

May 2019 The Heritage Retirement Residence



	Cunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
flove the little of the little	Sunday	Monday	Tuesday © Emotional Intellectual Outing Physical Purposeful Social Spiritual Vendor	8:00 The Heritage Art Group 8 am -1 pm [CK] 9:00 Chicken Soup for the Soul Stories with Kim [B] 10:00 Sing for Your Life [T] 1:00 Food & Recreation Meeting [T] 1:30 Go4Life Pool Walking [P] 2:00 S"Quarter Bingo" [CK] 2:00 Java Music [PDR] 6:15 Bridge Club [L] 6:30 Shaz Dance Lessons [B]	10:00 Se Go4Life Walking Club: bus outing *sign up* [BO] 10:30 Advanced Osteofit 12:45 Crafts with Kim Hats for Cinco de Mayo 1:00 Se Osteofit [T] 2:30 Happy Hour with Valley Gentlemen [B]	8:00 Painting Group 8 - 1 pm [CK] 9:30 Advanced Aquafit [P]	9:30 Go4Life Walking Club - Resident Run [B] 10:30 Men's Brunch *sign up* [CK] 1:00 Crib Club - everyone welcome! [B] 1:00 Shuttle Bus to Save-On-Foods *sign up* [BO] 1:15 Shuttle Bus to Walmart *sign up* [BO] 6:30 Saturday Night at the Movies [T]
© Emotional © Intellectual Duting Physical Purposeful Social Spiritual Vendor Location Keys Bistro B	11:30 Catholic Communion [L] 2:00 Let's Play Scrabble [L] 6:30 Dan Summers Student Recital	10:30 Advanced Osteofit	9:30 Go4Life: Chair Class [G] 10:15 GB "Back Road Wanderers" Scenic Drive *Sign Up* [BO] 1:00 Women's Al-Anon Meeting [T] 2:00 Meet Me At The MOMA Art Program - *Sign up- Bus Outing [BO] 3:15 You Be The Judge - Discussion Group with Kim	8:00 冬 The Heritage Art Group 8 am - 1 pm [CK] 10:00 興 Sing for Your Life [T] 1:30 哈 Go4Life Pool Walking [P] 2:00 馨 \$"Quarter Bingo" [CK] 6:15 例 Bridge Club [L]	10:00 🗞 Happy 🧡	here today by	9:30 Cooking with Pearl & Murphy [CK] 9:30 Go4Life Walking Club - Resident Run [B] 12:45 Bereavement Mothers Day Tea with Kim *Sign Up* [CK] 1:00 Crib Club - everyone welcome! [B] 2:15 Little Theatre Peachland * Parlour Games *Sign Up* 6:30 Saturday Night at the Movies [T]
Bus Outing BO Country Kitchen CK Gym G Library L Pool P Private Dining Room PDR Theatre T Mothers Day Brunch on Sunday May 12th - families welcome (sign up at reception).	Mother's Day 11:30 Catholic Communion [L] 11:30 Mothers Day Brunch *Sign Up for Families* 2:00 Let's Play Scrabble [L]	9:00 Separation Foot Care Nurse 13 here today by appointment 9am-3:30pm *sign up at reception* 9:30 Advanced Aquafit [P] 10:30 Advanced Osteofit 1:00 Costeofit [T] 1:30 Go4Life Pool Walking [P] 2:30 Tai Chi with Yvonne - a gentle form of chair exercise that has many health benefits - everyone welcome! [T] 3:30 Connect Hearing Clinic [B] 7:00 Bingo! [CK]	9:30 Go4Life: Chair Class [G] 10:15 Backroad Wanderers Scenic Bus Tour *Sign Up* 10:30 Catholic Mass [L] 1:00 Women's Al-Anon Meeting [T] 2:30 May Birthday Party with Steve J. [B] 3:45 Word Games [B]	Group 8 am - 1 pm [CK] 10:00 ∰ Sing for Your Life [T] 1:00 ⓒ Java Music [PDR] 1:30 ➡ Go4Life Pool Walking [P] 2:00 營 \$"Quarter Bingo" [CK]	10:00 ➡ Go4Life Walking Club: bus outing *sign up* [B0] 10:30 Advanced Osteofit 1:00 ➡ Osteofit [T] 1:00 Roll-O-Trump Game 2:30 ∰ Happy Hour with Rolland [B]	pm [CK] 9:30 📤 Advanced Aquafit	9:30 Go4Life Walking Club - Resident Run [B] 1:00 Crib Club - everyone welcome! [B] 6:30 Saturday Night at the Movies [T]
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A	11:30 Catholic Communion 19	Victoria Day 9:30 - Advanced 20	9:30 Go4Life: 21		10.00	8:00 Painting Group 8 - 24	9:00 Friends of the 25
Hove the little	[L] 2:00 (P Let's Play Scrabble [L]	Aquafit [P]	Chair Class [G] 10:15 Backroad Wanderers Scenic Bus Tour * sign up * 1:00 Women's Al-Anon Meeting [T] 2:00 Meet Me At The MOMA Art Program - *Sign up-Bus Outing [CK] 3:45 Word Games [B]	Heritage Art ∠∠ Group 8 am - 1 pm [CK] 10:00 ∰ Sing for Your Life [T] 1:00 ⓒ Java Music [PDR] 1:30 ➡ Go4Life Pool Walking [P] 2:00 ∰ \$"Quarter Bingo" [CK] 6:15 ∰ Bridge Club [L]	*sign up* [BO] 10:30 Advanced Osteofit 1:00 Osteofit [T] 2:30 Happy Hour with Oldtime Fiddlers [B] 3:45 You Be The Judge - Discussion Group with Kim [B]	9:00 Foot Care Nurse here today by appointment 9am-3:30pm *sign up at reception* 9:30 Advanced Aquafit [P] 10:00 Shopping Salvation Army for upcoming Cruise Week 12:00 Friends of the Library Book Sale *Residents	Sale 9 am - 4 pm [T] 9:30 Go4Life Walking Club - Resident Run [B] 1:00 Crib Club - everyone welcome! [B] 1:00 Shuttle Bus to Save- On-Foods *sign up* [BO]
Jove,	[L]	Aquafit [P] 1:30 Go4Life Pool Walking [P] 2:30 Tai Chi with Yvonne - a gentle form of chair exercise that has many health benefits - everyone welcome! [T]	[G] 10:15 Backroad Wanderers Scenic Bus Tour * sign up * 1:00 Women's Al-Anon Meeting [T] 2:00 Meet Me At The MOMA Art Program - *Sign up- Bus Outing [CK]	Group 8 am - 1 pm [CK] 10:00 Sing for Your Life [T] 1:00 Java Music [PDR] 1:30 Go4Life Pool Walking [P] 2:00 S*(Quarter Bingo)* [CK] 6:15 Bridge Club [L] 8:00 The Heritage Art Group 8 am - 1 pm [CK] 10:00 Sing for Your Life	Club: bus outing *sign up* [BO] 10:30 Advanced Osteofit 1:00 Soteofit [T] 2:30 Happy Hour with Oldtime Fiddlers [B] 3:45 You Be The Judge - Discussion Group with Kim [B] 10:00 So4Life Walking Club: bus outing *sign up* [BO]	9:00 Foot Care Nurse here today by appointment 9am-3:30pm *sign up at reception* 9:30 Advanced Aquafit [P] 10:00 Shopping Salvation Army for upcoming Cruise Week 12:00 Friends of the Library Book Sale *Residents shop early* 12 - 1 [T] 1:00 Friends of the Library Book Sale 1 - 8 pm 1:30 Canasta Game [T] 1:30 Go4Life Pool Walking [P] Living Loving Local Dinner	Sale 9 am - 4 pm [T] 9:30 Go4Life Walking Club - Resident Run [B] 1:00 Crib Club - everyone welcome! [B] 1:00 Shuttle Bus to Save- On-Foods *sign up* [BO] 1:15 Shuttle Bus to Walmart *sign up* [BO] 6:30 Saturday Night at the