



INSPIRED SENIOR LIVING

# April 2026

## The Heritage

THE HERITAGE  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center; font-size: 2em; color: #4a5568;">Easter</p>			<p>9:00 Brew and Briefs with Terra (BIS) <b>1</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 Outing/Appointment Shuttle *Sign Up* (BUS)</p> <p>1:00 Bingo with Terra (CK)</p> <p>2:00 Tea with a Loved One - Grief Support Group (L)</p> <p>3:00 Social Hour - Ukulele Tony (BIS)</p>	<p>9:30 Exercise with Terra (Some Standing) (T) <b>2</b></p> <p>11:00 SORRY - NO WALMART TODAY (BUS)</p> <p>1:00 Crafting with June (CK)</p> <p>1:00 Aquafit and Pool Walking (P)</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>9:15 Exercise with Terra (Some Standing) (T) <b>3</b></p> <p>11:45 Gym Orientation with Terra *Sign Up* (G)</p> <p>1:00 Resident Lead Scrabble in the Library (L)</p> <p>1:00 Seated Exercise with Terra (T)</p> <p>2:00 Netflix Documentary: Dinosaurs (T)</p> <p>6:00 Happy Hour - Music by Sam Farruggio (BIS)</p>	<p>10:00 Exercise with Terra (Some Standing) (T) <b>4</b></p> <p>10:30 Seated Exercise with Terra (T)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>1:00 Tea Talks with Terra (CK)</p> <p>3:15 Go 4 Life - Walk with Terra (Out)</p> <p>5:45 Bond Movie Night: Live &amp; Let Die (T)</p>
<p>Tech Help with Zoë *Sign Up* (L) <b>5</b></p> <p>8:30 Church Service &amp; Hymn Sing on TV (T)</p> <p>10:00 Catholic Mass with Communion (CK)</p> <p>11:30 Easter Brunch (DR)</p> <p>1:00 Canasta - Resident Lead (L)</p> <p>1:00 SORRY - NO SCENIC DRIVE TODAY (BUS)</p> <p>2:00 Pen and Ink Drawing Group: Resident Lead (CK)</p> <p>2:45 DrumFit (G)</p>	<p>9:30 Exercise with Zoë (Some Standing) (T) <b>6</b></p> <p>10:00 Seated Exercise with Zoë (T)</p> <p>10:30 Weekly Calendar Reading (CK)</p> <p>1:00 Bingo with Richard (CK)</p> <p>1:00 St. George's Anglican Prayer Praise Group (T)</p> <p>1:00 Bridge Club (L)</p> <p>2:15 Meet Me at The MOMA - Camille Pissaro *Presentation &amp; Activity* (CK)</p> <p>3:00 Fit Minds (CK)</p> <p>4:30 Easter Dinner (DR)</p>	<p>9:30 Exercise with Zoë (Some Standing) (T) <b>7</b></p> <p>10:30 Outing/Appointment Shuttle *Sign Up* (BUS)</p> <p>1:00 In Stitches - Knit, Crochet &amp; Sewing Group (CK)</p> <p>1:30 Afternoon Seated Exercise with Zoë (T)</p> <p>2:00 *UPDATE* Outing to Dogwood Nursery *Sign Up* (BUS)</p> <p>2:30 Artful Enrichment - Painting and Crafts (CK)</p> <p>3:30 Beginner Line Dance (T)</p> <p>6:00 Sip &amp; Solve - Puzzle Happy Hour (BIS)</p>	<p>9:00 Brew and Briefs with Terra (BIS) <b>8</b></p> <p>9:30 Exercise with Zoë (Some Standing) (T)</p> <p>10:00 Seated Exercise with Zoë (T)</p> <p>10:30 *UPDATE* Catholic Mass with Father Jimenez (L)</p> <p>1:00 Bingo with Terra (CK)</p> <p>3:00 Social Hour - Music with Bruce (BIS)</p>	<p>9:30 Exercise with Zoë (Some Standing) (T) <b>9</b></p> <p>10:30 Walmart Shuttle *Sign-Up* (BUS)</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>9:15 Exercise with Terra (Some Standing) (T) <b>10</b></p> <p>11:45 Gym Orientation with Terra *Sign Up* (G)</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 *PATIO REOPENING* (NP)</p> <p>5:45 Movie Night: Nona (T)</p>	<p>10:00 Exercise with Terra (Some Standing) (T) <b>11</b></p> <p>10:30 Seated Exercise with Terra (T)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>1:00 Tea Talks with Terra (CK)</p> <p>3:15 Go 4 Life - Walk with Terra (Out)</p> <p>5:45 Bond Movie Night: Goldfinger (T)</p>
<p>Tech Help with Zoë *Sign Up* (L) <b>12</b></p> <p>8:30 Church Service &amp; Hymn Sing on TV (T)</p> <p>10:00 Catholic Mass with Communion (CK)</p> <p>11:30 *UPDATE* Lunch Outing to Zia's Stonehouse *Sign Up* (BUS)</p> <p>1:00 Canasta - Resident Lead (L)</p> <p>2:00 Pen and Ink Drawing Group: Resident Lead (CK)</p> <p>2:45 DrumFit (G)</p>	<p>9:30 Exercise with Zoë (Some Standing) (T) <b>13</b></p> <p>10:00 Seated Exercise with Zoë (T)</p> <p>10:30 Weekly Calendar Reading (CK)</p> <p>1:00 Bingo with Richard (CK)</p> <p>1:00 St. George's Anglican Prayer Praise Group (T)</p> <p>1:00 Bridge Club (L)</p> <p>3:00 Fit Minds (CK)</p> <p>6:15 Happy Hour - Music by Dan Mallette (BIS)</p>	<p>9:30 Exercise with Zoë (Some Standing) (T) <b>14</b></p> <p>10:30 Outing/Appointment Shuttle *Sign Up* (BUS)</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 National Gardening Day - Sunflower Seed Planting (NP)</p> <p>3:30 Beginner Line Dance (T)</p>	<p>9:00 Brew and Briefs with Terra (BIS) <b>15</b></p> <p>9:30 Men's Breakfast *Sign-Up* (CK)</p> <p>9:30 Exercise with Terra (Some Standing) (T)</p> <p>10:00 Seated Exercise with Zoë (T)</p> <p>10:00 Silver Song Group (BIS)</p> <p>1:00 Bingo with Terra (CK)</p> <p>3:00 Social Hour - Ukulele Tony (BIS)</p>	<p>Cruise Week - Mexico Scavenger Hunt (5FLR) <b>16</b></p> <p>9:30 Exercise with Terra (Some Standing) (T)</p> <p>10:30 Superstore Shuttle *Sign-Up* (BUS)</p> <p>1:00 Crafting with June - Maraca Painting (CK)</p> <p>2:00 Livestream with Heather from Mexico! (BIS)</p> <p>2:30 Tai Chi with Yvonne &amp; Charlene (Main)</p> <p>2:30 Happy Hour - Margaritaville (BIS)</p> <p>3:15 Bet the Gallop: Tropical Horse Races (BIS)</p> <p>5:45 Movie Night: Coco (T)</p> <p>6:30 Music/TV Shows with Jan (BIS)</p>	<p>Cruise Week - Aruba Scavenger Hunt (4FLR) <b>17</b></p> <p>9:15 Exercise with Terra (Some Standing) (T)</p> <p>1:00 Resident Lead Scrabble in the Library (L)</p> <p>1:00 Pool Games! Ring Toss &amp; Exercises (P)</p> <p>2:00 Coconut Bowling (BIS)</p> <p>2:30 Happy Hour with Vic &amp; Carol *Beach Party* (BIS)</p> <p>5:45 Otro Bista - Aruban Short Film (T)</p>	<p>Heritage Open House - Jamaica Scavenger Hunt (3FLR) <b>18</b></p> <p>10:00 Exercise with Terra (Some Standing) (T)</p> <p>10:30 Seated Exercise with Terra (T)</p> <p>12:30 Baking with Terra - Jamaican Dessert (CK)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>1:00 The Heritage Open House (ITB)</p> <p>1:00 Island Happy Hour - Live Music and Tropical Photo Booth (NP)</p> <p>1:00 Paint &amp; Sip - Wine Glasses (CK)</p> <p>5:45 Classic Movie Night: Cool Runnings (T)</p>




INSPIRED SENIOR LIVING

# April 2026

## The Heritage

THE HERITAGE  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cruise Week - Belize <b>19</b> <b>Scavenger Hunt (2Flr)</b> Tech Help with Zoë *Sign Up* (L) 8:30 Church Service &amp; Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 1:00 Canasta - Resident Lead (L) 1:00 <b>Pen and Ink Drawing Group - Beach Drawings (CK)</b> 1:00 <b>Scenic Drive *Sign Up* - Antlers Beach (BUS)</b> 2:00 Pen and Ink Drawing Group: Resident Lead (CK) 2:45 <b>DrumFit *Carnaval Theme* (T)</b> 5:45 The Love Boat - TV Show (T)</p>	<p>Cruise Week - Turks &amp; Caicos <b>20</b> *Tropical Shirt Day* <b>Scavenger Hunt - Managers (ITB)</b> 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:30 <b>Weekly Calendar Reading (CK)</b> 1:00 St. George's Anglican Prayer Praise Group (T) 1:00 Bridge Club (L) 1:00 <b>Caribbean Bingo with Richard (CK)</b> 2:00 <b>Armchair Travel (T)</b> 2:30 <b>Emily "The Little Reptile Queen" (T)</b> 3:30 <b>Fit Minds *TIME CHANGE* (CK)</b> 5:45 The Love Boat - TV Show (T)</p>	<p>Cruise Week - Bahamas <b>21</b> <b>Scavenger Hunt (L)</b> 9:30 Exercise with Zoë (Some Standing) (T) 10:30 <b>Outing/Appointment Shuttle *Sign Up* (BUS)</b> 1:00 In Stitches - Knit, Crochet &amp; Sewing Group (CK) 1:30 <b>Cruise Ship Exercise - Special Guest Carla Miller *Sign Up* (G)</b> 2:00 <b>Caring Canines - Therapy Pet Visit *Sign Up* (L)</b> 2:30 <b>Artful Enrichment - Make an Island Bracelet with Lynda (CK)</b> 3:00 United Church Service with Minister Cheryl Perry (T) 6:00 <b>Reggae Happy Hour (BIS)</b></p>	<p>Cruise Week - Return to Canada *Wear Red &amp; White* <b>22</b> <b>Scavenger Hunt (BIS)</b> 9:00 Brew and Briefs with Terra (BIS) 9:30 Exercise (Some Standing) (T) 10:00 Seated Exercise (T) 11:00 <b>Rent a Chicken Arrives! (CK)</b> 1:00 Bingo with Terra (CK) 2:00 <b>Rollo Trump - *CRUISE WEEK WINNERS ANNOUNCED* (NP)</b> 3:00 <b>Social Hour - Music with Bruce *Caesar Bar* (BIS)</b> 5:45 The Love Boat - TV Show (T)</p>	<p>9:30 Exercise with Terra <b>23</b> (Some Standing) (T) 10:30 <b>Walmart Shuttle *Sign-Up* (BUS)</b> 1:00 Aquafit and Pool Walking (P) 1:00 <b>Crafting with June (CK)</b> 2:30 <b>Tai Chi with Yvonne &amp; Charlene (T)</b> 3:15 <b>Bet the Gallop: Horse Races (BIS)</b> 6:30 <b>Music/TV Shows with Jan (BIS)</b></p>	<p>9:15 Exercise with Terra <b>24</b> (Some Standing) (T) 11:45 <b>Gym Orientation with Terra *Sign Up* (G)</b> 1:00 <b>Resident Lead Scrabble in the Library (L)</b> 1:00 <b>Seated Exercise with Terra (T)</b> 2:30 <b>Monthly Resident Birthday Party: Music by Andy Plett (BIS)</b> 4:30 <b>Living Loving Local Dinner: Lamb &amp; Eggs (DR)</b> 5:45 <b>Movie Night: A Beautiful Day in the Neighbourhood (T)</b></p>	<p>10:00 Exercise with Terra <b>25</b> (Some Standing) (T) 10:30 <b>Seated Exercise with Terra (T)</b> 1:00 <b>Cribbage Club - Resident Lead (L)</b> 1:00 <b>Tea Talks with Terra (CK)</b> 3:15 <b>Go 4 Life - Walk with Terra (Out)</b> 5:45 <b>Classic Movie Night: Silverado (T)</b></p>
<p>Tech Help with Zoë *Sign Up* (L) <b>26</b> 8:30 Church Service &amp; Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 1:00 Canasta - Resident Lead (L) 1:00 <b>Scenic Drive *Sign Up* - Summerland (BUS)</b> 2:00 Pen and Ink Drawing Group: Resident Lead (CK) 2:45 <b>DrumFit (G)</b></p>	<p>9:30 Exercise with Zoë (Some Standing) (T) <b>27</b> 10:00 Seated Exercise with Zoë (T) 10:30 <b>Weekly Calendar Reading (CK)</b> 1:00 <b>Bingo with Richard (CK)</b> 1:00 <b>St. George's Anglican Prayer Praise Group (T)</b> 1:00 <b>Bridge Club (L)</b> 2:15 <b>Meet Me at The MOMA - Maud Lewis *Presentation &amp; Activity* (CK)</b> 3:00 <b>Fit Minds (CK)</b> 5:45 <b>MoMA Movie Night: Maudie (T)</b></p>	<p>9:30 Exercise with Zoë (Some Standing) (T) <b>28</b> 10:30 <b>Outing/Appointment Shuttle *Sign Up* (BUS)</b> 1:00 <b>In Stitches - Knit, Crochet &amp; Sewing Group (CK)</b> 1:30 <b>Afternoon Seated Exercise with Zoë (T)</b> 2:30 <b>Artful Enrichment - Painting and Crafts (CK)</b> 3:30 <b>Beginner Line Dance (T)</b> 6:00 <b>Line Dance Happy Hour 🎵 Music by the Lone Stranger (BIS)</b></p>	<p>9:00 Brew and Briefs with Terra (BIS) <b>29</b> 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:00 <b>Silver Song Group (BIS)</b> 1:00 <b>Bingo with Terra (CK)</b> 2:00 <b>Monthly New Resident &amp; Ambassador Meeting (L)</b> 3:00 <b>Social Hour - Ukulele Tony (BIS)</b></p>	<p>9:30 Exercise with Terra <b>30</b> (Some Standing) (T) 10:30 <b>Superstore Shuttle *Sign-Up* (BUS)</b> 1:00 <b>Aquafit and Pool Walking (P)</b> 1:00 <b>Crafting with June (CK)</b> 2:30 <b>Tai Chi with Yvonne &amp; Charlene (T)</b> 3:15 <b>Bet the Gallop: Horse Races (BIS)</b> 6:30 <b>Music/TV Shows with Jan (BIS)</b></p>	 <p><b>International Dance Day</b></p>	



**Parkinson's Awareness Month**



**April Fool's Day**

**Locations Legend**

- Theatre (T)
- Country Kitchen (CK)
- Bistro (BIS)
- Library (L)
- Bus Outing (BUS)
- Gym (G)
- Pool (P)
- North Patio (NP)
- Outdoors (Out)
- Dining Room (DR)
- In the building (ITB)
- 5th floor (5FLR)
- Main Floor Lobby (Main)
- 4th floor (4FLR)
- 3rd Floor (3FLR)
- 2nd Floor (2Flr)

**Calendar Legend**

- Outing
- Special Program
- Cruise Week
- Living, Loving, Local
- Signature Program