



INSPIRED
SENIOR LIVING

November 2025

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Movember		TUESDAY NOV 11 Remembrance Day	WEDNESDAY NOV 12 National Social Hour Day			1st day of MOVEMBER! 1 10:00 Exercise with Terra (Some Standing Involved) (T) 11:00 Sit and be Fit: Chair Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 3:00 Happy Hour and Music by John Cole (BIS) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:45 Movie Night in the Theatre: Forrest Gump (T)
8:30 Church Service on TV (T) 2 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass Communion (CK) 11:30 Tech Help with TJ (L) 12:30 Dia De Los Muertos - Day of the Dead Event at Grizzly Winery (BUS) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 3:30 DrumFit with TJ (T) 6:30 Sunday Night Music with Ted (BIS)	9:30 Exercise with TJ (Some Standing Involved) (T) 3 10:00 Sit and Be Fit: Chair Exercise with TJ (T) 10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS) 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 1:00 St Georges Anglican Prayer Praise Group (T) 3:00 Fit Minds - puzzles and games (CK)	9:30 Exercise with TJ (Some Standing Involved) (T) 4 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:30 Afternoon Exercise with TJ (T) 2:30 Artful Enrichment - Homemade Poppies with Lynda (CK) 6:00 Live Piano Performance by Peter Scholl (BIS)	9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 5 9:30 Exercise with TJ (Some Standing Involved) (T) 10:00 Sit and be Fit Exercise with TJ (T) 10:00 Silver Song Group (Formerly Known as Sing 4 Your Life) (BIS) 10:30 Tymely Mobile Fashions (LOB) 1:00 Bingo (CK) 3:00 Social Hour in the Bistro with Ukulele Tony (BIS) 6:45 Movie Night in the Theatre: Dead Poets Society (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 6 10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS) 1:00 Crafting with June (CK) 1:00 NO AQUAFIT TODAY (P) 1:30 Bus Outing to Costco: Please Sign-Up (BUS) 2:30 Tai Chi with Yvonne Waines (T) 3:15 NO HORSE RACES TODAY (CK) 6:30 Music/TV Shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 7 10:00 Sit and be Fit Exercise with Terra (T) 1:00 Resident Lead Scrabble in the Library (L) 1:00 15 Minute Gentle Sretches with Terra (G) 2:30 Happy Hour and Music by Jeremy Messenger (BIS) 7:00 Evangelical Baptist Church Youth Performance (BIS)	10:00 Exercise with Terra (Some Standing Involved) (T) 8 11:00 Sit and be Fit: Chair Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Baking and Cooking with Terra (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:45 Movie Night in the Theatre: River Queen (T)
8:30 Church Service on TV (T) 9 8:30 Breakfast outing to White Spot: Please Sign-Up (BUS) 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass Communion (CK) 10:00 NO SCENIC DRIVE TODAY (BUS) 11:30 Tech Help with TJ (L) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 2:45 DrumFit with TJ (T) 6:00 Jukebox Social with Jan (BIS)	9:30 Exercise with TJ (Some Standing Involved) (T) 10 10:00 Sit and Be Fit: Chair Exercise with TJ (T) 10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS) 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 1:00 St Georges Anglican Prayer Praise Group (T) 3:00 Fit Minds - puzzles and games (CK)	Remeberance Day - Lest We Forget 11 9:00 Exercise with TJ (Some Standing Involved) (T) 10:00 Remembrance Day Ceremony On TV: Live Stream (T) 10:00 Bus Outing to Westbank Royal Canadian Legion - Remembrance Day Ceremony (BUS) 12:30 Veterans Lunch in the Private Dining Room - Please Sign- Up (DR) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:30 Afternoon Exercise with TJ (T) 2:30 Artful Enrichment - Poppy Painting with Lynda (CK) 6:00 Live Piano Performance by Peter Scholl (BIS)	NATIONAL SOCIAL HOUR DAY 12 9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 9:30 Exercise with TJ (Some Standing Involved) (T) 10:00 Sit and be Fit Exercise with TJ (T) 10:30 Catholic Mass with father Jimenez (L) 1:00 Bingo (CK) 2:00 Resident Open Forum (Resident Meeting in the Theatre) (T) 3:00 Social Hour - Music with Bruce (BIS) 6:45 Movie Night in the Theatre: The Thursday Murder Club (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 13 10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne Waines (T) 3:15 Bet the Gallop: Horse Races with TJ and Terra (BIS) 6:30 Music/TV Shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 14 10:00 Sit and be Fit Exercise with Terra (T) 1:00 Resident Lead Scrabble in the Library (L) 1:00 15 Minute Gentle Sretches with Terra (G) 2:30 Happy Hour and Music by Andy Plett (BIS) 6:45 Movie Night in the Theatre: Dr. Zhivago Part 1 (T)	10:00 Exercise with Terra (Some Standing Involved) (T) 15 11:00 Sit and be Fit: Chair Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Baking and Cooking with Terra (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:45 Movie Night in the Theatre: Dr. Zhivago Part 2 (T)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Church Service on TV (T) 16 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass Communion (CK) 10:00 Scenic Drive to Peachland w/stop at Bliss Bakery *Please Sign Up* (BUS) 11:30 Tech Help with TJ (L) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 2:45 NO DRUMFIT TODAY (T) 3:00 112th Grey Cup Party! (BIS) 6:30 Sunday Night Music with Ted (BIS)	9:30 Exercise with TJ (Some Standing Involved) (T) 17 10:00 Sit and Be Fit: Chair Exercise with TJ (T) 10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS) 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 1:00 St Georges Anglican Prayer Praise Group (T) 3:00 Fit Minds - puzzles and games (CK)	9:30 NO MORNING EXERCISE TODAY DUE TO CRAFT SALE (T) 18 10:00 Harvest to Holiday Farmers and Crafters Market (ITB) 10:30 NO APPOINTMENT SHUTTLE TODAY (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 2:30 Artful Enrichment - Painting and Crafts (CK) 3:15 United Church Service with Minister Cheryl Perry (T) 6:00 Live Piano Performance by Peter Scholl (BIS)	International Men's Day 19 9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 9:30 Exercise with TJ (Some Standing Involved) (T) 10:00 Sit and be Fit Exercise with TJ (T) 10:00 Silver Song Group (Formerly Known as Sing 4 Your Life) (BIS) 11:15 Mens Pizza and Beer Lunch: \$5 if not on the meal plan (CK) 1:00 Bingo (CK) 1:30 Healthy living and Home Support Presentation by "Senior Helpers" (T) 3:00 Social Hour in the Bistro with Ukulele Tony (BIS) 6:45 Movie Night in the Theatre: Nonnas (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 20 10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne Waines (T) 3:15 Bet the Gallop: Horse Races with TJ and Terra (BIS) 6:30 Music/TV Shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 21 10:00 Sit and be Fit Exercise with Terra (T) 1:00 Resident Lead Scrabble in the Library (L) 1:00 15 Minute Gentle Sretches with Terra (G) 2:30 Happy Hour and Music by Vic and Carol (BIS) 6:45 Movie Night in the Theatre: My Girl (T)	10:00 Exercise with Terra (Some Standing Involved) (T) 22 11:00 Sit and be Fit: Chair Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Baking and Cooking with Terra (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:45 Movie Night in the Theatre: Documentary "Train Wreck, Poop Cruise" (T)
8:30 Church Service on TV (T) 23 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass Communion (CK) 10:00 Scenic Drive up to black mountain and back through rutland: NO STOPS - *Please Sign Up* (BUS) 11:30 Tech Help with TJ (L) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 1:45 Veterans Christmas Dinner at Westbank Royal Canadian Legion: Sign-Up Required (OYO) 2:45 DrumFit with TJ (T) 6:00 Jukebox Social with Jan (BIS)	9:30 Exercise with TJ (Some Standing Involved) (T) 24 10:00 Sit and Be Fit: Chair Exercise with TJ (T) 10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS) 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 1:00 St Georges Anglican Prayer Praise Group (T) 3:00 Fit Minds - puzzles and games (CK)	9:30 Exercise with TJ (Some Standing Involved) (T) 25 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 12:40 Planet Bee Honey Farm and Meadery (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 6:00 Live Piano Performance by Peter Scholl (BIS)	9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 26 9:30 Exercise with TJ (Some Standing Involved) (T) 10:00 Sit and be Fit Exercise with TJ (T) 1:00 Bingo (CK) 2:00 Monthly Resident Ambassador Meeting: Attend if you are an Ambassador (L) 3:00 Social Hour - Music with Bruce (BIS) 6:45 Movie Night in the Theatre: My Best Friends Wedding (T)	9:00 Exercise with Lynda (Some Standing Involved) (T) 27 10:30 Shopping Shuttle to WALMART - *Sign Up! (BUS) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne Waines (T) 3:15 Bet the Gallop: Horse Races with TJ and Terra (BIS) 4:30 Dinner Outing to Zias Stonehouse - Please Sign up (BUS) 6:30 Music/TV Shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 28 10:00 Sit and be Fit Exercise with Terra (T) 1:00 Resident Lead Scrabble in the Library (L) 1:00 15 Minute Gentle Sretches with Terra (G) 2:30 Monthly Resident Birthday Party (BIS) 4:30 Living, loving, local Dinner Featuring Honey (DR) 6:45 Movie Night in the Theatre: RV (T)	10:00 Exercise with Terra (Some Standing Involved) (T) 29 10:00 Personal Touch Fashions (TL) 11:00 Sit and be Fit: Chair Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Baking and Cooking with Terra (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:45 Movie Night in the Theatre: Documentary "The Perfect Neighbour" (T)
8:30 Church Service on TV (T) 30 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass Communion (CK) 10:00 Scenic Drive *Please Sign Up* (BUS) 11:30 Tech Help with TJ (L) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 2:45 DrumFit with TJ (T) 6:30 Sunday Night Music with Ted (BIS)			Be Colourful		Locations Legend Theatre (T) Country Kitchen (CK) Bistro (BIS) Library (L) Bus Outing (BUS) In the building (ITB) Pool (P) Gym (G) Dining Room (DR) Lobby (LOB) On your own! (OYO) The Lounge (TL)	Calendar Legend Outing Special Program Cruise Week Living, Loving, Local Signature Program