















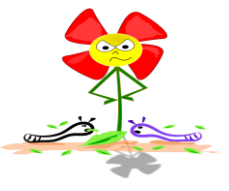


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>1 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR)  2:00 Bridge / Card Games (FL) 2:30 Wii Bowling (AR)  3:30 Men's Social Club (FL)</p>	<p>2 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR)  2:00 Bridge / Card Games (FL) 2:30 Wii Bowling (AR)  3:30 Men's Social Club (FL)</p>	<p>3 10:00 Osteofit Exercise (AR) 10:30 St. Alban's Daycare Intergenerational Visit (AR) 2:30 BINGO (AR)   3:30 Wii Bowling (AR)</p>	<p>4 9:30 Breakfast Club (4<sup>th</sup> FL -DR) (SU)  2:30 Bus Outing: Cherry Blossom Drive (SU)  2:30 Music Circle with Birgit (AR)</p>	<p>5 10:30 Chair Yoga with Beate' (AR) 2:30 Swinging Singles Square Dance (GR) 6:30 Bus Outing: Massey Theatre to See Singing in the Rain (\$39) (SU)</p>	<p>6 2:30 Expressive Arts with Gordon (AR)   7:30 Movie Night: Fiddler on the Roof-Part A (AR)</p>	
<p>7 </p>	<p>8 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:00 Bridge / Card Games (FL) 2:30 Volunteer's Appreciation Tea with Glenn Williams (GR) </p>	<p>9 11:00 Food Forum (AR) 2:30 Movie &amp; Popcorn: A Star is Born (AR)   7:30 Special Elvis Tribute with Eli Elvis (GR)</p>	<p>10 10:00 Osteofit Exercise (AR) 10:30 Crossword (AR) 2:30 BINGO (AR)   3:30 Wii Bowling (AR) 7:30 Inspirational Service with Chaplain Dan (AR)</p>	<p>11 11:00 Bus Outing: Lunch at The Old Spaghetti Factory Langley) (\$12) (SU)  2:30 Music Circle with Birgit (AR)</p>	<p>12 10:00 Osteofit Exercise (AR) 10:45 Artistic Expressions (AR) 2:30 Birthday Social with Mike Sanyshyn (GR)   7:30 Movie Night: Saving Mr. Banks (AR)</p>	<p>13 10:00 Gentle Stretch with Kelly (AR)  11:00 Aroma Spa with Kelly (SU) (AR)</p>
<p>14 </p>	<p>15 10:00 Osteofit Exercise (AR) 11:30 Bus Outing: Volunteer's Appreciation Lunch at White Spot (RSVP) 2:00 Bridge / Card Games (FL) 3:30 Nail Spa &amp; Hand Massage (FL)</p>	<p>16 10:30 Chair Yoga with Beate' (AR) 2:15 Catholic Mass (CC1) 2:30 Mike's Critters (FL)  7:30 Pub Night &amp; 50/50 Draw With Martin Adcock (GR) </p>	<p>17 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:30 BINGO (AR)   3:30 Wii Bowling (AR)</p>	<p>18 10:30 Bus Outing: Shopping &amp; Lunch at Lougheed Mall (SU) 10:30 St. Alban's Anglican Church Service (AR) 2:30 Music Circle with Birgit (AR)</p>	<p>19   Salmon Dinner</p>	<p>20  7:30 Movie Night: Rat Race (AR)</p>
<p>21   Ham Dinner</p>	<p>22 <b>Easter Monday</b> 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:00 Bridge / Card Games (FL) 2:30 Dancercise (AR)  3:30 Ladies' Social Club (FL)</p>	<p>23 10:30 Bus Outing: Abbotsford Tulip Festival (Admission Fee \$5) Picnic Lunch on the Bus (SU)  3:30 Recreation Forum (AR) </p>	<p>24 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:30 Jackpot BINGO (AR)   3:30 Wii Bowling (AR) 7:30 Inspirational Service with Chaplain Dan (AR)</p>	<p>25 10:30 Bus Outing: Lunch at The River Market at New Westminster Quay (\$12) (SU) 2:30 Easter Social with Birgit (FL) </p>	<p>26 10:00 Osteofit Exercise (AR) 11:00 Outdoor Walks (GR) 1:30 Burnaby Library (FL)  2:30 Easter Tea with Colleen Durdon (GR)  7:30 Movie Night: Philomena (AR)</p>	<p>27 10:00 Gentle Stretch with Kelly (AR)  11:00 Aroma Spa with Kelly (SU) (AR)</p>
<p>28 </p>	<p>29 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR)  2:30 Resident Council Meeting (AR)  3:30 Open Reading &amp; Poetry (L)</p>	<p>30 12:30 Bus Outing: Sound Bites at Shadbolt Centre- Flamenco Music and Dance (\$5 Includes Tea/ Coffee and Dessert) (SU)  <b>SIGNUP SHEETS GO OUT!</b></p>	<h1>Harmony Court Estate</h1> <h2>April 2019</h2>			

**AgeCare Harmony Court Estate**  
7197 Canada Way, Burnaby, B.C.  
Reception: (604) 527-3300  
Recreation: (604) 528-8584

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

**LEGEND**

SU = Sign Up at Reception

Red = Volunteer Run Programs

AR = Activity Room (3<sup>rd</sup> Fl.)  
FC = Fitness Centre (3<sup>rd</sup> Fl.)  
GR = Garden Room (1<sup>st</sup> Fl.)

CC = Care Centre (1<sup>st</sup> Fl.)  
FL = Fireside Lounge (1<sup>st</sup> Fl.)  
L = Library (2<sup>nd</sup> Fl.)

CY = Centre Courtyard  
G = Games Room (3<sup>rd</sup> Fl.)  
4<sup>th</sup> FL- DR = Dining Room (4<sup>th</sup> Fl.)