



INSPIRED SENIOR LIVING

# April 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 <b>21</b> (T)</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: Where the Tracks End (T)</p>	<p>9:30 Exercise with Reyna (T) <b>22</b></p> <p>10:30 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>1:00 Bingo! - with Richard (CK)</p> <p>1:00 Games with Crystal (Volunteer) (CK)</p> <p>1:00 Prayer Praise Group (L)</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) <b>23</b></p> <p>11:00 Aqua Fit/Pool Walking with Reyna (P)</p> <p>1:00 In Stitches - Knit, crochet &amp; sewing group! (CK)</p> <p>1:30 Meditation and Mindfulness with Reyna (L)</p> <p>2:00 Downsizing Seminar with Pala Fiander (T)</p> <p>3:00 Tuck Shop Open (BIS)</p> <p>3:00 Social Hour (BIS)</p> <p>6:00 Movie Night: My Best Friend Ann Frank (T)</p>	<p>9:30 Exercise with TJ (T) <b>24</b></p> <p>10:00 Sing for Your Life (BIS)</p> <p>10:05 Chair Exercise with TJ (L)</p> <p>11:00 Lunch Outing: The Old Spaghetti Factory (BUS)</p> <p>1:00 Bingo (CK)</p> <p>1:30 Chair Yoga with Wendy (G)</p> <p>2:30 Artful Enrichment: Painting with Ralph (CK)</p> <p>6:00 Cabaret Night - Musical Concert! (BIS)</p>	<p>9:30 Exercise with TJ (T) <b>25</b></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>1:00 Crime Stoppers: Seniors Scam Awareness Presentation (T)</p> <p>2:00 Drum Fit with TJ (T)</p> <p>3:00 Social Hour with Ukulele Tony (BIS)</p> <p>3:30 Go for Life Walking - Indoor (ITB)</p>	<p>9:30 Exercise with TJ (T) <b>26</b></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 Monthly Resident Birthday Party with Andy Plett (BIS)</p> <p>6:00 Movie Night: Ladies in Black (T)</p>	<p>10:00 Move to Music with TJ (T) <b>27</b></p> <p>10:45 Tech Help with TJ (L)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>2:30 Parkinson's Support Group (T)</p> <p>3:00 Saturday Happy Hour (BIS)</p> <p>3:15 Go 4 Life - Walking (parking garage) (ITB)</p>

<p>8:30 Church Service on TV (T) <b>28</b></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: La Bamba (T)</p>
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<p>9:30 Exercise with Reyna (T) <b>29</b></p> <p>10:30 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>1:00 Bingo! - with Richard (CK)</p> <p>1:00 Games with Crystal (Volunteer) (CK)</p> <p>1:00 Prayer Praise Group (L)</p> <p>1:30 Chair Yoga Class with Reyna (G)</p> <p>2:00 West Kelowna Jammers (BIS)</p> <p>2:30 Fit Minds - puzzles and games (CK)</p> <p>6:00 Bridge Club - resident lead! (L)</p>
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<p>9:30 Exercise with Reyna (T) <b>30</b></p> <p>11:00 Aqua Fit/Pool Walking with Reyna (P)</p> <p>1:00 In Stitches - Knit, crochet &amp; sewing group! (CK)</p> <p>1:00 Bus Outing: Gellatly Beach Walk (BUS)</p> <p>3:00 Tuck Shop Open (BIS)</p> <p>3:00 Social Hour (BIS)</p> <p>6:00 Movie Night: Belfast (T)</p>
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SUNDAY  
**APR 7**  
World Health Day

SUNDAY  
**APR 21**  
National Volunteer Week

MONDAY  
**APR 22**  
Earth Day

**The Heritage Talent Showcase!**  
**Thursday April 18th**

**Please see Reyna & TJ if you have a talent you would like to perform**

**Locations Legend**

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

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

**Calendar Legend**

Outing  
Special Program  
Living, Loving, Local  
Signature Program






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# April 2024

## The Heritage

THE HERITAGE  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>April Fool's Day</b></p>	<p><b>Easter Monday 1</b></p> <p>9:30 Exercise with TJ (T)</p> <p>10:05 Chair Exercise with TJ (T)</p> <p>10:30 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>1:00 Prayer Praise Group (L)</p> <p>1:00 Bingo! - with Reyna (CK)</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) 2</p> <p>11:00 Aqua Fit/Pool Walking with Reyna (P)</p> <p>1:00 In Stitches - Knit, crochet &amp; 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: Shirely (T)</p>	<p>9:30 Exercise with TJ (T) 3</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>1:30 Chair Yoga with Wendy (G)</p> <p>2:30 Artful Enrichment: Painting with Ralph (CK)</p> <p>3:30 Hearing Aid Clinic with Bill from Expert Hearing Solutions</p> <p>6:00 Cabaret Night - Musical Concert! (BIS)</p>	<p>9:30 Exercise with TJ (T) 4</p> <p>10:00 Shopping Shuttle to SUPERSTORE - *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) 5</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 &amp; Carol (BIS)</p> <p>6:00 Movie Night: "Matilda" (T)</p>	<p>10:00 Move to Music with TJ (T) 6</p> <p>10:45 Tech Help with TJ (L)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>1:00 Community Art Show at the Lions Hall (BUS)</p> <p>3:00 Saturday Happy Hour (BIS)</p> <p>3:15 Go 4 Life - Walking (parking garage) (ITB)</p>
<p>8:30 Church Service on TV (T) 7</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: NYAD (T)</p>	<p>9:30 Exercise with TJ (T) 8</p> <p>10:05 Chair Exercise with TJ (T)</p> <p>10:30 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>1:00 Bingo! - with Richard (CK)</p> <p>1:00 Games with Crystal (Volunteer) (CK)</p> <p>1:00 Prayer Praise Group (L)</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) 9</p> <p>11:00 Aqua Fit/Pool Walking with Reyna (P)</p> <p>1:00 In Stitches - Knit, crochet &amp; 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: The Fundamentals of Caring (T)</p>	<p>9:30 Exercise with TJ (T) 10</p> <p>10:00 Sing for Your Life (BIS)</p> <p>10:00 Bus Outing: Costco Trip (BUS)</p> <p>10:05 Chair Exercise with TJ (L)</p> <p>10:30 Catholic mass with father jimenez (L)</p> <p>1:00 Bingo (CK)</p> <p>1:30 Chair Yoga with Wendy (G)</p> <p>2:30 Artful Enrichment: Painting with Ralph (CK)</p> <p>6:00 Cabaret Night - Musical Concert! (BIS)</p>	<p>9:30 Exercise with TJ (T) 11</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 with Ukulele Tony (BIS)</p> <p>3:30 Go for Life Walking - Indoor (ITB)</p>	<p>9:30 Exercise with TJ (T) 12</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 Moirs Hill (Dan &amp; Pete) (BIS)</p> <p>6:00 Movie Night: Moneyball (T)</p>	<p>10:00 Move to Music with TJ (T) 13</p> <p>10:45 Tech Help with TJ (L)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>3:00 Saturday Happy Hour (BIS)</p> <p>3:15 Go 4 Life - Walking (parking garage) (ITB)</p>
<p>8:30 Church Service on TV (T) 14</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>1:30 St Anglican Church Service (T)</p> <p>6:00 Movie Night: Belfast (T)</p>	<p>9:30 Exercise with Reyna (T) 15</p> <p>10:30 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>1:00 Bingo! - with Richard (CK)</p> <p>1:00 Games with Crystal (Volunteer) (CK)</p> <p>1:00 Prayer Praise Group (L)</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) 16</p> <p>10:00 Premium Walker Mobility &amp; Scooter Repair (BIS)</p> <p>11:00 Aqua Fit/Pool Walking with Reyna (P)</p> <p>1:00 In Stitches - Knit, crochet &amp; sewing group! (CK)</p> <p>1:30 Meditation and Mindfulness with Reyna (L)</p> <p>3:00 Tuck Shop Open (BIS)</p> <p>3:00 Social Hour (BIS)</p> <p>6:00 Movie Night: Jurassic Park (T)</p>	<p>9:30 Exercise with TJ (T) 17</p> <p>9:30 Kelowna Aerospace Museum &amp; Lunch (BUS)</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>1:30 Chair Yoga with Wendy (G)</p> <p>2:30 Coffee Chat with Jeremy - All residents welcome! (T)</p> <p>2:30 Artful Enrichment: Painting with Ralph (CK)</p> <p>6:00 Cabaret Night - Musical Concert! (BIS)</p>	<p>9:30 Exercise with TJ (T) 18</p> <p>10:00 Shopping Shuttle to SUPERSTORE - *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>2:30 The Heritage Talent Showcase (BIS)</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) 19</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 John Cole (BIS)</p> <p>6:00 Movie Night: Interstellar (T)</p>	<p>10:00 Move to Music with TJ (T) 20</p> <p>10:45 Tech Help with TJ (L)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>3:00 Saturday Happy Hour (BIS)</p> <p>3:15 Go 4 Life - Walking (parking garage) (ITB)</p>