











SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Harmony Court Estate		<p>1 9:30 Fireside Lounge Visits (FL) 10:30 Crossword (AR) 2:30 Outdoor Concert with Cheek to Cheek (CY)</p>	<p>2 10:00 Osteofit Exercise (AR) 2:30 BINGO (AR)  4:00 Fireside Lounge Visits / Walks</p>	<p>3 10:30 Crossword (AR) 2:30 Movie Afternoon- The Wedding Planner (AR)</p>	<p>4 10:00 Osteofit Exercise (AR) 11:00 Outdoor Walks 2:00 Mobile Cocktail Hour</p>	<p>5 </p>
<p>6 </p>	<p>7  LABOR DAY</p>	<p>8 9:30 Fireside Lounge Visits (FL) 10:30 Crossword (AR) 2:30 Outdoor Concert with Slava and His Dancer (CY)</p>	<p>9 10:00 Osteofit Exercise (AR) 11:00 Outdoor Walks 2:30 BINGO (AR)  4:00 Fireside Lounge Visits</p>	<p>10 9:30 Bus Scenic Drive- Rocky Point Park (SU) 2:30 Open Reading & Poetry (AR) 3:30 Crossword (AR)</p>	<p>11 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)</p>	<p>12 </p>
<p>13 </p>	<p>14 10:00 Osteofit Exercise (AR) 11:00 Sing Along (FL) 2:30 BINGO (AR)  4:00 Fireside Lounge Visits</p>	<p>15 9:30 Outdoor Walks 10:30 Crossword (AR) 2:30 Outdoor Music (Weather Permits)</p>	<p>16 10:00 Osteofit Exercise (AR) 11:00 Outdoor Walks 2:30 BINGO (AR)  4:00 Fireside Lounge Visits</p>	<p>17 9:30 Fireside Lounge Visits (FL) 10:30 Crossword (AR) 2:00 Bus Scenic Drive- Stanly Park drive (SU)</p>	<p>18 10:00 Osteofit Exercise (AR) 11:00 Outdoor Walks 2:00 Public Library Service Pick up & Drop off only 2:00 Mobile Cocktail Hour</p>	<p>19 </p>
<p>20 </p>	<p>21 10:00 Osteofit Exercise (AR) 11:00 One on One Visits 2:30 BINGO (AR)  4:00 Fireside Lounge Visits</p>	<p>22 First Day of Fall  9:30 Fireside Lounge Visits (FL) 10:30 Crossword (AR) 2:30 Movie Afternoon (AR)</p>	<p>23 10:00 Osteofit Exercise (AR) 11:00 Outdoor Walks 2:30 BINGO (AR)  4:00 Fireside Lounge Visits</p>	<p>24 9:30 Bus Scenic Drive- Buntzen lake Drive (SU) 2:30 Artistic Expressions (AR) 3:30 Crossword (AR)</p>	<p>25 10:00 Osteofit Exercise (AR) 11:00 Outdoor Walks 2:00 Ice Cream Social -Mobile 2:30 Inspirational Service with Chaplain Dan (CY)</p>	<p>26 </p>
<p>27 </p>	<p>28 10:00 Osteofit Exercise (AR) 11:00 Sing Along (FL) 2:30 Resident Council Meeting (AR) 4:00 Fireside Lounge Visits</p>	<p>29 9:30 Outdoor Walks 10:30 Crossword (AR) 2:30 BINGO (AR) </p>	<p>30 10:00 Osteofit Exercise (AR) 11:00 Outdoor Walks 2:30 BINGO (AR)  4:00 Fireside Lounge Visits</p>	September 2020		<p>29 </p>

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)

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