



INSPIRED
SENIOR LIVING

December 2025

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 Exercise (Some Standing Involved) (T) 1 10:00 Sit and Be Fit: Chair Exercise (T) 10:45 NO SHOPPING TO SUPERSTORE THIS WEEK (BUS) 11:00 Lobby Christmas Decorating (LOB) 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 1:00 St Georges Anglican Prayer Praise Group (T) 3:00 Fit Minds - puzzles and games (CK)	9:30 Exercise (Some Standing Involved) (T) 2 10:30 NO OUTING/APPOINTMENT SHUTTLE TODAY (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:30 Afternoon Exercise: Sit and be Fit - Seated (T) 2:00 Resident Food Forum Meeting (CK) 2:15 Lobby Christmas Decorating (LOB) 2:30 Artful Enrichment - Painting and Crafts (CK) 6:00 Live Piano Performance by Peter Scholl (BIS)	9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 3 9:30 Exercise (Some Standing Involved) (T) 10:00 Silver Song Group (Formerly Known as Sing 4 Your Life) (BIS) 10:00 Sit and be Fit: Chair Exercise (T) 1:00 Bingo (CK) 3:00 Social Hour in the Bistro: No Live Entertainer (BIS) 6:45 12 Movies of Christmas: A Merry Little Xmas (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 4 10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne Waines (T) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS)	1:00 Resident Lead Scrabble in the Library (L) 5 1:30 Exercise with Terra (Some Standing Involved) (T) 2:00 Sit and be Fit Exercise with Terra (T) 5:00 Light up on Brown Road: Music by Jeremy Messenger (Out) 5:00 Music by Jeremy Messenger (BIS) 6:45 12 movies of christmas: "Its a Wonderful Life" (T)	10:00 Exercise with Terra (Some Standing Involved) (T) 6 11:00 Sit and be Fit: Chair Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Baking and Cooking with Terra (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB)
No Life Enrichment Staff: Limited Programs 7 8:30 Church Service on TV (T) 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass Communion (CK) 10:00 NO SCENIC DRIVE TODAY (BUS) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 6:00 Jukebox Social with Jan (BIS)	9:30 Exercise (Some Standing Involved) (T) 8 10:00 Sit and Be Fit: Chair Exercise (T) 10:45 NO SHOPPING TO SUPERSTORE THIS WEEK (BUS) 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 1:00 St Georges Anglican Prayer Praise Group (T) 3:00 Fit Minds - puzzles and games (CK)	9:30 Exercise (Some Standing Involved) (T) 9 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:30 Afternoon Exercise: Sit and be Fit - Seated (T) 2:30 Artful Enrichment - Painting and Crafts (CK) 6:00 Live Piano Performance by Peter Scholl (BIS)	9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 10 9:30 Exercise (Some Standing Involved) (T) 10:00 Sit and be Fit: Chair Exercise (T) 10:30 Catholic Mass with father Jimenez (L) 1:00 Bingo (CK) 3:00 Eggnog and Christmas Cookie Social - Music with Bruce (BIS) 6:45 12 Movies of Christmas: "The Family Stone" (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 11 10:00 Shopping Shuttle to SUPERSTORE - *Sign Up! (BUS) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne Waines (T) 3:15 Bet the Gallop: Horse Races (BIS) 7:00 RCMP Carollers (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 12 10:00 Sit and be Fit Exercise with Terra (T) 1:00 Resident Lead Scrabble in the Library (L) 1:00 15 Minute Gentle Sretches with Terra (G) 2:30 Happy Hour: Sandra Kunz (BIS) 6:45 12 Movies of Christmas: Miracle on 34th Street (1947) (T)	10:00 Exercise with Terra (Some Standing Involved) (T) 13 11:00 Sit and be Fit: Chair Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 2:00 The Creekers Theatre Performance: Home Sweet Home for the Holidays (T) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:45 12 Movies of Christmas "ELF" (T)
8:30 Church Service on TV (T) 14 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass Communion (CK) 10:00 Scenic Drive *Please Sign Up* (BUS) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 2:45 DrumFit: Musical Beats Exercise (T)	9:30 Exercise (Some Standing Involved) (T) 15 10:00 Sit and Be Fit: Chair Exercise (T) 10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS) 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 1:00 St Georges Anglican Prayer Praise Group (T) 3:00 Fit Minds - puzzles and games (CK)	9:30 Exercise (Some Standing Involved) (T) 16 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:25 Shannon Lake Elementary Choir (BIS) 2:30 Artful Enrichment - Ugly Sweater Making with Lynda (CK) 6:00 Live Piano Performance by Peter Scholl (BIS)	9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 17 9:30 Exercise (Some Standing Involved) (T) 10:00 Silver Song Group (Formerly Known as Sing 4 Your Life) (BIS) 10:00 Sit and be Fit: Chair Exercise (T) 1:00 Bingo (CK) 3:00 Social Hour in the Bistro: No Live Entertainer (BIS) 6:45 12 Movies of Christmas "Christmas with the Kranks" (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 18 10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS) 12:00 Lunch Outing to WINGS (BUS) 1:00 Crafting with June (CK) 1:00 NO AQUAFIT TODAY (P) 2:30 Tai Chi with Yvonne Waines (T) 3:00 Peachland Strummers Ukulele Group Performance (BIS) 6:30 Music/TV Shows with Jan (BIS) 7:30 Peer Discussion and Support Group: Come Chat with your Peers! (CK)	9:30 Exercise with Terra (Some Standing Involved) (T) 19 10:00 Sit and be Fit Exercise with Terra (T) 10:30 Pebbles and Pathways: Christmas Choir! (BIS) 1:00 Resident Lead Scrabble in the Library (L) 1:00 15 Minute Gentle Sretches with Terra (G) 2:30 Happy Hour: Music by Vic and Carol (BIS) 4:00 Photos with SANTA (BIS) 4:30 Christmas Gala Dinner (DR) 6:45 12 Movies of Christmas "Home Alone" (T)	10:00 Exercise with Terra (Some Standing Involved) (T) 20 11:00 Sit and be Fit: Chair Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Baking and Cooking with Terra (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:45 12 Movies of Christmas "Planes, Trains, and Automobiles" (T)



INSPIRED
SENIOR LIVING

December 2025

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Church Service on TV (T) 21 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass Communion (CK) 10:00 Scenic Drive *Please Sign Up* (BUS) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 1:15 Gingerbread House Making in the Bistro *Please sign up at reception* (BIS) 6:00 Jukebox Social with Jan (BIS) 6:30 Twinkle Light Tours - Kelowna (BUS)	9:30 Exercise (Some Standing Involved) (T) 22 10:00 Sit and Be Fit: Chair Exercise (T) 10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS) 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 1:00 St Georges Anglican Prayer Praise Group (T) 3:00 Fit Minds - puzzles and games (CK)	9:30 Exercise (Some Standing Involved) (T) 23 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:30 Afternoon Exercise: Sit and be Fit - Seated (T) 2:30 Artful Enrichment - Painting and Crafts (CK) 6:00 Live Piano Performance by Peter Scholl (BIS)	9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 24 9:30 Exercise (Some Standing Involved) (T) 10:00 Sit and be Fit: Chair Exercise (T) 1:00 Bingo (CK) 6:45 12 Movies of Christmas: "The Grinch Who Stole Christmas" (T)	Christmas Day: Satutory Holiday (Merry Christmas!) 25 No Programs Today 4:30 Christmas Dinner (DR)	9:30 Exercise with Terra (Some Standing Involved) (T) 26 10:00 Sit and be Fit Exercise with Terra (T) 1:00 Resident Lead Scrabble in the Library (L) 1:00 15 Minute Gentle Stretches with Terra (G) 2:30 Monthly Resident Birthday Party: Music by Andy Plett (BIS) 4:30 Living Loving Local Dinner (DR) 6:45 12 Movies of Christmas "Deck The Halls" (T)	10:00 Exercise with Terra (Some Standing Involved) (T) 27 11:00 Sit and be Fit: Chair Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Baking and Cooking with Terra (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB)
8:30 Church Service on TV (T) 28 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass Communion (CK) 10:00 Scenic Drive *Please Sign Up* (BUS) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 2:45 DrumFit: Musical Beats Exercise (T)	9:30 Exercise (Some Standing Involved) (T) 29 10:00 Sit and Be Fit: Chair Exercise (T) 10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS) 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 1:00 St Georges Anglican Prayer Praise Group (T) 3:00 Fit Minds - puzzles and games (CK)	9:30 Exercise (Some Standing Involved) (T) 30 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:30 Afternoon Exercise: Sit and be Fit - Seated (T) 2:30 Artful Enrichment - Painting and Crafts (CK) 6:00 Live Piano Performance by Peter Scholl (BIS)	9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 31 9:30 Exercise (Some Standing Involved) (T) 10:00 Sit and be Fit: Chair Exercise (T) 1:00 Bingo (CK) 3:00 Social Hour in the Bistro: No Live Entertainer (BIS) 6:30 New Years Eve Countdown Party! Music by Paul Smith (BIS)	 MONDAY DEC 1 Christmas Lights Day		



THURSDAY
DEC
25

Christmas Day



TUESDAY
DEC
31

New Years Eve

Locations Legend	
Theatre (T)	Pool (P)
Country Kitchen (CK)	Gym (G)
Bistro (BIS)	Dining Room (DR)
Bus Outing (BUS)	Lobby (LOB)
Library (L)	Outdoors (Out)
In the building (ITB)	

Calendar Legend
Outing
Special Program
Cruise Week
Living, Loving, Local
Signature Program