






















SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p> <p>10:00 Crossword (AR) 10:45 Outdoor Walks</p> <p>1:15 One on One Fitness (SU)</p> <p>2:30 Outdoor Concert with John Parson (CY) </p>	<p>2</p> <p>10:00 Osteofit Exercise (AR) 10:45 Sing Along (AR)</p> <p>2:30 BINGO (AR)</p>  <p>3:45 Visits/ Walks</p>	<p>3</p> <p>10:30 Bus Outing: Picnic Lunch at Belcarra Park (SU)</p> <p>3:45 Outdoor Walks</p>	<p>4</p> <p>10:00 Osteofit Exercise (AR) 10:45 Outdoor Walks 11:30 Burnaby Library Drop Off</p> <p>2:30 Inspirational Service with Chaplain Dan (CY)</p> <p>2:30 BINGO (AR)</p>	<p>5</p> 
<p>6</p> 	<p>7</p> <p>10:00 Osteofit Exercise (AR) 10:45 News &amp; Views (AR)</p> <p>2:30 BINGO (AR)</p> <p>3:45 Visits / Walks</p>	<p>8</p> <p>10:00 Crossword (AR) 10:45 Outdoor Walks 1:15 One on One Fitness (SU)</p> <p>2:30 Outdoor Concert with Greg Alcock (CY) </p> <p>3:45 Visits/ Walks</p>	<p>9</p> <p>10:00 Osteofit Exercise (AR) 10:45 Sing Along (AR)</p> <p>2:30 BINGO (AR)</p>  <p>3:45 Visits/ Walks</p>	<p>10</p> <p>10:00 Scenic Bus Trip Burnaby Mountain (SU)</p> <p>2:30 Mobile Cart- Ice Cream Sandwiches</p> <p>3:45 Visits/ Walks</p>	<p>11</p> <p>10:00 Osteofit Exercise (AR) 10:45 Outdoor Walks</p> <p>2:30 Open Reading &amp; Poetry (AR)</p> <p>3:45 Visits/ Walks</p>	<p>12</p> 
<p>13</p> 	<p>14</p> <p>10:00 Osteofit Exercise (AR) 10:45 News &amp; Views (AR)</p> <p>2:30 BINGO (AR)</p> <p>3:45 Visits / Walks</p>	<p>15</p> <p>10:00 Crossword (AR) 10:45 Outdoor Walks 1:15 One on One Fitness (SU)</p> <p>2:30 Outdoor Concert with Ryan Langevin (CY) </p>	<p>16</p> <p>10:00 Osteofit Exercise (AR) 10:45 Reminiscing/ Singing (AR)</p> <p>2:30 BINGO (AR)</p>  <p>3:45 Visits/ Walks</p>	<p>17</p> <p>10:00 Crossword (AR)</p> <p>11:00 Bus Outing: Picnic Lunch at Buntzen Lake (SU)</p> <p>3:45 Outdoor Walks</p>	<p>18</p> <p>10:00 Osteofit Exercise (AR) 10:45 Outdoor Wa;lks</p> <p>2:30 Inspirational Service with Chaplain Dan (CY)</p> <p>2:30 BINGO (AR)</p>	<p>19</p> 
<p>20</p> 	<p>21</p> <p>10:00 Osteofit Exercise (AR) 10:45 News &amp; Views (FL)</p> <p>2:30 Mobile Cart- Beer &amp; Wine, Father's Day Special</p>	<p>22</p> <p>10:00 Crossword (AR) 10:30 BINGO</p> <p>1:15 One on One Fitness (SU)</p> <p>2:30 Outdoor Concert with Pancho &amp; Sal (CY) </p>	<p>23</p> <p>10:00 Osteofit Exercise (AR) 10:45 Documentary Film (Hawaii) (AR)</p> <p>2:30 BINGO (AR)</p>  <p>3:45 Recreation Forum (AR)</p>	<p>24</p> <p>10:00 Crossword (AR)</p> <p>11:00 Bus Outing: Picnic Lunch at Osprey Village (SU)</p> <p>3:45 Visits/ Walks</p>	<p>25</p> <p>10:00 Osteofit Exercise (AR) 10:45 Outdoor Walks</p> <p>2:30 Artistic Expressions (AR)</p> <p>3:45 Visits/ walk</p>	<p>26</p> 
<p>27</p> 	<p>28</p> <p>10:00 Osteofit Exercise (AR) 10:45 News &amp; Views (FL)</p> <p>2:30 BINGO (AR)</p> <p>3:45 Visits / Walks</p>	<p>29</p> <p>10:00 Crossword (AR) 10:45 Outdoor Walks 2:30 Canada Day Celebration with Cheek to Cheek (CY)</p>  	<p>30</p> <p>10:00 Osteofit Exercise (AR) 10:45 Sing Along (AR)</p> <p>2:30 BINGO (AR)</p>  <p>3:45 Visits / Walks</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 (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.)