




















October 2021 Harmony Court Estate

	<h1>October 2021 Harmony Court Estate</h1>					1 10:00 Osteofit Exercise (AR) 10:45 Outdoor Walks /Indoor Walks (FL) 2:30 Cribbage (AR) 2:30 Mobile Cart- Pumpkin Cookies & Drinks 3:45 One on One Visits / Walks	2 
3 	4 10:00 Osteofit Exercise (AR) 11:00 Bus Outing: Educational Tour of Vancouver Zoo & Picnic Lunch (SU) 3:00 BINGO (AR)	5 10:00 Crossword (AR) 10:45 Outdoor Walks 1:15 One on One Fitness (FL) 2:30 Special Event with Peter Montgomery (FL)	6 10:00 Osteofit Exercise (AR) 10:45 Sing Along Video (AR) 2:30 BINGO (AR)  3:45 One on One Visits / Walks	7 10:00 Crossword (AR) 10:45 Bus Outing: Shopping & Lunch at Lougheed Mall (SU)  3:30 Open Reading & Poetry (AR)	8 10:00 Osteofit Exercise (AR) 10:45 Outdoor Walks /Indoor Walks (FL) 2:30 Inspirational Service with Chaplain Dan (FL) 2:30 Cribbage (AR)	9 	
10 	11 	12 10:00 Crossword (AR) 10:45 Outdoor Walks 1:15 One on One Fitness (FL) 2:30 Thanksgiving Party with Lorraine Smith (FL)	13 10:00 Osteofit Exercise (AR) 10:45 Funny Videos (AR) 2:30 BINGO (AR)  3:45 One on One Visits / Walks	14 10:00 Crossword (AR) 11:15 Lunch Outing: Walk to Pearl House Restaurant (SU) 1:30 One on One Fitness (SU) 2:30 Oktoberfest with Peter Paulus (FL)	15 10:00 Osteofit Exercise (AR) 10:45 Outdoor Walks /Indoor Walks (FL) 2:30 Cribbage (AR) 2:30 Mobile Cart- Cold Drinks & Chips 	16 	
17 	18 10:00 Osteofit Exercise (AR) 11:00 Bus Outing: Shopping & Lunch at Brentwood Mall (SU) 3:00 BINGO (AR)	19 10:00 Crossword (AR) 10:45 Outdoor Walks 1:15 One on One Fitness (FL) 2:30 Birthday Party with John Parson (FL)	20 10:00 Osteofit Exercise (AR) 10:45 Sing along (AR) 2:30 BINGO (AR)  3:45 Recreation Forum (AR)	21 10:00 Crossword (AR) 10:30 Anglican Church Service (FL) 11:00 Bus Outing: Starlight Casino & Lunch (SU) 3:30 Artistic Expressions (AR)	22 10:00 Osteofit Exercise (AR) 10:45 Outdoor Walks /Indoor Walks (FL) 12:30 Burnaby Library Pick Up & Drop Off 2:30 Cribbage (AR) 2:30 Inspirational Service with Chaplain Dan (FL)	23 	
24 	25 10:00 Osteofit Exercise (AR) 11:00 Bus Outing: Starlight Casino & Lunch (SU) 3:00 BINGO (AR)	26 10:00 Crossword (AR) 10:45 Outdoor Walks 1:15 One on One Fitness (FL) 2:30 Movie Afternoon~ Sweet Girl (AR)	27 10:00 Osteofit Exercise (AR) 10:45 Sing along (AR) 2:30 BINGO (AR)  3:45 One on One Visits / Walks	28 10:00 Crossword (AR) 11:00 Bus Outing: Fish & Chips at C-Lovers (SU) 1:30 One on One Fitness (SU) 2:30 Halloween Costume Party With Doug Hawksworth (FL)	29 10:00 Osteofit Exercise (AR) 10:45 Outdoor Walks /Indoor Walks (FL) 2:30 Cribbage (AR) 2:30 Mobile Cart- Halloween Treats 	30 	



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

All Programs Subject to Change!

LEGEND SU = Sign Up at Reception Red = Volunteer Run Programs

AR = Activity Room (3 rd Fl.)	CC = Care Centre (1 st Fl.)	CY = Centre Courtyard
FC = Fitness Centre (3 rd Fl.)	FL = Fireside Lounge (1 st Fl.)	G = Games Room (3 rd Fl.)
GR = Garden Room (1 st Fl.)	L = Library (2 nd Fl.)	4 th FL- DR = Dining Room (4 th Fl.)