

**SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY**

# October 2019

		<p><b>11:00 Bus Outing:</b> Autumn Drive to Burnaby Mountain &amp; Lunch on the Bus (SU) 3:30 Artistic Expressions (AR)</p> 	<p>10:00 Osteofit Exercise (AR) 10:45 St. Alban's Daycare Intergenerational Visits (AR) 2:30 BINGO (AR)</p> 	<p><b>9:30 Breakfast Club (4<sup>th</sup> FL-DR) (SU)</b></p>  <p><b>2:00 Bus Outing:</b> Queen Elizabeth Scenic Drive &amp; Lucky Doughnuts (SU)</p>	<p><b>9:30- 11:30 Register with Elections BC (FL)</b> 10:00 Show &amp; Tell (AR) 10:30 Chair Yoga with Beate' (AR) <b>2:30 Fall Ball with Melodious Mandolins (GR)</b></p>	<p>2:30 Expressive Arts with Gordon (AR)</p>  <p><b>7:30 Movie Night:</b> Peter Rabbit (AR)</p>
	<p>10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) <b>2:00 Bridge / Card Games (FL)</b> <b>2:30 Resident Update Meeting (AR)</b> 3:30 Men's Social Club (FL)</p>	<p><b>10:30 Bus Outing:</b> Aldor Acres Pumpkin Patch Tour &amp; Picnic Lunch (SU)</p>  <p>3:30 Nail Spa &amp; Hand Massage (FL)</p>	<p>10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:30 BINGO (AR) 7:30 Inspirational Service with Chaplain Dan (AR)</p> 	<p><b>10:30 Bus Outing:</b> UBC Symphony Orchestra Chan Shun Concert Hall (Free) &amp; Lunch on the Bus (SU)</p> 	<p>10:00 Osteofit Exercise (AR) 10:45 Bingo (AR) 1:30 Burnaby Library (FL) <b>2:30 Thanksgiving Social with Lorrain Smith (GR)</b> <b>7:30 Movie Night:</b> Hocus Pocus (AR)</p>	<p>10:00 Gentle Stretch with Kelly (AR) 11:00 Aroma Spa with Kelly (SU) (AR)</p>
<p><b>Thanksgiving Turkey Dinner</b></p> 	<p><i>Happy Thanksgiving</i></p> 	<p>10:30 Food Forum (AR) <b>1:00-4:00 Absolute Hearing Clinic (SU) (AR)</b> <b>2:00 Bus Outing:</b> Fall Scenic Drive &amp; Hot Chocolate (Lafarge Lake) (SU) <b>2:15 Catholic Mass (CC)</b> <b>7:30 Pub Night &amp; 50/50 Draw With Brian Zalo (GR)</b></p>	<p>10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:30 BINGO (AR) 3:30 Recreation Forum (AR)</p> 	<p><b>10:30 St. Alban's Anglican Church Service (AR)</b> <b>10:30 Bus Outing:</b> Shopping &amp; Lunch at Royal City Centre (SU)</p>  <p>3:30 Java Music Club (AR)</p>	<p>10:00 News &amp; Views (AR) 10:30 Chair Yoga with Beate' (AR) <b>2:30 Birthday Social with John Parson (GR)</b></p> 	<p>2:30 Expressive Arts with Gordon (AR)</p>  <p><b>7:30 Movie Night:</b> Ghost Busters (AR)</p>
	<p><b>Federal Election Voting Opportunity (FL)</b></p> <p>10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) <b>2:00 Bridge / Card Games (FL)</b> 2:30 Ladies Social Club (FL)</p>	<p><b>10:30 Bus Outing:</b> Lunch at C-Lovers (\$10 &amp; up) (SU) 3:30 Drama Club (AR)</p> 	<p>10:00 Tai Chi with Victor (AR) 10:45 Crossword (AR) 2:30 BINGO (AR) 7:30 Inspirational Service with Chaplain Dan (AR)</p> 	<p><b>10:30 Bus Outing:</b> Starlight Casino &amp; Buffet Lunch (\$12) (SU)</p>  <p>3:30 Java Music Club (AR)</p>	<p>10:00 Osteofit Exercise (AR) 10:45 Bingo (AR) <b>2:30 Country Western Social with Swinging Singles Square Dance (GR)</b> <b>7:30 Movie Night:</b> The Witches (AR)</p>	<p>10:00 Gentle Stretch with Kelly (AR) 11:00 Aroma Spa with Kelly (SU) (AR)</p>
	<p>10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) <b>2:00 Bridge / Card Games (FL)</b> 2:30 Resident Council Meeting (AR) 3:30 Open Reading &amp; Poetry (L)</p>	<p><b>11:00 Bus Outing:</b> Shadbolt Concert Series-Vancouver Women's Ambient Music Collective (\$5.40 admission fee) (SU) 2:30 Pumpkin Carving Contest (FL)</p> 	<p>10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) <b>2:30 Jackpot Bingo (AR)</b></p>  <p><b>SIGN-UP SHEETS GO OUT!</b></p>	<p>10:30 St. Alban's Daycare Costume Show (FL) <b>2:30 Halloween Party &amp; Costume Contest with Bo Olsson (GR)</b></p> <p><b>"Wear Your Spooky Costume and win a Prize"</b></p> <p><i>Happy Halloween</i></p>	<p><b>HARMONY COURT ESTATE</b></p> 	

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

**Fitness Room Hours: 8:00 am - 4:00pm (Every Day)**

**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>)