

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

"The things we truly love stay with us always, locked in our hearts as long as life remains."
— Josephine Baker

- Location Keys**
- ☺ Emotional
 - 🧠 Intellectual
 - 🚌 Outing
 - 👟 Physical
 - 🎨 Purposeful
 - 👥 Social
 - ☀️ Spiritual
 - 🛒 Vendor
- Bistro B
 - Bus Outing BO
 - Country Kitchen CK
 - Dining Room DR
 - Gym G
 - Library L
 - Outside Patio OP
 - Pool P
 - Private Dining Room PDR
 - Spa S
 - Sports Lounge on 5th floor SL-5
 - The Lounge TL
 - Theatre T

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| | | | | | <p>9:30 🏊 Advanced Aquafit [P] 1</p> <p>10:00 🏊 Go4Life: Gym Dandies [G]</p> <p>10:00 🚒 Fire Fighting Friday - see poster for details</p> <p>10:40 🎧 Trivia Game [TL]</p> <p>1:30 🚶 Art Walk Grand Opening - wine & cheese served</p> <p>2:30 🍷 Happy Hour with "Double Sharp" [B]</p> <p>7:00 🗳 Resident Council Meeting [CK]</p> | <p>9:30 🏊 Go4Life Walking Club - Resident Run [B] 2</p> <p>1:00 🗳 Crib Club - everyone welcome! [B]</p> <p>1:30 🗳 Pain Management Workshop 4 of 6 *sign up required* [T]</p> <p>1:30 ☀️ Bible Study [CK]</p> |
| <p>11:30 ☀️ Catholic Communion [L] 3</p> <p>2:00 🎧 Let's Play Scrabble [L]</p> <p>6:30 🗳 Sunday Night at the Movies: The RainMaker (by John Grisham) [T]</p> | <p>9:00 🚶 FootCare Clinic: *sign up* [S] 4</p> <p>9:30 🏊 Advanced Aquafit [P]</p> <p>10:00 🚌 Summerland Day Trip: Summerland Sweets, Zia's for lunch & Thrift store [BO]</p> <p>10:30 🏊 Advanced Osteofit [G]</p> <p>1:00 🏊 Osteofit [T]</p> <p>2:00 🏊 Go4Life Walking in the Pool [P]</p> <p>7:00 🗳 Bingo! [CK]</p> | <p>10:00 🏊 Go4Life: Chair Class [G] 5</p> <p>10:30 🗳 You Be The Judge - Discussion & Coffee Group [B]</p> <p>1:00 ☺️ Women's Al-Anon Meeting [T]</p> <p>1:30 ☀️ Meet Me At The MOMA art program [CK]</p> <p>2:15 ☺️ Movie Matinee: Fiddler On the Roof [T]</p> | <p>9:45 🚌 Go4Life Walking Club: Bus to Kelowna Farmer's Market *sign up* [BO] 6</p> <p>10:00 🗳 The Heritage Art Group [CK]</p> <p>1:30 🗳 Welcome Tea for Kim: New into the Life Enrichment Department [CK]</p> <p>1:30 🗳 Bridge Club [L]</p> <p>2:30 🗳 Food & Recreation Meeting [T]</p> <p>3:00 ☺️ Java Music (conversation, music & coffee) [PDR]</p> <p>6:30 ☺️ Murdoch Mysteries Season 1 [T]</p> | <p>10:00 🗳 Spanish Lessons [PDR] 7</p> <p>10:30 🏊 Advanced Osteofit [T]</p> <p>1:00 🏊 Osteofit [T]</p> <p>2:00 🚌 Shopping Loop - Save On & Walmart *sign up at reception* [BO]</p> <p>2:00 🗳 \$"Quarter Bingo" [CK]</p> <p>3:00 🗳 "You Be The Judge" Discussion Group [B]</p> | <p>9:30 🏊 Advanced Aquafit [P] 8</p> <p>10:00 🏊 Go4Life: Gym Dandies [G]</p> <p>10:40 🎧 Trivia Game [TL]</p> <p>2:30 🍷 Happy Hour with Old Time Fiddlers [B]</p> <p>4:30 ☺️ Living Loving Local Dinner Featuring Strawberries [DR]</p> | <p>9:30 🏊 Go4Life Walking Club - Resident Run [B] 9</p> <p>1:00 🗳 Crib Club - everyone welcome! [B]</p> <p>1:30 🗳 Pain Management Workshop 5 of 6 *sign up required* [T]</p> <p>1:30 ☀️ Bible Study [CK]</p> <p>3:00 🗳 Youth Ambassadors Visit & Strawberry Social [OP]</p> |
| <p>11:30 ☀️ Catholic Communion [L] 10</p> <p>2:00 🎧 Let's Play Scrabble [L]</p> <p>6:30 🗳 Sunday Night at the Movies: Toy Story (animation) [T]</p> | <p>9:30 🏊 Advanced Aquafit [P] 11</p> <p>10:30 🏊 Advanced Osteofit [G]</p> <p>1:00 🏊 Osteofit [T]</p> <p>2:00 🏊 Go4Life Walking in the Pool [P]</p> <p>2:00 🚌 "Back Road Wanderers" Scenic Drive [BO]</p> <p>3:30 🗳 Connect Hearing Clinic [B]</p> <p>7:00 🗳 Bingo! [CK]</p> | <p>10:00 🏊 Go4Life: Chair Class [G] 12</p> <p>10:30 ☀️ Catholic Mass [L]</p> <p>1:00 ☺️ Women's Al-Anon Meeting [T]</p> <p>1:30 🗳 Meet Me At The MOMA art program [CK]</p> <p>2:30 🍷 Birthday with Rolland [B]</p> <p>4:00 🗳 Word Games [TL]</p> <p>6:30 🗳 Neighborhood Stroll & Coffee/Ice Cream with Kim</p> | <p>9:45 🚌 Go4Life Walking Club: Bus to Peachland *sign up* [BO] 13</p> <p>10:00 🗳 The Heritage Art Group [CK]</p> <p>1:00 🚌 Casino Outing to the Delta Grand *sign up at reception* [BO]</p> <p>1:30 ☺️ Java Music [PDR]</p> <p>1:30 🗳 Bridge Club [L]</p> <p>6:30 ☺️ Murdoch Mysteries Season 1 [T]</p> | <p>9:45 🚌 Shopping to Orchard Park Mall *sign up at reception* [TL] 14</p> <p>10:00 🗳 Spanish Lessons [PDR]</p> <p>10:00 🗳 Happy Hookers Meeting [CK]</p> <p>10:30 🏊 Advanced Osteofit [T]</p> <p>1:00 🏊 Osteofit [T]</p> <p>1:15 ☺️ Hand Massages with Kim [PDR]</p> <p>2:00 🗳 \$"Quarter Bingo" [CK]</p> <p>3:00 ☺️ Chicken Soup Stories with Kim [L]</p> <p>6:30 🗳 Men's Social Night with Kim [SL-5]</p> | <p>9:30 🏊 Advanced Aquafit [P] 15</p> <p>10:00 🏊 Go4Life: Gym Dandies [G]</p> <p>10:40 🎧 Trivia Game [TL]</p> <p>2:30 🍷 Happy Hour with Elaine B. [B]</p> | <p>9:30 🏊 Go4Life Walking Club - Resident Run [B] 16</p> <p>10:00 🗳 Father's Day Pancake Breakfast with Kim *sign up* [B]</p> <p>1:00 🗳 Crib Club - everyone welcome! [B]</p> <p>1:30 🗳 Patio Social [OP]</p> <p>1:30 🗳 Pain Management Workshop 6 of 6 *sign up required* [T]</p> <p>1:30 ☀️ Bible Study [CK]</p> |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| <p>Father's Day 17</p> <p>11:30 ☺ Father's Day Brunch *families welcome to join - sign up at reception* [DR]</p> <p>11:30 ☺ Catholic Communion [L]</p> <p>2:00 🗣️ Let's Play Scrabble [L]</p> <p>6:30 ☺ Sunday Night at the Movies: Relative Strangers (with Danny DeVito) [T]</p> | <p>18</p> <p>9:30 🏊 Advanced Aquafit [P]</p> <p>10:30 🏊 Advanced Osteofit [G]</p> <p>1:00 🏊 Osteofit [T]</p> <p>2:00 🏊 Go4Life Walking in the Pool [P]</p> <p>2:00 🚗 "Back Road Wanderers" Scenic Drive [BO]</p> <p>7:00 🎲 Bingo! [CK]</p> | <p>19</p> <p>10:00 🌞 Go4Life: Chair Class [G]</p> <p>11:00 🎵 Kids Choir from SD 23 [B]</p> <p>1:00 ☺ Women's Al-Anon Meeting [T]</p> <p>2:15 🌞 Meet Me At The MOMA Art Program [CK]</p> <p>4:00 🗣️ Word Games [B]</p> <p>6:30 🎲 Social with live entertainment with Albert [B]</p> | <p>20</p> <p>9:45 🚗 Go4Life Walking Club: Bus to City Park *sign up* [BO]</p> <p>10:00 🎨 The Heritage Art Group [CK]</p> <p>1:30 ☺ Java Music [PDR]</p> <p>1:30 🗣️ Bridge Club [L]</p> <p>6:30 ☺ Murdoch Mysteries Season 1 [T]</p> | <p>National Aboriginal Day 21</p> <p>10:00 🚗 \$ Aboriginal Day Outing: Native Museum & Lunch at Red Fox *sign up* [BO]</p> <p>10:00 🗣️ Spanish Lessons [PDR]</p> <p>10:30 🏊 Advanced Osteofit [T]</p> <p>1:00 🏊 Osteofit [T]</p> <p>1:15 ☺ Suite Visits with Kim</p> <p>2:00 🚗 Shopping Loop Save On & Walmart *sign up at reception* [BO]</p> <p>2:00 🎲 "\$Quarter Bingo" [CK]</p> <p>3:00 🎨 Baking with Kim [CK]</p> <p>6:30 🗣️ Ladies Social Night with Kim [OP]</p> | <p>22</p> <p>9:30 🏊 Advanced Aquafit [P]</p> <p>10:00 🎵 Glenrosa Middle School Choir & Jazz Ensemble Performance [B]</p> <p>2:30 🎲 Happy Hour with Steve Juhasz [B]</p> <p>5:00 🎹 Piano Student's Recital - everyone welcome to enjoy [T]</p> | <p>23</p> <p>9:30 🏊 Go4Life Walking Club - Resident Run [B]</p> <p>10:15 🏊 Active Games on the North Patio (2nd floor) [OP]</p> <p>1:00 🗣️ Crib Club - everyone welcome! [B]</p> <p>1:30 ☺ Introducing: "Everyone Has a Story" (Collage/ scrapbook & story sharing with Kim) [CK]</p> <p>1:30 🌞 Bible Study [CK]</p> |
| <p>24</p> <p>11:30 🌞 Catholic Communion [L]</p> <p>2:00 🗣️ Let's Play Scrabble [L]</p> <p>6:30 ☺ Sunday Night at the Movies: Hitler in Colour (Documentary) [T]</p> | <p>25</p> <p>9:30 🏊 Advanced Aquafit [P]</p> <p>10:30 🏊 Advanced Osteofit [G]</p> <p>1:00 🏊 Osteofit [T]</p> <p>2:00 🚗 "Back Road Wanderers" Scenic Drive [BO]</p> <p>2:00 🏊 Go4Life Walking in the Pool [P]</p> <p>7:00 🎲 Bingo! [CK]</p> | <p>26</p> <p>9:45 🎧 NexGen Hearing Clinic [B]</p> <p>10:00 🌞 Go4Life: Chair Class [G]</p> <p>1:00 ☺ Women's Al-Anon Meeting [T]</p> <p>2:15 🗣️ Meet Me At The MOMA Art Program [CK]</p> <p>4:00 🗣️ Word Games [B]</p> <p>6:30 🏊 Games & Drinks on the North Patio with Kim [OP]</p> | <p>27</p> <p>10:00 🎨 The Heritage Art Group [CK]</p> <p>11:00 🚗 "Fun in the Sun" - Hawaiian Theme: Lunch outing & live music \$5 per person *sign up* [BO]</p> <p>1:30 ☺ Java Music [PDR]</p> <p>1:30 🗣️ Bridge Club [L]</p> <p>1:30 🎨 New Resident Welcome [T]</p> <p>2:30 🏊 Resident Meeting [T]</p> <p>6:30 ☺ Murdoch Mysteries Season 1 [T]</p> | <p>28</p> <p>10:00 🌞 Go4Life: Chair Class [G]</p> <p>10:00 🗣️ Spanish Lessons [PDR]</p> <p>10:30 🏊 Advanced Osteofit [T]</p> <p>1:00 🏊 Osteofit [T]</p> <p>2:00 🚗 Shopping Loop: Super Store & Walmart *sign up at reception* [BO]</p> <p>2:00 🎲 "\$Quarter Bingo" [CK]</p> <p>2:00 🗣️ West Kelowna Respiratory Club - anyone welcome [CK]</p> | <p>29</p> <p>9:00 🏊 FootCare Clinic: *sign up* [S]</p> <p>9:00 🏊 Sign Up for Next Month's Activities with Kim [B]</p> <p>9:30 🏊 Advanced Aquafit [P]</p> <p>10:00 🏊 Go4Life: Gym Dandies [G]</p> <p>11:00 🚗 \$ Pontoon Boat Outing & Lunch [BO]</p> <p>2:30 🎲 Happy Hour with Ray Volk [B]</p> <p>3:30 🎨 Decorate the Bus for the parade [BO]</p> <p>7:00 🏊 Resident Council Meeting [CK]</p> | <p>30</p> <p>9:30 🏊 Go4Life Walking Club - Resident Run [B]</p> <p>10:30 🎲 West Side Daze Parade - come sit out front and watch the parade go by!</p> <p>11:30 🌭 Hot Dog Lunch for purchase: Westside Health Network Fundraiser</p> <p>11:30 🎲 Lemonade & Ice Cream for purchase: Food Bank Fundraiser</p> <p>1:00 🗣️ Crib Club - everyone welcome! [B]</p> <p>1:30 ☺ "Everyone Has a Story" (Collage/scrapbook & story sharing with Kim) [CK]</p> |



Our Living Loving Local Feature Dinner will be on **June 8th** showcasing **Strawberries** - families are welcome to join (please sign up at reception).



Spa & Hair Salon Services available here at The Heritage for your convenience ... just call the reception desk to transfer to our Spa and book your appointment. 250-768-9926