




INSPIRED SENIOR LIVING

January 2024

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) 7 9:30 Hymn Sing (T) 10:30 Catholic Communion Service - Our Lady of Lords (CK) 1:00 Sunday Stretches with Reyna (T) 1:30 Go for Life Walking - Indoor (ITB)</p>	<p>New Years Day 1 9:30 Women's National Hockey Game in the Theatre (Eileen's Granddaughter) (T) 1:30 Chair Yoga Class with Reyna (G) 2:30 Fit Minds - puzzles and games (CK) 6:00 Games Night - resident lead! (L)</p>	<p>2 9:30 Exercise with Reyna (T) 11:00 Aqua Fit with Reyna (P) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 2:30 Meditation and Mindfulness with Reyna (L) 3:30 Social Hour (BIS) 6:00 Movie Night: Documentary "Call me Kate" (T)</p>	<p>3 9:00 January Fitness Challenge details and signup meeting (T) 9:30 Exercise with TJ (T) 10:00 Chair Exercise with TJ (L) 1:00 Bingo (CK) 2:30 Monthly Resident Meeting (T) 3:30 Hearing Aid Clinic with Bill from Expert Hearing Solutions 3:30 Acrylic Painting with Ralph (CK) 6:00 Cabaret Night - Musical Concert! (BIS)</p>	<p>4 National Trivia Day 9:30 Exercise with TJ (T) 10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS) 11:00 Brain Games in the Bistro (CK) 1:00 Meet Me at the Moma with Reyna (CK) 2:15 JEOPRADY (T) 3:30 Social Hour (BIS) 6:00 Movie Night: Miracle Club (T)</p>	<p>5 9:30 Exercise with TJ (T) 10:00 Chair Exercise with TJ (T) 11:15 Artfull Enrichment: Pen and Ink Drawing class with TJ (L) 1:30 Drum Fit with TJ (T) 2:30 Happy Hour with Jerremy Messenger (BIS) 6:00 Movie Night: Murder Mystery (T)</p>	<p>10:00 Move to Music with TJ (T) 11:00 Tech Help with TJ (L) 1:00 Cribbage Club - Resident Lead (L) 1:00 YAHTZEE! (CK) 6:15 Saturday Night Music with Ted & Audrey (BIS)</p>
<p>8:30 Church Service on TV (T) 7 9:30 Hymn Sing (T) 10:30 Catholic Communion Service - Our Lady of Lords (CK) 1:00 Sunday Stretches with Reyna (T) 1:30 Go for Life Walking - Indoor (ITB)</p>	<p>8 9:30 Exercise with Reyna (T) 10:00 Chair Exercise with Reyna (T) 1:00 Bible Study (L) 1:00 Bingo! - with Richard (CK) 1:30 Chair Yoga Class with Reyna (G) 2:30 Fit Minds - puzzles and games (CK) 6:00 Games Night - resident lead! (L) 6:00 West Kelowna Jammers (BIS)</p>	<p>9 Elvis Presley's Birthday 9:30 Exercise with Reyna (T) 11:00 Resident Ambassadors Meeting (L) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 2:30 Meditation and Mindfulness with Reyna (L) 2:30 Elvis Presley Social Hour (BIS) 6:00 Movie Night: Elvis (T)</p>	<p>10 9:30 Exercise with TJ (T) 10:00 Chair Exercise with TJ (L) 10:00 Sing for Your Life (BIS) 11:30 Book Club Meeting (L) 1:00 Bingo (CK) 2:30 Acrylic Painting with Ralph (CK) 4:00 Bus Outing: FRIND Winery "Dinner in the Domes" (BUS) 6:00 Cabaret Night - Musical Concert! (BIS)</p>	<p>11 9:30 Exercise with TJ (T) 10:00 Shopping Shuttle to SUPERSTORE - *Sign Up! (BUS) 11:00 Brain Games in the Bistro (CK) 1:00 Meet Me at the Moma with Reyna (CK) 2:15 JEOPRADY (T) 3:30 Social Hour (BIS) 6:00 Movie Night: Yes Day (T)</p>	<p>12 9:30 Exercise with TJ (T) 10:00 Chair Exercise with TJ (T) 11:15 Artfull Enrichment: Pen and Ink Drawing class with TJ (L) 1:30 Drum Fit with TJ (T) 2:30 Happy Hour with Roland (BIS) 6:00 Movie Night "Top Gun - Maverick" (T)</p>	<p>National Vision Board Day 1 10:00 Move to Music with TJ (T) 11:00 Tech Help with TJ (L) 1:00 Cribbage Club - Resident Lead (L) 2:00 Vision board making workshop (BIS) 6:15 Saturday Night Music with Ted & Audrey (BIS)</p>
<p>2024 New Year Brunch 14 8:30 Church Service on TV (T) 9:30 Hymn Sing (T) 10:00 Catholic Mass with Frank (CK) 1:00 Sunday Stretches with Reyna (T) 1:00 St Anglican Church Service (T) 1:30 Go for Life Walking - Indoor (ITB)</p>	<p>15 9:30 Exercise with Reyna (T) 10:00 Chair Exercise with Reyna (T) 1:00 Bible Study (L) 1:00 Bingo! - with Richard (CK) 1:30 Chair Yoga Class with Reyna (G) 2:30 Fit Minds - puzzles and games (CK) 6:00 Games Night - resident lead! (L)</p>	<p>16 9:30 Exercise with Reyna (T) 11:00 Aqua Fit with Reyna (P) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 2:30 Meditation and Mindfulness with Reyna (L) 3:30 Social Hour (BIS) 6:00 Movie Night "The Guernsey Literary Potato Peel Pie Society" (T)</p>	<p>17 9:30 Exercise with TJ (T) 10:00 Chair Exercise with TJ (L) 10:00 Sing for Your Life (BIS) 10:00 Bus Trip: Aerospace Museum Tour (BUS) 1:00 Bingo (CK) 2:30 Food Forum with Jeremy - All residents welcome! (T) 2:30 Acrylic Painting with Ralph (CK) 6:00 Cabaret Night - Musical Concert! (BIS)</p>	<p>18 9:30 Exercise with TJ (T) 10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS) 11:00 Brain Games in the Bistro (CK) 1:00 Meet Me at the Moma with Reyna (CK) 2:15 JEOPRADY (T) 3:30 Social Hour (BIS) 6:00 Movie Night: "Pride and Prejudice" (T)</p>	<p>19 9:30 Exercise with TJ (T) 10:00 Chair Exercise with TJ (T) 11:15 Artfull Enrichment: Pen and Ink Drawing class with TJ (L) 1:30 Drum Fit with TJ (T) 2:30 Happy Hour with Dan Summer (BIS) 6:00 Movie Night: David Attenborough: A Life on Our Planet" (T)</p>	<p>20 10:00 Move to Music with TJ (T) 11:00 Tech Help with TJ (L) 1:00 Cribbage Club - Resident Lead (L) 1:00 YAHTZEE! (CK) 6:15 Saturday Night Music with Ted & Audrey (BIS)</p>



INSPIRED SENIOR LIVING

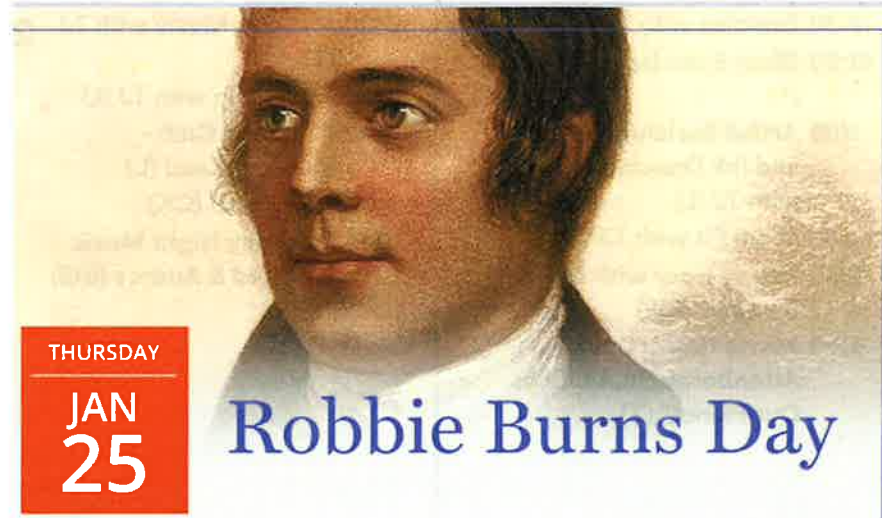
January 2024

The Heritage

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RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:30 Church Service on TV (T) 21</p> <p>9:30 Hymn Sing (T)</p> <p>10:00 Catholic Mass with Frank (CK)</p> <p>1:00 Sunday Stretches with Reyna (T)</p> <p>1:30 Go for Life Walking - Indoor (ITB)</p>	<p>9:30 Exercise with Reyna (T) 22</p> <p>10:00 Chair Exercise with Reyna (T)</p> <p>1:00 Bible Study (L)</p> <p>1:00 Bingo! - with Richard (CK)</p> <p>1:30 Chair Yoga Class with Reyna (G)</p> <p>2:30 Fit Minds - puzzles and games (CK)</p> <p>6:00 Games Night - resident lead! (L)</p> <p>6:00 West Kelowna Jammers (BIS)</p>	<p>9:30 Exercise with Reyna (T) 23</p> <p>11:00 Aqua Fit with Reyna (P)</p> <p>1:00 In Stitches - Knit, crochet & sewing group! (CK)</p> <p>2:30 Meditation and Mindfulness with Reyna (L)</p> <p>3:30 Social Hour (BIS)</p> <p>6:00 Movie Night (T)</p>	<p>9:30 Exercise with TJ (T) 24</p> <p>10:00 Chair Exercise with TJ (L)</p> <p>10:00 Sing for Your Life (BIS)</p> <p>1:00 Bingo (CK)</p> <p>2:00 Scottish Dancers Performance (BIS)</p> <p>2:30 Acrylic Painting with Ralph (CK)</p> <p>6:00 Cabaret Night - Musical Concert! (BIS)</p>	<p>Robbie Burns Day 25</p> <p>9:30 Exercise with TJ (T)</p> <p>10:00 Shopping Shuttle to SUPERSTORE - *Sign Up! (BUS)</p> <p>11:00 Brain Games in the Bistro (CK)</p> <p>2:30 Coffee Conversation with Chef Jeremy (DR)</p> <p>2:30 Robbie Burns Social Hour (BIS)</p> <p>6:00 Movie Night: "Braveheart" (T)</p>	<p>10:00 Chair Exercise with TJ (T) 26</p> <p>10:00 Chances Casino and Lunch Trip (BUS)</p> <p>11:15 Artful Enrichment: Pen and Ink Drawing class with TJ (L)</p> <p>1:30 Drum Fit with TJ (T)</p> <p>2:30 Monthly Resident Birthday Party with Ken Kardish (BIS)</p> <p>4:30 LLL Dinner "Beans and Lentils" (DR)</p> <p>6:00 Movie Night "The Age of Adeline" (T)</p>	<p>10:00 Move to Music with TJ (T) 2</p> <p>11:00 Tech Help with TJ (L)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>1:00 YAHTZEE! (CK)</p> <p>6:15 Saturday Night Music with Ted & Audrey (BIS)</p>
<p>8:30 Church Service on TV (T) 28</p> <p>9:30 Hymn Sing (T)</p> <p>10:00 Catholic Mass with Frank (CK)</p> <p>10:00 Bus Outing: Sunday Scenic Drive (BUS)</p> <p>1:00 Sunday Stretches with Reyna (T)</p> <p>1:30 Go for Life Walking - Indoor (ITB)</p>	<p>9:30 Exercise with Reyna (T) 29</p> <p>10:00 Chair Exercise with Reyna (T)</p> <p>1:00 Bible Study (L)</p> <p>1:00 Bingo! - with Richard (CK)</p> <p>1:30 Chair Yoga Class with Reyna (G)</p> <p>2:30 Fit Minds - puzzles and games (CK)</p> <p>6:00 Games Night - resident lead! (L)</p>	<p>9:30 Exercise with Reyna (T) 30</p> <p>11:00 Aqua Fit with Reyna (P)</p> <p>1:00 In Stitches - Knit, crochet & sewing group! (CK)</p> <p>2:30 Meditation and Mindfulness with Reyna (L)</p> <p>3:30 Social Hour (BIS)</p> <p>6:00 Movie Night "Little Women" (T)</p>	<p>National Hot Chocolate Day 31</p> <p>9:30 Exercise with TJ (T)</p> <p>10:00 Chair Exercise with TJ (L)</p> <p>10:00 Sing for Your Life (BIS)</p> <p>10:30 Tymely Mobile Fashions (BIS)</p> <p>1:00 Bingo (CK)</p> <p>2:30 Health Talk with Amanda (T)</p> <p>2:30 Acrylic Painting with Ralph (CK)</p> <p>3:00 Hot Chocolate Happy Hour (BIS)</p> <p>6:00 Cabaret Night - Musical Concert! (BIS)</p>	 <p>MONDAY JAN 15 Martin Luther King Jr. Day</p>		



THURSDAY
JAN 25
Robbie Burns Day



WEDNESDAY
JAN 31
National Hot Chocolate Day

Locations Legend

Theatre (T)
Country Kitchen (CK)
Library (L)
Bistro (BIS)

Bus Outing (BUS)
Gym (G)
Pool (P)
In the building (ITB)
Dining Room (DR)

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program