



INSPIRED  
SENIOR LIVING

# January 2026

## The Heritage

THE HERITAGE  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><p>National Popcorn Day</p></div>	<div><p>National Chocolate Cake Day</p></div>			<div><p>9:30 Exercise with Zoë (Some Standing) (T) <b>1</b></p><p>10:00 Seated Exercise with Zoë (T)</p><p>10:00 Catholic Mass with Communion (CK)</p><p>1:00 Aquafit and Pool Walking (P)</p><p>2:30 NO TAI CHI TODAY (T)</p><p>3:15 Bet the Gallop: Horse Races (BIS)</p><p>6:30 Music/TV Shows with Jan (BIS)</p></div>	<div><p>9:30 Exercise with Terra (Some Standing) (T) <b>2</b></p><p>10:00 Grocery &amp; Appointment Shuttle *Sign-Up* (BUS)</p><p>1:00 Resident Lead Scrabble in the Library (L)</p><p>1:00 Seated Exercise with Terra (T)</p><p>2:30 Happy Hour and Music by Sam Farruggio (BIS)</p><p>6:45 Movie Night in the Theatre: The Breakfast Club (T)</p></div>	<div><p>10:00 Exercise with Terra (Some Standing) (T) <b>3</b></p><p>11:00 Seated Exercise with Terra (T)</p><p>11:45 Gym Orientation with Terra *Sign Up* (G)</p><p>1:00 Cribbage Club - Resident Lead (L)</p><p>1:00 Baking with Terra (CK)</p><p>2:00 Netflix TV Show: A Man on the Inside Season 2, Episode 1 (T)</p><p>3:15 Go 4 Life - Walking - Resident Lead (ITB)</p></div>
<div><p>8:30 Church Service on TV (T) <b>4</b></p><p>9:30 Hymn Sing on TV (T)</p><p>10:00 Catholic Mass Communion (CK)</p><p>10:00 Scenic Drive *Sign Up* (BUS)</p><p>11:30 Tech Help with Zoë *Sign Up* (L)</p><p>1:00 Pen and Ink Drawing Group: Resident Lead (L)</p><p>1:00 St. George's Anglican Prayer Praise Group (T)</p><p>2:45 DrumFit (T)</p><p>6:00 Jukebox Social with Jan (BIS)</p></div>	<div><p>9:30 Exercise with Zoë (Some Standing) (T) <b>5</b></p><p>10:00 Seated Exercise with Zoë (T)</p><p>1:00 Bingo with Richard (CK)</p><p>1:00 Bridge Club (L)</p><p>1:00 St. George's Anglican Prayer Praise Group (T)</p><p>1:30 Resident Food Forum Meeting (CK)</p><p>2:00 Fit Minds - Puzzles &amp; Games (TIME CHANGE) (CK)</p><p>6:30 Hockey: Kraken vs Flames (T)</p></div>	<div><p>9:30 Exercise with Zoë (Some Standing) (T) <b>6</b></p><p>1:00 In Stitches - Knit, Crochet &amp; Sewing Group (CK)</p><p>1:30 Afternoon Seated Exercise with Zoë (T)</p><p>2:30 Artful Enrichment - Painting and Crafts (CK)</p><p>6:00 Video Games: Wii Bowling (BIS)</p></div>	<div><p>9:00 Brew and Briefs with Terra (BIS) <b>7</b></p><p>9:30 Exercise with Zoë (Some Standing) (T)</p><p>10:00 Seated Exercise with Zoë (T)</p><p>10:00 Silver Song Group (BIS)</p><p>10:30 Grocery &amp; Appointment Shuttle *Sign-Up* (BUS)</p><p>1:00 Bingo (CK)</p><p>1:00 Coffee Social - Calendar Reading and Discussion (BIS)</p><p>2:00 Ambassador Meeting - New Residents &amp; Ambassadors (L)</p><p>6:45 Classic Movie Night: Ball of Fire (1941) (T)</p></div>	<div><p>9:00 Exercise with Terra (Some Standing) (T) <b>8</b></p><p>1:00 Aquafit and Pool Walking (P)</p><p>2:30 Tai Chi with Yvonne &amp; Charlene (T)</p><p>3:15 Elvis' Birthday - Music &amp; Activities (No Horse Races Today) (BIS)</p><p>6:30 Music/TV Shows with Jan (BIS)</p></div>	<div><p>9:30 Exercise with Terra (Some Standing) (T) <b>9</b></p><p>1:00 Resident Lead Scrabble in the Library (L)</p><p>1:00 Seated Exercise with Terra (T)</p><p>2:30 Happy Hour - Music by Jeremy Messenger (BIS)</p><p>6:45 Movie Night in the Theatre: Fried Green Tomatoes (T)</p></div>	<div><p>10:00 Exercise with Terra (Some Standing) (T) <b>10</b></p><p>11:00 Seated Exercise with Terra (T)</p><p>11:45 Gym Orientation with Terra *Sign Up* (G)</p><p>1:00 Cribbage Club - Resident Lead (L)</p><p>1:00 Baking with Terra (CK)</p><p>2:00 Netflix TV Show: A Man on the Inside Season 2, Episode 2 (T)</p><p>3:15 Go 4 Life - Walking - Resident Lead (ITB)</p></div>
<div><p>8:30 Church Service on TV (T) <b>11</b></p><p>9:30 Hymn Sing on TV (T)</p><p>10:00 Catholic Mass Communion (CK)</p><p>10:00 Scenic Drive *Sign Up* (BUS)</p><p>11:30 Tech Help with Zoë *Sign Up* (L)</p><p>1:00 Pen and Ink Drawing Group: Resident Lead (L)</p><p>1:00 St. George's Anglican Prayer Praise Group (T)</p><p>2:45 DrumFit (T)</p></div>	<div><p>9:30 Exercise with Zoë (Some Standing) (T) <b>12</b></p><p>10:00 Seated Exercise with Zoë (T)</p><p>12:30 Meet Me at the MOMA: Robert Colquhoun (T)</p><p>1:00 Bridge Club (L)</p><p>1:00 Bingo with Richard (CK)</p><p>1:00 St. George's Anglican Prayer Praise Group (T)</p><p>3:00 Fit Minds - Puzzles &amp; Games (CK)</p><p>4:30 Hockey: Canucks vs Canadiens (T)</p><p>6:15 Happy Hour Music with Dan Mallette (BIS)</p></div>	<div><p>9:30 Exercise with Zoë (Some Standing) (T) <b>13</b></p><p>1:00 In Stitches - Knit, Crochet &amp; Sewing Group (CK)</p><p>1:30 Afternoon Seated Exercise with Zoë (T)</p><p>2:30 Artful Enrichment - Painting and Crafts (CK)</p><p>6:00 Live Performance: Harold Sher (BIS)</p></div>	<div><p>9:00 Brew and Briefs with Terra (BIS) <b>14</b></p><p>9:30 Exercise with Zoë (Some Standing) (T)</p><p>10:00 Seated Exercise with Zoë (T)</p><p>10:30 Catholic Mass with Father Jimenez (L)</p><p>10:30 Grocery &amp; Appointment Shuttle *Sign-Up* (BUS)</p><p>1:00 Bingo (CK)</p><p>2:00 Monthly Resident Meeting (T)</p><p>3:00 Social Hour - Trivia (BIS)</p><p>6:45 Classic Movie Night: The Best Years of Our Lives (1946) (T)</p></div>	<div><p>9:00 Exercise with Terra (Some Standing) (T) <b>15</b></p><p>9:30 Men's Breakfast *Sign-Up* (CK)</p><p>1:00 Aquafit and Pool Walking (P)</p><p>1:00 Crafting with June (CK)</p><p>2:30 Tai Chi with Yvonne &amp; Charlene (T)</p><p>3:15 Bet the Gallop: Horse Races (BIS)</p><p>6:30 Music/TV Shows with Jan (BIS)</p><p>7:00 Peer Discussion &amp; Support Group with Susan (CK)</p></div>	<div><p>9:30 Exercise with Terra (Some Standing) (T) <b>16</b></p><p>10:00 Grocery &amp; Appointment Shuttle *Sign-Up* (BUS)</p><p>1:00 Resident Lead Scrabble in the Library (L)</p><p>1:00 Seated Exercise with Terra (T)</p><p>2:30 Happy Hour - Music by Vic and Carol (BIS)</p><p>6:45 Movie Night in the Theatre: Jurassic Park (T)</p></div>	<div><p>10:00 Exercise with Terra (Some Standing) (T) <b>17</b></p><p>11:00 Seated Exercise with Terra (T)</p><p>11:45 Gym Orientation with Terra *Sign Up* (G)</p><p>1:00 Cribbage Club - Resident Lead (L)</p><p>1:00 Baking with Terra (CK)</p><p>3:15 Go 4 Life - Walking - Resident Lead (ITB)</p><p>6:45 Netflix TV Show: A Man on the Inside Season 2, Episode 3 (T)</p></div>



INSPIRED  
SENIOR LIVING

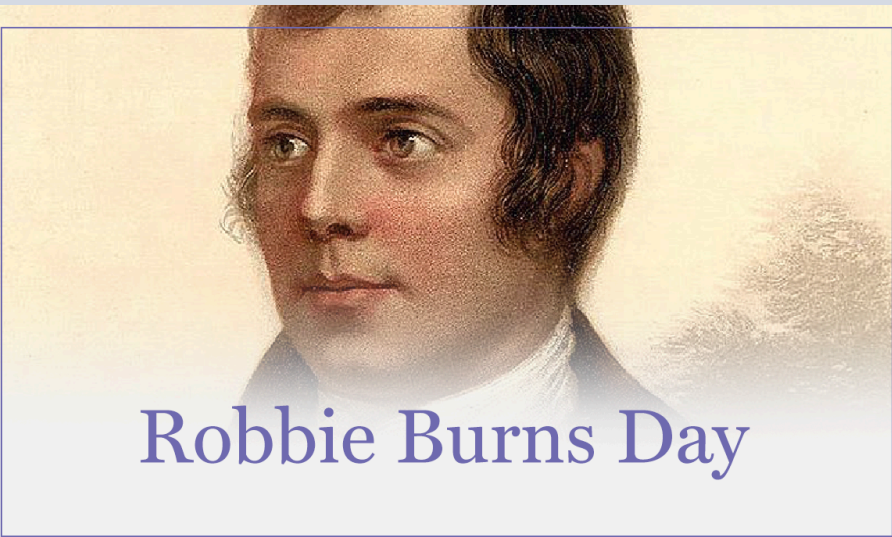
# January 2026

## The Heritage

THE HERITAGE  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Church Service on TV (T) <b>18</b> 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass Communion (CK) <b>10:00 Scenic Drive *Sign Up* (BUS)</b> 11:30 Tech Help with Zoë *Sign Up* (L) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 1:00 St. George's Anglican Prayer Praise Group (T) <b>2:45 DrumFit (T)</b> 6:00 Jukebox Social with Jan (BIS)	9:30 Exercise with Zoë (Some Standing) (T) <b>19</b> 10:00 Seated Exercise with Zoë (T) 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 1:00 St. George's Anglican Prayer Praise Group (T) <b>3:00 Fit Minds - Puzzles &amp; Games (CK)</b> 4:30 Hockey: Wild vs Maple Leafs (T)	9:30 Exercise (Some Standing) (T) <b>20</b> <b>10:15 2nd Floor Block Gathering (2Flr)</b> 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Afternoon Seated Exercise (T) <b>2:30 Artful Enrichment - Painting and Crafts (CK)</b> <b>3:00 United Church Service with Minister Cheryl Perry (T)</b> 6:00 National Cheese Lovers Day - Charcuterie & Games in the Bistro (BIS)	9:00 Brew and Briefs with Terra (BIS) <b>21</b> 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) <b>10:00 Silver Song Group (BIS)</b> <b>10:30 3rd Floor Block Gathering (3FLR)</b> <b>10:30 Grocery &amp; Appointment Shuttle *Sign-Up* (BUS)</b> <b>10:30 Blood Pressure Clinic *See Jaylean for Details* (T)</b> 1:00 Bingo (CK) <b>2:00 Bell Let's Talk Day Presentation (T)</b> <b>2:00 Book Club *Sign Up* (L)</b>	9:00 Exercise with Terra (Some Standing) (T) <b>22</b> <b>10:00 4th Floor Block Gathering (4FLR)</b> 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne & Charlene (T) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing) (T) <b>23</b> <b>10:45 5th floor Block Gathering (5FLR)</b> 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 2:30 Happy Hour - Music by Curtis Kieres (BIS) 6:45 Movie Night in the Theatre: Beverly Hills Ninja (T)	10:00 Exercise with Terra (Some Standing) (T) <b>24</b> 11:00 Seated Exercise with Terra (T) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Cribbage Club - Resident Lead (L) 1:00 Baking with Terra (CK) 2:00 Netflix TV Show: A Man on the Inside Season 2, Episode 4 (T) <b>3:15 Go 4 Life - Walking - Resident Lead (ITB)</b>
8:30 Church Service on TV (T) <b>25</b> 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass Communion (CK) <b>10:00 Scenic Drive *Sign Up* (BUS)</b> 11:30 Tech Help with Zoë *Sign Up* (L) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 1:00 St. George's Anglican Prayer Praise Group (T) <b>2:45 DrumFit (T)</b> <b>4:30 Robbie Burns Day Dinner (BIS)</b> 6:00 Highland Dancers (BIS)	9:30 Exercise with Zoë (Some Standing) (T) <b>26</b> 10:00 Seated Exercise with Zoë (T) <b>12:30 Meet Me at the MOMA: Clarke Reynolds (T)</b> 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 1:00 St. George's Anglican Prayer Praise Group (T) <b>3:00 Fit Minds - Puzzles &amp; Games (CK)</b> 5:30 Hockey: Ducks vs Oilers (T)	9:30 Exercise with Zoë (Some Standing) (T) <b>27</b> 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Afternoon Seated Exercise with Zoë (T) <b>2:30 Artful Enrichment - Painting and Crafts (CK)</b> 6:00 Video Games: Jeopardy (BIS)	9:00 Brew and Briefs with Terra (BIS) <b>28</b> 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) <b>10:30 Grocery &amp; Appointment Shuttle *Sign-Up* (BUS)</b> 1:00 Bingo (CK) 2:00 Book Club *Sign Up* (L) <b>3:00 Social Hour - Trivia (BIS)</b> 6:45 Classic Movie Night: The Bishop's Wife (1947) (T)	9:00 Exercise with Terra (Some Standing) (T) <b>29</b> 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne & Charlene (T) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing) (T) <b>30</b> <b>10:00 Grocery &amp; Appointment Shuttle *Sign-Up* (BUS)</b> 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) <b>2:30 Monthly Resident Birthday Party: Music by Andy Plett (BIS)</b> <b>4:30 Living Loving Local Dinner: Beans &amp; Lentils (DR)</b> 6:45 Movie Night in the Theatre: My Best Friend's Wedding (T)	10:00 Exercise with Terra (Some Standing) (T) <b>31</b> 11:00 Seated Exercise with Terra (T) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Cribbage Club - Resident Lead (L) 1:00 Baking with Terra (CK) 2:00 Netflix TV Show: A Man on the Inside Season 2, Episode 5 (T) <b>3:15 Go 4 Life - Walking - Resident Lead (ITB)</b>



Locations Legend	
Theatre (T)	In the building (ITB)
Country Kitchen (CK)	2nd Floor (2Flr)
Bistro (BIS)	3rd Floor (3FLR)
Library (L)	4th floor (4FLR)
Bus Outing (BUS)	5th floor (5FLR)
Pool (P)	Dining Room (DR)
Gym (G)	

Calendar Legend
Outing
Special Program
Cruise Week
Living, Loving, Local
Signature Program