

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <h1 style="color: green;">March 2019</h1> <h2 style="color: green;">2nd Floor ~ Wedgewood</h2>						1 10:00 Fitness 'n' Fun (MD) 10:45 News & Trivia (MD) 11:00 Personal Visits 2:00 Java Music Club (SD) 2:30 <u>Library Visits</u> 3:30 Rolls & Strolls (CY)	2 10-4 Sensory Stimulation (C1) 10:00 Fitness 'n' Fun (MD) 10:45 Sing Along (MD) 2:00 Bowling (MD) 3:30 Walking Program
3	4	5	6	7	8	9	
10:00 Fitness 'n' Fun (MD) 10:45 Fun Facts & News (MD) 11:00 Personal Visits 2:00 Tea Social & Reminiscing (MD) 3:30 Nails & Polish (MD)	10:00 Fitness 'n' Fun (MD) 10:45 Mental Aerobics (MD) 2:00 Travelling Tuck Shop 2:30 BINGO (SD) 4:00 Rolls & Strolls (CY)	10:00 Fitness 'n' Fun (MD) 10:45 Nails & Polish (MD) 11:45 Ladies' Lunch (HL) 2:30 Creative Corner 4:00 Walking Program 7:00 Board Games Night (MD)	10:00 Balloon Volley (MD) 10:45 Mental Aerobics (MD) 2:00 Baking Treats (SD) 3:30 Rolls & Strolls (CY)	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 (SD)	10:00 Fitness 'n' Fun (MD) 10:45 News & Trivia (MD) 11:00 Personal Visits 2:00 Active Game (MD) 3:30 Rolls & Strolls (CY)	10:00 Fitness 'n' Fun (MD) 10:45 Crosswords Puzzle (MD) 2:00 Sing Along with Glenn (MD) 3:30 Walking Program	
10	11	12	13	14	15	16	
10:00 Fitness 'n' Fun (MD) 10:45 Spirit & Soul (MD) 11:00 Personal Visits 2:00 Harmony Choir (HL) 3:30 Nails & Polish (MD)  Daylight Savings Time Begins	10:00 Fitness 'n' Fun (MD) 10:45 Coffee Corner (HL) 1:30 Travelling Tuck Shop 2:30 BINGO (SD) 4:00 Rolls & Strolls (CY)	10:00 Fitness 'n' Fun (MD) 10:45 Nails & Polish (MD) 2:00 Creative Corner 3:30 Walking Program 7:00 Pub Night with Mike Sanyshyn (C1) 	10:00 Bus Outing: Scenic Trip 10:15 Balloon Volley (MD) 10:45 Mental Aerobics (MD) 2:00 St. Patrick's Celebration with the Eire Born Irish Dancers (MD) 4:00 Personal Visits 7:00 Inspirational Service with Chaplain Dan (MD) 	10:00 Fitness 'n' Fun (MD) 10:45 Walking Program 2:00 <i>St. Patrick's Word Games & Trivia (MD)</i> 2:15 Wellness Spa (SD) 4:00 Music Circle (MD) 7:00 BINGO (SD)	10:00 Fitness 'n' Fun (MD) 10:45 News & Trivia (MD) 11:00 Personal Visits 2:00 Java Music Club (SD) 3:30 Rolls & Strolls (CY)	10-4 Sensory Stimulation (C1) 10:00 Fitness 'n' Fun (MD) 10:45 Sing Along (MD) 2:00 Bowling (MD) 3:30 Walking Program	
17	18	19	20	21	22	23	
10:00 Fitness 'n' Fun (MD) 10:45 <i>Irish Fun Facts (MD)</i> 11:00 Personal Visits 2:00 <i>St. Patrick's Tea Social & Irish Stories (MD)</i> 3:30 Nails & Polish (MD) ST. PATRICK'S DAY	10:00 Fitness 'n' Fun (MD) 10:45 Mental Aerobics (MD) 2:00 Travelling Tuck Shop 2:30 BINGO (SD) 4:00 Rolls & Strolls (CY)	10:00 Fitness 'n' Fun (MD) 10:45 Nails & Polish (MD) 11:45 Men's Lunch (HL) 2:15 Catholic Mass (C1) 2:30 Music with Nancy (MD) 3:30 Walking Program 7:00 Board Games Night (MD) 	10:00 Bus Outing: Scenic Trip 10:15 Balloon Volley (MD) 10:45 Mental Aerobics (MD) 2:00 Birthday Party with Ryan Langevin (MD) 4:00 Personal Visits  1ST DAY OF SPRING	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 (SD) Employee Appreciation 11 am to 4 pm (HL)	10:00 Fitness 'n' Fun (MD) 10:45 News & Trivia (MD) 11:00 Personal Visits 2:00 Active Game (MD) 3:30 Rolls & Strolls (CY)	10:00 Fitness 'n' Fun (MD) 10:45 Crosswords Puzzle (MD) 2:00 Bowling (MD) 3:30 Walking Program	
24	25	26	27	28	29	30	
10:00 Fitness 'n' Fun (MD) 10:45 Spirit & Soul (MD) 11:00 Personal Visits 2:00 Music with Douglas (MD) 3:30 Nails & Polish (MD) 	10:00 Fitness 'n' Fun (MD) 10:45 Coffee Corner (HL) 2:00 Travelling Tuck Shop 2:30 BINGO (SD) 4:00 Rolls & Strolls (CY)	10:00 Fitness 'n' Fun (MD) 10:45 Nails & Polish (MD) 2:00 <i>Spring Creative Corner</i> 4:00 Walking Program 7:00 Pub Night with Mike Kinal (MD) 	10:00 Bus Outing: Starlight Casino 2:00 Baking Treats (SD) 3:30 Rolls & Strolls (CY) 7:00 Inspirational Service with Chaplain Dan (MD)	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 (SD)	10:00 Fitness 'n' Fun (MD) 10:45 News & Trivia (MD) 11:00 Personal Visits 2:00 Java Music Club (SD) 3:30 Rolls & Strolls (CY)	10:00 Fitness 'n' Fun (MD) 10:45 Sing Along (MD) 2:00 Bowling (MD) 3:30 Walking Program	
31	 AgeCare Harmony Court Care Centre 7195 Canada Way Burnaby, BC Reception: (604) 527-3300 Recreation: (604) 527-3328					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