








SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:15 News Corner-FL 10:00 Osteofit Exercises (FL) 10:45 Sing Along Music (FL) 2:30 Bingo (AR) 3:45 1:1 Outdoor Walks/ Visits	2 9:15 Chats & Visits- FL 10:00 Crossword Puzzle (AR) 2:30 Movies Afternoon (AR) 3:45 1:1 Outdoor Walks (FL)	3 9:15 News Corner-FL 10:00 Osteofit Exercises (AR) 10:45 Sing Along Music (FL) 2:30 Bingo (AR) 3:45 1:1 Outdoor Walks (FL)	4 9:15 Chats & Visits- FL 10:00 Bingo (AR) 2:30 Reminiscing/ Short Stories (AR) 3:45 1:1 Outdoor Walks (FL)	5 9:15 News Corner-FL 10:00 Osteofit Exercises (AR) 10:45 Sing Along Music (FL) 1:30 Gift Deliveries (Valentine's) 3:45 1:1 Outdoor Walks (FL)	6 
	7 	8 9:15 News Corner-FL 10:00 Osteofit Exercises (FL) 10:45 Sing Along Music (FL) 2:30 Bingo (AR) 3:45 1:1 Outdoor Walks/ Visits	9 9:15 Chats & Visits- FL 10:00 Crossword Puzzle (AR) 2:30 Open Reading & Poetry (AR) 3:45 1:1 Outdoor Walks (FL)	10 9:15 News Corner-FL 10:00 Osteofit Exercises (AR) 10:45 Sing Along Music (FL) 2:30 Bingo (AR) 3:45 1:1 Outdoor Walks (FL)	11 9:15 Chats & Visits- FL 10:00 Bingo (AR) 2:30 Artistic Expressions (AR) 3:45 1:1 Outdoor Walks (FL)	12 9:15 News Corner-FL 10:00 Osteofit Exercises (AR) 10:45 Sing Along Music (FL) 1:30 Valentine's Gifts Deliveries 3:45 1:1 Outdoor Walks (FL)
14 <i>Happy Valentine's Day!</i> 	15 <b>Family Day!</b>	16 9:15 Chats & Visits- FL 10:00 Crossword Puzzle (AR) 2:30 Movies Afternoon (AR) 3:45 1:1 Outdoor Walks (FL)	17 9:15 News Corner-FL 10:00 Osteofit Exercises (AR) 10:45 Sing Along Music (FL) 2:30 Bingo (AR) 3:45 1:1 Outdoor Walks (FL)	18 9:15 Chats & Visits- FL 10:00 Bingo (AR) 2:30 Reminiscing/ Short Stories (AR) 3:45 1:1 Outdoor Walks (FL)	19 9:15 News Corner-FL 10:00 Osteofit Exercises (AR) 10:45 Sing Along Music (FL) 2:30 Documentary Film (AR) 3:45 1:1 Outdoor Walks (FL)	20 
21 	22 9:15 News Corner-FL 10:00 Osteofit Exercises (FL) 10:45 Sing Along Music (FL) 2:30 Bingo (AR) 3:45 1:1 Outdoor Walks/ Visits	23 9:15 Chats & Visits- FL 10:00 Crossword Puzzle (AR) 2:30 Open Reading & Poetry (AR) 3:45 1:1 Outdoor Walks (FL)	24 9:15 News Corner-FL 10:00 Osteofit Exercises (AR) 10:45 Sing Along Music (FL) 2:30 Bingo (AR) 3:45 1:1 Outdoor Walks (FL)	25 9:15 Chats & Visits- FL 10:00 Bingo (AR) 2:30 Artistic Expressions (AR) 3:45 1:1 Outdoor Walks (FL)	26 9:15 News Corner-FL 10:00 Osteofit Exercises (AR) 10:45 Sing Along Music (FL) 2:30 Bingo (AR) 3:45 1:1 Outdoor Walks (FL)	27 

# Harmony Court Estate

# February 2021



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

<b>LEGEND</b>	SU = Sign Up at Reception	Red = Volunteer Run Programs
AR = Activity Room (3 <sup>rd</sup> Fl.)	CC = Care Centre (1 <sup>st</sup> Fl.)	CY = Centre Courtyard
FC = Fitness Centre (3 <sup>rd</sup> Fl.)	FL = Fireside Lounge (1 <sup>st</sup> Fl.)	G = Games Room (3 <sup>rd</sup> Fl.)
GR = Garden Room (1 <sup>st</sup> Fl.)	L = Library (2 <sup>nd</sup> Fl.)	4 <sup>th</sup> FL- DR = Dining Room (4 <sup>th</sup> Fl.)

**Burnaby Public Library 604-436-5423**  
Pick up and drop off service  
February 11<sup>th</sup> at 11:30 AM