


	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>“Walk Across Canada”</b></p> <p><b>September 25th to September 29th</b></p> <p>Active Aging Week takes place each year during the last week of September.</p> <p>It promotes the benefits of healthier, more active lifestyles across the life span.</p> <p>Regardless of age or health conditions, older adults can live as fully as possible in all areas of life.</p> <p><b>Watch for special programs &amp; events running this week to get involved in Active Aging Week here at The Heritage!</b></p>	<p>☺ Emotional</p> <p>🧠 Intellectual</p> <p>🚌 Outing</p> <p>🌿 Physical</p> <p>👤 Purposeful</p> <p>👥 Social</p> <p>☀️ Spiritual</p> <p>🛒 Vendor</p>	<p>“When life is sweet, say thank you and celebrate. And when life is bitter, say thank you and grow.”</p> <p>— <i>Shauna Niequist</i></p>	 <p>INSPIRED SENIOR LIVING WITH </p>	<p>LLL showcase this month will highlight Corn - feature dinner will be Friday September 8th ... families are welcome to join (*sign up at reception).</p>	<p><b>\$ Blue Jean Friday - Alzheimer's Fundraiser</b> 1</p> <p>9:30 🌿 Aquafit Advanced with Joyce [P]</p> <p>10:30 🛒 Gym Dandies [G]</p> <p>2:30 🛒 Happy Hour with Don Wyse</p> <p>7:00 🎸 Sing Along with Doug Armet: Ukulele demo &amp; discussion (Doug will be offering lessons starting next week ... this is a great time to come and check out this fun instrument!) [T]</p>	<p>10:00 🌿 Resident Run "Go4Life" Walking Club: Meet in Bistro [B] 2</p> <p>2:00 🧠 Let's Play Scrabble [L]</p> <p>7:00 🎬 Saturday Night at the Movies [T]</p>	
	<p>11:30 ☀️ Catholic Communion [L] 3</p> <p>7:00 🎬 Sunday night at the Movies [T]</p>	<p><b>Labor Day</b> 4</p> <p>9:30 🌿 Aquafit Advanced with Joyce [P]</p> <p>10:00 🌿 Resident Run Gardening on the 2nd floor patio [OP]</p> <p>7:00 🎮 Let's Play Bingo! [CK]</p>	<p>9:15 ☀️ Stretch &amp; Balance [G] 5</p> <p>10:00 🌿 Go4Life Walking Club - to Bird Sanctuary</p> <p>10:30 🌿 Advanced Osteofit with Darla Rae [T]</p> <p>1:00 ☺️ Al-Anon Meeting (Ladies only please) [T]</p> <p>1:30 🍪 Baking for the Bake Sale [CK]</p> <p>1:30 🛠️ Crafter's Corner: Everyone Welcome [CK]</p> <p>2:15 🎸 Ukulele Lessons with Doug [T]</p> <p>7:00 🎬 Tuesday night series: Little House on the Prairie [T]</p>	<p>9:00 🛒 Foot Care Nurse here today by appointment 9am-3:30pm *sign up at reception* [S] 6</p> <p>10:00 🛒 \$ "Heritage Market" Produce Stand in our Bistro - bring your loonies &amp; toonies [B]</p> <p>10:00 🎨 The Heritage Art Group [CK]</p> <p>10:45 🚤 \$ Pontoon Boat Outing</p> <p>1:30 ☺️ Java Music with June - everyone welcome [PDR]</p> <p>1:30 🧠 Bridge Club - everyone welcome [L]</p> <p>2:30 🧠 Food &amp; Recreation Meeting [T]</p> <p>7:00 🎬 Wednesday Night at the Movies: Resident Choice [T]</p>	<p>10:00 🎬 Car Show - come and view the collection out front of our building and enjoy a BBQ lunch 7</p> <p>10:00 🌿 Resident Run "Go4Life" Walking Club: meet in Bistro [B]</p> <p>10:00 🧠 Spanish Lessons with Wilma [PDR]</p> <p>11:00 ☺️ Live Entertainment with Vic at the car show</p> <p>1:00 🌿 Osteofit with Darla Rae [T]</p> <p>2:00 🛒 Shopping Loop *sign up at reception* [BO]</p>	<p><b>\$ Blue Jean Friday - Alzheimer's Fundraiser</b> 8</p> <p>9:30 🌿 Aquafit Advanced with Joyce [P]</p> <p>10:30 🌿 Gym Dandies [G]</p> <p>2:30 🛒 Happy Hour with Ray Volk</p> <p>4:30 ☺️ Living Loving Local Dinner featuring corn</p>	<p>10:00 🌿 Resident Run "Go4Life" Walking Club: Meet in Bistro [B] 9</p> <p>2:00 🧠 Let's Play Scrabble [L]</p> <p>7:00 🎬 Saturday Night at the Movies [T]</p>
	<p>11:30 ☀️ Catholic Communion [L] 10</p> <p>7:00 🎬 Sunday night at the Movies [T]</p>	<p>9:30 🌿 Aquafit Advanced with Joyce [P] 11</p> <p>10:00 🌿 Resident Run: Gardening on the 2nd floor patio [OP]</p> <p>1:00 🌿 Osteofit with Darla Rae [T]</p> <p>1:40 ☀️ Tai Chi with Yvonne - a gentle form of chair exercise that has many health benefits - everyone welcome! [G]</p> <p>2:45 🚗 "Back Road Wanderers" Scenic Drive *sign up early at reception &amp; be in lobby to load bus by 2:20* [BO]</p> <p>7:00 🎮 Let's Play Bingo! [CK]</p>	<p>9:15 ☀️ Stretch &amp; Balance [G] 12</p> <p>10:00 🌿 Go4Life Walking Club - in neighborhood</p> <p>10:30 ☺️ Deborah &amp; Elsie Entertain [TL]</p> <p>10:30 🌿 Advanced Osteofit with Darla Rae [T]</p> <p>10:30 ☀️ Catholic Mass [T]</p> <p>1:00 ☺️ Al-Anon Meeting (Ladies only please) [T]</p> <p>1:30 🍪 Baking for the Bake Sale [CK]</p> <p>1:30 🛠️ Crafter's Corner: Everyone Welcome [CK]</p> <p>2:15 🎸 Ukulele Lessons with Doug [T]</p> <p>7:00 🎬 Tuesday night series: Little House on the Prairie [T]</p>	<p>10:00 🛒 \$ "Heritage Market" Produce Stand in our Bistro - bring your loonies &amp; toonies [B] 13</p> <p>10:00 🎨 The Heritage Art Group [CK]</p> <p>1:30 ☺️ Java Music with June - everyone welcome [PDR]</p> <p>1:30 🧠 Bridge Club - everyone welcome [L]</p> <p>2:30 🎂 Birthday Party with Ray Turner [TL]</p> <p>7:00 🎬 Wednesday Night at the Movies: Resident Choice [T]</p>	<p>9:30 🌿 Strength &amp; Tone [G] 14</p> <p>10:00 🎮 Happy Hookers Meeting [CK]</p> <p>10:00 🧠 Spanish Lessons with Wilma [PDR]</p> <p>10:15 🌿 Resident Run "Go4Life" Walking Club: meet in Bistro [B]</p> <p>1:00 🌿 Osteofit with Darla Rae [T]</p> <p>2:00 🛒 Shopping Loop *sign up at reception* [BO]</p> <p>2:30 ☺️ Reading Group with Jackie [L]</p>	<p><b>\$ Blue Jean Friday - Alzheimer's Fundraiser</b> 15</p> <p>9:30 🌿 Aquafit Advanced with Joyce [P]</p> <p>10:30 🌿 Gym Dandies [G]</p> <p>2:30 🛒 Happy Hour with Ria Falkner</p>	<p>10:00 🌿 Resident Run "Go4Life" Walking Club: Meet in Bistro [B] 16</p> <p>1:00 🎮 Open House: (1- 4 pm) 40th Celebration for Verve [B]</p> <p>1:05 ☺️ Live Music with Kelly Stewart (remember to wish him a Happy Birthday!) [TL]</p> <p>7:00 🎬 Saturday Night at the Movies [T]</p>

- Location Keys**
- Bistro B
  - Bus Outing BO
  - Country Kitchen CK
  - Gym G
  - Library L
  - Outside Patio OP
  - Pool P
  - Private Dining Room PDR
  - Spa S
  - The Lounge TL
  - Theatre T

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<p><b>"Walk Across Canada"</b></p> <p>September 25th to September 29th</p> <p>Active Aging Week takes place each year during the last week of September.</p> <p>It promotes the benefits of healthier, more active lifestyles across the life span.</p> <p>Regardless of age or health conditions, older adults can live as fully as possible in all areas of life.</p> <p>Watch for special programs &amp; events running this week to get involved in Active Aging Week here at The Heritage!</p>	<p>11:30 🍷 Brunch: Families welcome (please sign up at reception by Sept. 10) <b>17</b></p> <p>11:30 🕯️ Catholic Communion [L]</p> <p>7:00 🎬 Sunday night at the Movies [T]</p>	<p>9:30 🌿 Aquafit Advanced with Joyce [P] <b>18</b></p> <p>10:00 🌿 Gardening on the 2nd floor patio: harvesting &amp; wrap up [OP]</p> <p>1:00 🌿 Osteofit with Darla Rae [T]</p> <p>1:40 🌿 Tai Chi with Yvonne - a gentle form of chair exercise that has many health benefits - everyone welcome! [G]</p> <p>2:45 🚌 "Back Road Wanderers" Scenic Drive *sign up early at reception &amp; be in lobby to load bus by 2:20* [BO]</p> <p>7:00 🎲 Let's Play Bingo! [CK]</p>	<p>9:15 🌿 Stretch &amp; Balance [G] <b>19</b></p> <p>10:00 🌿 Go4 Life Walking Club - to Peachland &amp; coffee at Bliss Bakery</p> <p>10:30 🌿 Advanced Osteofit with Darla Rae [T]</p> <p>1:00 😊 Al-Anon Meeting (Ladies only please) [T]</p> <p>1:30 🌿 Baking for the Bake Sale [CK]</p> <p>1:30 🌿 Crafter's Corner: Everyone Welcome [CK]</p> <p>2:15 🎸 Ukulele Lessons with Doug [T]</p> <p>7:00 🎬 Tuesday night series: Little House on the Prairie [T]</p>	<p>10:00 🎬 Kick off of Sing for Your Life [T] <b>20</b></p> <p>10:00 🛒 \$ "Heritage Market" Produce Stand in our Bistro - bring your loonies &amp; toonies [B]</p> <p>10:00 🎨 The Heritage Art Group [CK]</p> <p>10:45 🚤 \$ Pontoon Boat Outing *sign up at reception*</p> <p>1:30 😊 Java Music with June - everyone welcome [PDR]</p> <p>1:30 🎲 Bridge Club - everyone welcome [L]</p> <p>7:00 🎬 Wednesday Night at the Movies: Resident Choice [T]</p>	<p>9:30 🌿 Strength &amp; Tone [G] <b>21</b></p> <p>10:00 🌿 "Go4Life" Walking Club: meet in Bistro [B]</p> <p>10:00 🎨 Spanish Lessons with Wilma [PDR]</p> <p>1:00 🌿 Osteofit with Darla Rae [T]</p> <p>2:00 🚤 Shopping Loop *sign up at reception* [BO]</p> <p>2:30 😊 Reading Group with Jackie [L]</p>	<p><b>\$ Blue Jean Friday - Alzheimer's Fundraiser 22</b></p> <p>9:30 🌿 Aquafit Advanced with Joyce [P]</p> <p>10:30 🌿 Gym Dandies [G]</p> <p>2:30 🛒 Happy Hour with The Old Time Fiddlers</p>	<p>10:00 🌿 Resident Run "Go4Life" Walking Club: Meet in Bistro [B] <b>23</b></p> <p>11:30 🎵 Mini Harp Concert (30 minutes) [T]</p> <p>2:00 🎲 Let's Play Scrabble [L]</p> <p>7:00 🎬 Saturday Night at the Movies [T]</p>
	<p>11:30 🕯️ Catholic Communion [L] <b>24</b></p> <p>7:00 🎬 Sunday night at the Movies [T]</p>	<p>9:30 🌿 Aquafit Advanced with Joyce [P] <b>25</b></p> <p>10:00 🎨 Active Aging Kick Off Party [B]</p> <p>1:00 🌿 Osteofit with Darla Rae [T]</p> <p>1:40 🌿 Tai Chi with Yvonne - a gentle form of chair exercise that has many health benefits - everyone welcome! [G]</p> <p>2:45 🚌 "Back Road Wanderers" Scenic Drive *sign up early at reception &amp; be in lobby to load bus by 2:20* [BO]</p> <p>7:00 🎲 Let's Play Bingo! [CK]</p>	<p>9:00 🌿 Go4Life Walking Club - in neighborhood <b>26</b></p> <p>9:45 🛒 NexGen Complimentary Hearing Clinic [B]</p> <p>10:00 🌿 Zumba Gold - chair exercise class with Jody Weilgosz [T]</p> <p>10:30 🌿 Advanced Osteofit with Darla Rae [T]</p> <p>1:00 😊 Al-Anon Meeting (Ladies only please) [T]</p> <p>1:30 🌿 Baking for the Bake Sale [CK]</p> <p>1:30 🌿 Crafter's Corner: Everyone Welcome [CK]</p> <p>2:15 🎸 Ukulele Lessons with Doug [T]</p> <p>7:00 🎬 Tuesday night series: Little House on the Prairie [T]</p>	<p>9:30 🛒 Pop Up Shopping Booths (9:30 - 2 pm) [B] <b>27</b></p> <p>10:00 🛒 \$ "Heritage Market" Produce Stand in our Bistro - bring your loonies &amp; toonies [B]</p> <p>10:00 🎨 Sing for Your Life [T]</p> <p>10:00 🎨 The Heritage Art Group [CK]</p> <p>1:30 😊 Java Music with June - everyone welcome [PDR]</p> <p>1:30 🎲 Bridge Club - everyone welcome [L]</p> <p>1:30 🎨 New Resident Welcome [T]</p> <p>2:30 🎨 Resident Meeting [T]</p> <p>7:00 🎬 Wednesday Night at the Movies: Resident Choice [T]</p>	<p>7:00 🚤 Drive through Breakfast Fundraiser 7-10 am <b>28</b></p> <p>9:00 🛒 Foot Care Nurse here today by appointment 9am-3:30pm *sign up at reception* [S]</p> <p>10:00 🌿 "Go4Life" Walking Club: meet in Bistro [B]</p> <p>10:00 🎨 Spanish Lessons with Wilma [PDR]</p> <p>1:00 🚤 Shopping Loop *sign up at reception* Please note time change [BO]</p> <p>1:00 🌿 Osteofit with Darla Rae [T]</p> <p>2:00 🎨 West Kelowna Respiratory Club - anyone welcome [CK]</p> <p>2:30 😊 Reading Group with Jackie [L]</p>	<p><b>\$ Blue Jean Friday - Alzheimer's Fundraiser 29</b></p> <p>9:30 🌿 Aquafit Advanced with Joyce [P]</p> <p>10:00 🛒 \$ Bake Sale: Alzheimer's Fundraiser 10-2 [B]</p> <p>10:30 🌿 Gym Dandies [G]</p> <p>2:00 🎬 Active Aging Wrap-Up Party [TL]</p> <p>2:30 🛒 Happy Hour with Gene</p> <p>4:30 🎬 October-Fest Theme Dinner</p>	<p>10:00 🛒 Art Show: 10 am - 3pm [B] <b>30</b></p> <p>10:00 🌿 Resident Run "Go4Life" Walking Club: Meet in Bistro [B]</p> <p>2:00 🎲 Let's Play Scrabble [L]</p> <p>7:00 🎬 Saturday Night at the Movies [T]</p>
<p><b>Location Keys</b></p> <p>Bistro B</p> <p>Bus Outing BO</p> <p>Country Kitchen CK</p> <p>Gym G</p> <p>Library L</p> <p>Outside Patio OP</p> <p>Pool P</p> <p>Private Dining Room PDR</p> <p>Spa S</p> <p>The Lounge TL</p> <p>Theatre T</p>							