

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

August 2020

Harmony Court Estate

Fitness Room Hours: 8:00am-4:00pm
Burnaby Public Library 604-436-5423



Happy B.C. Day!

9:30 Fireside Lounge Visits (FL)
 10:30 Crossword (AR)
2:30 B.C Day Concert with Poncho & Sal (CY)

10:00 Osteofit Exercise (AR)
 11:00 Outdoor Walks
 2:30 BINGO (AR)
 4:00 Fireside Lounge Visits

9:30 Bus Scenic Drive- Burnaby Mountain (SU)
 2:30 Open Reading & Poetry (AR)
 3:30 Crossword (AR)

10:00 Osteofit Exercise (AR)
 11:00 Outdoor Walks
2:00 Ice Cream Social -Door To Door



10:00 Osteofit Exercise (AR)
 11:00 Sing Along (FL)
 2:30 BINGO (AR)
 4:00 Fireside Lounge Visits

9:30 Outdoor Walks
 10:30 Crossword (AR)
2:30 Outdoor Concert with Sincerely Yours (CY)

10:00 Osteofit Exercise (AR)
 11:00 Outdoor Walks
 2:30 BINGO (AR)
 4:00 Fireside Lounge Visits

9:30 Fireside Lounge Visits (FL)
 10:30 Crossword (AR)
2:00 Bus Scenic Drive- Pitt Lake (SU)

10:00 Osteofit Exercise (AR)
 11:00 Outdoor Walks
2:00 Mobile Cocktail Hour
2:30 Inspirational Service with Chaplain Dan (CY)



10:00 Osteofit Exercise (AR)
 11:00 One on One Visits
 2:30 BINGO (AR)
 4:00 Fireside Lounge Visits

9:30 Fireside Lounge Visits (FL)
 10:30 Crossword (AR)
2:30 Outdoor Concert with Bo Olsson (CY)

10:00 Osteofit Exercise (AR)
 11:00 Outdoor Walks
 2:30 BINGO (AR)
 4:00 Fireside Lounge Visits

9:30 Bus Scenic Drive- River Road (SU)
 2:30 Artistic Expressions (AR)
 3:30 Crossword (AR)

10:00 Osteofit Exercise (AR)
 11:00 Outdoor Walks
2:00 Public Library Service Pick up & Drop off only"
2:30 Outdoor Concert with Leo Araujo (CY)



10:00 Osteofit Exercise (AR)
 11:00 Sing Along (FL)
 2:30 BINGO (AR)
 4:00 Fireside Lounge Visits

9:30 Outdoor Walks
 10:30 Crossword (AR)
2:30 Outdoor Concert- Steel Drummers (CY)

10:00 Osteofit Exercise (AR)
 11:00 Outdoor Walks
 2:30 BINGO (AR)
 4:00 Fireside Lounge Visits

9:30 Fireside Lounge Visits (FL)
 10:30 Crossword (AR)
2:00 Bus Scenic Drive- Iona Beach (SU)

10:00 Osteofit Exercise (AR)
 11:00 Outdoor Walks
2:00 Ice Cream Social- Door to Door
2:30 Inspirational Service with Chaplain Dan (CY)



10:00 Osteofit Exercise (AR)
 11:00 One on One Visits
 2:30 BINGO (AR)

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

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)