

**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 V5E4A6  
 Reception: (604) 527-3300 ~ Recreation: (604) 528-8584

**Fitness Room Hours: 8:00 am - 4:00pm (Every Day)**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



# MARCH 2019



						1 10:30 Chair Yoga with Beate' (AR) 10:30 Nail Spa & Hand Massage (FL) 1:30 Burnaby Library (FL) <b>2:30 New Resident Tea with Leo Arajo (GR)</b> <b>7:30 Movie Night:</b> The King and I (AR)	2 2:30 Expressive Arts with Gordon (AR) 
3  Spring is Coming!	4 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) <b>2:00 Bridge / Card Games (FL)</b> <b>2:30 Wii Bowling (AR)</b> 3:30 Men's Social Club (FL)	5 <b>10:30 Education Seminar:</b> Cognitive Behavioral Therapy by Easy Therapy (AR) <b>11:00 Bus Outing:</b> Scenic Drive to Iona Beach & Picnic Lunch on the Bus (SU) 2:30 Resident Update Meeting (GR) <b>7:30 Documentary Film Night:</b> Voyage of Discovery Part 1 (AR)	6 10:00 Osteofit Exercise (AR) <b>10:30 St. Alban's Daycare Intergenerational Visit (AR)</b> 2:30 BINGO (AR) <b>3:30 Wii Bowling (AR)</b> 	7 <b>9:30 Breakfast Club (4<sup>th</sup>FL-DR) (SU)</b> <b>2:30 Bus Outing:</b> Scenic Drive to Rocky Point & Ice Cream (\$5) (SU) 2:30 Music Circle with Birgit (AR) 	8 10:00 Osteofit Exercise (AR) 10:45 Creative Corner with Karli (AR) <b>2:30 Afternoon Social with Melodious Mandolins (GR)</b> 	9 10:00 Gentle Stretch with Kelly (AR) 11:00 Aroma Spa with Kelly (SU) (AR) <b>7:30 Movie Night:</b> Atonement (AR)	
10 Daylight Saving Time!  SPRING FORWARD	11 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) <b>2:00 Bridge / Card Games (FL)</b> <b>2:30 Wii Bowling (AR)</b> 3:30 Ladies' Social Club (FL)	12 <b>10:30 Education Seminar:</b> Estate Planning by; Wealth Management (AR) <b>11:00 Bus Outing:</b> Fish & Chips at C- Lovers Horseshoe Bay (\$12 and up) (SU) 2:30 Movie & Popcorn: Fiddler on the Roof (AR)	13 10:00 Osteofit Exercise (AR) 10:45 BINGO (AR) "Special St. Patrick's Lunch" <b>2:30 St. Patrick's Social with Eire Born Irish Dancers (GR)</b> 7:30 Inspirational Service with Chaplain Dan (AR)	14 10:30 Get Fit with Diana (AR) <b>11:30 Bus Lunch Outing:</b> Lunch at Great Bear Pub (\$12 & up) (SU) 2:30 Music Circle with Birgit (AR)	15 10:30 Chair Yoga with Beate'(AR) 10:30 Nail Spa & Hand Massage (FL) <b>2:30 Birthday Social with Old Friends (GR)</b> <b>7:30 Movie Night:</b> The African Queen (AR)	16 2:30 Expressive Arts with Gordon (AR) 	
17  Happy St. Patrick's Day	18 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) <b>2:00 Bridge / Card Games (FL)</b> 2:30 Dancercise (AR)  <b>3:30 Wii Bowling (AR)</b>	19 11:00 Food Forum (AR) <b>12:45 Bus Outing:</b> Sound Bites at Shadbolt Centre – Latin/World (\$5) (Tea/Coffee & Dessert Included) (SU) <b>2:15 Catholic Mass (CC1)</b> 3:30 Recreation Forum (AR) <b>7:30 Pub Night &amp; 50/50 Draw with Lou Earl (GR)</b> 	20  10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:30 Bingo (AR)  <b>3:30 Wii Bowling (AR)</b>	21 <b>10:30 Bus Outing:</b> Shopping & Lunch at Lougheed Mall (SU) <b>10:30 St. Albans Anglican Church Service (AR)</b> 2:30 Music Circle with Birgit (AR) 	22 10:00 Osteofit Exercise (AR) 10:45 Artistic Expressions (AR)  <b>2:30 Spring Fling with Lorraine Smith (GR)</b> "Spring Fling Dinner"	23 10:00 Gentle Stretch with Kelly (AR) 11:00 Aroma Spa with Kelly (SU) (AR) <b>7:30 Movie Night:</b> Andre Rieu Love Songs (AR)	
24  31	25 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) <b>2:00 Bridge / Card Games (FL)</b> 2:30 Resident Council Meeting (AR) 3:30 Open Reading & Poetry (L)	26 <b>10:30 Education Seminar:</b> B.C Responsible Gambling Program by Ly (AR) <b>11:00 Bus Lunch Outing:</b> Buffet Lunch at Starlight Casino (\$12) (SU)	27 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) <b>2:30 Jackpot BINGO (AR)</b> <b>3:30 Wii Bowling (AR)</b> 7:30 Inspirational Service with Chaplain Dan (AR) <b>SIGNUP SHEETS GO OUT!</b>	28 <b>10:30 Bus Outing:</b> Shopping & Lunch at Royal City Centre (SU) 2:30 Music Circle with Birgit (AR) 	29 10:00 Osteofit Exercise (AR) 1:30 Burnaby Library (FL) <b>2:30 Cocktail Hour with Gwen Gouchee (FL)</b>	30  <b>7:30 Movie Night:</b> Three Kings (AR)	