




















SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
1 	2 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)	3 11:30 Bus Outing: Lunch at Waffle House (\$10 & up) (SU) 2:30 Music Circle with Jo Anne (AR) 3:30 Nail Spa & Hand Massage (FL)	4 10:00 Osteofit Exercise (AR) 10:45 St. Alban's Daycare Intergenerational Visits (AR) 2:30 BINGO (AR) 	5 9:30 Breakfast Club (4 th FL-DR) (SU) 2:00 Bus Outing: Scenic Tour of Burnaby Mountain (SU)	6 10:00 Show & Tell (AR) 10:30 Chair Yoga with Beate' (AR) 1:30 Burnaby Library (FL) 2:30 New Resident Welcome Tea with Greg Alcock (GR) 	7 2:30 Expressive Arts with Gordon (AR) 		
8 	9 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:00 Bridge / Card Games (FL) 2:30 Meditation for Inner Peace (AR)	10 10:30 Bus Outing: Lunch at Olive Garden Langley (\$12 & up) (SU) 2:30 Music Circle with Jo Anne (AR)	11 10:00 Tai Chi with Victor (AR) 10:45 Crossword (AR) 2:30 BINGO (AR)  7:30 Inspirational Service with Chaplain Dan (AR)	12 10:30 Bus Outing: Shopping & Lunch at Royal City Centre (SU) 2:30 Sensory Stimulation & Relaxation (AR)	13 10:00 Osteofit Exercise (AR) 10:45 BINGO (AR) 2:30 St. Patrick's Social with Lorrain Smith (GR) 	14 10:00 Gentle Stretch with Kelly (AR) 11:00 Aroma Spa with Kelly (SU) (AR)		
15 	16 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:00 Bridge / Card Games (FL) 2:30 Pub Afternoon with Music Variations (GR) 	17 9:00-1:00 Absolute Hearing Clinic (SU) (G-3 rd FL) 11:30 Bus Outing: Shadbolt Concert Series" Joe Trio (SU) (\$5.00) 2:15 Catholic Mass (CC) 2:30 St. Patrick's Day Social with Jo Anne (FL)	18 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:30 BINGO (AR)  3:30 Food Forum (AR)	19 10:30 Bus Outing: Starlight Casino & Buffet Lunch (\$12) (SU) 10:30 St. Alban's Anglican Church Service (AR) 2:30 Artistic Expressions (AR) 	20 First Day of Spring! 10:00 News & Views (AR) 10:30 Chair Yoga with Beate' (AR) 2:30 Birthday Social with Gracie & The Guys (GR) 	21 2:30 Expressive Arts with Gordon (AR) 		
22 	23 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:00 Bridge / Card Games (FL) 2:30 Meditation for Inner Peace (AR)	24 10:00-12:30 BCIT. R.N Student's Health Workshop (FL) 2:00 Bus Outing: Scenic Drive to Pitt Lake & Ice Cream (SU) 2:30 Music Circle with Jo Anne (AR)	25 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:30 JACKPOT BINGO (AR)  3:30 Recreation Forum (AR) 7:30 Inspirational Service with Chaplain Dan (AR)	26 10:30 Bus Outing: Shopping & Lunch at Lougheed Mall (SU) 2:00 Kitchen Tour (SU) (FL) 3:30 Nail Spa & Hand Massage (FL) 	27 10:00 Osteofit Exercise (AR) 10:45 BINGO (AR) 2:30 Cocktail Hour with Glenn Williams (FL)	28 10:00 Gentle Stretch with Kelly (AR) 11:00 Aroma Spa with Kelly (SU) (AR)		
29 	30 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)	31 11:00 Bus Outing: Cherry Blossom Tour & Picnic Lunch (SU) 2:30 Music Circle with Jo Anne (AR) SIGN - UP SHEETS GO OUT!	<h1>HARMONY COURT ESTATE</h1>  <h2>MARCH 2020</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 (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)