

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 (FC)

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Harmony Court Estate

| | | | | | | |
|---|---|---|---|--|---|--|
| 2  | 3 10:00-3:00 Christmas Bazaar & 50/50 Draw (FL) 2:00 Bridge & Card Games(FL) 2:30 Wii Bowling (AR) | 4 11:00 Bus Outing: Charlie's Chocolate Factory & Lunch at Big Star Sandwich (SU) (\$10&up) 2:30 Resident Update Meeting (GR) 7:30 Documentary Film Night: Into the Deep (AR) | 5 10:00 Osteofit Exercise (AR) 10:30 St. Alban's Daycare Intergenerational Visit (AR) 2:30 BINGO (AR) 3:30 Wii Bowling (AR) | 6 9:30 Breakfast Club (4 th FL - DR) (SU)  3:30 Bus Outing: Christmas Lights Tour at Lafarge Lake (SU) | 7 10:30 Chair Yoga with Beate' (AR) 2:30 Eggnog Social with Glenn Williams (FL) 7:30 Movie Night: A Christmas Carol (AR) | 8 2:30 Expressive Arts with Gordon (AR)  |
| 9  | 10 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 11:00 Food Forum (AR) 2:00 Bus Outing: Shopping at Royal City Centre (SU) 7:30 Pub Night & 50/50 Draw with Pancho & Sal (GR)  | 12 10:00 Osteofit Exercise (AR) 12:00 Bus Outing: Christmas Lunch at Joy Club (SU) (By Donation) 3:30 BINGO (AR) 7:30 Inspirational Service with Chaplain Dan (AR) | 13 10:30 Bus Outing: Christmas Shopping at Potters Nursery (SU) 1:45 Music Circle Choir Performance at Care Side-1 st Floor | 14 10:00 Osteofit Exercise (AR) 2:30 Birthday Party with Steve Hillis (GR)  | 15 7:30 Movie Night: Under The Stars by Andre Rieu (AR) |
| 16  | 17 10:00 Osteofit Exercise (AR) 10:45 Crosswords(AR) 2:00 Bridge & Card Games(FL) 2:30 Christmas Sing Along with Lorrain Smith & Surprise Visit (GR) | 18 11:00 Bus Outing: Buffet Lunch at Starlight Casino (SU) (\$12) 2:15 Catholic Mass (CC1) 3:30 Recreation Forum (AR) | 19 10:00 Osteofit Exercise (AR) 10:30 Crossword (AR) 2:30 BINGO (AR) 3:30 Wii Bowling (AR)  | 20 10:30 St. Albans Anglican Church Service (AR) 2:30 Music Circle with Birgit (AR) 6:30 Bus Outing: Christmas Lights Tour (SU) | 21 10:30 Chair Yoga with Beate'(AR) 2:30 Eggnog Social with Ryan Langevin (GR) 7:30 Inspirational Service with Chaplain Dan (AR) | 22 10:00 Gentle Stretch with Kelly (AR) 11:00 Aroma Spa with Kelly (SU) (AR) 7:30 Movie Night: Elf (AR) |
| 23  | 24 Christmas Eve Dinner- Baked Ham 2:00 Bridge & Card Games(FL) 3:30 Open Reading & Poetry (L) 7:30 Christmas Eve Celebrations with Leo Arajo (GR) | 25 Christmas Dinner-Turkey Dinner with all Trimmings Merry Christmas!  | 26 10:00 Osteofit Exercise (AR) 10:45 Crosswords(AR) 2:30 Jackpot BINGO (AR) 3:30 Wii Bowling (AR) SIGNUP SHEETS GO OUT | 27 10:30 Nail Spa & Hand Massage (FL) 2:30 Bus outing: Heritage Christmas at Burnaby Village Museum & Hot Chocolate (SU) | 28 10:00 Osteofit Exercise (AR) 2:30 Cocktail Hour (FL)  | 29 7:30 Movie Night: Miracle on 34 th Street (AR) |

December 2018

30

10:00 Osteofit Exercise (AR)
10:45 Crosswords(AR)
2:30 New Year's Eve Social with
Steve Hillis (GR)
**Happy
New Year!**

