

Various Artists (T)

(T)

6:00 Sunday Night at the Movies

1:00 Quarter Bingo! - with

2:30 Fit Minds - puzzles and

6:00 Movie Night Musicals (T)

games - with Terri (CK)

6:00 Patio Games - resident lead!

Richard (CK)

(NP)

July 2023

The Heritage





1:00 Canasta Club! Sign up! (T)

1:30 Scenic Bus Ride - Sign Up!

3:00 Games & Ice cream on the

6:30 Saturday Night Social with

Peter! Bar will be open! (BIS)

(BUS)

patio! (NP)

(CK)

(SP)

1:00 Chair Yoga Class (T)

1:30 Meditation for Relaxation

and Stress Release (L)

2:30 Happy Hour - with Roland!

4:30 French Themed Dinner! (DR)

6:00 Movie Night - residents

choice (T)

1:00 Creative Hands Arts & Crafts

together! (CK)

Sign Up! (CK)

(BIS)

2:00 Springfield Funeral Home

Seminar on Wills (T)

3:30 Cocktail Hour - Bar Open

6:30 Ladies Spa Night with Kim -

Group - Create, Draw & Paint

Saturday Sunday Monday **Tuesday** Wednesday **Thursday Friday CANADA DAY! Wear Red & White!** Calendar Legend **Locations Legend** (EYG) 9:00 Move to Music Exercise (T) Theatre (T) All Day 9:30 Coffee Social (BIS) Bistro (BIS) Outing 10:00 Scenic Bus Drive - with Kim -Sign Up! (BUS) Country Kitchen (CK) **Special Program** 1:00 Cribbage Club - Resident Lead **Bus Outing (BUS) New Program** Library (L) Living, Loving, Local 1:00 Canada Day Celebration, Games & Ice Cream Floats! Pool (P) Signature Program North Patio (NP) 6:30 Saturday Night Social! Bar will **SATURDAY National Culinary** be open! (BIS) South Patio (SP) Canada Day JUL Everywhere you go! (EYG) Arts Month Front of the building (FRO) Dining Room (DR) 9:00 Move to Music Exercise (T) 9:00 Move to Music Exercise (T) 9:00 Aqua Fit & Pool Walking (P) 9:00 Aqua Fit & Pool Walking (P) 9:00 Move to Music Exercise (T) 9:00 Aqua Fit & Pool Walking (P) Terri off today 9:30 Coffee Social (BIS) 9:30 Coffee Social (BIS) 9:30 Coffee Social (BIS) 9:30 New Resident Welcome 9:30 Coffee Social (BIS) 8:30 Church Service on TV (T) 9:30 Coffee Social (BIS) 10:45 Westside Daze Parade! In Coffee Social! (BIS) 10:00 Sit & Be Fit - Gentle Seated 10:00 Shopping Shuttle to 9:30 Calendar Reading for Sight 10:00 Drum Fit (T) 9:30 Coffee Social (BIS) WALMART - *Sign Up! (BUS) front of the bulding! (FRO) 10:00 Sit & Be Fit - Gentle Seated Exercises (T) Impaired Residents (BIS) 9:30 Hymn Sing (T) 1:00 In Stitches - Knit, crochet & 11:30 Pontoon Boat Ride - SIGN UP! 1:00 Cribbage Club - Resident Lead 1:00 Chair Yoga Class (T) Exercises (T) 10:00 Sit & Be Fit - Gentle Seated sewing group! Work on your 0:00 Catholic Mass (CK) 1:00 Quarter Bingo - with volunteer \$ (BUS) Exercises (T) projects together! (CK) 1:30 Meditation for Relaxation and 1:00 Musical Concert on TV -1:00 Canasta Club! Sign up! (T) (CK) 1:00 Creative Hands Arts & Crafts Stress Release (L) 1:00 Sight Impaired Support Group 1:00 Quarter Bingo! - with Richard Various Artists (T) 1:30 Scenic Bus Drive-Sign Up! - with Wendy! (CK) 2:30 Resident Meeting in the Group - Create, Draw & Paint 2:30 Happy Hour - Jeremy 6:00 Sunday Night at the Movies 2:00 Alice in Wonderland Day Theatre - all residents together! (CK) Messenger (SP) (BUS) 2:30 Fit Minds - puzzles and games (T) "Mad Hatter Tea Party" (BIS) welcome! (T) 3:30 Cocktail Hour - Bar Open (BIS) 6:00 Movie Night - residents choice 3:00 Games & Ice cream on the - with Terri (CK) patio! (NP) 3:30 Hearing Aid Clinic with Bill 6:00 Movie Night Musicals (T) 2:30 Chair Yoga Class with Wendy from Expert Hearing Solutions 6:30 Saturday Night Social! Bar will (T)6:30 Cabaret Night - Musical be open! (BIS) 3:00 Meditation Space (L) Concert! (BIS) 3:30 Cocktail Hour - Bar Open (BIS) 6:00 Movie Night - residents choice (T) 9:00 Aqua Fit & Pool Walking (P) 9:00 Move to Music Exercise (T) 9:00 Aqua Fit & Pool Walking (P) 12 9:00 Move to Music Exercise (T) 13 9:00 Aqua Fit & Pool Walking (P) 10 9:00 Move to Music Exercise (T) 8:30 Church Service on TV (T) 9:00 Men's Breakfast - with Kim -9:30 Coffee Social (BIS) 9:30 Coffee Social (BIS) 9:30 Coffee Social (BIS) 9:30 Coffee Social (BIS) 9:30 New Resident Welcome 9:30 Coffee Social (BIS) *Sign Up! (CK) Coffee Social - Everyone 10:00 Sit & Be Fit - Gentle Seated 9:30 Hymn Sing (T) 9:30 Calendar Reading for Sight 10:00 Drum Fit (T) 10:00 Shopping Shuttle to SUPER 9:30 Coffee Social (BIS) Welcome! (BIS) STORE - *Sign up! (BUS) Exercises (T) 0:00 Catholic Mass (CK) Impaired Residents (BIS) 1:00 In Stitches - Knit, crochet & 1:00 Cribbage Club - Resident 10:00 Sit & Be Fit - Gentle Seated 11:30 Pontoon Boat Ride - SIGN 10:00 Stronger Together - Peer 1:00 Musical Concert on TV -10:00 Sit & Be Fit - Gentle Seated sewing group! Work on your Lead (L) UP! \$ (BUS) Support Group - with Kim Exercises (T) Exercises (T) projects together! (CK)

1:00 Quarter Bingo - with

volunteer (CK)

1:30 New Resident Welcome Tea

3:00 Karaoke with Haley & Kevin!

Bar will be open! (BIS)

6:30 Cabaret Night - Musical

Concert! (BIS)

with the Heritage Managers!

1:00 Sight Impaired Support

3:00 Meditation Space (L)

3:30 Toonie Tuesday Cocktail

6:00 Movie Night - residents

choice (T)

Hour - Bar Open (BIS)

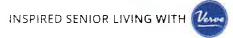
Group - with Wendy! (CK)

2:30 Chair Yoga Class with Wendy



July 2023 The Heritage





	The Heritage				11421	Wast INCO SERVICE EIVING WITH	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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)	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 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)	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 Groupwith Wendy! (CK) 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)	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) 11:30 Lunch outing - McCullough Station - Sign Up! \$ (BUS) 1:00 Quarter Bingo - with volunteer (CK) 2:30 Food Forum with Jeremy - All residents welcome! (T) 6:30 Cabaret Night - Jazz with Curtis! Bar will be open! (BIS)	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 & Crafts Group - Create, Draw & Paint together! (CK) 3:30 Cocktail Hour - Bar Open (BIS) 6:30 Ice Cream at Paynter's Market! Sign Up! (BUS)	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)	9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) 10:00 Scenic Bus Drive- Sign Up! (BUS) 1:00 Cribbage Club - Resident Lead (L) 1:00 Canasta Club! Sign up! (T) 2:30 Men's Social - Whiskey Jack's with Kim (CK) 6:30 Saturday Night Social! Bar will be open! (BIS)	
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)	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 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)	9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) 10:00 Drum Fit (T) 11:00 Bus Outing - Picnic at Peachland Waterfront - Sign Up! (BUS) 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)	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 Health Talk - See poster for details! (T) 6:30 Cabaret Night - Musical Concert! (BIS)	Terri on Vacation 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 & Crafts Group - Create, Draw & Paint together! (CK) 3:30 Cocktail Hour - Bar Open (BIS) 6:30 Bus Outing to the Lake! Sign Up! (CK)	Terri on Vacation LLL Dinner featuring Raspberries & Cherries! 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)	Terri on Vacation 9:00 Move to Music Exercise (T) 9:30 Coffee Social (BIS) 10:00 Scenic Bus Drive- Sign Up! (BUS) 1:00 Cribbage Club - Resident Lead (L) 1:00 Canasta Club! Sign up! (T) 3:00 Games & Ice cream on the patio! (NP) 6:30 Saturday Night Social! Bar will be open! (BIS)	
Terri on Vacation 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)	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 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)	Be	you	Locations 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)	Calendar Legend All Day Outing Special Program New Program Living, Loving, Local Signature Program	