








**LEGEND** FL = Fireside Lounge 1<sup>st</sup> Floor    GR = Garden Room 1<sup>st</sup> Floor    GRC = Garden Room Courtyard  
 4<sup>th</sup> FL- DR = 4<sup>th</sup> Floor Dining Room    G = Games Room 3<sup>rd</sup> Floor    CY = Centre Courtyard  
 CC1 = Care Centre 1<sup>st</sup> Floor    L = Library on 2<sup>nd</sup> Floor    AR = Activity Room (3<sup>rd</sup> Floor)  
 FC = Fitness Centre 3<sup>rd</sup> 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
 <h1 style="color: #4682B4;">November 2018</h1> <h2 style="color: #8B4513;">Harmony Court Estate</h2>						
4	5	6	7	8	9	10
 <b>Daylight Saving!</b>	10:00 Osteofit Exercise (AR) 10:45 Crosswords(AR) 2:00 Bridge & Card Games(FL) 2:30 Wii Bowling (AR) 3:00 Men's Social Club (FL)	11:00 Bus Outing: Brunch at Cora's & Shopping at Shoppers Drug Mart(SU)(15\$) 2:30 Resident Update Meeting (GR) 7:30 Documentary Film Night: Rudy Maxa's World Exotic Places: Thailand(AR)	10:00 Osteofit Exercise (AR) 10:30 St. Alban's Daycare Intergenerational Visit (AR) 2:30 BINGO (AR) 3:30 Wii Bowling (AR)	9:30 Breakfast Club (4 <sup>th</sup> FL - DR) (SU) 2:30 Music Circle with Birgit (AR)	10:30 Chair Yoga with Beate' (AR) 1:30 Burnaby Library (FL) 3:00 Cocktail Hour (FL) 7:30 Movie Night: Live in Vienna- Andre Rieu(AR)	 2:30 Expressive Arts with Gordon (AR)
11	12	13	14	15	16	17
<b>Remembrance Day</b>  <b>Remembrance Day Dinner</b>	 No Recreation Staff	11:00 Food Forum(AR) 2:30 Scenic Bus Trip: Buntzen Lake(SU) 7:30 Pub Night & 50/50 Draw with Jason & Grant (GR)	10:00 Osteofit Exercise with Easy Therapy (AR) 10:45 Crosswords(AR) 2:30 BINGO(AR) 3:30 Wii Bowling (AR) 7:30 Inspirational Service with Chaplain Dan (AR)	10:00 Education Seminar: Hearing Solutions(FL) 10:30 St. Albans Anglican Church Service (AR) 11:30 Bus Outing: Lunch at Austin Fish House(SU)(10\$) 2:30 Music Circle with Birgit(AR) <b>Christmas Decorating Begins!</b>	10:30 Chair Yoga with Beate'(AR) 2:30 Birthday Party with Old Friends(GR) 7:30 Movie Night: Meet the Fockers(AR)	 2:30 Expressive Art with Gordon (AR)
18	19	20	21	22	23	24
	10:00 Osteofit Exercise (AR) 10:45 Crosswords(AR) 2:00 Bridge & Card Games(FL) 2:30 Wii Bowling (AR)	11:30 Bus Outing: Lunch at Burnaby Palace Chinese Restaurant(SU)(15\$) 2:15 Catholic Mass (CC1) 3:30 Recreation Forum (AR)	10:00-2:00 Euro Design(FL) 10:00 Osteofit Exercise (AR) 2:30 BINGO (AR) 3:30 Wii Bowling (AR)	10:30 Bus Outing: Vancouver Aquarium with Picnic Lunch (SU)(30\$) 2:30 Music Circle with Birgit(AR)	10:00 Osteofit Exercise (AR) 10:45 Crosswords(AR) 2:30 New Resident Tea with Lorrain Smith(GR)	10:00 Gentle Stretch with Kelly (AR) 11:00 Aroma Spa with Kelly (SU) (AR) 7:30 Movie Night: Laws of Motion(AR)
25	26	27	28	29	30	
	10:00 Osteofit Exercise (AR) 10:45 Crosswords(AR) 2:00 Bridge & Card Games(FL) 2:00 Resident Council Meeting (AR) 3:00 Wii Bowling (AR) 3:30 Open Reading & Poetry (L)	10:30 Education Seminar: Aging in Place(AR) 10:30 Bus Outing: A little Lunch Music at Shadbolt Centre-Folk/Pop (SU) (\$12 Buffet Lunch)	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) <b>SIGNUP SHEETS GO OUT</b>	10:30 Bus Outing: Shopping & Lunch at Lougheed Mall(SU) 2:30 Music Circle with Birgit(AR)	10:00 Osteofit Exercise (AR) 1:30 Burnaby Library (FL) 2:30 Afternoon Social With Lou Aranjo(GR) 7:30 Movie Night: Country Strong(AR)	