



INSPIRED SENIOR LIVING

June 2023

The Heritage


THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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Celebrating Senior's Month



Father's Day

SUNDAY
JUN 18

9:00 Move to Music Exercise (T) **1**
 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 - Rock Painting! (CK)
 3:30 Cocktail Hour - Bar Open (BIS)

9:00 Aqua Fit & Pool Walking (P) **2**
 9:30 Coffee Social (BIS)
 10:00 Sit & Be Fit - Gentle Seated Exercises (T)
 1:00 Chair Yoga Class (T)
 1:30 Meditation for Relaxation and Stress Release (L)
 2:30 Happy Hour - with Jeremy Messenger - South Patio (weather permitting) (SP)
 6:00 Movie Night - residents choice (T)

Kim off today
 9:00 Move to Music Exercise - with Anna (T)
 9:30 Coffee Social (BIS)
 10:00 Apple Ipad & Iphone Tutorial - Matt's LAST DAY (CK)
 10:00 Scenic Bus Drive - with Anna - Sign Up! (BUS)
 1:00 Enjoy socializing on our garden patio! (SP)
 1:00 Cribbage Club - Resident Lead (L)
 6:30 Saturday Night Music Social - Resident Lead (BIS)

Pet Appreciation Week! 4
Terri off today
Pet Appreciation Week - Bring a photo of your favourite pet to reception!
 8:30 Church Service on TV (T)
 9:30 Coffee Social (BIS)
 9:30 Hymn Sing (T)
 0:00 Catholic Mass (CK)
 1:00 Musical Concert on TV - Various Artists (T)
 6:00 Sunday Night at the Movies (T)

Pet Appreciation Week! 5
 9:00 Aqua Fit & Pool Walking - with Anna (P)
 9:30 Coffee Social (BIS)
 9:30 Calendar Reading for Sight Impaired Residents - with Anna (BIS)
 10:00 Sit & Be Fit - Gentle Seated Exercises - with Anna (T)
 11:00 Chicken Soup for the Soul "Feel Good Stories" with Anna (BIS)
 1:00 St. George's Ladies' Prayer Group - All Welcome! (L)
 1:00 Quarter Bingo! - with Richard (CK)
 2:30 Fit Minds - puzzles and games - Resident lead today (CK)
 6:00 Movie Night Musicals (T)

Pet Appreciation Week! 6
 9:00 Move to Music Exercise (T)
 9:30 Coffee Social (BIS)
 10:00 Drum Fit (T)
 11:00 Alzheimer's Seminar - with Sherry Wezner & Haley - sign up please! (T)
 1:00 In Stitches - Knit, crochet & sewing group! Work on your projects together! (CK)
 1:00 Sight Impaired Support Group - with Wendy! (CK)
 2:30 Chair Yoga Class with Wendy (T)
 3:00 Meditation Space (L)
 6:00 Movie Night - residents choice (T)

Pet Appreciation Week! 7
 9:00 Aqua Fit & Pool Walking (P)
 9:30 New Resident Welcome Coffee Social - Everyone Welcome! (BIS)
 10:00 Sit & Be Fit - Gentle Seated Exercises (T)
 1:00 Quarter Bingo - with volunteer (CK)
 2:30 Resident Meeting in the Theatre - all residents welcome! (T)
 3:30 Hearing Aid Clinic with Bill from Expert Hearing Solutions
 6:30 Cabaret Night - Musical Concert! (T)

Pet Appreciation Week! 8
 9:00 Move to Music Exercise (T)
 9:30 Coffee Social (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 - Pet Paintings! (CK)
 3:30 Cocktail Hour - Bar Open (BIS)

Pet Appreciation Week! 9
 9:00 Aqua Fit & Pool Walking (P)
 9:30 Coffee Social (BIS)
 10:00 Sit & Be Fit - Gentle Seated Exercises (T)
 10:30 Stronger Together - Peer Support Group - with Kim (CK)
 1:00 Chair Yoga Class (T)
 1:30 Meditation for Relaxation and Stress Release (L)
 2:30 Happy Hour with Moirs Hill (Dan & Peter) - South Patio (weather permitting) (SP)
 6:00 Movie Night - residents choice (T)

Pet Appreciation Week! 1
National PRIDE Day - wear bright colours today!
 9:00 Move to Music Exercise (T)
 9:30 Coffee Social (BIS)
 10:00 Scenic Bus Drive to City Park for Pride Week - with Kim - Sign Up! (BUS)
 1:00 Enjoy socializing on our garden patio! (SP)
 1:00 Cribbage Club - Resident Lead (L)
 1:30 Arthritis Awareness Seminar - Sign up! (T)
 2:30 Men's Social - Games & Beer on the patio - with Kim (CK)
 6:30 Saturday Night Music Social - Resident Lead (BIS)

Terri off today 11
 8:30 Church Service on TV (T)
 9:30 Coffee Social (BIS)
 9:30 Hymn Sing (T)
 0:00 Catholic Mass (CK)
 1:00 Musical Concert on TV - Various Artists (T)
 6:00 Sunday Night at the Movies (T)

Kim in today 12
 9:00 Aqua Fit & Pool Walking - with Anna (P)
 9:30 Coffee Social (BIS)
 9:30 Calendar Reading for Sight Impaired Residents - with Anna (BIS)
 10:00 Sit & Be Fit - Gentle Seated Exercises - with Anna (T)
 11:00 Chicken Soup for the Soul "Feel Good Stories" with Anna (BIS)
 1:00 St. George's Ladies' Prayer Group - All Welcome! (L)
 1:00 Quarter Bingo! - with Richard (CK)
 2:30 Fit Minds - puzzles and games - Resident lead today (CK)
 6:00 Movie Night Musicals (T)

Kim in today 13
 9:00 Move to Music Exercise (T)
 9:30 Coffee Social (BIS)
 10:00 Drum Fit (T)
 1:00 In Stitches - Knit, crochet & sewing group! Work on your projects together! (CK)
 1:00 Sight Impaired Support Group - with Wendy! (CK)
 1:30 Ice Cream Social for residents and guest tours! Patio - weather permitting! (SP)
 2:30 Chair Yoga Class with Wendy (T)
 3:00 Meditation Space (L)
 3:30 Cocktail Hour - Bar Open (BIS)
 6:00 Movie Night - residents choice (T)

Kim in today 14
 9:00 Aqua Fit & Pool Walking (P)
 9:30 New Resident Welcome Coffee Social - Everyone Welcome! (BIS)
 10:00 Sit & Be Fit - Gentle Seated Exercises (T)
 10:30 Catholic Mass - with Father Rex (L)
 1:00 Quarter Bingo - with volunteer (CK)
 1:30 New Resident Welcome Tea with the Heritage Managers! (T)
 6:30 Cabaret Night - Musical Concert! (T)

Kim in today 15
 9:00 Move to Music Exercise (T)
 9:30 Coffee Social (BIS)
 10:00 Shopping Shuttle to SUPER STORE - *Sign up! (BUS)
 11:30 Men's Lunch Outing - The Hatching Post - with Kim - SIGN UP! \$ (BUS)
 1:00 Canasta - sign up at Reception! (L)
 1:00 Creative Hands Arts & Crafts Group - Create, Draw & Paint together! (CK)
 3:30 Cocktail Hour - Bar Open (BIS)

Kim in today 16
 9:00 Aqua Fit & Pool Walking (P)
 9:30 Coffee Social (BIS)
 10:00 Sit & Be Fit - Gentle Seated Exercises (T)
 11:30 BBQ - Burgers & Beer on the South Patio! (SP)
 1:00 Chair Yoga Class (T)
 1:30 Meditation for Relaxation and Stress Release (L)
 2:30 Happy Hour with Vic & Carol - South Patio (weather permitting) (SP)
 6:00 Movie Night - residents choice (T)

Kim off today 1
 9:00 Move to Music Exercise - with Anna (T)
 9:30 Coffee Social (BIS)
 10:00 Scenic Bus Drive - with Anna - Sign Up! (BUS)
 1:00 Enjoy socializing on our garden patio! (SP)
 1:00 Cribbage Club - Resident Lead (L)
 6:30 Saturday Night Music Social - Resident Lead (BIS)



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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|--|--|
| FATHER'S DAY - WEAR BLUE TODAY! 18 8:30 Church Service on TV (T) 9:00 Men's Father's Day Breakfast - with Terri - *Sign Up! (CK) 9:30 Coffee Social (BIS) 9:30 Hymn Sing (T) 10:00 Catholic Mass (CK) 1:00 Musical Concert on TV - Various Artists (T) 1:30 Ice Cream Treats on the South Patio - with Terri (SP) 6:00 Sunday Night at the Movies (T) | 19 9:00 Aqua Fit & Pool Walking (P) 9:30 Coffee Social (BIS) 9:30 Calendar Reading for Sight Impaired Residents (BIS) 10:00 Sit & Be Fit - Gentle Seated Exercises (T) 1:00 St. George's Ladies' Prayer Group - All Welcome! (L) 1:00 Quarter Bingo! - with Richard (CK) 2:30 Fit Minds - puzzles and games - with Terri (CK) 6:00 Movie Night Musicals (T) | 20 9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) 10:00 Drum Fit (T) 10:00 Premium Mobility - Walker & Scooter repair (BIS) 1:00 In Stitches - Knit, crochet & sewing group! Work on your projects together! (CK) 1:00 Sight Impaired Support Group - with Wendy! (CK) 2:30 Chair Yoga Class with Wendy (T) 3:00 Meditation Space (L) 3:30 Cocktail Hour - Bar Open (BIS) 6:00 Movie Night - residents choice (T) 6:00 Sip & Paint Night - Paint "Wild Flowers" with Haley - Bar will be open! (CK) | National Indigenous People's Day! 21 Wear orange today! 9:00 Aqua Fit & Pool Walking (P) 9:30 New Resident Welcome Coffee Social - Everyone Welcome! (BIS) 10:00 Sit & Be Fit - Gentle Seated Exercises (T) 1:00 Quarter Bingo - with volunteer (CK) 2:30 National Indigenous Day - video & talk! (T) 6:30 Cabaret Night - Musical Concert! (T) | 22 9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) 10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS) 11:30 Bus Outing - Pontoon Boat Ride - \$15 & SIGN UP! (BUS) 1:00 Canasta - sign up at Reception! (L) 1:00 Creative Hands Arts & Crafts Group - Create, Draw & Paint together! (CK) 3:30 Cocktail Hour - Bar Open (BIS) 6:00 Trivia Game - with Kim (TL) | 23 9:00 Aqua Fit & Pool Walking (P) 9:30 Coffee Social (BIS) 10:00 Sit & Be Fit - Gentle Seated Exercises (T) 10:00 Pop-Up Shopping - with Jen Warkentin! (BIS) 1:00 Chair Yoga Class (T) 1:30 Meditation for Relaxation and Stress Release (L) 2:30 Happy Hour - with Roland - South Patio (weather permitting) (SP) 6:00 Movie Night - residents choice (T) | 24 9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) 10:00 Scenic Bus Drive - with Kim - Sign Up! (BUS) 11:30 Lunch Outing to Shannon Lake Golf Course - Sign Up! \$ (BUS) 1:00 Enjoy socializing on our garden patio! (SP) 1:00 Cribbage Club - Resident Lead (L) 2:30 Men's Social - with Kim (CK) 6:30 Saturday Night Music Social - Resident Lead (BIS) |
| 25 8:30 Church Service on TV (T) 9:30 Coffee Social (BIS) 9:30 Hymn Sing (T) 10:00 Catholic Mass (CK) 1:00 Musical Concert on TV - Various Artists (T) 1:00 St. Georges Anglican Church Service - with Rev Jackie (L) 3:30 Cocktail Hour - Bar Open (BIS) 6:00 Sunday Night at the Movies (T) | 26 9:00 Aqua Fit & Pool Walking (P) 9:30 Coffee Social (BIS) 9:30 Calendar Reading for Sight Impaired Residents (BIS) 10:00 Sit & Be Fit - Gentle Seated Exercises (T) 1:00 St. George's Ladies' Prayer Group - All Welcome! (L) 1:00 Quarter Bingo! - with Richard (CK) 2:30 Fit Minds - puzzles and games - with Terri (CK) 6:00 Movie Night Musicals (T) | 27 9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) 10:00 Drum Fit (T) 1:00 In Stitches - Knit, crochet & sewing group! Work on your projects together! (CK) 1:00 Sight Impaired Support Group - with Wendy! (CK) 2:30 Chair Yoga Class with Wendy (T) 3:00 Meditation Space (L) 3:30 Cocktail Hour - Bar Open (BIS) 6:00 Movie Night - residents choice (T) | Kim off today 28 9:00 Aqua Fit & Pool Walking (P) 9:30 New Resident Welcome Coffee Social - Everyone Welcome! (BIS) 10:00 Sit & Be Fit - Gentle Seated Exercises (T) 1:00 Quarter Bingo - with volunteer (CK) 2:00 Health Talk with Terri (T) 6:30 Cabaret Night - Musical Concert! (T) 6:30 Cabaret Night - Musical Concert! (T) | 29 9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) 10:00 Shopping Shuttle to SUPER STORE - *Sign up! (BUS) 11:30 Bus Outing - Pontoon Boat Ride - \$15 & SIGN UP! (BUS) 1:00 Canasta - sign up at Reception! (L) 1:00 Creative Hands Arts & Crafts Group - Create, Draw & Paint together! (CK) 3:30 Cocktail Hour - Bar Open (BIS) 6:00 Ladies Spa Night with Kim - Sign Up! (CK) | LLL Dinner today! Strawberries & Peas! 30 9:00 Aqua Fit & Pool Walking (P) 9:30 Coffee Social (BIS) 10:00 Sit & Be Fit - Gentle Seated Exercises (T) 1:00 Chair Yoga Class (T) 1:30 Meditation for Relaxation and Stress Release (L) 2:30 Happy Hour - with Harold Sher - South Patio (weather permitting) (SP) 4:30 LLL Dinner featuring strawberries & peas! 6:00 Movie Night - residents choice (T) | |



WEDNESDAY
JUN 21
Canada's National Indigenous People's Day

Be you

Locations Legend

- Theatre (T)
- Bistro (BIS)
- Country Kitchen (CK)
- Library (L)
- Bus Outing (BUS)
- Pool (P)
- South Patio (SP)
- The Lounge (TL)

Calendar Legend

- All Day
- Outing
- Special Program
- Vendor
- New Program
- Living, Loving, Local
- Signature Program
- Artful Enrichment