

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# February 2020

## Harmony Court Estate



2:30 Expressive Arts with Gordon (AR)



**Groundhog Day**



10:00 Osteofit Exercise (AR)  
10:45 Crossword (AR)

**2:00 Bridge / Card Games (FL)**

**2:30 Resident Update Meeting (AR)**  
3:45 Drama Club (AR)

**10:30 Bus Outing:**  
A Community of Castles at Oakridge Centre & Lunch (\$10) (SU)  
**2:30 Music Circle Jo Anne (AR)**  
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)**



**9:30 Breakfast Club (4<sup>th</sup> FL-DR) (SU)**



**2:00 Movie Matinee:**  
Blond & Blonder (AR)

10:00 Show & Tell (AR)  
**10:30 Chair Yoga with Beate' (AR)**

**1:30 Burnaby Library (FL)**  
**2:30 Special Tribute to Patsy Cline/Anne Murray by Colleen Durdon (GR)**



10:00 Osteofit Exercise (AR)  
10:45 Crossword (AR)

**2:00 Bridge / Card Games (FL)**

2:30 Artistic Expressions (AR)



10:30 Food Forum (AR)  
**11:30 Bus Outing:**  
Hard Rock Casino & Buffet Lunch (\$14) (SU)

**2:30 Music Circle with Jo Anne (AR)**

10:00 Osteofit Exercise (AR)  
10:45 Crossword (AR)

**2:30 BINGO (AR)**



7:30 Inspirational Service with Chaplain Dan (AR)

**10:30 Bus Outing:**  
Shopping & Lunch at Royal City Centre (SU)

**2:30 Open Reading / Poetry and Hot Chocolate (FL)**

**9:45 Bus Outing:**  
Valentine's Visit & Bingo at Windsor Elementary School (SU)

**2:30 Valentine's Social with John Parson (GR)**



2:30 Expressive Arts with Gordon (AR)



10:00 Osteofit Exercise (AR)  
10:45 Crossword (AR)



**1:30 Bus Outing:**  
Sound Bites at Shadbolt-Bluegrass, Folk & Pop (\$5.50) (SU)  
**2:15 Catholic Mass (CC)**  
**2:30 Music Circle with Jo Anne (AR)**  
**7:30 Pub Night & 50/50 Draw with Leo Araujo (GR)**

10:00 Osteofit Exercise (AR)  
10:45 Crossword (AR)  
**2:30 BINGO (AR)**



3:30 Recreation Forum (AR)

**10:30 St. Alban's Anglican Church Service (AR)**  
**11:00 Bus Outing:**  
Lunch at Hi Genki Japanese Restaurant (\$10 & up) (SU)

3:00 Sensory Stimulation & Relaxation (AR)

10:00 News & Views (AR)  
**10:30 Chair Yoga with Beate' (AR)**

**2:30 Birthday Social with Jason & Grant (GR)**



10:00 Essential Movement & Stretch with Kelly (AR)

11:00 Aroma Spa with Kelly (SU) (AR)

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)

**11:00 Bus Outing:**  
Lunch at My Greek Taverna (\$12 & up) (SU)

**2:30 Afternoon Social with Jo Anne (FL)**



**10:00 Tai Chi with Victor (AR)**  
10:45 Crossword (AR)  
**2:30 JACKPOT BINGO (AR)**



7:30 Inspirational Service with Chaplain Dan (AR)

**SIGN-UP SHEETS GO OUT!**

**10:30 Bus Outing:**  
Shopping & Lunch at IKEA (SU)



2:30 Java Music Club (FL)

10:00 Osteofit Exercise (AR)  
**10:45 BINGO (AR)**



2:30 Cocktail Hour (FL)



10:00 Essential Movement & Stretch with Kelly (AR)

11:00 Aroma Spa with Kelly (SU) (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 (3<sup>rd</sup> Fl.)

CC = Care Centre (1<sup>st</sup> Fl.)

CY = Centre Courtyard

FC = Fitness Centre (3<sup>rd</sup> Fl.)

FL = Fireside Lounge (1<sup>st</sup> Fl.)

G = Games Room (3<sup>rd</sup> Fl.)

GR = Garden Room (1<sup>st</sup> Fl.)

L = Library (2<sup>nd</sup> Fl.)

4<sup>th</sup> FL- DR Dining Room (4<sup>th</sup> Fl.)