



INSPIRED SENIOR LIVING

# November 2023

## The Heritage

THE HERITAGE  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h3>National Family Caregivers Month</h3>						
			<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>1</b></p> <p>9:00 Chair Exercise with TJ (T)</p> <p>9:30 New Resident Welcome - Come meet your neighbours! (BIS)</p> <p>10:00 Sing for Your Life (T)</p> <p>1:00 Quarter Bingo (CK)</p> <p>2:30 Rootbeer Floats! (BIS)</p> <p>3:30 Hearing Aides checks (BIS)</p> <p>6:30 Cabaret Night - Musical Concert! (BIS)</p> <p>6:30 Piano with Cliff (BIS)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>2</b></p> <p>9:05 Move to Music Exercise (T)</p> <p>10:00 Riddle Time (CK)</p> <p>10:00 TOONIE THURSDAY 50/50 (EYG)</p> <p>10:00 Shopping Shuttle to SUPER STORE - *Sign up! (BUS)</p> <p>1:00 Canasta Game (TL)</p> <p>2:30 Go 4 Life - Walking (Out)</p> <p>3:30 Cocktail Hour - Bar Open with Tony (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>3</b></p> <p>9:00 Sit and Be Fit (T)</p> <p>10:00 Drum Fit with TJ (T)</p> <p>1:00 Balloon Volleyball - (T)</p> <p>1:30 Chair Yoga Class with Wendy (T)</p> <p>2:00 Meditation and breathing with Wendy (T)</p> <p>2:30 Happy Hour (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p> <p>6:30 Spa night with Georgia (CK)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>4</b></p> <p>9:05 Move to Music Exercise (T)</p> <p>10:00 Scenic Bus Drive- Sign Up! (BUS)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>1:00 Trivia Games (CK)</p> <p>1:30 Chicken Soup for the Soul Stories (L)</p> <p>6:30 Saturday Night Social! With Audrey (BIS)</p>
<p>8:30 Church Service on TV (T) <b>5</b></p> <p>9:00 Aqua Fit &amp; Pool Walking (P)</p> <p>9:30 Hymn Sing (T)</p> <p>10:00 Catholic Mass (L)</p> <p>1:00 Musical Concert on TV - Theatre (T)</p> <p>3:00 Exercise in the gym (EYG)</p> <p>6:15 Music with Ted (BIS)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>6</b></p> <p>9:30 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>9:30 Calendar Reading (BIS)</p> <p>1:00 Quarter Bingo! - with Richard (CK)</p> <p>1:00 Bible Study (L)</p> <p>2:30 Fit Minds - puzzles and games - with Lorraine (CK)</p> <p>6:00 Games Night - resident lead! (L)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>7</b></p> <p>9:00 Move to Music Exercise - Standing class with TJ (However all residents are welcome) (T)</p> <p>10:00 Drum Fit with TJ (T)</p> <p>10:30 Spanish Classes (CK)</p> <p>1:00 In Stitches - Knit, crochet &amp; sewing group! (CK)</p> <p>1:00 Chair Yoga Class with Wendy (T)</p> <p>1:30 Sight Impaired Support Group - with Wendy! (CK)</p> <p>1:30 Sight Impaired - Vendor (BIS)</p> <p>3:00 Cocktail Hour - Bar Open (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p>	<p>National cappuccino Day (BIS) <b>8</b></p> <p>9:00 Aqua Fit &amp; Pool Walking (P)</p> <p>9:00 Chair Exercise with TJ (T)</p> <p>9:30 New Resident Welcome - Come meet your neighbours! (BIS)</p> <p>10:00 Sing for Your Life (T)</p> <p>10:30 Catholic mass with father jimenez (L)</p> <p>1:00 Quarter Bingo (CK)</p> <p>2:30 Resident Meeting (T)</p> <p>6:30 Cabaret Night - Musical Concert! with Peter (BIS)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>9</b></p> <p>9:00 Move to Music Exercise - Standing class with TJ (However all residents are welcome) (T)</p> <p>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)</p> <p>10:30 Balloon Volleyball (T)</p> <p>1:00 Artful Enrichment - Arts and Crafts with June (CK)</p> <p>2:00 Go 4 Life - Walking (Out)</p> <p>3:00 Cocktail Hour - Bar Open (BIS)</p> <p>6:30 Movie Night - residents choice (T)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>10</b></p> <p>9:00 Sit and Be Fit with TJ (T)</p> <p>10:00 Drum Fit with TJ (T)</p> <p>11:00 Stronger Together - Peer Support Group - Mental health sharing with TJ (CK)</p> <p>1:30 Chair Yoga Class with Wendy (T)</p> <p>2:00 Meditation and breathing with Wendy (T)</p> <p>2:30 Happy Hour (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p>	<p>Remembrance Day - Wear a Poppy! (BIS) <b>11</b></p> <p>9:00 Aqua Fit &amp; Pool Walking (P)</p> <p>9:00 Move to Music Exercise - Standing class with TJ (However all residents are welcome) (T)</p> <p>10:00 Scenic Bus Drive- Sign Up! (BUS)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>2:30 Trivia Games (CK)</p> <p>3:00 Go 4 Life - Walking (Out)</p> <p>6:30 Saturday Night Social! With Audrey (BIS)</p>
<p>8:30 Church Service on TV (T) <b>12</b></p> <p>9:00 Aqua Fit &amp; Pool Walking (P)</p> <p>9:30 Hymn Sing (T)</p> <p>10:00 Catholic Mass (L)</p> <p>1:00 St George Angelian Church Service (T)</p> <p>1:00 balloon volleyball in the library (T)</p> <p>2:00 Living Loving Local Baking with Lorraine (CK)</p> <p>3:00 Exercise in the gym (EYG)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>13</b></p> <p>9:30 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>9:30 Calendar Reading (BIS)</p> <p>1:00 Quarter Bingo! - with Richard (CK)</p> <p>1:00 Bible Study (L)</p> <p>2:30 Fit Minds - puzzles and games - with Lorraine (CK)</p> <p>6:00 Games Night - resident lead! (L)</p> <p>6:00 West Kelowna Jammers (BIS)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>14</b></p> <p>9:00 Move to Music Exercise - Standing class with TJ (However all residents are welcome) (T)</p> <p>10:00 Drum Fit with TJ (T)</p> <p>10:30 Spanish Classes (CK)</p> <p>1:00 In Stitches - Knit, crochet &amp; sewing group! (CK)</p> <p>1:00 Chair Yoga Class with Wendy (T)</p> <p>1:30 Sight Impaired Support Group - with Wendy! (CK)</p> <p>3:00 Cocktail Hour - Bar Open (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p>	<p>National I love to Write day (L) <b>15</b></p> <p>9:00 Aqua Fit &amp; Pool Walking (P)</p> <p>9:00 Sit and Be Fit with TJ (T)</p> <p>9:30 New Resident Welcome - Come meet your neighbours! (BIS)</p> <p>10:00 Sing for Your Life (T)</p> <p>1:00 Quarter Bingo (CK)</p> <p>2:30 Food Forum with Jeremy - All residents welcome! (T)</p> <p>2:30 Go 4 Life - Walking (Out)</p> <p>6:30 Cabaret Night - Karaoke - with Peter (T)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>16</b></p> <p>9:00 Move to Music Exercise (T)</p> <p>10:00 Riddle Time (CK)</p> <p>10:00 Shopping Shuttle SUPERSTORE and \$1 STORE (BUS)</p> <p>1:00 Artful Enrichment - Arts and Crafts with June (CK)</p> <p>2:00 roll and bowl in the theatre (BIS)</p> <p>3:30 Cocktail Hour - Bar Open with Tony (BIS)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>17</b></p> <p>9:00 Sit and Be Fit (T)</p> <p>1:30 Chair Yoga Class with Wendy (T)</p> <p>2:00 Meditation and breathing with Wendy (T)</p> <p>2:30 Happy Hour (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p> <p>6:30 Spa with Georgia (CK)</p>	<p>9:00 Men's Breakfast - *Sign Up! (CK) <b>18</b></p> <p>9:00 Aqua Fit &amp; Pool Walking (P)</p> <p>9:00 Move to Music Exercise (T)</p> <p>10:00 Scenic Bus Drive- Sign Up! (BUS)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>1:00 Meet Me at the MOMA Painting (CK)</p> <p>2:30 Trivia Games (CK)</p> <p>3:00 Go 4 Life - Walking (Out)</p> <p>6:30 Saturday Night Social! With Audrey (BIS)</p>





INSPIRED SENIOR LIVING

# November 2023

## The Heritage

THE HERITAGE  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:30 Church Service on TV (T) <b>19</b></p> <p>9:00 Aqua Fit &amp; Pool Walking (P)</p> <p>9:30 Hymn Sing (T)</p> <p>10:00 Catholic Mass (L)</p> <p>1:00 Musical Concert on TV - Various Artists (T)</p> <p>1:00 Balloon Toss Games (T)</p> <p>3:00 Exercise in the gym (EYG)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>20</b></p> <p>9:30 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>9:30 Calendar Reading (BIS)</p> <p>1:00 Quarter Bingo! - with Richard (CK)</p> <p>1:00 Bible Study (L)</p> <p>2:30 Fit Minds - puzzles and games - with Lorraine (CK)</p> <p>6:00 Games Night - resident lead! (L)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>21</b></p> <p>9:00 Move to Music Exercise - Standing class with TJ (However all residents are welcome) (T)</p> <p>10:00 Drum Fit (T)</p> <p>10:00 Premium Mobility - Walker &amp; Scooter repair (BIS)</p> <p>10:30 Spanish Classes (CK)</p> <p>1:00 In Stitches - Knit, crochet &amp; sewing group! (CK)</p> <p>1:00 Chair Yoga Class with Wendy (T)</p> <p>1:30 Sight Impaired Support Group - with Wendy! (CK)</p> <p>3:00 Cocktail Hour - Bar Open (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>22</b></p> <p>9:00 Chair Exercise (T)</p> <p>9:30 New Resident Welcome - Come meet your neighbours! (BIS)</p> <p>10:00 Sing for Your Life (T)</p> <p>10:00 Christmas Fair- Vendors (EYG)</p> <p>1:00 Quarter Bingo (CK)</p> <p>2:30 Health Talk - See poster for details! (T)</p> <p>6:30 Cabaret Night - Musical Concert! (BIS)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>23</b></p> <p>9:00 Move to Music Exercise - Standing class with TJ (However all residents are welcome) (T)</p> <p>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)</p> <p>11:30 Lunch Outing (BUS)</p> <p>1:00 Artful Enrichment - Arts and Crafts with June (CK)</p> <p>3:30 Cocktail Hour - Bar Open (BIS)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>24</b></p> <p>9:00 Sit and Be Fit (T)</p> <p>10:30 Roll and Bowl (T)</p> <p>1:30 Chair Yoga Class with Wendy (T)</p> <p>2:00 Meditation and breathing with Wendy (T)</p> <p>2:30 Happy Hour (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>25</b></p> <p>9:05 Move to Music Exercise (T)</p> <p>10:00 Scenic Bus Drive- Sign Up! (BUS)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>2:30 Trivia Games (CK)</p> <p>3:30 Chicken Soup for the Soul (CK)</p> <p>6:30 Saturday Night Social! With Audrey (BIS)</p>
<p>8:30 Church Service on TV (T) <b>26</b></p> <p>9:00 Aqua Fit &amp; Pool Walking (P)</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>1:00 Balloon Toss Games (T)</p> <p>1:30 Singers and Dancers (BIS)</p> <p>3:00 Exercise in the gym (EYG)</p> <p>6:15 Music with Ted (BIS)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>27</b></p> <p>9:30 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>9:30 Calendar Reading (BIS)</p> <p>1:00 Quarter Bingo! - with Richard (CK)</p> <p>1:00 Bible Study (L)</p> <p>2:30 Fit Minds - puzzles and games - with Lorraine (CK)</p> <p>6:00 Games Night - resident lead! (L)</p> <p>6:00 West Kelowna Jammers (BIS)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>28</b></p> <p>9:00 Move to Music Exercise - Standing class with TJ (However all residents are welcome) (T)</p> <p>10:00 Drum Fit (T)</p> <p>10:00 Christmas Fair- Vendors (BIS)</p> <p>10:30 Spanish Classes (CK)</p> <p>1:00 In Stitches - Knit, crochet &amp; sewing group! (CK)</p> <p>1:00 Chair Yoga Class with Wendy (T)</p> <p>1:30 Sight Impaired Support Group - with Wendy! (CK)</p> <p>3:00 Cocktail Hour - Bar Open (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>29</b></p> <p>9:00 Chair Exercise with TJ (T)</p> <p>9:30 New Resident Welcome - Come meet your neighbours! (BIS)</p> <p>10:00 Sing for Your Life (T)</p> <p>1:00 Quarter Bingo (CK)</p> <p>2:00 Health Talk with Amanda (T)</p> <p>6:30 Cabaret Night - Musical Concert! with Peter (BIS)</p>	<p>9:00 Aqua Fit &amp; Pool Walking (P) <b>30</b></p> <p>9:00 Move to Music Exercise - Standing class with TJ (However all residents are welcome) (T)</p> <p>10:00 Riddle Time (CK)</p> <p>10:00 Shopping Shuttle SUPERSTORE (BUS)</p> <p>10:00 TOONIE THURSDAY 50/50 (EYG)</p> <p>1:00 Artful Enrichment - Arts and Crafts with June (CK)</p> <p>3:30 Cocktail Hour - Bar Open with Tony (BIS)</p>	<p><b>Remembrance Day</b></p>	

SUNDAY  
**NOV 12**

**Diwali**

**National Diabetes Month**

**Locations Legend**

- Theatre (T)
- Bistro (BIS)
- Country Kitchen (CK)
- Pool (P)
- Library (L)
- Bus Outing (BUS)
- Everywhere you go! (EYG)
- Outdoors (Out)
- The Lounge (TL)

**Calendar Legend**

- Outing
- Special Program
- Living, Loving, Local
- Signature Program