


















SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="margin: 0;">July 2021</h1> <h2 style="margin: 0;">Harmony Court Estate</h2> 						
4 	5 10:00 Osteofit Exercise (AR) 10:45 Outdoor Walks (AR) <b>2:30 BINGO (AR)</b> 3:45 One on One Visits / Walks	6 10:00 Crossword (AR) 10:45 Outdoor Walks 1:15 One on One Fitness (SU) <b>2:30 Outdoor Concert with Colleen Durdon (CY)</b> 	7 10:00 Osteofit Exercise (AR) 10:45 Sing Along (AR) <b>2:30 BINGO (AR)</b>  3:45 One on One Visits / Walks	8 10:00 Crossword (AR) 10:45 Outdoor Walks 1:15 One on One Fitness (SU) <b>2:30 Open Reading &amp; Poetry (AR)</b> 3:45 One on One Visits / Walks	9 10:00 Osteofit Exercise (AR) 10:45 Outdoor Walks <b>2:30 Mobile Cart -Ice cream</b> 3:45 One on One Visits / Walks	10 
11 	12 10:00 Osteofit Exercise (AR) 10:45 Outdoor walks (AR) <b>2:30 BINGO (AR)</b> 3:45 One on One Visits / Walks	13 10:00 Crossword (AR) 10:45 Outdoor Walks 1:15 One on One Fitness (SU) <b>2:30 Outdoor Concert with Ryan Langevin (CY)</b> 	14 10:00 Osteofit Exercise (AR) 10:45 Funny Videos (AR) <b>2:30 BINGO (AR)</b>  3:45 One on One Visits / Walks	15 10:00 Crossword (AR) <b>11:15 Lunch at 50's Burger (SU)</b> 1:30 One on One Fitness (SU) <b>2:30 Cognitive Development Through Global Virtual Travel (AR)</b> 3:45 One on One Visits / Walks	16 10:00 Osteofit Exercise (AR) 10:45 Outdoor Walks <b>2:30 Inspirational Service with Chaplain Dan (CY)</b> <b>2:30 BINGO (AR)</b> 3:45 One on One Visits / Walks	17 
18 	19 10:00 Osteofit Exercise (AR) 10:45 Outdoor Walks <b>2:30 BINGO (AR)</b> 3:45 One on One Visits / Walks	20 10:00 Crossword (AR) 10:45 Outdoor Walks 1:15 One on One Fitness (SU) <b>2:30 Outdoor Concert with Cheek to Cheek (CY)</b> 	21 10:00 Osteofit Exercise (AR) <b>10:45 Documentary Film (Cuba) (AR)</b> <b>2:30 BINGO (AR)</b> 3:45 Recreation Forum (AR)	22 10:00 Crossword (AR) <b>11:15 Lunch at Oliver Twist Pub (SU)</b> 1:30 One on One Fitness (SU) <b>2:30 Artistic Expressions (AR)</b> 3:45 One on One Visits / Walks	23 10:00 Osteofit Exercise (AR) 10:45 Outdoor Walks <b>2:30 Mobile Cart- Chips and Cold Drinks</b> 3:45 One on One Visits / Walks	24 
25 	26 10:00 Osteofit Exercise (AR) 10:45 Outdoor Walks <b>2:30 BINGO (AR)</b> 3:45 One on One Visits / Walks	27 10:00 Crossword (AR) 10:45 Outdoor Walks 1:15 One on One Fitness (SU) <b>2:30 Outdoor Concert with Eli (Elvis)</b> 	28 10:00 Osteofit Exercise (AR) 10:45 Sing Along (AR) <b>2:30 BINGO (AR)</b> 3:45 One on One Visits / Walks	29 10:00 Crossword (AR) <b>11:15 Lunch at Balkan House (SU)</b> 1:30 One on One Fitness (SU) <b>2:30 Documentary Film- Hawaii Part 2 (AR)</b> 3:45 One on One Visits / Walks	30 10:00 Osteofit Exercise (AR) 10:45 Outdoor Walks 11:30 <u>Burnaby Library</u> Pick Up & <u>Drop Off</u> <b>2:30 BINGO (AR)</b> 3:45 One on One Visits / Walks	

**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.)