



INSPIRED SENIOR LIVING

June 2026

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	9:00 Weekly Calendar Reading & Discussion (BIS) 1 9:30 Exercise with Terra (Some Standing) (T) 10:00 Seated Exercise with Terra (T) 11:00 Fit Minds *TIME CHANGE* (CK) 1:00 Bingo with Richard (CK) 1:00 St. George's Anglican Prayer Praise Group (T) 1:00 Bridge Club (L) 1:30 Resident Food Forum Meeting (PDR)	9:00 Team Puzzle Time (BIS) 2 9:30 DrumFit (T) 10:30 Outing/Appointment Shuttle *Sign Up* (BUS) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Strength & Stretch with Carla (T) 2:30 Artful Enrichment - Painting and Crafts (CK)	National Red Shirt Day for Accessibility 3 9:00 Brew and Briefs with Terra (BIS) 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 1:00 Bingo with Terra (CK) 3:00 Social Hour - Music with Bruce (BIS) 6:00 Dance Performance - Creators Arts Centre (BIS)	9:30 Exercise with Terra (Some Standing) (T) 4 10:30 Walmart Shuttle *Sign-Up* (BUS) 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) 5 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 2:30 Netflix Show: Love on the Spectrum - Season 4 Episode 4 (T) 6:00 Happy Hour - Music by Sam Farruggio (BIS)	10:00 Exercise with Terra (Some Standing) (T) 6 10:30 Seated Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Tea Talks with Terra (CK) 2:00 Pen and Ink Drawing Group: Resident Lead (L) 5:45 Classic Movie Night (T)	
	Tech Help with Zoë *Sign Up* (L) 7 8:30 Church Service & Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 11:00 Go 4 Life - Walk with Zoë *Sign Up* (WLK) 1:00 Canasta - Resident Lead (L) 1:00 Scenic Drive - Stop at Bliss Peachland *Sign Up* (BUS) 3:00 *NEW* Writer's Group with Myrt (CK)	9:00 Weekly Calendar Reading & Discussion (BIS) 8 9:15 Exercise with Zoë (Some Standing) (T) 9:45 Seated Exercise with Zoë (T) 10:30 Outing to Costco *Sign Up* (BUS) 1:00 Bingo with Richard (CK) 1:00 St. George's Anglican Prayer Praise Group (T) 1:00 Bridge Club (L) 3:00 Fit Minds (CK) 4:00 Book Club Meeting *Sign Up* (L)	9:00 Team Puzzle Time (BIS) 9 9:30 DrumFit (T) 10:00 Resident Survey Kick-Off Party! (T) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Strength & Stretch with Carla (T) 2:30 Artful Enrichment - Painting and Crafts (CK) 3:00 Live Piano Performance by Alexander Ord (BIS)	Blood Pressure Clinic *See Jaylean for Details* (ITB) 10 9:00 Brew and Briefs with Terra (BIS) 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:30 Superstore Shuttle *Sign-Up* (BUS) 10:30 Catholic Mass with Father Jimenez (L) 1:00 Bingo with Terra (CK) 3:00 Social Hour - Ukulele Tony (BIS)	9:30 Exercise with Terra (Some Standing) (T) 11 11:30 Lunch & Shopping Outing to Summerland *Giant's Head Brewery* (BUS) 1:00 Crafting with June (CK) 1:00 SORRY - NO AQUAFIT TODAY (P) 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) 12 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 2:30 Netflix Show: Love on the Spectrum - Season 4 Episode 5 (T) 6:00 Happy Hour - Music by Jeremy Messenger *Italian Themed* (BIS)	10:00 Exercise with Terra (Some Standing) (T) 13 10:30 Seated Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Tea Talks with Terra (CK) 2:00 Pen and Ink Drawing Group: Resident Lead (L) 5:45 Classic Movie Night (T)
	Tech Help with Zoë *Sign Up* (L) 14 8:30 Church Service & Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 1:00 Canasta - Resident Lead (L) 1:00 Scenic Drive - Traders Cove - No Stops *Sign Up* (BUS) 3:00 New Life Choir Performance (BIS) 3:00 *NEW* Writer's Group with Myrt (CK) 3:30 *NEW* School Visit - Connection Kits with Clara (BIS)	9:00 Weekly Calendar Reading & Discussion (BIS) 15 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 1:00 Bingo with Richard (CK) 1:00 St. George's Anglican Prayer Praise Group (T) 1:00 Bridge Club (L) 3:00 Fit Minds (CK)	9:00 Team Puzzle Time (BIS) 16 9:30 DrumFit (T) 10:30 Outing/Appointment Shuttle *Sign Up* (BUS) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Strength & Stretch with Carla (T) 2:30 Artful Enrichment - Painting and Crafts (CK) 3:00 United Church Service with Minister Cheryl Perry (T)	9:00 Brew and Briefs with Terra (BIS) 17 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 1:00 Bingo with Terra (CK) 2:00 Ice Cream Day! Scooters Ice Cream Truck (FRO) 2:30 Ambassador Meeting (L) 3:00 Social Hour - Music with Bruce (BIS)	9:30 Exercise with Terra (Some Standing) (T) 18 10:30 Walmart Shuttle *Sign-Up* (BUS) 11:30 Ladies' Brunch *Sign Up* (T) 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) 19 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 2:30 *Rainbow* Happy Hour - Music by Vic and Carol (BIS) 4:30 Men's BBQ *Sign-Up* (SP) 5:45 Netflix Show: Love on the Spectrum - Season 4 Episode 6 (T)	10:00 Exercise with Terra (Some Standing) (T) 20 10:30 Seated Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Tea Talks with Terra (CK) 2:00 Pen and Ink Drawing Group: Resident Lead (L) 5:45 Classic Movie Night (T)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Tech Help with Zoë *Sign Up* (L) 21</p> <p>8:30 Church Service & Hymn Sing on TV (T)</p> <p>10:00 Catholic Mass with Communion (CK)</p> <p>11:00 Go 4 Life - Walk with Zoë *Sign Up* (WLK)</p> <p>11:30 Father's Day Brunch (DR)</p> <p>1:00 Canasta - Resident Lead (L)</p> <p>1:00 Scenic Drive - Stop at Gellatly Nut Farm *Sign Up* (BUS)</p> <p>2:30 National Indigenous Peoples' Day - Sugarcane Documentary Screening (T)</p> <p>3:30 *NEW* Writer's Group with Myrt (L)</p> <p>4:30 Father's Day Dinner (DR)</p>	<p>9:00 Weekly Calendar Reading & Discussion (BIS) 22</p> <p>9:30 Exercise with Zoë (Some Standing) (T)</p> <p>10:00 Seated Exercise with Zoë (T)</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>2:00 2nd Floor Block Party (SP)</p> <p>3:00 Fit Minds (CK)</p> <p>6:15 Happy Hour - Music by Dan Mallette (BIS)</p>	<p>9:00 Team Puzzle Time (BIS) 23</p> <p>9:30 DrumFit (T)</p> <p>10:30 Outing/Appointment Shuttle *Sign Up* (BUS)</p> <p>1:00 In Stitches - Knit, Crochet & Sewing Group (CK)</p> <p>1:30 Strength & Stretch with Carla (T)</p> <p>2:00 3rd Floor Block Party (SP)</p> <p>2:30 Artful Enrichment - Painting and Crafts (CK)</p>	<p>9:00 Brew and Briefs with Terra (BIS) 24</p> <p>9:30 Exercise with Zoë (Some Standing) (T)</p> <p>10:00 Seated Exercise with Zoë (T)</p> <p>1:00 Bingo with Terra (CK)</p> <p>2:00 4th Floor Block Party (SP)</p> <p>2:30 New Resident Meeting (L)</p> <p>3:00 Social Hour - Ukulele Tony (BIS)</p>	<p>9:30 Exercise with Terra (Some Standing) (T) 25</p> <p>10:30 Superstore Shuttle *Sign-Up* (BUS)</p> <p>1:00 Aquafit and Pool Walking (P)</p> <p>1:00 Crafting with June (CK)</p> <p>2:00 5th Floor Block Party (SP)</p> <p>2:30 Tai Chi with Yvonne & Charlene (T)</p> <p>3:15 Bet the Gallop: Horse Races (BIS)</p> <p>6:30 Music/TV Shows with Jan (BIS)</p>	<p>9:30 Exercise with Terra (Some Standing) (T) 26</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 Monthly Resident Birthday Party: Music by Andy Plett (BIS)</p> <p>4:30 Living Loving Local Dinner: Strawberries & Peas (DR)</p> <p>5:45 Netflix Show: Love on the Spectrum - Season 4 Finale (T)</p>	<p>10:00 Exercise with Terra (Some Standing) (T) 27</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>2:00 Pen and Ink Drawing Group: Resident Lead (L)</p> <p>5:45 Classic Movie Night (T)</p>

<p>Tech Help with Zoë *Sign Up* (L) 28</p> <p>8:30 Church Service & Hymn Sing on TV (T)</p> <p>10:00 Catholic Mass with Communion (CK)</p> <p>11:00 National Camera Day! Walk and Photography with Zoë *Sign Up* (WLK)</p> <p>1:00 Canasta - Resident Lead (L)</p> <p>1:00 Scenic Drive - Mission Creek - No Stops *Sign Up* (BUS)</p> <p>3:30 *NEW* Writer's Group with Myrt (CK)</p>

<p>9:00 Weekly Calendar Reading & Discussion (BIS) 29</p> <p>9:30 Exercise with Zoë (Some Standing) (T)</p> <p>10:00 Seated Exercise with Zoë (T)</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>9:00 Team Puzzle Time (BIS) 30</p> <p>9:30 DrumFit (T)</p> <p>10:30 Outing/Appointment Shuttle *Sign Up* (BUS)</p> <p>1:00 In Stitches - Knit, Crochet & Sewing Group (CK)</p> <p>1:30 Strength & Stretch with Carla (T)</p> <p>2:30 Artful Enrichment - Painting and Crafts (CK)</p>



Locations Legend

Theatre (T)	Walking Outing (WLK)
Country Kitchen (CK)	Dining Room (DR)
Bistro (BIS)	Private Dining Room (PDR)
Library (L)	In the building (ITB)
Bus Outing (BUS)	Front of the building (FRO)
South Patio (SP)	
Pool (P)	
Gym (G)	

Calendar Legend

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