



INSPIRED SENIOR LIVING

# July 2023

## The Heritage

THE HERITAGE  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>SATURDAY</b> <b>JUL 1</b> <b>Canada Day</b></p>	 <p><b>National Culinary Arts Month</b></p>	<p><b>Calendar Legend</b></p> <p>All Day Outing Special Program New Program Living, Loving, Local Signature Program</p>		<p><b>Locations Legend</b></p> <p>Theatre (T) Bistro (BIS) Country Kitchen (CK) Bus Outing (BUS) Library (L) Pool (P) North Patio (NP) South Patio (SP) Everywhere you go! (EYG) Front of the building (FRO) Dining Room (DR)</p>		<p><b>CANADA DAY! Wear Red &amp; White! (EYG)</b></p> <p>9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) 10:00 Scenic Bus Drive - with Kim - Sign Up! (BUS) 1:00 Cribbage Club - Resident Lead (L) 1:00 Canada Day Celebration, Games &amp; Ice Cream Floats! (NP) 6:30 Saturday Night Social! Bar will be open! (BIS)</p>
<p><b>Terri off today</b></p> <p>8:30 Church Service on TV (T) 9:30 Coffee Social (BIS) 9:30 Hymn Sing (T) 1:00 Catholic Mass (CK) 1:00 Musical Concert on TV - Various Artists (T) 6:00 Sunday Night at the Movies (T)</p>	<p><b>2</b></p> <p>9:00 Aqua Fit &amp; Pool Walking (P) 9:30 Coffee Social (BIS) 9:30 Calendar Reading for Sight Impaired Residents (BIS) 10:00 Sit &amp; 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)</p>	<p><b>3</b></p> <p>9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) 10:00 Drum Fit (T) 1:00 In Stitches - Knit, crochet &amp; sewing group! Work on your projects together! (CK) 1:00 Sight Impaired Support Group - with Wendy! (CK) 2:00 Alice in Wonderland Day "Mad Hatter Tea Party" (BIS) 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)</p>	<p><b>4</b></p> <p>9:00 Aqua Fit &amp; Pool Walking (P) 9:30 New Resident Welcome Coffee Social! (BIS) 10:00 Sit &amp; 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! (BIS)</p>	<p><b>5</b></p> <p>9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) 10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS) 11:30 Pontoon Boat Ride - SIGN UP! \$ (BUS) 1:00 Creative Hands Arts &amp; Crafts Group - Create, Draw &amp; Paint together! (CK) 3:30 Cocktail Hour - Bar Open (BIS)</p>	<p><b>6</b></p> <p>9:00 Aqua Fit &amp; Pool Walking (P) 9:30 Coffee Social (BIS) 10:00 Sit &amp; 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 - Jeremy Messenger (SP) 6:00 Movie Night - residents choice (T)</p>	<p><b>7</b></p> <p>9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) 10:45 Westside Daze Parade! In front of the bulding! (FRO) 1:00 Cribbage Club - Resident Lead (L) 1:00 Canasta Club! Sign up! (T) 1:30 Scenic Bus Drive- Sign Up! (BUS) 3:00 Games &amp; Ice cream on the patio! (NP) 6:30 Saturday Night Social! Bar will be open! (BIS)</p>
<p>8:30 Church Service on TV (T) 9:30 Coffee Social (BIS) 9:30 Hymn Sing (T) 1:00 Catholic Mass (CK) 1:00 Musical Concert on TV - Various Artists (T) 6:00 Sunday Night at the Movies (T)</p>	<p><b>9</b></p> <p>9:00 Aqua Fit &amp; Pool Walking (P) 9:30 Coffee Social (BIS) 9:30 Calendar Reading for Sight Impaired Residents (BIS) 10:00 Sit &amp; 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) 6:00 Patio Games - resident lead! (NP)</p>	<p><b>10</b></p> <p>9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) 10:00 Drum Fit (T) 1:00 In Stitches - Knit, crochet &amp; 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 Toonie Tuesday Cocktail Hour - Bar Open (BIS) 6:00 Movie Night - residents choice (T)</p>	<p><b>11</b></p> <p>9:00 Aqua Fit &amp; Pool Walking (P) 9:30 New Resident Welcome Coffee Social - Everyone Welcome! (BIS) 10:00 Sit &amp; Be Fit - Gentle Seated Exercises (T) 1:00 Quarter Bingo - with volunteer (CK) 1:30 New Resident Welcome Tea with the Heritage Managers! (T) 3:00 Karaoke with Haley &amp; Kevin! Bar will be open! (BIS) 6:30 Cabaret Night - Musical Concert! (BIS)</p>	<p><b>12</b></p> <p>9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) 10:00 Shopping Shuttle to SUPER STORE - *Sign up! (BUS) 11:30 Pontoon Boat Ride - SIGN UP! \$ (BUS) 1:00 Creative Hands Arts &amp; Crafts Group - Create, Draw &amp; Paint together! (CK) 2:00 Springfield Funeral Home Seminar on Wills (T) 3:30 Cocktail Hour - Bar Open (BIS) 6:30 Ladies Spa Night with Kim - Sign Up! (CK)</p>	<p><b>13</b></p> <p>9:00 Aqua Fit &amp; Pool Walking (P) 9:30 Coffee Social (BIS) 10:00 Sit &amp; 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 Roland! (SP) 4:30 French Themed Dinner! (DR) 6:00 Movie Night - residents choice (T)</p>	<p><b>14</b></p> <p>9:00 Move to Music Exercise (T) 9:00 Men's Breakfast - with Kim - *Sign Up! (CK) 9:30 Coffee Social (BIS) 1:00 Cribbage Club - Resident Lead (L) 1:00 Canasta Club! Sign up! (T) 1:30 Scenic Bus Ride - Sign Up! (BUS) 3:00 Games &amp; Ice cream on the patio! (NP) 6:30 Saturday Night Social with Peter! Bar will be open! (BIS)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>16</b> 8:30 Church Service on TV (T) 9:30 Coffee Social (BIS) 9:30 Hymn Sing (T) 1:00 Musical Concert on TV - Various Artists (T) 6:00 Sunday Night at the Movies (T)	<b>17</b> 9:00 Aqua Fit & Pool Walking (P) 9:30 Coffee Social (BIS) <b>9:30 Calendar Reading for Sight Impaired Residents (BIS)</b> 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) <b>6:00 Patio Games - resident lead! (NP)</b>	<b>18</b> 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) <b>1:00 Sight Impaired Support Group - with Wendy! (CK)</b> 2:00 Toonie Tuesday Rootbeer Floats! (BIS) 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)	<b>19</b> 9:00 Aqua Fit & Pool Walking (P) <b>9:30 New Resident Welcome Coffee Social - Everyone Welcome! (BIS)</b> 10:00 Sit & Be Fit - Gentle Seated Exercises (T) <b>11:30 Lunch outing - McCullough Station - Sign Up! \$ (BUS)</b> 1:00 Quarter Bingo - with volunteer (CK) 2:30 Food Forum with Jeremy - All residents welcome! (T) <b>6:30 Cabaret Night - Jazz with Curtis! Bar will be open! (BIS)</b>	<b>20</b> 9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) <b>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)</b> <b>11:30 Pontoon Boat Ride - SIGN UP! \$ (BUS)</b> 1:00 Creative Hands Arts & Crafts Group - Create, Draw & Paint together! (CK) 3:30 Cocktail Hour - Bar Open (BIS) <b>6:30 Ice Cream at Paynter's Market! Sign Up! (BUS)</b>	<b>21</b> 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 - Vic & Carol! (BIS) 6:00 Movie Night - residents choice (T)	<b>22</b> 9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) <b>10:00 Scenic Bus Drive- Sign Up! (BUS)</b> 1:00 Cribbage Club - Resident Lead (L) <b>1:00 Canasta Club! Sign up! (T)</b> 2:30 Men's Social - Whiskey Jack's with Kim (CK) 6:30 Saturday Night Social! Bar will be open! (BIS)
<b>23</b> 8:30 Church Service on TV (T) 9:30 Coffee Social (BIS) 9:30 Hymn Sing (T) 1:00 Musical Concert on TV - Various Artists (T) 6:00 Sunday Night at the Movies (T)	<b>24</b> 9:00 Aqua Fit & Pool Walking (P) 9:30 Coffee Social (BIS) <b>9:30 Calendar Reading for Sight Impaired Residents (BIS)</b> 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) <b>6:00 Patio Games - resident lead! (NP)</b>	<b>25</b> 9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) 10:00 Drum Fit (T) <b>11:00 Bus Outing - Picnic at Peachland Waterfront - Sign Up! (BUS)</b> 1:00 In Stitches - Knit, crochet & sewing group! Work on your projects together! (CK) <b>1:00 Sight Impaired Support Group - with Wendy! (CK)</b> 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)	<b>26</b> 9:00 Aqua Fit & Pool Walking (P) <b>9:30 New Resident Welcome Coffee Social - Everyone Welcome! (BIS)</b> 10:00 Sit & Be Fit - Gentle Seated Exercises (T) 1:00 Quarter Bingo - with volunteer (CK) 2:30 Health Talk - See poster for details! (T) <b>6:30 Cabaret Night - Musical Concert! (BIS)</b>	<b>27</b> <b>Terri on Vacation</b> 9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) <b>10:00 Shopping Shuttle to SUPER STORE - *Sign up! (BUS)</b> <b>11:30 Pontoon Boat Ride - SIGN UP! \$ (BUS)</b> 1:00 Creative Hands Arts & Crafts Group - Create, Draw & Paint together! (CK) 3:30 Cocktail Hour - Bar Open (BIS) <b>6:30 Bus Outing to the Lake! Sign Up! (CK)</b>	<b>28</b> <b>Terri on Vacation</b> <b>LLL Dinner featuring Raspberries &amp; Cherries!</b> 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 Steve & his fiddle! (BIS) 4:30 LLL Dinner! 6:00 Movie Night - residents choice (T)	<b>29</b> <b>Terri on Vacation</b> 9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) <b>10:00 Scenic Bus Drive- Sign Up! (BUS)</b> 1:00 Cribbage Club - Resident Lead (L) <b>1:00 Canasta Club! Sign up! (T)</b> <b>3:00 Games &amp; Ice cream on the patio! (NP)</b> 6:30 Saturday Night Social! Bar will be open! (BIS)
<b>30</b> <b>Terri on Vacation</b> 8:30 Church Service on TV (T) 9:30 Coffee Social (BIS) 9:30 Hymn Sing (T) 1:00 Musical Concert on TV - Various Artists (T) 6:00 Sunday Night at the Movies (T)	<b>31</b> <b>Terri on Vacation</b> 9:00 Aqua Fit & Pool Walking (P) 9:30 Coffee Social (BIS) <b>9:30 Calendar Reading for Sight Impaired Residents (BIS)</b> 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) <b>6:00 Patio Games - resident lead! (NP)</b>			<b>Locations Legend</b> Theatre (T) Bistro (BIS) Country Kitchen (CK) Bus Outing (BUS) Library (L) Pool (P)	<b>Calendar Legend</b> <b>All Day</b> <b>Outing</b> <b>Special Program</b> <b>New Program</b> <b>Living, Loving, Local</b> <b>Signature Program</b>	