

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>October 2019</b>   		<b>1</b> <b>11:00 Bus Outing:</b> Autumn Drive to Burnaby Mountain & Lunch on the Bus (SU) 3:30 Artistic Expressions (AR) 	<b>2</b> 10:00 Osteofit Exercise (AR) 10:45 St. Alban's Daycare Intergenerational Visits (AR) 2:30 BINGO (AR) 	<b>3</b> <b>9:30 Breakfast Club (4<sup>th</sup> FL-DR) (SU)</b>  <b>2:00 Bus Outing:</b> Queen Elizabeth Scenic Drive & Lucky Doughnuts (SU)	<b>4</b> <b>9:30- 11:30 Register with Elections BC (FL)</b> 10:00 Show& Tell (AR) 10:30 Chair Yoga with Beate' (AR) <b>2:30 Fall Ball with Melodious Mandolins (GR)</b>	<b>5</b> 2:30 Expressive Arts with Gordon (AR)  <b>7:30 Movie Night:</b> Peter Rabbit (AR)
<b>6</b> 	<b>7</b> 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)	<b>8</b> <b>10:30 Bus Outing:</b> Aldor Acres Pumpkin Patch Tour & Picnic Lunch (SU)  3:30 Nail Spa & Hand Massage (FL)	<b>9</b> 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:30 BINGO (AR)  7:30 Inspirational Service with Chaplain Dan (AR)	<b>10</b> <b>10:30 Bus Outing:</b> UBC Symphony Orchestra Chan Shun Concert Hall (Free) & Lunch on the Bus (SU) 	<b>11</b> 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)	<b>12</b> 10:00 Gentle Stretch with Kelly (AR) 11:00 Aroma Spa with Kelly (SU) (AR)
<b>13</b> <b>Thanksgiving Turkey Dinner</b> 	<b>14</b> 	<b>15</b> 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 & 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>	<b>16</b> 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) 2:30 BINGO (AR)  3:30 Recreation Forum (AR)	<b>17</b> <b>10:30 St. Alban's Anglican Church Service (AR)</b> <b>10:30 Bus Outing:</b> Shopping & Lunch at Royal City Centre (SU)  3:30 Java Music Club (AR)	<b>18</b> 10:00 News & Views (AR) 10:30 Chair Yoga with Beate' (AR) <b>2:30 Birthday Social with John Parson (GR)</b> 	<b>19</b> 2:30 Expressive Arts with Gordon (AR)  <b>7:30 Movie Night:</b> Ghost Busters (AR)
<b>20</b> 	<b>21</b> <b>Federal Election Voting Opportunity (FL)</b> 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) <b>2:00 Bridge / Card Games (FL)</b> 2:30 Ladies Social Club (FL)	<b>22</b> <b>10:30 Bus Outing:</b> Lunch at C-Lovers (\$10 & up) (SU) 3:30 Drama Club (AR) 	<b>23</b> 10:00 Tai Chi with Victor (AR) 10:45 Crossword (AR) 2:30 BINGO (AR)  7:30 Inspirational Service with Chaplain Dan (AR)	<b>24</b> <b>10:30 Bus Outing:</b> Starlight Casino & Buffet Lunch (\$12) (SU)  3:30 Java Music Club (AR)	<b>25</b> 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)	<b>26</b> 10:00 Gentle Stretch with Kelly (AR) 11:00 Aroma Spa with Kelly (SU) (AR)
<b>27</b> 	<b>28</b> 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 & Poetry (L)	<b>29</b> <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) 	<b>30</b> 10:00 Osteofit Exercise (AR) 10:45 Crossword (AR) <b>2:30 Jackpot Bingo (AR)</b>  <b>SIGN-UP SHEETS GO OUT!</b>	<b>31</b> 10:30 St. Alban's Daycare Costume Show (FL) <b>2:30 Halloween Party &amp; Costume Contest with Bo Olsson (GR)</b> <b>"Wear Your Spooky Costume and win a Prize"</b> <b>Happy Halloween</b>	<div> <b>HARMONY COURT ESTATE</b>   </div>	

**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>)