



INSPIRED
SENIOR LIVING

March 2026

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tech Help with Zoë *Sign Up* (L) 1 8:30 Church Service & Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 1:00 Scenic Drive *Sign Up* (BUS) 1:00 Pen and Ink Drawing Group: Resident Lead (CK) 2:45 DrumFit (T) 3:30 International Peanut Butter Day - Peanut Butter Marshmallow Squares (CK)	9:30 Exercise with Zoë (Some Standing) (T) 2 10:00 Seated Exercise with Zoë (T) 10:30 Weekly Calendar Reading (CK) 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 1:00 St. George's Anglican Prayer Praise Group (T) 1:30 Resident Food Forum Meeting (PDR) 3:00 Fit Minds (CK)	World Wildlife Day 3 9:30 Exercise with Zoë (Some Standing) (T) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Afternoon Seated Exercise with Zoë (T) 2:30 Artful Enrichment - Painting and Crafts (CK) 6:00 Happy Hour - Music by Harold Sher (BIS)	9:00 Brew and Briefs with Terra (BIS) 4 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:00 Silver Song Group (BIS) 1:00 Bingo with Terra (CK) 1:00 Canasta (L) 2:00 Tea with a Loved One - Grief Support Group (CK) 3:00 Social Hour - Music with Bruce (BIS)	9:30 Exercise with Terra (Some Standing) (T) 5 10:30 Superstore Shuttle *Sign-Up* (BUS) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne & Charlene (T) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS)	Dress in Blue Day - Colon Cancer Awareness 6 9:15 Exercise with Terra (Some Standing) (T) 10:00 Outing/Appointment Shuttle *Sign Up* (BUS) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 5:45 Movie Night: Knives Out (2019) (T) 6:00 Happy Hour - Music by Sam Farruggio (BIS)	10:00 Exercise with Terra (Some Standing) (T) 7 10:30 Seated Exercise with Terra (T) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Cribbage Club - Resident Lead (L) 1:00 Tea & Talks with Terra (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 5:45 Classic Movie Night: Moby Dick (1956) (T)
International Women's Day Daylight Savings Time - Clocks Forward 8 Tech Help with Zoë (L) 8:30 Church Service & Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 1:00 Scenic Drive *Sign Up* (BUS) 1:00 Pen and Ink Drawing Group: Resident Lead (CK) 2:00 DrumFit *TIME CHANGE* (T) 3:00 New Life Choir Performance (BIS)	9:30 Exercise with Zoë (Some Standing) (T) 9 10:00 Seated Exercise with Zoë (T) 10:30 Weekly Calendar Reading (CK) 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 1:00 St. George's Anglican Prayer Praise Group (T) 3:00 Fit Minds (CK)	9:30 Exercise with Zoë (Some Standing) (T) 10 10:00 Fifth Avenue Jewelry (LOB) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Afternoon Seated Exercise with Zoë (T) 2:00 Gardening Meeting: Garden Plot Assignments (L) 2:30 Artful Enrichment - Painting and Crafts (CK) 6:00 Happy Hour - Music by Paul Smith (BIS)	9:00 Brew and Briefs with Terra (BIS) 11 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 1:00 Bingo with Terra (CK) 1:00 Canasta (L) 2:00 Resident Meeting (T)	9:30 Exercise with Terra (Some Standing) (T) 12 10:30 Walmart Shuttle *Sign-Up* (BUS) 1:00 Crafting with June (CK) 1:00 Aquafit and Pool Walking (P) 2:30 Tai Chi with Yvonne & Charlene (T) 3:00 Thrive Kids Visit (BIS) 3:15 SORRY - NO HORSE RACES TODAY (T) 6:30 Music/TV Shows with Jan (BIS)	National Potato Chip Day 13 9:15 Exercise with Terra (Some Standing) (T) 10:00 Outing/Appointment Shuttle *Sign Up* (BUS) 11:30 Men's Pizza & Beer Lunch *Sign Up* (CK) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 2:30 Happy Hour - Music by Jeremy Messenger (BIS) 5:45 Movie Night: Glass Onion (2022) (T)	10:00 Exercise with Terra (Some Standing) (T) 14 10:30 Seated Exercise with Terra (T) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Cribbage Club - Resident Lead (L) 1:00 Tea & Talks with Terra (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 5:45 Classic Movie Night: Annie (1982) (T)
Tech Help with Zoë (L) 15 8:30 Church Service & Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 1:00 Scenic Drive *Sign Up* (BUS) 1:00 Pen and Ink Drawing Group: Resident Lead (CK) 2:45 DrumFit (T)	9:30 Exercise with Zoë (Some Standing) (T) 16 10:00 Seated Exercise with Zoë (T) 10:30 Weekly Calendar Reading (CK) 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 1:00 St. George's Anglican Prayer Praise Group (T) 3:00 Fit Minds (CK)	9:30 Exercise with Zoë (Some Standing) (T) 17 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Afternoon Seated Exercise with Zoë (T) 2:30 Artful Enrichment - Painting and Crafts (CK) 3:00 United Church Service with Minister Cheryl Perry (T) 4:30 Irish Themed Dinner (DR) 6:00 St. Patrick's Day Happy Hour - Music by Jeremy Messenger (BIS)	9:00 Brew and Briefs with Terra (BIS) 18 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 1:00 Bingo with Terra (CK) 2:00 Castilla Irish Dance Performance (BIS) 3:00 Music with Bruce *MOVED TO MARCH 25* (BIS)	9:30 Exercise with Terra (Some Standing) (T) 19 10:30 Superstore Shuttle *Sign-Up* (BUS) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne & Charlene (T) 3:00 Peer Discussion & Support Group with Susan (CK) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS)	First Day of Spring 20 9:15 Exercise with Terra (Some Standing) (T) 10:00 Outing/Appointment Shuttle *Sign Up* (BUS) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 2:30 Happy Hour - Music by Vic and Carol *Garden Patio Re-Opening* WEATHER PERMITTING (BIS) 5:45 Movie Night: Wake Up Dead Man (2025) (T)	10:00 Exercise with Terra (Some Standing) (L) 21 10:30 Seated Exercise with Terra (T) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Cribbage Club - Resident Lead (L) 1:00 Tea & Talks with Terra (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 5:45 Classic Movie Night: Top Gun (1986) (T)



INSPIRED
SENIOR LIVING

March 2026

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tech Help with Zoë (L) 22 8:30 Church Service & Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 1:00 Scenic Drive *Sign Up* (BUS) 1:00 Pen and Ink Drawing Group: Resident Lead (CK) 2:45 DrumFit (T)	National Puppy Day 23 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:30 Weekly Calendar Reading (CK) 12:30 2nd Floor Block Party (2Flr) 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 1:00 St. George's Anglican Prayer Praise Group (T) 3:00 Fit Minds (CK)	National Cocktail Day 24 9:30 Exercise with Zoë (Some Standing) (T) 12:30 3rd Floor Block Party (3FLR) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Afternoon Seated Exercise with Zoë (T) 2:30 Artful Enrichment - Painting and Crafts (CK) 3:00 Free Hearing Tests *Sign-Up* (T)	Greek Independence Day 25 9:00 Brew and Briefs with Terra (BIS) 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 12:30 4th Floor Block Party (4FLR) 1:00 Bingo with Terra (CK) 2:00 Monthly Ambassador & New Resident Meeting (L) 3:00 Social Hour - Music with Bruce (BIS)	9:30 Exercise with Terra (Some Standing) (T) 26 10:00 Tax Return Service *Sign Up* (L) 10:30 Bus Outing to Costco *Sign-Up* (BUS) 10:30 SORRY - NO WALMART TODAY (BUS) 12:30 5th Floor Block Party (5FLR) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne & Charlene (T) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS)	9:15 Exercise with Terra (Some Standing) (T) 27 10:00 Outing/Appointment Shuttle *Sign Up* (BUS) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 2:30 Monthly Resident Birthday Party: Music by Andy Plett (BIS) 4:30 Living, Loving, Local Dinner: Maple (DR) 5:45 Movie Night: The Thursday Murder Club (2025) (T)	10:00 Exercise with Terra (Some Standing) (T) 28 10:30 Seated Exercise with Terra (T) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Cribbage Club - Resident Lead (L) 1:00 Tea & Talks with Terra (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 5:45 Classic Movie Night: After Hours (1985) (T)
Tech Help with Zoë (L) 29 8:30 Church Service & Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 1:00 Scenic Drive *Sign Up* (BUS) 1:00 Pen and Ink Drawing Group: Resident Lead (CK) 2:45 DrumFit (T)	9:30 Exercise with Zoë (Some Standing) (T) 30 10:00 Seated Exercise with Zoë (T) 10:30 Weekly Calendar Reading (CK) 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 1:00 St. George's Anglican Prayer Praise Group (T) 2:00 Take a Walk Day - Two Donkeys Coffee Shop *Sign Up* (Out) 3:00 Fit Minds (CK)	9:30 Exercise with Zoë (Some Standing) (T) 31 10:00 Personal Touch Fashions (L) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Afternoon Seated Exercise with Zoë (T) 2:30 Artful Enrichment - Painting and Crafts (CK) 6:00 Ladies' Night - Facials and Chick Flicks in the Theatre *Sign Up* (T)	 Dress in Blue Day		 St. Patricks Day	



International
Women's Day



Mardi Gras

Locations Legend

Theatre (T)

Country Kitchen (CK)

Library (L)

Bistro (BIS)

Bus Outing (BUS)

Pool (P)

Gym (G)

In the building (ITB)

Dining Room (DR)

Private Dining Room (PDR)

Lobby (LOB)

2nd Floor (2Flr)

3rd Floor (3FLR)

4th floor (4FLR)

5th floor (5FLR)

Outdoors (Out)

Calendar Legend

Outing

Special Program

Cruise Week

Living, Loving, Local

Signature Program