



INSPIRED SENIOR LIVING

# January 2025

## The Heritage

THE HERITAGE  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p><b>New Years Day 1</b></p> <p>9:30 <b>Outing/Appointment Shuttle: Book at Reception (BUS)</b></p> <p>9:30 Exercise with Terra (Some Standing Involved) (T)</p> <p>10:05 BodyFit Coordination Exercise with Terra (T)</p> <p>1:00 Bingo (CK)</p> <p>2:00 Monthly Resident Meeting (T)</p> <p>3:00 New Years Resolution Happy Hour (BIS)</p> <p>6:30 Movie Night: "The Children's Train" (T)</p>	<p><b>2</b></p> <p>9:00 Exercise with Terra (Some Standing Involved) (T)</p> <p>10:00 <b>Shopping Shuttle to WALMART - *Sign Up! (BUS)</b></p> <p>1:00 Arts and Crafts with June (CK)</p> <p>1:30 DrumFit with TJ (T)</p> <p>2:30 Tai Chi with Yvonne Waines (T)</p> <p>6:00 Shuffle Board - Resident Lead (T) (T)</p> <p>6:30 Oldies TV shows with Jan (BIS)</p>	<p><b>3</b></p> <p>9:30 Exercise with Terra (Some Standing Involved) (T)</p> <p>10:05 Bodyfit Coordination Exercise with Terra (T)</p> <p>1:00 Resident Lead Scrabble in the Library (L)</p> <p>1:00 Chair Yoga with Terra (G)</p> <p>2:30 Happy Hour with Jeremy Messenger (BIS)</p> <p>6:30 Movie Night: "Stand by Me" (T)</p>	<p><b>4</b></p> <p>National Trivia Day!</p> <p>10:00 Exercise with Terra (Some Standing Involved) (T)</p> <p>11:00 Coffee and Crosswords in the Bistro with Terra (BIS)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>1:30 Aqua Fit&amp; Pool Walking (P)</p> <p>2:00 A Netflix Series Matinee "A Man on the Inside" Season.1 Episode.1 (T)</p> <p>2:15 <b>Trivia Hour with Terra (BIS)</b></p> <p>3:15 <b>Go 4 Life - Walking - Resident Lead (ITB)</b></p> <p>6:00 Saturday Night Social: NO LIVE ENTERTAINER (BIS)</p>
			<p><b>5</b></p> <p>8:30 Church Service on TV (T)</p> <p>9:30 Hymn Sing (T)</p> <p>10:00 Catholic Mass Communion (CK)</p> <p>1:00 Pen and Ink Drawing Group with TJ (L)</p> <p>1:30 <b>Go for Life Walking - Resident Lead (ITB)</b></p> <p>2:00 A Netflix Series Matinee "A Man on the Inside" - Season 1 ep.2 (T)</p> <p>2:30 Pokeno Game (The perfect mix of Poker, Keno, and Bingo all in one) (CK)</p> <p>6:30 Jukebox Social with Jan (BIS)</p>	<p><b>6</b></p> <p>9:30 Exercise with TJ ( Some Standing Involved) (T)</p> <p>10:05 Sit and Be Fit: Chair Exercise with TJ (T)</p> <p>11:00 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>1:00 Bingo! - with Richard (CK)</p> <p>1:00 Bridge Club - resident lead! (L)</p> <p>1:00 Prayer Praise Group (T)</p> <p>2:30 <b>Fit Minds - puzzles and games (CK)</b></p> <p>4:30 Monday night Hockey on TV: Canucks vs Canadiens (T)</p>	<p><b>7</b></p> <p>9:30 Exercise with TJ (Some Standing Involved) (T)</p> <p>10:30 <b>Walking outing to the Two Donkeys Coffee Shop (Out)</b></p> <p>1:00 In Stitches - Knit, crochet &amp; sewing group! (CK)</p> <p>2:00 TED TALK: Mesmin Destin: "How Everyday Interactions Shape your Future" (T)</p> <p>2:30 <b>Artful Enrichment - Watercolor Painting (CK)</b></p> <p>2:45 Tech Help with TJ (L)</p> <p>6:00 Cabaret Night - Musical Concert with Peter! (BIS)</p>	<p><b>8</b></p> <p>9:30 <b>Outing/Appointment Shuttle: Book at Reception (BUS)</b></p> <p>9:30 Exercise with Terra (Some Standing Involved) (T)</p> <p>10:00 <b>Sing for Your Life (BIS)</b></p> <p>10:05 BodyFit Coordination Exercise with Terra (T)</p> <p>10:30 Catholic mass with father jimenez (L)</p> <p>11:00 <b>2nd floor Block Gathering: Come Meet Your Neighbours! (2Flr)</b></p> <p>1:00 Bingo (CK)</p> <p>3:00 Social Hour - Music with Bruce (BIS)</p> <p>6:30 Movie Night: "FATHERHOOD" (T)</p>
<p><b>12</b></p> <p>8:30 Church Service on TV (T)</p> <p>9:30 Hymn Sing (T)</p> <p>10:00 Catholic Mass Communion (CK)</p> <p>11:00 <b>5th floor block gathering: Come Meet Your Neighbours! (5FLR)</b></p> <p>1:00 Pen and Ink Drawing Group with TJ (L)</p> <p>1:30 <b>Go for Life Walking - Resident Lead (ITB)</b></p> <p>2:00 A Netflix Series Matinee "A Man on the Inside" - Season 1 ep.4 (T)</p> <p>2:30 Pokeno Game (The perfect mix of Poker, Keno, and Bingo all in one) (CK)</p> <p>6:30 Jukebox Social with Jan (BIS)</p>	<p><b>13</b></p> <p>9:30 Exercise with TJ ( Some Standing Involved) (T)</p> <p>10:05 Sit and Be Fit: Chair Exercise with TJ (T)</p> <p>11:00 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>1:00 Bingo! - with Richard (CK)</p> <p>1:00 Bridge Club - resident lead! (L)</p> <p>1:00 Prayer Praise Group (T)</p> <p>2:30 <b>Fit Minds - puzzles and games (CK)</b></p> <p>4:30 Monday night Hockey on TV: Flames Vs Blackhawks (T)</p>	<p><b>14</b></p> <p>National Dress up your Pet Day!</p> <p>9:30 Exercise with TJ (Some Standing Involved) (T)</p> <p>10:30 <b>Walking outing to the Two Donkeys Coffee Shop (Out)</b></p> <p>12:00 <b>Mens Lunch and Social at Whisky Jacks (WLK)</b></p> <p>1:00 In Stitches - Knit, crochet &amp; sewing group! (CK)</p> <p>2:30 <b>Artful Enrichment - Watercolor Painting (CK)</b></p> <p>2:45 Tech Help with TJ (L)</p> <p>6:00 Cabaret Night - Musical Concert with Peter! (BIS)</p>	<p><b>15</b></p> <p>9:30 <b>Outing/Appointment Shuttle: Book at Reception (BUS)</b></p> <p>9:30 Exercise with Terra (Some Standing Involved) (T)</p> <p>10:05 BodyFit Coordination Exercise with Terra (T)</p> <p>1:00 Bingo (CK)</p> <p>1:00 <b>Farm Animal Engagement at SPARK (BUS)</b></p> <p>3:00 Social Hour in the Bistro: No Live Entertainment (BIS)</p> <p>6:30 Movie Night: Tom Cruise "Mission Impossible" (T)</p>	<p><b>16</b></p> <p>9:00 Exercise with Terra (Some Standing Involved) (T)</p> <p>10:00 <b>Shopping Shuttle to WALMART - *Sign Up! (BUS)</b></p> <p>11:30 Lunch Outing to Boston Pizza (BUS)</p> <p>1:00 Arts and Crafts with June (CK)</p> <p>1:30 DrumFit with TJ (T)</p> <p>2:30 Tai Chi with Yvonne Waines (T)</p> <p>6:00 Shuffle Board - Resident Lead (T) (T)</p> <p>6:30 Oldies TV shows with Jan (BIS)</p>	<p><b>17</b></p> <p>9:30 Exercise with Terra (Some Standing Involved) (T)</p> <p>10:00 Premium Walker Mobility &amp; Scooter Repair (BIS)</p> <p>10:05 Bodyfit Coordination Exercise with Terra (T)</p> <p>1:00 Resident Lead Scrabble in the Library (L)</p> <p>1:00 Chair Yoga with Terra (G)</p> <p>2:30 Luau Theme Happy Hour with Vic and Carol (BIS)</p> <p>6:30 Movie Night: " 50 First Dates" (T)</p>	<p><b>18</b></p> <p>10:00 Exercise with Terra (Some Standing Involved) (T)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>1:30 Aqua Fit&amp; Pool Walking (P)</p> <p>2:00 A Netflix Series Matinee "A Man on the Inside" Season.1 Episode.5 (T)</p> <p>2:15 Coffee and Crosswords in the Bistro (BIS)</p> <p>3:15 <b>Go 4 Life - Walking - Resident Lead (ITB)</b></p> <p>6:00 Saturday Night Social: NO LIVE ENTERTAINER (BIS)</p>



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# January 2025

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RETIREMENT RESIDENCE

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>National Popcorn Day! <b>19</b></p> <p>8:30 Church Service on TV (T)</p> <p>9:30 Hymn Sing (T)</p> <p>10:00 Catholic Mass Communion (CK)</p> <p>1:00 Poppin' and Perk Social: Coffee and Popcorn Buffet (BIS)</p> <p>1:00 Pen and Ink Drawing Group (L)</p> <p>1:30 Go for Life Walking - Resident Lead (ITB)</p> <p>2:00 A Netflix Series Matinee "A Man on the Inside" - Season 1 ep.6 (T)</p> <p>2:30 Pokeno Game (The perfect mix of Poker, Keno, and Bingo all in one) (CK)</p> <p>6:30 Jukebox Social with Jan (BIS)</p>	<p>9:30 Exercise with TJ ( Some Standing Involved) (T) <b>20</b></p> <p>10:05 Sit and Be Fit: Chair Exercise with TJ (T)</p> <p>11:00 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>1:00 Bingo! - with Richard (CK)</p> <p>1:00 Bridge Club - resident lead! (L)</p> <p>1:00 Prayer Praise Group (T)</p> <p>2:30 Fit Minds - puzzles and games (CK)</p> <p>4:30 Monday night Hockey on TV: Lightning Vs Maple Leafs (T)</p>	<p>9:30 Exercise with TJ (Some Standing Involved) (T) <b>21</b></p> <p>10:30 Walking outing to the Two Donkeys Coffee Shop (Out)</p> <p>1:00 In Stitches - Knit, crochet &amp; sewing group! (CK)</p> <p>2:00 TED TALK: Fallon Goodman - "Social Anxiety in the Modern World" (T)</p> <p>2:30 Artful Enrichment - Watercolor Painting (CK)</p> <p>2:45 Tech Help with TJ (L)</p> <p>6:00 Cabaret Night - Musical Concert with Peter! (BIS)</p>	<p>9:30 Outing/Appointment Shuttle: Book at Reception (BUS) <b>22</b></p> <p>9:30 Exercise with Terra (Some Standing Involved) (T)</p> <p>10:00 Sing for Your Life (BIS)</p> <p>10:05 BodyFit Coordination Exercise with Terra (T)</p> <p>1:00 Bingo (CK)</p> <p>3:00 Social Hour - Music with Bruce (BIS)</p> <p>6:30 Movie Night: "Gifted" (T)</p>	<p>10:00 Shopping Shuttle to SUPER STORE - *Sign up! (BUS) <b>23</b></p> <p>10:15 Exercise with Terra (Some Standing Involved) (T)</p> <p>1:00 Arts and Crafts with June (CK)</p> <p>1:30 DrumFit with TJ (T)</p> <p>2:30 Tai Chi with Yvonne Waines (T)</p> <p>6:00 Shuffle Board - Resident Lead (T) (T)</p> <p>6:00 Robbie Burns day Highland Dancers (BIS)</p>	<p>National Hot Chocolate Day <b>24</b></p> <p>9:30 Exercise with Terra (Some Standing Involved) (T)</p> <p>10:05 Bodyfit Coordination Exercise with Terra (T)</p> <p>1:00 Resident Lead Scrabble in the Library (L)</p> <p>1:00 Chair Yoga with Terra (G)</p> <p>2:30 Sip and Savour: Hot Chocolate Happy Hour with Andy Plett (BIS)</p> <p>6:30 Movie Night: "Bad Moms" (T)</p>	<p>Robbie Burns Day <b>25</b></p> <p>10:00 Exercise with Terra (Some Standing Involved) (T)</p> <p>1:00 Cribbage Club - Resident Lead (L)</p> <p>1:30 Aqua Fit&amp; Pool Walking (P)</p> <p>2:15 Coffee and Crosswords in the Bistro (BIS)</p> <p>2:30 A Netflix Series Matinee "A Man on the Inside" Season.1 Episode.7 (T)</p> <p>3:00 Ladies Spa Afternoon with Terra (please sign up at Reception) (CK)</p> <p>3:15 Go 4 Life - Walking - Resident Lead (ITB)</p> <p>6:00 Saturday Night Social: NO LIVE ENTERTAINER (BIS)</p>
<p>8:30 Church Service on TV (T) <b>26</b></p> <p>9:30 Hymn Sing (T)</p> <p>10:00 Catholic Mass Communion (CK)</p> <p>1:00 Pen and Ink Drawing Group with TJ (L)</p> <p>1:30 Go for Life Walking - Resident Lead (ITB)</p> <p>2:00 A Netflix Series Matinee "A Man on the Inside" - Season 1 ep.8 (T)</p> <p>2:30 Pokeno Game (The perfect mix of Poker, Keno, and Bingo all in one) (CK)</p> <p>6:30 Jukebox Social with Jan (BIS)</p>	<p>9:30 Exercise with TJ ( Some Standing Involved) (T) <b>27</b></p> <p>10:05 Sit and Be Fit: Chair Exercise with TJ (T)</p> <p>11:00 Calendar Reading for Sight Impaired Residents (BIS)</p> <p>1:00 Bingo! - with Richard (CK)</p> <p>1:00 Bridge Club - resident lead! (L)</p> <p>1:00 Prayer Praise Group (T)</p> <p>2:30 Fit Minds - puzzles and games (CK)</p> <p>4:30 Monday night Hockey on TV: Canucks vs Blues (T)</p>	<p>9:30 Exercise with TJ (Some Standing Involved) (T) <b>28</b></p> <p>10:30 Walking outing to the Two Donkeys Coffee Shop (Out)</p> <p>1:00 In Stitches - Knit, crochet &amp; sewing group! (CK)</p> <p>2:30 Artful Enrichment - Watercolor Painting (CK)</p> <p>2:45 Tech Help with TJ (L)</p> <p>6:00 Cabaret Night - Musical Concert with Peter! (BIS)</p>	<p>Chinese New Year <b>29</b></p> <p>9:30 Outing/Appointment Shuttle: Book at Reception (BUS)</p> <p>9:30 Exercise with Terra (Some Standing Involved) (T)</p> <p>10:05 BodyFit Coordination Exercise with Terra (T)</p> <p>1:00 Bingo (CK)</p> <p>3:00 Chinese New Year Party (BIS)</p> <p>4:25 Dinner in the Domes: Frind Winery (Sign-Up) (BUS)</p> <p>6:30 Movie Night: "Soul Surfer" (T)</p>	<p>9:00 Exercise with Terra (Some Standing Involved) (T) <b>30</b></p> <p>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)</p> <p>1:00 Arts and Crafts with June (CK)</p> <p>1:30 DrumFit with TJ (T)</p> <p>2:30 Tai Chi with Yvonne Waines (T)</p> <p>6:00 Shuffle Board - Resident Lead (T) (T)</p> <p>6:30 Oldies TV shows with Jan (BIS)</p>	<p>9:30 Exercise with Terra (Some Standing Involved) (T) <b>31</b></p> <p>10:05 Bodyfit Coordination Exercise with Terra (T)</p> <p>1:00 Resident Lead Scrabble in the Library (L)</p> <p>1:00 Chair Yoga with Terra (G)</p> <p>2:30 Monthly Resident Birthday Party with Sam Farrugio (BIS)</p> <p>6:30 Movie Night: "MARTHA" A documentary on the life of Martha Stewart (T)</p>	<p>National Dress Up Your Pet</p>

*National*  
**TRIVIA**  
National Trivia Day

SATURDAY  
JAN 04



Locations Legend

Theatre (T)	Pool (P)
Bistro (BIS)	Outdoors (Out)
Country Kitchen (CK)	2nd Floor (2Flr)
Library (L)	3rd Floor (3FLR)
Bus Outing (BUS)	4th floor (4FLR)
In the building (ITB)	5th floor (5FLR)
Gym (G)	Walking Outing (WLK)

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program