



INSPIRED SENIOR LIVING

March 2024

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>FRIDAY MAR 8</p> <p>International Women's Day</p>	 <p>SUNDAY MAR 17</p> <p>St. Patrick's Day</p>	<p>CRUISE WEEK!</p> <p><i>The Majestic Mediterranean Odyssey</i></p> <p>March 21st - 28th</p>				
<p>8:30 Church Service on TV (T) 3</p> <p>9:30 Hymn Sing (T)</p> <p>10:00 Catholic Mass with Frank (CK)</p> <p>1:30 Go for Life Walking - Resident Lead (ITB)</p> <p>6:00 Movie Night: "Footloose" (T)</p>	<p>9:30 Exercise with Reyna (T) 4</p> <p>10:05 Chair Exercise with Reyna (T)</p> <p>10:30 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>1:00 Bible Study (L)</p> <p>1:00 Bingo! - with Richard (CK)</p> <p>1:00 Games with Crystal (Volunteer) (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 Bridge Club - resident lead! (L)</p> <p>6:00 West Kelowna Jammers (BIS)</p>	<p>9:30 Exercise with Reyna (T) 5</p> <p>11:00 Aqua Fit/Pool Walking with Reyna (P)</p> <p>1:00 In Stitches - Knit, crochet & sewing group! (CK)</p> <p>1:30 Meditation and Mindfulness with Reyna (L)</p> <p>2:00 Meet Me At The MOMA (CK)</p> <p>3:00 Tuck Shop Open (BIS)</p> <p>3:00 Social Hour (BIS)</p> <p>6:00 Movie Night: "Annie" (T)</p>	<p>9:30 Exercise with TJ (T) 6</p> <p>10:00 Sing for Your Life (BIS)</p> <p>10:05 Chair Exercise with TJ (L)</p> <p>1:00 Bingo (CK)</p> <p>2:30 Monthly Resident Meeting (T)</p> <p>3:30 Hearing Aid Clinic with Bill from Expert Hearing Solutions</p> <p>3:30 Artful Enrichment Painting with Reyna (CK)</p> <p>6:00 Cabaret Night - Musical Concert! (BIS)</p>	<p>9:30 Exercise with TJ (T) 7</p> <p>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)</p> <p>11:00 Brain Games in the Bistro (CK)</p> <p>11:30 Resident Poker Club - Meeting (L)</p> <p>1:00 Arts and Crafts with June (CK)</p> <p>3:00 Social Hour (BIS)</p> <p>3:30 Go for Life Walking - Indoor (ITB)</p>	<p>9:30 Exercise with TJ (T) 8</p> <p>International Women's Day</p> <p>9:30 Exercise with TJ (T)</p> <p>10:05 Chair Exercise with TJ (L)</p> <p>11:00 Pen and Ink Drawing class with TJ (L)</p> <p>2:30 Happy Hour with Roland (BIS)</p> <p>6:00 Movie Night: "Chocolat" (T)</p>	<p>10:00 Move to Music with TJ (T) 9</p> <p>10:45 Tech Help with TJ (L)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>1:30 Friendship Circle - Life Story Group (CK)</p> <p>3:15 Go 4 Life - Walking (parking garage) (ITB)</p> <p>6:15 Saturday Night Happy Hour with Audrey (BIS)</p>
<p>8:30 Church Service on TV (T) 10</p> <p>9:30 Hymn Sing (T)</p> <p>10:00 Catholic Mass with Frank (CK)</p> <p>1:00 St Anglican Church Service (T)</p> <p>1:30 Go for Life Walking - Resident Lead (ITB)</p> <p>6:00 Movie Night: "Einstein and the Bomb" (T)</p>	<p>9:30 Exercise with Reyna (T) 11</p> <p>10:05 Chair Exercise with Reyna (T)</p> <p>10:30 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>1:00 Bible Study (L)</p> <p>1:00 Bingo! - with Richard (CK)</p> <p>1:00 Games with Crystal (Volunteer) (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 Bridge Club - resident lead! (L)</p>	<p>9:30 Exercise with Reyna (T) 12</p> <p>11:00 Aqua Fit/Pool Walking with Reyna (P)</p> <p>1:00 In Stitches - Knit, crochet & sewing group! (CK)</p> <p>1:30 Meditation and Mindfulness with Reyna (L)</p> <p>2:00 Meet Me At The MOMA (CK)</p> <p>3:00 Tuck Shop Open (BIS)</p> <p>3:00 Social Hour (BIS)</p> <p>6:00 Movie Night: "Blonde" (T)</p>	<p>9:30 Exercise with TJ (T) 13</p> <p>10:00 Sing for Your Life (BIS)</p> <p>10:05 Chair Exercise with TJ (L)</p> <p>10:30 Catholic Mass with Father Jimenez (L)</p> <p>11:00 Lunch Outing: Boston Pizza (BUS)</p> <p>1:00 Bingo (CK)</p> <p>1:30 Chair Yoga with Wendy (G)</p> <p>2:30 Artful Enrichment: Painting with Reyna (CK)</p> <p>6:00 Cabaret Night - Musical Concert! (BIS)</p>	<p>9:30 Exercise with TJ (T) 14</p> <p>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)</p> <p>11:00 Brain Games in the Bistro (CK)</p> <p>1:00 Arts and Crafts with June (CK)</p> <p>2:00 Drum Fit with TJ (T)</p> <p>3:00 Social Hour (BIS)</p> <p>3:30 Go for Life Walking - Indoor (ITB)</p>	<p>9:30 Exercise with TJ (T) 15</p> <p>10:05 Chair Exercise with TJ (T)</p> <p>11:00 Pen and Ink Drawing class with TJ (L)</p> <p>2:30 Happy Hour with Vic and Carol (BIS)</p> <p>4:30 LLL Diner Featuring Maple (T)</p> <p>6:00 Movie Night: "Dirty Dancing" (T)</p>	<p>10:00 Move to Music with TJ (T) 16</p> <p>10:45 Tech Help with TJ (L)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>1:30 Friendship Circle - Life Story Group (CK)</p> <p>3:15 Go 4 Life - Walking (parking garage) (ITB)</p> <p>6:15 Saturday Night Happy Hour with Audrey (BIS)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
St Patrick's Day 17 8:30 Church Service on TV (T) 9:30 Hymn Sing (T) 10:00 Catholic Mass with Frank (CK) 1:30 Go for Life Walking - Resident Lead (ITB) 2:30 St Patrick's Day Happy Hour (BIS) 6:00 Movie Night: "Tricky Dick & The Man in Black" (T)	9:30 Exercise with Reyna (T) 18 10:05 Chair Exercise with Reyna (T) 10:30 Calendar Reading for Sight Impaired Residents (BIS) 1:00 Bible Study (L) 1:00 Bingo! - with Richard (CK) 1:00 Games with Crystal (Volunteer) (CK) 1:30 Chair Yoga Class with Reyna (G) 2:30 Fit Minds - puzzles and games (CK) 6:00 Bridge Club - resident lead! (L) 6:00 West Kelowna Jammers (BIS)	National Lets Laugh Day 19 9:30 Exercise with Reyna (T) 10:00 Premium Mobility - Walker & Scooter repair (BIS) 11:00 Aqua Fit/Pool Walking with Reyna (P) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:30 Meditation and Mindfulness with Reyna (L) 2:00 Meet Me At The MOMA (CK) 3:00 Tuck Shop Open (BIS) 3:00 Social Hour (BIS) 6:00 Movie Night: "Stand-Up Comedy" (T)	9:30 Exercise with TJ (T) 20 10:00 Sing for Your Life (BIS) 10:05 Chair Exercise with TJ (L) 1:00 Bingo (CK) 1:30 Chair Yoga with Wendy (G) 2:30 Coffee Chat with Jeremy - All residents welcome! (T) 2:30 Artful Enrichment: Painting with Reyna (CK) 6:00 Cabaret Night - Musical Concert! (BIS)	Cruise Week - Majestic Mediterranean Odyssey 21 Port of Call: Spain 9:30 Exercise to Spanish Music with TJ (T) 10:00 No Shopping Shuttle Today (BUS) 10:30 Chair Soccer Game - Theatre (T) 1:00 Paper Flower Fan Making with June (CK) 1:30 Spanish Lessons (CK) 3:00 Spanish Wine Tasting & Tappas (BIS) 6:00 Armchair Travel: Spain (T)	Port of Call: Morocco Cruise Week 22 9:30 Exercise with TJ (T) 10:00 Moroccan Bazaar: Fifth Avenue Collections (BIS) 10:05 Chair Exercise with TJ (T) 11:00 Lantern Making (L) 1:00 Belly Dancing Class (T) 2:30 Moroccan Happy Hour with Willie (BIS) 6:00 Wine and Paint Night (T) 6:00 Armchair Travel: Morocco (T)	Cruise Week 23 Port of Call: Italy 10:00 Move to Music with TJ (T) 11:00 Italian Bocce Ball (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Wine Glass Painting Workshop (CK) 1:00 Open House - Live music in the Bistro 6:15 Saturday Night Happy Hour with Audrey (BIS)
Cruise Week 24 Port of Call: Turkey 8:30 Church Service on TV (T) 9:30 Hymn Sing (T) 10:00 Catholic Mass with Frank (CK) 10:00 Turkish Coffee and Tea in the Bistro (BIS) 1:00 Mosaic Art Project (CK) 3:00 Choir Group Performance (BIS) 3:00 Turkish Happy Hour (BIS) 6:00 Movie Night: "Troy" (T)	Cruise Week 25 Port of Call: Greece 9:30 Exercise with Reyna (T) 10:05 Chair Exercise with Reyna (T) 10:30 Calendar Reading for Sight Impaired Residents (BIS) 11:00 Greek Olympic Games (T) 1:00 Bible Study (L) 1:00 Greek Bingo! - with Richard (CK) 1:00 Greek Plate Decorating (CK) 2:30 Toga Party (BIS) 6:00 Bridge Club - resident lead! (L) 6:00 Armchair Travel: Greece (T)	Cruise Week 26 Port of Call: Croatia 9:30 Exercise with Reyna (T) 10:30 Croatian Baking Class (CK) 11:00 Aqua Fit/Pool Walking with Reyna (P) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 2:00 Croatian Seashell Crafts (CK) 2:30 Beach Party Social Hour (BIS) 3:00 Tuck Shop Open (BIS) 4:00 Dinner Outing: Yammias Greek Taverna (BUS) 6:00 Armchair Travel: Croatia (T)	Cruise Week 27 Port of Call: France 9:30 Exercise with TJ (T) 10:00 Sing for Your Life (BIS) 10:05 Chair Exercise with TJ (L) 10:30 Croissants and Cappuccinos in the Bistro (BIS) 11:00 Le Bilboquet (Cup and Ball) game (BIS) 1:30 Paris Tea Party (BIS) 1:30 Chair Yoga with Wendy (G) 2:30 Parkinson's Support Group (T) 3:00 Charcuterie and Wine Happy Hour (BIS) 6:00 French Cabaret Night - Musical Concert! (BIS)	9:30 Exercise with TJ (T) 28 10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS) 11:00 Brain Games in the Bistro (CK) 1:00 Arts and Crafts with June (CK) 2:00 Drum Fit with TJ (T) 2:30 Paynters Fruit Market - Educational Talk (T) 3:00 Social Hour (BIS) 3:30 Go for Life Walking - Indoor (ITB)	Good Friday 29 9:30 Exercise with TJ (T) 10:05 Chair Exercise with TJ (T) 11:00 Pen and Ink Drawing class with TJ (L) 2:30 Resident Birthday Party with John Cole (BIS) 6:00 Movie Night: "Passion of the Christ" (T)	10:00 Move to Music with TJ 30 10:00 Saturday Scenic Drive (BUS) 10:45 Tech Help with TJ (L) 1:00 Cribbage Club - Resident Lead (L) 1:30 Friendship Circle - Life Story Group (CK) 3:15 Go 4 Life - Walking (parking garage) (ITB) 6:15 Saturday Night Happy Hour with Audrey (BIS)

Easter Sunday 31 8:30 Church Service on TV (T) 9:30 Hymn Sing (T) 10:00 Catholic Mass with Frank (CK) 11:30 Easter Brunch (DR) 1:30 Go for Life Walking - Resident Lead (ITB) 6:00 Movie Night: "Peter Rabbit" (T)



Calendar Legend Outing Special Program Cruise Week Living, Loving, Local Signature Program
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Locations Legend Theatre (T) Bistro (BIS) Country Kitchen (CK) Library (L) In the building (ITB) Bus Outing (BUS) Gym (G) Pool (P) Dining Room (DR)
