

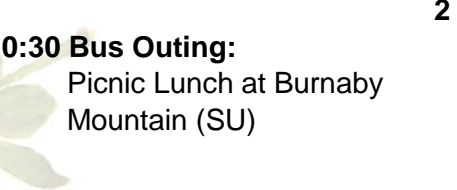
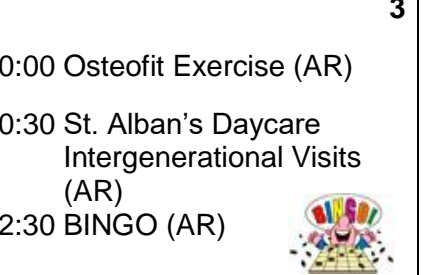


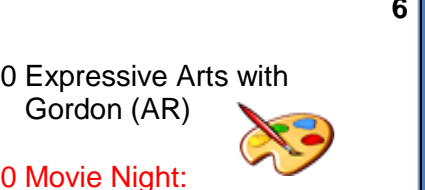

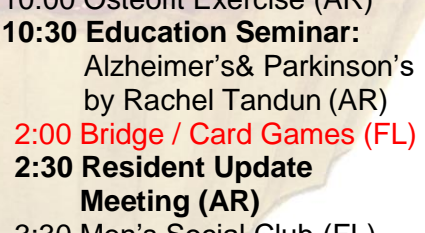
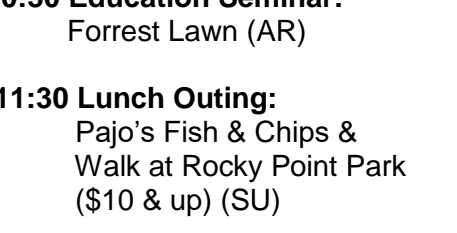
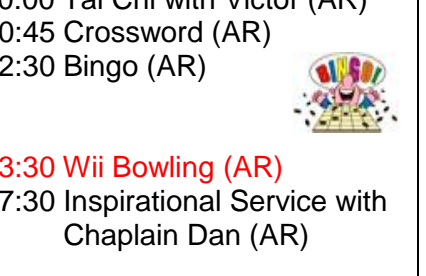
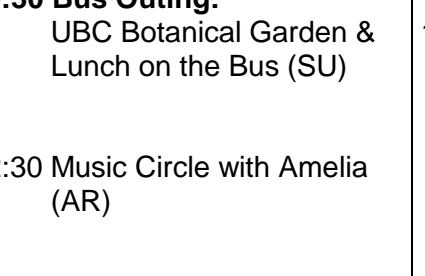

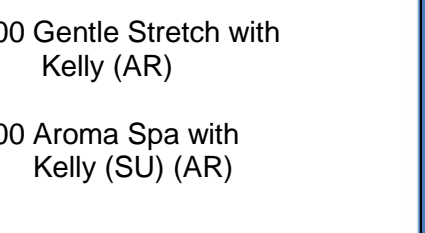

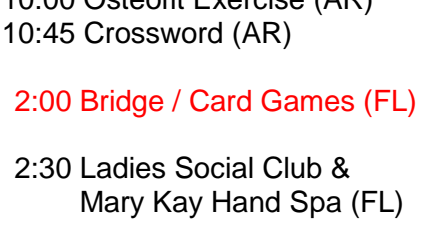
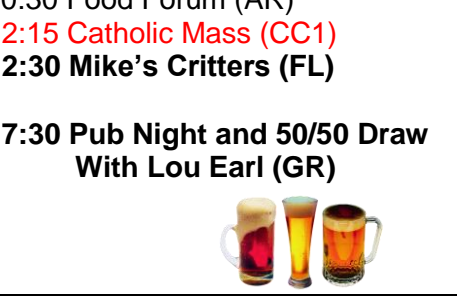
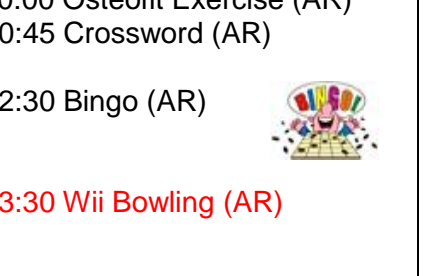
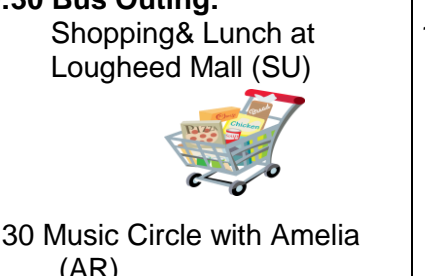
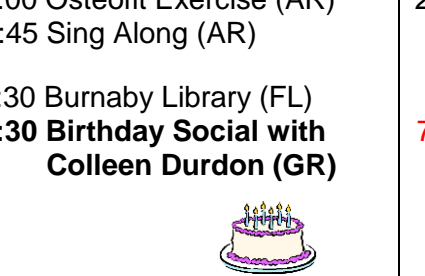
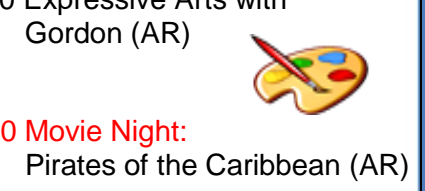


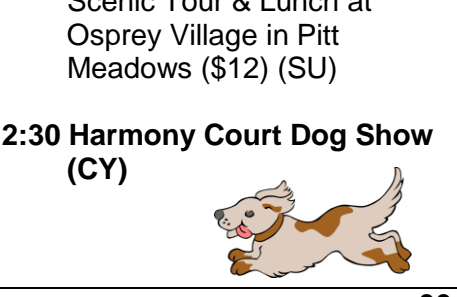
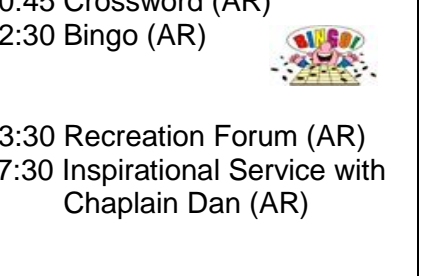
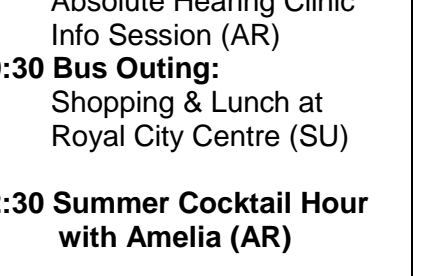
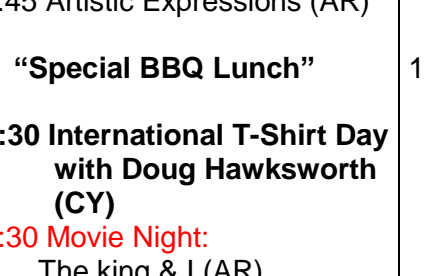
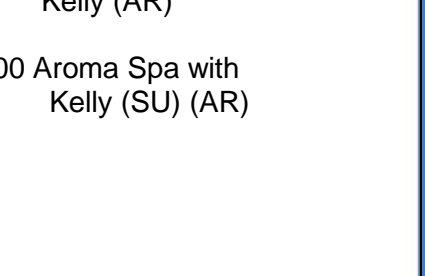



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
1	2	3	4	5	6	7
10:00 Osteofit Exercise (AR) 10:30 Education Seminar: Alzheimer's & Parkinson's by Rachel Tandun (AR) 2:00 Bridge / Card Games (FL) 2:30 Resident Update Meeting (AR) 3:30 Men's Social Club (FL)	10:30 Bus Outing: Picnic Lunch at Burnaby Mountain (SU) 3:30 Nail Spa & Hand Massage (FL)	10:00 Osteofit Exercise (AR) 10:30 St. Alban's Daycare Intergenerational Visits (AR) 2:30 BINGO (AR) 3:30 Wii Bowling (AR)	10:00 Osteofit Exercise (AR) 10:45 News & Views (AR) 2:30 Music Circle with Birgit (AR) 3:30 Outdoor Games & Ice Cream Social (CY)	10:00 Osteofit Exercise (AR) 10:45 News & Views (AR) 2:30 Music Circle with Birgit (AR) 3:30 Outdoor Games & Ice Cream Social (CY)	10:00 Osteofit Exercise (AR) 10:45 News & Views (AR) 2:30 Music Circle with Birgit (AR) 3:30 Outdoor Games & Ice Cream Social (CY)	10:00 Osteofit Exercise (AR) 10:45 News & Views (AR) 2:30 Music Circle with Birgit (AR) 3:30 Outdoor Games & Ice Cream Social (CY)
7	8	9	10	11	12	13
						
14	15	16	17	18	19	20
						
21	22	23	24	25	26	27
						
28	29	30	31			
10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:00 Bridge / Card Games (FL) 2:30 Resident Council Meeting (AR) 3:30 Open Reading & Poetry (L)	10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:00 Bridge / Card Games (FL) 2:30 Resident Council Meeting (AR) 3:30 Open Reading & Poetry (L)	10:30 Bus Outing: Krause Berry Farm & Estate Winery (Waffle Lunch \$11) (SU) 2:00 Kitchen Tour (SU) (FL) SIGNUP SHEETS GO OUT!	10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:30 Jackpot Bingo (AR) 3:30 Wii Bowling (AR)			

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 (3rd Fl.) CC = Care Centre (1st Fl.) CY = Centre Courtyard
FC = Fitness Centre (3rd Fl.) FL = Fireside Lounge (1st Fl.) G = Games Room (3rd Fl.)
GR = Garden Room (1st Fl.) L = Library (2nd Fl.) 4th FL- DR = Dining Room (4th Fl.)