
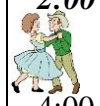









Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>10:00 Fitness 'n' Fun (MD) 10:45 Nails & Polish (MD) 2:00 Travelling Tuck Shop 2:30 BINGO (SD) 3:30 <u>1:1 Pet Visits</u> 4:00 Rolls & Strolls (CY)</p>	<p>2</p> <p>10:00 Fitness 'n' Fun (MD) 10:45 Helping Hands (MD) 11:45 Ladies' Lunch (HL) 2:30 Creative Corner (MD) 3:30 Walking Program 7:00 Short Stories (MD)</p>	<p>3</p> <p>10:00 Bus Outing: Scenic Trip 10:15 Balloon Volley (MD) 10:45 Mental Aerobics (MD) 2:00 Fall Ball Dance with Swinging Singles Square Dance Club (MD) 4:00 Personal Visits</p> 	<p>4</p> <p>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 BINGO (MD)</p>	<p>5</p> <p>10:00 Fitness 'n' Fun (MD) 10:45 News & Trivia (MD) 2:00 Java Music Club (SD) 3:30 Rolls & Strolls (CY)</p>	<p>6</p> <p>10-4 Sensory Stimulation (C1) 10:00 Fitness 'n' Fun (MD) 10:45 Crosswords Puzzle (MD) 2:00 Bowling (MD) 3:30 Rolls & Strolls (CY)</p>
<p>7</p> <p>10:00 Fitness 'n' Fun (MD) <i>10:45 Thanksgiving Fun Facts & News (MD)</i> 2:00 <i>Pumpkin Pie Tea Social & Reminiscing (MD)</i> 3:30 Walking Program</p>	<p>8</p> <p>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)</p> <p>HAPPY THANKSGIVING</p>	<p>9</p> <p>10:00 Fitness 'n' Fun (MD) 10:45 Coffee Corner (HL) 1:00 to 2:30 Election Voting Opportunity Estate Fireside Lounge 2:00 Creative Corner (MD) 3:30 Walking Program 7:00 Gentle Touch (MD)</p>	<p>10</p> <p>10:00 Bus Outing: Scenic Trip to Stanley Park 10:15 Balloon Volley (MD) 10:45 Mental Aerobics (MD) 2:00 Baking Treats (SD) 2:00 Table Games (MD) 3:30 Rolls & Strolls (CY) 7:00 Inspirational Service with Chaplain Dan (MD)</p>	<p>11</p> <p>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 Gordy Van (C1) </p>	<p>12</p> <p>10:00 Fitness 'n' Fun (MD) 10:45 News & Trivia (MD) 2:00 Active Game (MD) 3:30 Nails & Polish (MD)</p>	<p>13</p> <p>10:00 Fitness 'n' Fun (MD) 10:45 Sing Along (MD) 2:00 Bowling (MD) 3:30 Rolls & Strolls (CY)</p>
<p>14</p> <p>10:00 Fitness 'n' Fun (MD) 10:45 Spirit & Soul (MD) 2:00 Music with Douglas (MD)  3:30 Walking Program</p>	<p>15</p> <p>10:00 Fitness 'n' Fun (MD) 10:45 Nails & Polish (MD) 1:30 Travelling Tuck Shop 2:30 Visit with Mike's Critter (MD) 3:30 <u>1:1 Pet Visits</u> 4:00 Rolls & Strolls (CY)</p>	<p>16</p> <p>10:00 Fitness 'n' Fun (MD) 10:45 Helping Hands (MD) 11:45 Men's Lunch (HL) 2:15 Catholic Mass (C1) 2:30 Creative Corner (MD) 3:30 Walking Program  7:00 Short Stories (MD)</p>	<p>17</p> <p>10:00 Bus Outing: Scenic Trip to Barnett Marine Park 10:15 Balloon Volley (MD) 10:45 Mental Aerobics (MD) 2:00 Birthday Party with Suede Dogs (MD)  4:00 Personal Visits</p>	<p>18</p> <p>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 BINGO (MD)</p>	<p>19</p> <p>10:00 Fitness 'n' Fun (MD) 10:45 News & Trivia (MD) 2:00 Java Music Club (SD) 3:30 Rolls & Strolls (CY)</p>	<p>20</p> <p>10-4 Sensory Stimulation (C1) 10:00 Fitness 'n' Fun (MD) 10:45 Crosswords Puzzle (MD) 2:00 Bowling (MD) 3:30 Rolls & Strolls (CY)</p>
<p>21</p> <p>10:00 Fitness 'n' Fun (MD) 10:45 Fun Facts & News (MD) 2:00 SFU Musical Performance (MD) 3:30 Walking Program</p>	<p>22</p> <p>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)</p>	<p>23</p> <p>10:00 Fitness 'n' Fun (MD) 10:45 Coffee Corner (HL) 2:00 Music with Nancy (MD) <i>3:30 Halloween Decorating</i> 7:00 Gentle Touch (MD)</p>	<p>24</p> <p>10:00 Bus Outing & Picnic at Aldor Acres Pumpkin Patch 10:00 Sing Along Music (MD) 2:30 Baking Treats (SD) 2:30 Table Games (MD) 3:30 Rolls & Strolls (CY) 7:00 Inspirational Service with Chaplain Dan (MD)</p>	<p>25</p> <p>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 Brian Zalo (MD) </p>	<p>26</p> <p>10:00 Fitness 'n' Fun (MD) 10:45 News & Trivia (MD) 11:00 Garden Club (CY) 2:00 Active Game (MD) 3:30 Nails & Polish (MD)</p>	<p>27</p> <p>10:00 Fitness 'n' Fun (MD) 10:45 Sing Along (MD) 2:00 Bowling (MD) 3:30 Rolls & Strolls (CY)</p>
<p>28</p> <p>10:00 Fitness 'n' Fun (MD) 10:45 Spirit & Soul (MD) 2:00 Music with Douglas (MD)  3:30 Walking Program</p>	<p>29</p> <p>10:00 Fitness 'n' Fun (MD) 10:45 Nails & Polish (MD) 2:00 Travelling Tuck Shop 2:30 <i>Halloween BINGO (SD)</i> 3:30 <u>1:1 Pet Visits</u> 4:00 Rolls & Strolls (CY)</p>	<p>30</p> <p>10:00 Fitness 'n' Fun (MD) 10:45 Helping Hands (MD) <i>2:00 Halloween Craft (MD)</i> 3:30 Walking Program 7:00 Short Stories (MD)</p>	<p>31</p> <p><i>10:00 Halloween Fun Facts</i> <i>10:30 Costume Parade with St. Albans Day Care</i> <i>10:45 Pumpkin Volley (MD)</i> 2:00 Halloween Costume Contest & Monster Mash with Jason & Grant (MD) 3:30 Rolls & Strolls (CY)</p> 	<p>October 2018 2nd Floor ~ Wedgewood</p>		

AgeCare Harmony Court Care Centre

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

SPECIAL MEAL

8th ~ THANKSGIVING DINNER
Meal tickets purchased with Paulette

LEGEND: MD= Main Dining Room
SD = Small Dining Room
HL = Hearthstone Lounge (C1)
CY = Magnolia Courtyard (Weather Permitting)
FG = Friendship Garden (Weather Permitting)

C1= 1st floor Rosewood
Bold = Specialty Programs
Underlined = Volunteers
Italics = Themed Programs