobics (MD) 2:30 Tea Social with Martin Adcock (MD) 3:30 Rolls & Strolls (CY) 7:00 Inspirational Service with Chaplain Dan (MD)	27 10:15 Wellness Spa (MD) 2:30 Ice Cream Social in the Courtyard 4:00 Music Circle (MD) 7:00 BINGO (MD) 	28 10:00 Fitness 'n' Fun (MD) 10:45 Crosswords Puzzle (MD) 11:00 Garden Club (CY) 2:00 Active Game (MD) 3:30 Nails & Polish (MD)	29 10:00 Fitness 'n' Fun (MD) 10:45 News & Trivia (MD) 2:00 Bowling (MD) 3:30 Rolls & Strolls (CY)
30 10:00 Fitness 'n' Fun (MD) 10:45 Fun Facts & News (MD) 2:00 Tea Social & Reminiscing (MD) 3:30 Walking Program	AgeCare Harmony Court Care Centre 7195 Canada Way Burnaby, BC Reception: (604) 527-3300 Recreation: (604) 527-3328					
			SEPTEMBER SPECIAL MEAL 7TH – FAIRWELL SUMMER BBQ LUNCH 9TH – GRANDPARENT'S DAY DINNER <i>Meal tickets purchased with Paulette</i>	LEGEND: MD= Main Dining Room SD = Small Dining Room HL = Hearthstone Lounge (C1) CY = Magnolia Courtyard (Weather Permitting) FG = Friendship Garden (Weather Permitting)		C1= 1 st floor Rosewood Bold = Specialty Programs <u>Underlined</u> = Volunteers <i>Italics</i> = Themed Programs