



INSPIRED SENIOR LIVING

# March 2023

## The Heritage

THE HERITAGE  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<p><b>Locations Legend</b></p> <p>Theatre (T) Bistro (BIS) Country Kitchen (CK) Library (L) Pool (P) Bus Outing (BUS) The Bar (BAR) The Lounge (TL)</p>	<p>If you need activities in your suite, please let Terri know. <b>1</b></p> <p>Activities are postponed this week as a pre-caution to prevent the spread of the virus. We will continue to deliver meals for those on the meal plan. Please call reception if you are feeling unwell.</p>	<p>10:00 Shopping Shuttle to WALMART - Masks must be worn on the bus, if you are feeling unwell, please stay home. (BUS) <b>2</b></p>	<p>St. Patrick's Day Lunch at Kelly O'Bryan's - March 16th - sign up at reception! <b>3</b></p>	<p>Cruise Week March 24-31! <b>4</b></p>	
	<p><b>5</b></p> <p>9:00 Aqua Fit &amp; Pool Walking - Sign up! (P)</p> <p>9:30 Coffee Social (BIS)</p> <p>10:00 Sit &amp; Be Fit - Gentle Seated Exercises (T)</p> <p>1:00 Quarter Bingo! - with Richard (CK)</p> <p>2:30 Fit Minds - puzzles and games - with Terri (CK)</p> <p>6:00 Movie Night Musicals (T)</p>	<p><b>6</b></p> <p>9:00 Move to Music Exercise Class (T)</p> <p>9:30 Coffee Social (BIS)</p> <p>10:00 Drum Fit (T)</p> <p>1:00 In Stitches - Knit, crochet &amp; sewing group! Work on your projects together! (CK)</p> <p>2:30 Chair Yoga Class - with Wendy (T)</p> <p>3:00 Meditation Space (L)</p> <p>3:30 Cocktail Hour - Bar Open (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p>	<p><b>7</b></p> <p>9:00 Move to Music Exercise Class (T)</p> <p>9:30 Coffee Social (BIS)</p> <p>10:00 Drum Fit (T)</p> <p>1:00 In Stitches - Knit, crochet &amp; sewing group! Work on your projects together! (CK)</p> <p>2:30 Chair Yoga Class - with Wendy (T)</p> <p>3:00 Meditation Space (L)</p> <p>3:30 Cocktail Hour - Bar Open (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p>	<p><b>8</b></p> <p><b>International Women's Day!</b></p> <p>9:00 Aqua Fit &amp; Pool Walking - Sign up! (P)</p> <p>9:30 New Resident Welcome Coffee Social - Everyone Welcome! (BIS)</p> <p>10:00 Sit &amp; Be Fit - Gentle Seated Exercises (T)</p> <p>10:30 Catholic Mass - with Father Rex (L)</p> <p>1:00 Quarter Bingo - with Tru (CK)</p> <p>1:30 New Resident Meeting with Managers - by invite! (T)</p> <p>2:30 Resident Meeting - all residents welcome! (T)</p> <p>6:30 Cabaret Night - Classical Music - Bar Open (T)</p>	<p><b>9</b></p> <p>9:00 Move to Music Exercise Class (T)</p> <p>9:30 Coffee Social (BIS)</p> <p>10:00 Shopping Shuttle to SUPER STORE - *Sign up! (BUS)</p> <p>1:00 Creative Hands Arts &amp; Crafts Group - St. Patrick's Day wreaths and rock painting! (CK)</p> <p>1:00 Canasta - sign up at Reception! (L)</p> <p>3:30 Cocktail Hour - Bar Open (BIS)</p> <p>6:30 Ladies Spa Night with Kim (CK)</p>	<p><b>10</b></p> <p>9:00 Aqua Fit &amp; Pool Walking - Sign up! (P)</p> <p>9:30 Coffee Social (BIS)</p> <p>10:00 Stronger Together - Peer Support Group - with Kim (CK)</p> <p>1:00 Chair Yoga Class (T)</p> <p>1:30 Meditation for Relaxation and Stress Release (L)</p> <p>2:30 Happy Hour - Mat Duffus (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p>	<p><b>11</b></p> <p>9:00 Move to Music Exercise Class (T)</p> <p>9:30 Coffee Social (BIS)</p> <p>10:00 Apple Ipad &amp; Iphone Tutorial - with Matt - sign up at reception! (CK)</p> <p>10:00 Scenic Bus Drive - with Kim - Sign Up! (BUS)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>2:30 Men's Social - with Kim (CK)</p> <p>6:00 Movie Night - residents choice (T)</p> <p>6:30 Saturday Night Music Social - Resident Lead (BIS)</p>
<p><b>Terri away today</b> <b>12</b></p> <p>8:30 Church Service on TV (T)</p> <p>9:30 Coffee Social (BIS)</p> <p>9:30 Hymn Sing (T)</p> <p>10:00 Catholic Mass (CK)</p> <p>1:00 Musical Concert on TV - Various Artists (T)</p> <p>3:30 Cocktail Hour - Bar Open - Volunteer (BIS)</p> <p>6:00 Sunday Night at the Movies (T)</p>	<p><b>Terri away today</b> <b>13</b></p> <p>9:00 Aqua Fit &amp; Pool Walking - Sign up! (P)</p> <p>9:30 Coffee Social (BIS)</p> <p>10:00 Sit &amp; Be Fit - Gentle Seated Exercises - Volunteer (T)</p> <p>1:00 Quarter Bingo! - with Richard (CK)</p> <p>2:30 Fit Minds - puzzles and games - Volunteer (CK)</p> <p>6:00 Movie Night Musicals (T)</p>	<p><b>Terri away today</b> <b>14</b></p> <p>9:00 Move to Music Exercise Class - Volunteer (T)</p> <p>9:30 Coffee Social (BIS)</p> <p>10:00 Drum Fit - Volunteer (T)</p> <p>1:00 In Stitches - Knit, crochet &amp; sewing group! Work on your projects together! (CK)</p> <p>2:30 Chair Yoga Class - with Wendy (T)</p> <p>3:00 Meditation Space (L)</p> <p>3:30 Cocktail Hour - Bar Open - Volunteer (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p>	<p><b>15</b></p> <p>9:00 Aqua Fit &amp; Pool Walking - Sign up! (P)</p> <p>9:30 New Resident Welcome Coffee Social - Everyone Welcome! (BIS)</p> <p>10:00 Sit &amp; Be Fit - Gentle Seated Exercises (T)</p> <p>1:00 Quarter Bingo - with Tru (CK)</p> <p>2:30 Roll-O-Trump with Kim (BIS)</p> <p>2:30 Food Forum with Jeremy - All residents welcome! (T)</p> <p>3:30 Hearing Aid Clinic with Expert Hearing</p> <p>6:30 Musical Concert on TV - Theatre (T)</p>	<p><b>16</b></p> <p>9:00 Move to Music Exercise Class (T)</p> <p>9:30 Coffee Social (BIS)</p> <p>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)</p> <p>11:00 St. Patrick's Day Lunch Outing - Kelly O'Bryan's - Sign up! (BUS)</p> <p>1:00 Creative Hands Arts &amp; Crafts Group - Making Mermaid Sugar Scrub for Cruise Week! (CK)</p> <p>1:00 Canasta - sign up at Reception! Tropical Decor for Cruise Week! (L)</p> <p>3:30 Cocktail Hour - Bar Open (BIS)</p>	<p><b>St. Patrick's Day - Wear Green today!</b> <b>17</b></p> <p>9:00 Aqua Fit &amp; Pool Walking - Sign up! (P)</p> <p>9:30 Coffee Social (BIS)</p> <p>10:00 Chicken Soup for the Soul - with Kim (CK)</p> <p>1:00 Chair Yoga Class (T)</p> <p>1:30 Meditation for Relaxation and Stress Release (L)</p> <p>2:30 St. Patrick's Day Happy Hour - with Irish tunes by Leila Bourne! (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p>	<p><b>18</b></p> <p>9:00 Men's Breakfast - with Kim - *Sign Up! (CK)</p> <p>9:00 Move to Music Exercise Class (T)</p> <p>9:30 Coffee Social (BIS)</p> <p>10:00 Apple Ipad &amp; Iphone Tutorial - with Matt - sign up at reception! (CK)</p> <p>1:00 Scenic Bus Drive - with Kim - Sign Up! (BUS)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>2:30 You be the Judge - with Kim (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p> <p>6:30 Saturday Night Music Social - Resident Lead (BIS)</p>	



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# March 2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>National Let's Laugh Day! 19</b> 8:30 Church Service on TV (T) 9:30 Coffee Social (BIS) 9:30 Hymn Sing (T) 10:00 Catholic Mass (CK) 1:00 St. Georges Anglican Church Service - with Rev Jackie (L) 1:30 Comedy Special on TV in the Theatre! (T) 3:30 Cocktail Hour - Bar Open (BIS) 6:00 Sunday Night at the Movies (T)	<b>International Day of Happiness! 20</b> <b>Wear yellow and smile today!!!</b> 9:00 Aqua Fit & Pool Walking - Sign up! (P) 9:30 Coffee Social (BIS) 10:00 Sit & Be Fit - Gentle Seated Exercises (T) 1:00 Quarter Bingo! - with Richard (CK) 2:30 Fit Minds - puzzles and games - with Terri (CK) 6:00 Movie Night Musicals (T)	9:00 Move to Music Exercise Class (T) <b>21</b> 9:30 Coffee Social (BIS) 10:00 Drum Fit (T) 10:00 Pop-Up Shopping - Avon with June 1:00 In Stitches - Knit, crochet & sewing group! Work on your projects together! (CK) 2:30 Chair Yoga Class (T) 3:00 Meditation Space (L) 3:30 Cocktail Hour - Bar Open (BIS) 6:00 Movie Night - residents choice (T)	9:00 Aqua Fit & Pool Walking - Sign up! (P) <b>22</b> 9:30 New Resident Welcome Coffee Social - Everyone Welcome! (BIS) 10:00 Sit & Be Fit - Gentle Seated Exercises (T) 1:00 Quarter Bingo - with Tru (CK) 2:00 Baking Club - Pineapple muffins & Paradise cookies for Cruise Week! (CK) 3:00 Shopping trip to Value Village for Cruise week shopping! (BUS) 6:30 Cabaret Night - Golden Oldies - Bar Open (T)	9:00 Move to Music Exercise Class (T) <b>23</b> 9:30 Coffee Social (BIS) 10:00 Shopping Shuttle to SUPER STORE - *Sign up! (BUS) 1:00 Canasta - sign up at Reception! (L) 1:00 Creative Hands Arts & Crafts Group - Tropical decor for Cruise week! (CK) 3:30 Cocktail Hour - Bar Open (BIS) 6:30 Trivia Game - with Kim (TL)	<b>Today's stop - Jamaica! 24</b> <b>Cruise Week! March 24-31 - DRESS UP for the TROPICS!</b> 9:00 Aqua Fit & Pool Walking - Sign up! (P) 9:30 Coffee Social with tropical treats! (BIS) 10:00 Cruise Week Kick OFF! Pick up your Passports, cruise schedule & embark on the Heritage Ship! (BIS) 11:00 Scavenger Hunt - hand out directions! 1:00 Deck Games & Prizes with Kim! (BIS) 2:30 Tropical Happy Hour - with Tricia Dalglish! Drink of the Day "Dark & Stormy" (BIS) 4:30 Cruise Week - Jamaican Dinner! 6:00 Travelogue - Jamaica travel! (T)	<b>Cruise Week! March 24-31 - DRESS UP for the TROPICS! 25</b> <b>Today's stop - Caymen Islands!</b> 9:00 Zumba Exercise Class (T) 9:30 Coffee Social with tropical treats! (BIS) 10:00 Apple Ipad & Iphone Tutorial - with Matt - sign up at reception! (CK) 10:00 Scenic Bus Drive - with Kim - Sign Up! (BUS) 1:00 Cribbage Club - Resident Lead (L) 1:30 OPEN HOUSE - Drum Fit, Artfully Enrichment program, appies, rum punch & music on display today! (T) 3:30 Tiki Bar open! Drink of the day "Sea Breeze!" (BAR) 6:00 Travelogue - Cayman Islands! (T) 6:30 Saturday Night Music Social - Resident Lead (BIS)
<b>Cruise Week! March 24-31 - DRESS UP for the TROPICS! 26</b> <b>Today's stop - Costa Rica!</b> 8:30 Church Service on TV (T) 9:30 Hymn Sing (T) 9:30 Coffee Social with tropical treats! (BIS) 10:00 Catholic Mass (CK) 1:00 Travelogues - Costa Rica! (T) 2:00 Deck Games - Horse racing! Bring your quarters! (TL) 3:30 Tiki Bar open! Drink of the Day "Rum Punch" (BAR) 6:00 Sunday Night at the Movies - Netflix movie (T)	<b>Cruise Week! March 24-31 - DRESS UP for the TROPICS! 27</b> <b>Today's stop - Cuba!</b> 9:00 Pool volleyball! - with Terri - Sign up! (P) 9:30 Coffee Social with tropical treats! (BIS) 10:00 Sit & Be Fit on the beach! - Gentle Seated Exercises (T) 11:30 Captain's Lunch - Cuban Theme 1:00 Beach Quarter Bingo! - with Richard (CK) 2:30 Fit Minds - puzzles and games - with Terri (CK) 3:30 Tiki Bar open! Drink of the day "Cuba Libre!" (BAR) 6:00 Movie Night Musicals "South Pacific!" (T)	<b>Cruise Week! March 24-31 - DRESS UP for the TROPICS! 28</b> <b>Today's stop - Bahamas!</b> 9:00 Zumba Exercise Class (T) 9:30 Coffee Social with tropical treats! (BIS) 10:00 Drum Fit - "Sand & Surf" series! (T) 1:00 In Stitches - Knit, crochet & sewing group! Work on your projects together! (CK) 2:30 Deck Games & Prizes with Terri! (BIS) 3:30 Tiki Bar open! Drink of the day "Bahama Mama!" (BAR) 6:00 Sip & Paint Night - Paint "Underwater Turtles" with Terri - Bar is open (T)	<b>Cruise Week! March 24-31 - DRESS UP for the TROPICS! 29</b> <b>Today's stop - Hawaii!</b> 9:00 Pool Volleyball! - with Terri - Sign up! (P) 9:30 New Resident Welcome Coffee Social - Everyone Welcome! (BIS) 10:00 Sit & Be Fit on the beach! - Gentle Seated Exercises (T) 1:00 Chef's Cooking Demo - with Jeremy (TL) 1:00 Beach Quarter Bingo - with Tru (CK) 2:30 Mango Mamas - Hawaiian Dance Group! (BIS) 3:30 Tiki Bar open! Drink of the day "Pina Colada!" (BAR) 6:00 Emily "The Little Reptile Queen" will bring her exotic pets - snakes, lizards and a tarantula! (T)	<b>Cruise Week! March 24-31 - DRESS UP for the TROPICS! 30</b> <b>Today's stop - Mexico!</b> 9:00 Zumba Exercise Class (T) 9:30 Coffee Social with tropical treats! (BIS) 10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS) 1:00 Canasta - sign up at Reception! (L) 1:00 Creative Hands Arts & Crafts Group - Paint Palm Tree Sunset! (CK) 3:30 Tiki Bar open! Drink of the day "Margarita!" (BAR) 4:30 Cruise Week - Farewell Dinner - Mexican Theme! 6:30 Deck Games & Prizes with Kim! (BIS)	<b>Tacky Tourist Dress today! Prizes for the most creative costume - Disembarkation at 1:30pm (BIS) 31</b> 9:00 Pool Volleyball! - Sign up! (P) 9:30 Coffee Social - with tropical treats! (BIS) 10:00 Travel theme Chicken Soup for the Soul - with Kim (CK) 1:30 Disembarkation - Bring your passports, scavenger hunt results! Prizes for those who attended the most events, and more! (BIS) 2:30 Happy Hour - Glo Stick Dance Party to end Cruise Week! Drink of the Day "Sangria!" (T) 6:00 Movie Night - residents choice (T)	<b>Locations Legend</b> Theatre (T) Bistro (BIS) Country Kitchen (CK) Library (L) Pool (P) Bus Outing (BUS) The Bar (BAR) The Lounge (TL)

**Cruise Week March 24-31!**  
**Get your passports & itinerary on Friday, March 24th!**  
**Dress up in tropical attire all week!**  
**Travelogues, music, games, paint night, tropical drinks and more!**



**Our Tiki Bar is open daily at 3:30!**  
**Tropical drinks will be served as well as the usual wine, beer, etc.**  
**Drinks are \$5**

**The Little Reptile Queen**  
 Emily and her pet reptiles will be here on Wednesday, March 29th at 6pm!

**National Let's Laugh Day!**  
 Comedy Specials on TV today at 1pm and 6pm in the Theatre!  
 Know a good clean joke? Tell us! We will put together a collection for everyone to enjoy!

**Church Services - Library**  
 March 8th - Our Lady of Lourdes Catholic Church Service with Father Rex at 10:30am  
 March 19th - St. George's Church Service with Rev Jacquie at 1pm

**New Resident Welcome Coffee Social!**  
**Wednesdays at 9:30 in the Bistro!**  
 Enjoy a coffee and treat with our newest Heritage residents!  
**All residents welcome!**