



INSPIRED  
SENIOR LIVING

# August 2025

## The Heritage

THE HERITAGE  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

| Sunday                                                                                                                                                                                                                                                                                                                                              | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                      | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Friday                                                                                                                                                                                                                                                                                                                                                                                                                          | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| <div><div>SUNDAY<br/>AUG<br/>3</div><div>Friendship Day</div></div>                                                                                                                                                                                                  | <div><div>MONDAY<br/>AUG<br/>25</div><div>Banana Split Day</div></div>                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <div>9:30 Exercise with Terra (Some Standing Involved) (T) <b>1</b></div> <div>10:00 Sit and be Fit Exercise with Terra (T)</div> <div>1:00 Resident Lead Scrabble in the Library (L)</div> <div>1:00 15 minute Gentle Stretching with Terra (G)</div> <div>2:30 Happy Hour: Music by Rick Worrall (BIS)</div> <div>7:00 Movie Night: "River Queen" (T)</div>                                                                   | <div>10:00 Exercise with Terra (Some Standing Involved) (T) <b>2</b></div> <div>11:00 Sit and be Fit: Chair Exercise with Terra (T)</div> <div>1:00 Cribbage Club - Resident Lead (L)</div> <div>1:30 Patio Perks: Coffee, Tea, and Riddles on the 2nd floor patio *Weather Permitting* (NP)</div> <div>3:15 Go 4 Life - Walking - Resident Lead (ITB)</div> <div>6:30 Movie Night: "You Gotta Believe" (T)</div>                                  |
| <div>No Life Enrichment Staff: Limited Programs <b>3</b></div> <div>8:30 Church Service on TV (T)</div> <div>9:30 Hymn Sing (T)</div> <div>10:00 Catholic Mass Communion (CK)</div> <div>1:00 Pen and Ink Drawing Group: Resident Lead (L)</div> <div>6:00 Jukebox Social with Jan (BIS)</div>                                                      | <div>8:45 Calendar Reading for Sight Impaired Residents (BIS) <b>4</b></div> <div>9:30 SEATED Exercise with Anna (T)</div> <div>10:00 NO 10AM FITNESS TODAY (Postponed to tomorrow) (T)</div> <div>10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS)</div> <div>1:00 Bingo! - with Richard (CK)</div> <div>1:00 Bridge Club - resident lead! (L)</div> <div>3:00 NO FITMINDS TODAY (CK)</div>                        | <div>9:30 Exercise with Lynda (Some Standing Involved) (T) <b>5</b></div> <div>10:00 Sit and Be Fit: Chair Exercise with Lynda (T)</div> <div>10:30 NO OUTING/APPOINTMENT SHUTTLE TODAY (BUS)</div> <div>10:45 Survey Assistance with Lynda (L)</div> <div>1:00 In Stitches - Knit, crochet &amp; sewing group! (CK)</div> <div>1:00 Bocce Ball and Mini Putting on the Patio with Lynda (NP)</div> <div>2:30 Artful Enrichment: Food Coloring Suncatchers (CK)</div> <div>6:00 Cabaret Night - Musical Concert with Peter! (BIS)</div> | <div>9:30 Exercise with Terra (Some Standing Involved) (T) <b>6</b></div> <div>10:00 Sit and be Fit Exercise with Terra (T)</div> <div>1:00 Bingo (CK)</div> <div>3:00 Social Hour - Music with Bruce (BIS)</div> <div>6:30 Movie Night: "Some Like it Hot" 1959 (T)</div>                                                                                                                                                                                                                                                                       | <div>9:00 Exercise with Terra (Some Standing Involved) (T) <b>7</b></div> <div>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)</div> <div>1:00 Aquafit and Pool Walking (P)</div> <div>2:30 Tai Chi with Yvonne Waines (T)</div> <div>3:15 Bet the Gallop: Horse Races with Terra (BIS)</div> <div>6:00 Shuffle Board - Resident Lead (T) (T)</div> <div>6:30 Music/TV Shows with Jan (BIS)</div>                                                                                                                                  | <div>9:30 Exercise with Terra (Some Standing Involved) (T) <b>8</b></div> <div>10:00 Sit and be Fit Exercise with Terra (T)</div> <div>11:00 Patio Block Gathering (2nd Floor Residents) (SP)</div> <div>1:00 Resident Lead Scrabble in the Library (L)</div> <div>1:00 15 Minute Gentle Sretches with Terra (G)</div> <div>2:30 Happy Hour: Music by Andy Plett (BIS)</div> <div>7:00 Movie Night: "Field of Dreams" (T)</div> | <div>10:00 NO 930AM EXERCISE TODAY (T) <b>9</b></div> <div>10:00 Bus outing to West Kelowna Farmers and Crafters Market (BUS)</div> <div>11:00 NO 10AM EXERCISE TODAY (T)</div> <div>1:00 Cribbage Club - Resident Lead (L)</div> <div>1:30 Patio Perks: Coffee, Tea, and Riddles on the 2nd floor patio *Weather Permitting* (NP)</div> <div>3:15 Go 4 Life - Walking - Resident Lead (ITB)</div> <div>6:30 Movie Night "Groundhog Day" (T)</div> |
| <div>8:30 Church Service on TV (T) <b>10</b></div> <div>9:30 Hymn Sing (T)</div> <div>10:00 Catholic Mass Communion (CK)</div> <div>10:00 Bus outing to Mainstreet Market in Kelowna (BUS)</div> <div>1:00 Pen and Ink Drawing Group: Resident Lead (L)</div> <div>2:45 DrumFit with TJ (T)</div> <div>6:30 Sunday Night Music with Ted (BIS)</div> | <div>8:45 Calendar Reading for Sight Impaired Residents (BIS) <b>11</b></div> <div>9:30 Exercise with TJ ( Some Standing Involved) (T)</div> <div>10:00 Sit and Be Fit: Chair Exercise with TJ (T)</div> <div>10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS)</div> <div>1:00 Bingo! - with Richard (CK)</div> <div>1:00 Bridge Club - resident lead! (L)</div> <div>3:00 Fit Minds - puzzles and games (CK)</div> | <div>9:30 Exercise with TJ (Some Standing Involved) (T) <b>12</b></div> <div>10:30 Outing/Appointment Shuttle: Book at Reception (BUS)</div> <div>1:00 In Stitches - Knit, crochet &amp; sewing group! (CK)</div> <div>1:00 Patio Block Gathering (3rd Floor Residents) (SP)</div> <div>2:30 Artful Enrichment - Tissue Paper Flowers (CK)</div> <div>3:00 Heritage Ambassadors Meeting (T)</div> <div>6:00 Cabaret Night - Musical Concert with Peter! (BIS)</div>                                                                     | <div>4th Floor Wellness Assesments: See Jaylean or Reception <b>13</b></div> <div>9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS)</div> <div>9:30 Exercise with TJ (Some Standing Involved) (T)</div> <div>10:00 Catholic mass with father jimenez (L)</div> <div>10:00 NO SIT AND BE FIT TODAY (T)</div> <div>10:15 Bus Outing to Costco *Please Sign-Up* (BUS)</div> <div>1:30 Bingo (CK)</div> <div>3:00 Social Hour in the Bistro with Ukulele Tony (BIS)</div> <div>6:30 Movie Night: "Titanic" 1997 Film (T)</div> | <div>4th Floor Wellness Assesments: See Jaylean or Reception <b>14</b></div> <div>9:00 Exercise with Terra (Some Standing Involved) (T)</div> <div>9:45 Shopping Shuttle to WALMART - *Sign Up! (BUS)</div> <div>11:15 Pontoon Boat Outing with Lunch: Please Sign-Up (BUS)</div> <div>2:30 Tai Chi with Yvonne Waines (T)</div> <div>3:15 NO AQUAFIT TODAY (P)</div> <div>3:15 Bet the Gallop: Horse Races with Terra (BIS)</div> <div>6:00 Shuffle Board - Resident Lead (T) (T)</div> <div>6:30 Music/TV Shows with Jan (BIS)</div> | <div>9:30 Exercise with Terra (Some Standing Involved) (T) <b>15</b></div> <div>10:00 Sit and be Fit Exercise with Terra (T)</div> <div>1:00 Resident Lead Scrabble in the Library (L)</div> <div>1:00 15 Minute Gentle Sretches with Terra (G)</div> <div>2:30 Happy Hour: Music by Vic and Carol (BIS)</div> <div>7:00 Movie Night: " The Highwaymen" 2019 Film (T)</div>                                                     | <div>10:00 Exercise with Terra (Some Standing Involved) (T) <b>16</b></div> <div>11:00 Sit and be Fit: Chair Exercise with Terra (T)</div> <div>1:00 Cribbage Club - Resident Lead (L)</div> <div>1:30 Patio Perks: Coffee, Tea, and Riddles on the 2nd floor patio *Weather Permitting* (NP)</div> <div>3:15 Go 4 Life - Walking - Resident Lead (ITB)</div> <div>6:00 Evening Happy Hour: Music by Sam Farruggio (BIS)</div>                     |



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| Sunday                                                                                                                                                                                                                                                                                                                                                                                                           | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <div>7:40 Kettle Valley Steam Railway Scenic Ride. \$30 per Ticket (See TJ) (BUS)</div> <div>8:30 Church Service on TV (T)</div> <div>9:30 Hymn Sing (T)</div> <div>10:00 Catholic Mass Communion (CK)</div> <div>11:30 Tech Help with TJ (L)</div> <div>1:00 Pen and Ink Drawing Group: Resident Lead (L)</div> <div>2:30 DrumFit with TJ (T)</div> <div>6:00 Jukebox Social with Jan (BIS)</div> <div>17</div> | <div>8:45 Calendar Reading for Sight Impaired Residents (BIS)</div> <div>9:30 Exercise with TJ ( Some Standing Involved) (T)</div> <div>10:00 Sit and Be Fit: Chair Exercise with TJ (T)</div> <div>10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS)</div> <div>1:00 Bingo! - with Richard (CK)</div> <div>1:00 Bridge Club - resident lead! (L)</div> <div>3:00 Fit Minds - puzzles and games (CK)</div> <div>18</div>                                                                                        | <div>9:30 Exercise with TJ (Some Standing Involved) (T)</div> <div>10:30 Outing/Appointment Shuttle: Book at Reception (BUS)</div> <div>1:00 In Stitches - Knit, crochet &amp; sewing group! (CK)</div> <div>1:00 Bocce Ball and Mini Putting on the Patio with TJ (NP)</div> <div>1:00 Patio Block Gathering (4th Floor Residents) (SP)</div> <div>2:30 Artful Enrichment - Sand Art (CK)</div> <div>6:00 Cabaret Night - Musical Concert with Peter! (BIS)</div> <div>19</div> | <div>9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS)</div> <div>9:30 Exercise with TJ (Some Standing Involved) (T)</div> <div>10:00 Sit and be Fit Exercise with TJ (T)</div> <div>1:00 Bingo (CK)</div> <div>1:00 Aquafit and Pool Walking (P)</div> <div>1:00 Treats on the Street: Scooters Ice Cream Truck (FRO)</div> <div>3:00 Social Hour in the Bistro: Music by Bruce (BIS)</div> <div>6:30 Movie Night: "Casino Royale" 2006 Film (T)</div> <div>20</div> | <div>9:00 Exercise with Terra (Some Standing Involved) (T)</div> <div>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)</div> <div>12:15 Lunch outing to Smitty's West Kelowna: Please Sign-Up (BUS)</div> <div>2:30 Tai Chi with Yvonne Waines (T)</div> <div>3:15 Bet the Gallop: Horse Races with TJ and Terra (BIS)</div> <div>6:00 Shuffle Board - Resident Lead (T)</div> <div>6:30 Music/TV Shows with Jan (BIS)</div> <div>21</div>                                             | <div>9:30 Exercise with Terra (Some Standing Involved) (T)</div> <div>10:00 Tymely Mobile Fashions (LOB)</div> <div>10:00 Sit and be Fit Exercise with Terra (T)</div> <div>1:00 Resident Lead Scrabble in the Library (L)</div> <div>1:00 15 Minute Gentle Sretches with Terra (G)</div> <div>2:30 Happy Hour: Music by Jeremy Messenger (BIS)</div> <div>6:15 Music in the Park - COUNTRY. Please Sign-Up (BUS)</div> <div>7:00 Movie Night: " Singin' in the Rain" 1952 Film (T)</div> <div>22</div> | <div>10:00 Exercise with Terra (Some Standing Involved) (T)</div> <div>11:00 Sit and be Fit: Chair Exercise with Terra (T)</div> <div>1:00 Cribbage Club - Resident Lead (L)</div> <div>1:30 Patio Perks: Coffee, Tea, and Riddles on the 2nd floor patio *Weather Permitting* (NP)</div> <div>3:15 Go 4 Life - Walking - Resident Lead (ITB)</div> <div>6:30 Movie Night: North of Normal 2022 film (T)</div> <div>23</div>     |
| <div>8:30 Church Service on TV (T)</div> <div>9:30 Hymn Sing (T)</div> <div>10:00 Catholic Mass Communion (CK)</div> <div>10:00 Bus Outing to the Peachland Market (BUS)</div> <div>11:30 Tech Help with TJ (L)</div> <div>1:00 Pen and Ink Drawing Group: Resident Lead (L)</div> <div>2:45 DrumFit with TJ (T)</div> <div>6:30 Sunday Night Music with Ted (BIS)</div> <div>24</div>                           | <div>National Banana Split Day</div> <div>8:45 Calendar Reading for Sight Impaired Residents (BIS)</div> <div>9:30 Exercise with TJ ( Some Standing Involved) (T)</div> <div>10:00 Sit and Be Fit: Chair Exercise with TJ (T)</div> <div>10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS)</div> <div>1:00 Bingo! - with Richard (CK)</div> <div>1:00 Bridge Club - resident lead! (L)</div> <div>1:00 Banana Splits in the Bistro (BIS)</div> <div>3:00 Fit Minds - puzzles and games (CK)</div> <div>25</div> | <div>National Dog Day</div> <div>9:30 Exercise with TJ (Some Standing Involved) (T)</div> <div>10:30 Outing/Appointment Shuttle: Book at Reception (BUS)</div> <div>1:00 In Stitches - Knit, crochet &amp; sewing group! (CK)</div> <div>1:00 Bus Outing For Dog Owners: West Kelowna Dog Park (BUS)</div> <div>2:30 Artful Enrichment - Succulent Fish Bowls (CK)</div> <div>6:00 Cabaret Night - Musical Concert with Peter! (BIS)</div> <div>26</div>                         | <div>9:20 Pontoon Boat Outing: NO LUNCH. Please Sign Up (BUS)</div> <div>9:30 NO EXERCISE TODAY, SORRY (T)</div> <div>10:05 NO SIT AND BE FIT TODAY (T)</div> <div>1:00 Bingo (CK)</div> <div>1:00 Aquafit and Pool Walking (P)</div> <div>3:00 Social Hour in the Bistro with Ukulele Tony (BIS)</div> <div>6:30 Movie Night: "Away From Her" 2006 Film (T)</div> <div>27</div>                                                                                                            | <div>9:00 Exercise with Terra (Some Standing Involved) (T)</div> <div>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)</div> <div>11:30 Living, Loving, Local BBQ Featuring Peaches and Blueberries (SP)</div> <div>2:30 Tai Chi with Yvonne Waines (T)</div> <div>3:00 Patio Block Gathering (5th Floor Residents) (SP)</div> <div>3:15 NO HORSE RACES TODAY (CK)</div> <div>6:00 Shuffle Board - Resident Lead (T)</div> <div>6:30 Music/TV Shows with Jan (BIS)</div> <div>28</div> | <div>9:30 Exercise with Terra (Some Standing Involved) (T)</div> <div>10:00 Sit and be Fit Exercise with Terra (T)</div> <div>1:00 Resident Lead Scrabble in the Library (L)</div> <div>1:00 15 Minute Gentle Sretches with Terra (G)</div> <div>2:30 Happy Hour: Music by Roland (BIS)</div> <div>7:00 Movie Night: "JAWS" 1975 Film (T)</div> <div>29</div>                                                                                                                                           | <div>10:00 Exercise with Terra (Some Standing Involved) (T)</div> <div>11:00 Sit and be Fit: Chair Exercise with Terra (T)</div> <div>1:00 Cribbage Club - Resident Lead (L)</div> <div>1:30 Patio Perks: Coffee, Tea, and Riddles on the 2nd floor patio *Weather Permitting* (NP)</div> <div>3:15 Go 4 Life - Walking - Resident Lead (ITB)</div> <div>6:30 Movie Night "The Breakfast Club" 1985 Film (T)</div> <div>30</div> |
| <div>8:30 Church Service on TV (T)</div> <div>9:30 Hymn Sing (T)</div> <div>9:30 Coffee and Tea at the West Kelowna Nut Farm (BUS)</div> <div>10:00 Catholic Mass Communion (CK)</div> <div>11:30 Tech Help with TJ (L)</div> <div>1:00 Pen and Ink Drawing Group: Resident Lead (L)</div> <div>2:45 DrumFit with TJ (T)</div> <div>6:00 Jukebox Social with Jan (BIS)</div> <div>31</div>                       | <div><div><div>TUESDAY</div><div>AUG 26</div></div><div><div>National Dog Day</div></div></div>                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <div>Be Bold</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <div><div>Locations Legend</div><div><div>Theatre (T)</div><div>Bistro (BIS)</div><div>Country Kitchen (CK)</div><div>Library (L)</div><div>Bus Outing (BUS)</div><div>North Patio (NP)</div></div><div><div>Gym (G)</div><div>In the building (ITB)</div><div>South Patio (SP)</div><div>Pool (P)</div><div>Front of the building (FRO)</div><div>Lobby (LOB)</div></div></div>                                                 |
|                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <div>Calendar Legend</div> <div><div>Outing</div><div>Special Program</div><div>Cruise Week</div><div>Living, Loving, Local</div><div>Signature Program</div></div>                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                  |