


























SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> 	<p>2</p> <p>10:00 Osteofit Exercise</p> <p>11:00 Outdoor Walks</p> <p>2:30 BINGO (AR)</p> 	<p>3</p> <p>9:30 Fireside Lounge Visits</p> <p>10:30 Crossword (AR)</p> <p>2:30 Happy Hour (SU) (AR)</p> 	<p>4</p> <p>10:00 Osteofit Exercise (AR)</p> <p>11:00 Outdoor Walks</p> <p>2:30 BINGO (AR)</p> 	<p>5</p> <p>9-3 Flu Shot Clinic-FL (SU)</p> 	<p>6</p> <p>10:00 Osteofit Exercise (AR)</p> <p>10:45 News & Views (AR)</p> <p>2:00 Mobile Cocktail Hour</p> 	<p>7</p> 
<p>8</p> 	<p>9</p> <p>10:00</p> <p>11:00 Outdoor Walks</p> <p>2:30 BINGO (AR)</p> 	<p>10</p> <p>9:30 Fireside Lounge Visits</p> <p>10:30 Crossword (AR)</p> <p>2:30 Remembrance Day Songs with Glenn Williams (AR)</p> 	<p>11</p> <p>Remembrance Day</p> 	<p>12</p> <p>9:30 Bus Scenic Drive-Foreshore Park (SU)</p> <p>2:30 Open Reading & Poetry (AR)</p>	<p>13</p> <p>10:00 Osteofit Exercise (AR)</p> <p>11:00 Public Library Service Pick up & Drop off Only"</p> <p>2:00 Ice Cream Social – Door to Door</p> <p>3:15 Inspirational Service with Chaplain Dan (FL)</p>	<p>14</p> 
<p>15</p> 	<p>16</p> <p>10:00 Osteofit Exercise (AR)</p> <p>11:00 Outdoor Walks</p> <p>2:30 BINGO (AR)</p> 	<p>17</p> <p>9:30 Fireside Lounge Visits</p> <p>10:30 Crossword (AR)</p> <p>2:30 Happy Hour (SU) (AR)</p> 	<p>18</p> <p>10:00 Osteofit Exercise (AR)</p> <p>11:00 Outdoor Walks</p> <p>2:30 BINGO (AR)</p> <p>4:00 Fireside Lounge Visits</p> 	<p>19</p> <p>10:30 Anglican Church Service (FL)</p> <p>2:00 Autumn Scenic Drive-Queen Elizabeth Park (SU)</p>	<p>20</p> <p>10:00 Osteofit Exercise (AR)</p> <p>10:45 News & Views (AR)</p> <p>2:00 Hot Chocolate & Cookies Door to Door</p>	<p>21</p> 
<p>22</p> 	<p>23</p> <p>10:00 Osteofit Exercise (AR)</p> <p>11:00 Outdoor Walks</p> <p>2:30 BINGO (AR)</p> 	<p>24</p> <p>9:30 Fireside Lounge Visits (FL)</p> <p>10:30 Crossword (AR)</p> <p>2:30 Happy Hour (SU) (AR)</p> 	<p>25</p> <p>10:00 Osteofit Exercise (AR)</p> <p>11:00 Outdoor Walks</p> <p>2:30 BINGO (AR)</p> <p>3:30 Recreation Forum (AR)</p> 	<p>26</p> <p>9:30 Bus Scenic Drive-Iona Beach (SU)</p> <p>2:30 Artistic Expressions (AR)</p> <p>3:30 Crossword (AR)</p>	<p>27</p> <p>10:00 Osteofit Exercise (AR)</p> <p>10:45 News & Views (AR)</p> <p>2:00 Fall Treats-Door to Door</p> <p>3:15 Inspirational Service with Chaplain Dan (FL)</p>	<p>28</p> 
<p>29</p> 	<p>30</p> <p>10:00 Osteofit Exercise (AR)</p> <p>11:00 Outdoor Walks</p> <p>2:30 Resident Council Meeting (AR)</p>	<h1>Harmony Court Estate</h1> <h2>November 2020</h2> 				

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 Fl.)

Fitness Room Hours: 8:00am-9:00pm
Burnaby Public Library 604-436-5423