




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Sing Along Music 2:00 Movie Matinee  Daylight Saving Time Ends	2 9:00 Rolls & Strolls (CY) 10:00 Fitness 'n' Fun (MD) 10:30 Trivia & News (MD) 11:00 One to One Visits 2:30 Creative Corner (MD)	3 9:00 Rolls & Strolls (CY) 10:00 Fitness 'n' Fun (MD) 10:30 Mental Aerobics (MD) 11:00 One to One Visits 2:30 Guitar & Singing (SD) 3:00 Travelling Tuck Shop 7:30 Crossword Puzzle (MD)	4 9:00 Walking Program 10:00 Fitness 'n' Fun (MD) 10:30 Trivia & News (MD) 11:00 Rolls & Strolls (CY) 2:30 Virtual Concert: Greg Alcock 2:30 Travelling Treat Cart	5 9:00 Rolls & Strolls (CY) 10:00 Fitness 'n' Fun (MD) 10:30 Mental Aerobics (MD) 11:00 One to One Visits 2:30 Music & Dancing (MD) 7:30 BINGO (MD)	6 9:00 Walking Program 10:00 Fitness 'n' Fun (MD) 10:30 Trivia & News (MD) 11:00 One to One Visits 2:30 Java Music Club (SD)	7 10:00 Fitness 'n' Fun (MD) 10:30 Sing Along (MD) 11:00 One to One Visits 2:30 Wellness Spa - Sensory Stimulation (SD)
8 10:00 Sing Along Music 2:00 Movie Matinee 	9 9:00 Rolls & Strolls (CY) 10:00 Fitness 'n' Fun (MD) 10:30 Trivia & News (MD) 11:00 One to One Visits 2:30 Creative Corner (MD)	10 9:00 Rolls & Strolls (CY) 10:00 Fitness 'n' Fun (MD) 10:30 Mental Aerobics (MD) 11:00 One to One Visits 2:30 Guitar & Singing (SD) 3:00 Travelling Tuck Shop 7:30 Crossword Puzzle (MD)	11 Remembrance Day 9:00 Walking Program 10:00 Fitness 'n' Fun (MD) 10:30 Trivia & News (MD) 11:00 Rolls & Strolls (CY) 2:30 Virtual Concert: Remembrance Day Music with Glenn William 2:30 Travelling Treat Cart	12 9:00 Rolls & Strolls (CY) 10:00 Fitness 'n' Fun (MD) 10:30 Mental Aerobics (MD) 11:00 One to One Visits 2:30 Music & Dancing (MD) 7:30 BINGO (MD)	13 9:00 Rolls & Strolls 10:00 Fitness 'n' Fun (MD) 10:30 Trivia & News (MD) 11:00 One to One Visits 11:30 <u>Library Visits</u> 2:30 Inspirational Service with Chaplain Dan (MD)	14 10:00 Fitness 'n' Fun (MD) 10:30 Sing Along (MD) 11:00 One to One Visits 2:30 Wellness Spa - Sensory Stimulation (SD)
15 10:00 Fitness 'n' Fun (MD) 10:30 Catholic Mass Virtual Service (MD) 11:00 One to One Visits 2:30 BINGO (SD)	16 9:00 Rolls & Strolls (CY) 10:00 Fitness 'n' Fun (MD) 10:30 Trivia & News (MD) 11:00 One to One Visits 2:30 Creative Corner (MD)	17 9:00 Rolls & Strolls (CY) 10:00 Fitness 'n' Fun (MD) 10:30 Mental Aerobics (MD) 11:00 One to One Visits 2:30 Guitar & Singing (SD) 3:00 Travelling Tuck Shop 7:30 Crossword Puzzle (MD)	18 9:00 Walking Program 10:00 Fitness 'n' Fun (MD) 10:00 One to One Visits 10:30 Trivia & News (MD) 11:00 Rolls & Strolls (CY) 2:30 Active Game (MD)	19 9:00 Rolls & Strolls (CY) 10:00 Fitness 'n' Fun (MD) 10:30 Mental Aerobics (MD) 11:00 One to One Visits 2:30 Monthly Birthday Celebration & Cake with Ryan Langevin (MD) 7:30 BINGO (MD)	20 9:00 Walking Program 10:00 Fitness 'n' Fun (MD) 10:30 Trivia & News (MD) 11:00 One to One Visits 2:30 Java Music Club (SD)	21 10:00 Fitness 'n' Fun (MD) 10:30 Sing Along (MD) 11:00 One to One Visits 2:30 Wellness Spa - Sensory Stimulation (SD)
22 10:00 Fitness 'n' Fun (MD) 10:30 Spirit & Soul (MD) 11:00 One to One Visits 2:30 BINGO (SD)	23 9:00 Rolls & Strolls (CY) 10:00 Fitness 'n' Fun (MD) 10:30 Trivia & News (MD) 11:00 One to One Visits 2:30 Creative Corner (MD)	24 9:00 Rolls & Strolls (CY) 10:00 Fitness 'n' Fun (MD) 10:30 Mental Aerobics (MD) 11:00 One to One Visits 2:30 Guitar & Singing (SD) 3:00 Travelling Tuck Shop 7:30 Crossword Puzzle (MD)	25 9:00 Walking Program 10:00 Fitness 'n' Fun (MD) 10:30 Trivia & News (MD) 11:00 Rolls & Strolls (CY) 2:30 Virtual Concert: Jason Matthey	26 9:00 Rolls & Strolls (CY) 10:00 Fitness 'n' Fun (MD) 10:30 Mental Aerobics (MD) 11:00 One to One Visits 2:30 Music & Dancing (MD) 7:30 BINGO (MD)	27 9:00 Walking Program 10:00 Fitness 'n' Fun (MD) 10:30 Trivia & News (MD) 11:00 One to One Visits 2:30 Inspirational Service with Chaplain Dan (MD)	28 10:00 Fitness 'n' Fun (MD) 10:30 Sing Along (MD) 11:00 One to One Visits 2:30 Wellness Spa - Sensory Stimulation (SD)
29 10:00 Fitness 'n' Fun (MD) 10:30 Word Games 11:00 One to One Visits 2:30 BINGO (SD)	30 9:00 Rolls & Strolls (CY) 10:00 Fitness 'n' Fun (MD) 10:30 Trivia & News (MD) 11:00 One to One Visits 2:30 Creative Corner (MD)	 <h1 style="color: red;">November 2020</h1> <h2 style="font-style: italic;">2nd Floor ~ Wedgewood</h2>				

AgeCare Harmony Court Care Centre
 7195 Canada Way Burnaby, BC
 2nd Floor Nurse Station (604) 527-3302
 Recreation: (604) 527-3328

HAPPY BIRTHDAY



Nov. 19th
Herman B.

Nov. 21st
Irene B.

LEGEND: MD= Main Dining Room
 SD = Small Dining Room
 HL = Hearthstone Lounge (C1)
 CY = Magnolia Courtyard (Weather Permitting)
 FG = Friendship Garden (Weather Permitting)

C1= 1st floor Rosewood
Bold = Specialty Programs
Underlined = Volunteers
Italics = Themed Programs

All programs are subject to change