




INSPIRED SENIOR LIVING

August 2023

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>WEDNESDAY AUG 25</p> <p>National Banana Split Day</p>		<p>9:00 Move to Music Exercise (T) 1</p> <p>9:30 Coffee Social (BIS)</p> <p>10:00 Drum Fit (T)</p> <p>1:00 Sight Impaired Support Group - with Wendy! (CK)</p> <p>1:00 In Stitches - Knit, crochet & sewing group! Work on your projects together! (CK)</p> <p>2:30 Chair Yoga Class with Wendy (T)</p> <p>3:00 Meditation Space (L)</p> <p>3:30 Cocktail Hour - Bar Open (BIS)</p> <p>6:00 Movie Night - The Sound of Music - Enjoy movie and popcorn (T)</p>	<p>9:00 Aqua Fit & Pool Walking (P) 2</p> <p>9:30 New Resident Welcome - Come meet your neighbours! (BIS)</p> <p>10:00 Sit & Be Fit - Gentle Seated Exercises (T)</p> <p>10:30 Learn to play crib with Linda (CK)</p> <p>1:00 Quarter Bingo - with volunteer (CK)</p> <p>2:30 Resident Meeting in the Theatre - all residents welcome! (T)</p> <p>3:30 Hearing Aid Clinic with Bill from Expert Hearing Solutions</p> <p>6:30 Cabaret Night - Musical Concert! (BIS)</p>	<p>9:00 Move to Music Exercise (T) 3</p> <p>9:30 Coffee Social (BIS)</p> <p>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)</p> <p>11:30 Pontoon Boat Ride - SIGN UP! \$ (BUS)</p> <p>1:00 Artful Enrichment - Arts and Crafts (CK)</p> <p>2:30 Living Loving Local Baking with Anna (CK)</p> <p>3:30 Cocktail Hour - Bar Open (BIS)</p> <p>6:30 Evening drive to the Lake with Anna (BUS)</p>	<p>9:00 Aqua Fit & Pool Walking (P) 4</p> <p>9:30 Coffee Social (BIS)</p> <p>10:00 Sit & Be Fit - Gentle Seated Exercises (T)</p> <p>1:00 Chair Yoga Class (T)</p> <p>1:30 Meditation for Relaxation and Stress Release (L)</p> <p>2:30 Happy Hour with Jeremy Messenger (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p>	<p>KIM OFF TODAY</p> <p>9:00 Sit and be Fit with Anna (T)</p> <p>9:30 Coffee Social (BIS)</p> <p>10:00 Scenic Bus Drive- Sign Up! (BUS)</p> <p>1:00 Canasta Club! Sign up! (T)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>2:00 Who Wants to be a Millionaire Trivia (CK)</p> <p>3:00 Ice cream on the patio! (NP)</p> <p>6:30 Saturday Night Social! Bar will be open! (BIS)</p>
<p>WEAR BLUE Day (EYG) 6</p> <p>8:30 Church Service on TV (T)</p> <p>9:30 Coffee Social (BIS)</p> <p>9:30 Hymn Sing (T)</p> <p>10:00 Catholic Mass (CK)</p> <p>1:00 Musical Concert on TV - Various Artists (T)</p> <p>1:30 Flower Arranging with Carmen (CK)</p> <p>2:00 Roll o Trump with Carmen (BIS)</p> <p>5:00 Sunday Night at the Movies (T)</p> <p>6:30 Living Loving Local Blueberry Ice Cream Social (BIS)</p>	<p>9:00 Aqua Fit & Pool Walking (P) 7</p> <p>9:30 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Sit & Be Fit - Gentle Seated Exercises (T)</p> <p>1:00 Quarter Bingo! - with Richard (CK)</p> <p>2:30 Fit Minds - puzzles and games - with Terri (CK)</p> <p>6:00 Movie Night Musicals (T)</p> <p>6:00 Patio Games - resident lead! (NP)</p>	<p>9:00 Move to Music Exercise (T) 8</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Drum Fit (T)</p> <p>1:00 In Stitches - Knit, crochet & sewing group! Work on your projects together! (CK)</p> <p>1:00 Sight Impaired Support Group - with Wendy! (CK)</p> <p>2:30 Chair Yoga Class with Wendy (T)</p> <p>3:00 Meditation Space (L)</p> <p>3:30 Cocktail Hour - Bar Open (BIS)</p> <p>6:00 Movie Night - Mama Mia - Enjoy movie & popcorn (T)</p>	<p>9:00 Aqua Fit & Pool Walking (P) 9</p> <p>9:30 New Resident Welcome - Come meet your neighbours! (BIS)</p> <p>10:00 Sit & Be Fit - Gentle Seated Exercises (T)</p> <p>10:30 Play crib with Linda (& learn to play) (CK)</p> <p>1:00 Quarter Bingo - with volunteer (CK)</p> <p>6:30 Cabaret Night - Musical Concert! (BIS)</p>	<p>9:00 Move to Music Exercise (T) 10</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Shopping Shuttle to SUPER STORE - *Sign up! (BUS)</p> <p>11:30 Lunch Outing Zias in Summerland *Sign Up Required (BUS)</p> <p>1:00 Artful Enrichment - Arts and Crafts (CK)</p> <p>3:00 Living Loving Local Baking with Anna (CK)</p> <p>3:30 Cocktail Hour - Bar Open (BIS)</p> <p>6:30 You Be the Judge - with Anna (BIS)</p>	<p>9:00 Aqua Fit & Pool Walking (P) 11</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Sit & Be Fit - Gentle Seated Exercises (T)</p> <p>10:00 Stronger Together - Peer Support Group - with Kim (CK)</p> <p>1:00 Meditation for Relaxation and Stress Release (L)</p> <p>1:30 Chair Yoga Class (T)</p> <p>2:30 Happy Hour with Roland (BIS)</p> <p>4:30 Living Loving Local Dinner featuring Blueberries & Peaches (DR)</p> <p>6:00 Movie Night - residents choice (T)</p>	<p>9:00 Move to Music Exercise (T) 1</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Scenic Bus Drive- Sign Up! (BUS)</p> <p>1:00 Canasta Club! Sign up! (T)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>2:30 Men's Social - Beer Tasting with Kim (CK)</p> <p>3:00 Games & Ice cream on the patio! (NP)</p> <p>6:30 Saturday Night Social! Bar will be open! (BIS)</p>
<p>8:30 Church Service on TV (T) 13</p> <p>9:30 Hymn Sing (T)</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Catholic Mass (CK)</p> <p>1:00 Musical Concert on TV - Various Artists (T)</p> <p>5:00 Sunday Night at the Movies (T)</p>	<p>9:00 Aqua Fit & Pool Walking (P) 14</p> <p>9:30 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Sit & Be Fit - Gentle Seated Exercises (T)</p> <p>1:00 Quarter Bingo! - with Richard (CK)</p> <p>2:30 Fit Minds - puzzles and games - with Terri (CK)</p> <p>6:00 Movie Night Musicals (T)</p> <p>6:00 Patio Games - resident lead! (NP)</p>	<p>9:00 Move to Music Exercise (T) 15</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Drum Fit (T)</p> <p>10:00 Premium Mobility - Walker & Scooter repair (BIS)</p> <p>10:00 Premium Mobility - Walker & Scooter repair (BIS)</p> <p>1:00 In Stitches - Knit, crochet & sewing group! Work on your projects together! (CK)</p> <p>1:00 Living Loving Local - Peach Lemonade & Blueberry muffins (CK)</p> <p>2:30 Chair Yoga Class with Wendy (T)</p> <p>3:00 Meditation Space (L)</p> <p>3:30 Cocktail Hour - Bar Open (BIS)</p> <p>6:00 Paint Night with Haley (CK)</p> <p>6:00 Movie Night - My Fair Lady - Enjoy movie & popcorn (T)</p>	<p>9:00 Aqua Fit & Pool Walking (P) 16</p> <p>9:30 New Resident Welcome - Come meet your neighbours! (BIS)</p> <p>10:00 Sit & Be Fit - Gentle Seated Exercises (T)</p> <p>10:30 Play crib with Linda (& learn to play) (CK)</p> <p>1:00 Quarter Bingo - with volunteer (CK)</p> <p>2:30 Food Forum with Jeremy - All residents welcome! (T)</p> <p>6:30 Cabaret Night - Musical Concert! (BIS)</p>	<p>9:00 Move to Music Exercise (T) 17</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)</p> <p>11:30 Pontoon Boat Ride - SIGN UP! \$ (BUS)</p> <p>1:00 Artful Enrichment - Arts and Crafts (CK)</p> <p>3:30 Cocktail Hour - Bar Open (BIS)</p> <p>6:30 Roll-O-Trump with Britney (BIS)</p>	<p>9:00 Aqua Fit & Pool Walking (P) 18</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Sit & Be Fit - Gentle Seated Exercises (T)</p> <p>1:00 Chair Yoga Class (T)</p> <p>1:30 Meditation for Relaxation and Stress Release (L)</p> <p>2:30 Happy Hour with Vic and Carol (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p>	<p>9:00 Move to Music Exercise (T) 1</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>9:45 A Touch of Austria - Garden Tour *SIGN UP \$ BUS (BUS)</p> <p>1:00 Canasta Club! Sign up! (T)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>1:00 Scenic Bus Drive- Sign Up! (BUS)</p> <p>3:00 Games & Ice cream on the patio! (NP)</p> <p>6:30 Saturday Night Social! Bar will be open! (BIS)</p>



INSPIRED SENIOR LIVING

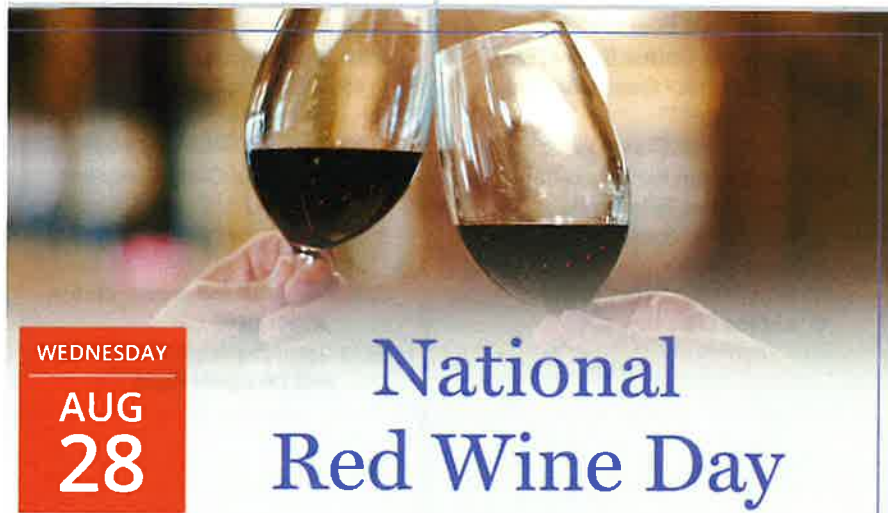
August 2023

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:30 Church Service on TV (T) 20</p> <p>9:30 Hymn Sing (T)</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Catholic Mass (CK)</p> <p>1:00 Musical Concert on TV - Various Artists (T)</p> <p>2:00 Horse Race Game with Carmen (BIS)</p> <p>2:00 Living Loving Local Peach Dessert Baking with Carmen (CK)</p> <p>6:00 Sunday Night at the Movies (T)</p>	<p>9:00 Aqua Fit & Pool Walking (P) 21</p> <p>9:30 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Sit & Be Fit - Gentle Seated Exercises (T)</p> <p>1:00 Quarter Bingo! - with Richard (CK)</p> <p>2:30 Fit Minds - puzzles and games - with Terri (CK)</p> <p>6:00 Movie Night Musicals (T)</p> <p>6:00 Patio Games - resident lead! (NP)</p>	<p>9:00 Move to Music Exercise (T) 22</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>9:30 Executive Jewels Shopping (BIS)</p> <p>10:00 Drum Fit (T)</p> <p>1:00 In Stitches - Knit, crochet & sewing group! Work on your projects together! (CK)</p> <p>1:00 Sight Impaired Support Group - with Wendy! (CK)</p> <p>2:30 Chair Yoga Class with Wendy (T)</p> <p>3:00 Meditation Space (L)</p> <p>3:30 Cocktail Hour - Toonie Tuesday LLL Blueberry Cocktail (BIS)</p> <p>6:00 Movie Night - Mrs. Doubtfire - Enjoy movie & popcorn (T)</p>	<p>9:00 Aqua Fit & Pool Walking (P) 23</p> <p>9:30 New Resident Welcome - Come meet your neighbours! (BIS)</p> <p>10:00 Sit & Be Fit - Gentle Seated Exercises (T)</p> <p>10:30 Play crib with Linda (& learn to play) (CK)</p> <p>1:00 Quarter Bingo - with volunteer (CK)</p> <p>1:00 Living Loving Local Bus Outing to Lake Country Fruit Market (BUS)</p> <p>2:30 Health Talk - See poster for details! (T)</p> <p>6:30 Cabaret Night - Musical Concert! (BIS)</p>	<p>9:00 Move to Music Exercise (T) 24</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Shopping Shuttle to SUPER STORE - *Sign up! (BUS)</p> <p>11:30 Picnic at Bear Creek with Kim (BUS)</p> <p>1:00 Artful Enrichment - Arts and Crafts (CK)</p> <p>3:30 Cocktail Hour - Bar Open (BIS)</p> <p>6:30 Living Loving Local Trivia Game - with Britney (TL)</p>	<p>NATIONAL BANANA SPLILT DAY 25</p> <p>9:00 Aqua Fit & Pool Walking (P)</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Sit & Be Fit - Gentle Seated Exercises (T)</p> <p>1:00 Chair Yoga Class (T)</p> <p>1:30 Meditation for Relaxation and Stress Release (L)</p> <p>2:00 Banana Spilt Day (BIS)</p> <p>2:30 Happy Hour with John Anderson (BIS)</p> <p>6:00 Movie Night - residents choice (T)</p>	<p>9:00 Move to Music Exercise Class - video today (T) 2</p> <p>9:00 Mens Breakfast with Kim (CK)</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>1:00 Canasta Club! Sign up! (T)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>1:00 Scenic Bus Tour (BUS)</p> <p>6:30 Saturday Night Social! Bar will be open! (BIS)</p>
<p>8:30 Church Service on TV (T) 27</p> <p>9:30 Hymn Sing (T)</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Catholic Mass (CK)</p> <p>1:00 Musical Concert on TV - Various Artists (T)</p> <p>6:00 Sunday Night at the Movies (T)</p>	<p>NATIONAL RED WINE DAY 28</p> <p>9:00 Aqua Fit & Pool Walking (P)</p> <p>9:30 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Sit & Be Fit - Gentle Seated Exercises (T)</p> <p>1:00 Quarter Bingo! - with Richard (CK)</p> <p>2:30 Fit Minds - puzzles and games - with Terri (CK)</p> <p>3:00 RED WINE DAY Wine Social in Bar Lounge (TL)</p> <p>6:00 Movie Night Musicals (T)</p> <p>6:00 Patio Games - resident lead! (NP)</p>	<p>9:00 Move to Music Exercise (T) 29</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Drum Fit (T)</p> <p>1:00 Sight Impaired Support Group - with Wendy! (CK)</p> <p>1:00 In Stitches - Knit, crochet & sewing group! (CK)</p> <p>2:30 Chair Yoga Class with Wendy (T)</p> <p>3:00 Meditation Space (L)</p> <p>3:30 Cocktail Hour - Bar Open (BIS)</p> <p>6:00 Movie Night - The Bucket List - Enjoy movie & popcorn (T)</p>	<p>9:00 Aqua Fit & Pool Walking (P) 30</p> <p>9:30 New Resident Welcome - Come meet your neighbours! (BIS)</p> <p>10:00 Sit & Be Fit - Gentle Seated Exercises (T)</p> <p>10:30 Play crib with Linda (& learn to play) (CK)</p> <p>1:00 Quarter Bingo - with volunteer (CK)</p> <p>2:00 Frind Winery outing to celebrate National Red Wine Day (BUS)</p> <p>2:30 Health Talk with Amanda - Emergency Preparedness (T)</p> <p>6:30 Cabaret Night - Musical Concert! (BIS)</p>	<p>NATIONAL EAT OUTSIDE DAY 31</p> <p>9:00 Move to Music Exercise (T)</p> <p>9:30 Morning Coffee Social (BIS)</p> <p>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)</p> <p>11:30 Pontoon Boat Ride - SIGN UP! \$ (BUS)</p> <p>11:30 National EAT OUTSIDE DAY!!! (SP)</p> <p>1:00 Artful Enrichment - Arts and Crafts (CK)</p> <p>3:30 Cocktail Hour - Bar Open (BIS)</p> <p>6:30 Ladies Spa Night with Kim (CK)</p>		



WEDNESDAY

AUG 28

National Red Wine Day

Be Social

Locations Legend

- Theatre (T)
- Bistro (BIS)
- Country Kitchen (CK)
- Bus Outing (BUS)
- Library (L)
- Pool (P)

- North Patio (NP)
- The Lounge (TL)
- Everywhere you go! (EYG)
- Dining Room (DR)
- South Patio (SP)

Calendar Legend

- All Day
- Outing
- Special Program
- Vendor
- Living, Loving, Local
- Signature Program