Verve INSPIRED SENIOR LIVING

September 2024

The Heritage

THE HERITAGE RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
World Alzheimer's Month **1** 8:30 Church Service on TV (T) 9:30 Hymn Sing (T) 10:00 Catholic Mass with Frank (CK) 1:00 Pen and Ink Drawing Group with TJ (L) 1:30 Go for Life Walking - Resident Lead (ITB) 2:30 A Netflix Series Matinee "Bridgerton" - Season 2 ep.1 (T)	Back to the Grind Fitness Challenge! (All of September) **2** 9:30 Exercise with TJ (Some Standing Involved) (T) 10:05 Sit and Be Fit: Chair Exercise with TJ (T) 10:35 Calendar reading for the sight impaired residents (BIS) 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 1:30 Static and Dynamic Stretching with TJ (G) 2:30 Fit Minds - puzzles and games (CK)	9:30 Exercise with TJ (Some Standing Involved) (T) **3** 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:45 Tech Help with TJ (L) 2:30 Artful Enrichment - Watercolor Painting (CK) 3:00 The Price is Right Game with TJ (BIS) 3:00 Tuck Shop Open (BIS) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	9:30 Exercise with TJ (Some Standing Involved) (T) **4** 9:30 Outing/Appointment Shuttle: Book at Reception (BUS) 10:00 Paynter's Fruit Markets - Mini Markets (BIS) 10:00 Sing for Your Life (BIS) 10:05 Sit and Be Fit: Chair Exercise with TJ (T) 1:00 Bingo (CK) 2:00 Monthly Resident Meeting (T) 3:00 Social Hour - Music with Bruce (BIS) 6:00 Movie Night: The Last Laugh (T)	9:00 Exercise with Tamara (Some Standing Involved) (T) **5** 10:00 Shopping Shuttle to SUPER STORE - *Sign up! (BUS) 1:00 Arts and Crafts with June (CK) 1:00 Outdoor Walking Group (ITB) 1:30 DrumFit with TJ (T) 3:30 Wine and Arm Chair Travel to Italy (T) 6:00 Shuffle Board - Resident Lead (T) (T)	9:30 Exercise with Tamara (Some Standing Involved) (T) **6** 10:05 Sit and Be Fit: Chair Exercise with Tamara (T) 10:45 Tea and Brain Games in the Bistro with Tamara (BIS) 1:00 Resident Lead Scrabble in the Library (L) 1:00 The Two Donkey's Coffee Shop- Walking Group (Out) 1:30 Chair Yoga with Wendy (G) 2:30 Happy Hour with Live Entertainment (BIS) 6:00 Movie Night: Like Father (T)	International Bacon Day **7** 9:30 Men's Pancake and Bacon Breakfast. Please Sign-Up at Reception (CK) 10:00 Exercise with Tamara (Some Standing Involved) (T) 10:45 Aqua Fit with Tamara (P) 1:00 Cribbage Club - Resident Lead (L) 1:00 Scenic Drive to Summerland for Ice Cream (BUS) 2:30 A Netflix Series Matinee "Bridgerton" - Season 2 ep.2 (T) 2:45 Baking and Trivia with Tamara in the CK (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:15 Saturday Night Social with Audrey (BIS)
8:30 Church Service on TV (T) **8** 9:30 Hymn Sing (T) 10:00 Catholic Mass with Frank (CK) 1:00 Pen and Ink Drawing Group with TJ (L) 1:30 Go for Life Walking - Resident Lead (ITB) 2:30 A Netflix Series Matinee "Bridgerton" - Season 2 ep.3 (T)	National Housekeeping Week **9** 9:30 Exercise with TJ (Some Standing Involved) (T) 10:05 Sit and Be Fit: Chair Exercise with TJ (T) 11:00 Calendar Reading for Sight Impaired Residents (BIS) 1:00 Bingo! - with Richard (CK) 1:00 Prayer Praise Group (T) 1:00 Bridge Club - resident lead! (L) 1:30 Static and Dynamic Stretching with TJ (G) 2:30 Fit Minds - puzzles and games (CK)	9:30 Exercise with TJ (Some Standing Involved) (T) **10** 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:45 Tech Help with TJ (L) 2:30 Artful Enrichment - Watercolor Painting (CK) 3:00 Housekeeper Appreciation Party (BIS) 3:00 Tuck Shop Open (BIS) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	9:30 Exercise with TJ (Some Standing Involved) (T) **11** 9:30 Outing/Appointment Shuttle: Book at Reception (BUS) 10:00 Paynter's Fruit Markets - Mini Markets (BIS) 10:05 Sit and Be Fit: Chair Exercise with TJ (T) 10:30 Catholic mass with father jimenez (L) 1:00 Bingo (CK) 3:00 Social Hour with ukulele Tony (BIS) 6:00 Movie Night: The Laundromat (T)	9:00 Exercise with Tamara (Some Standing Involved) (T) **12** 10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS) 1:00 Arts and Crafts with June (CK) 1:00 Outdoor Walking Group (ITB) 1:30 DrumFit with TJ (T) 2:00 New Resident Welcome Tea - Come meet your neighbours! (BIS) 6:00 Shuffle Board - Resident Lead (T) (T) 6:00 Wine and Crafts Hour (CK)	9:30 Exercise with Tamara (Some Standing Involved) (T) **13** 10:05 Sit and Be Fit: Chair Exercise with Tamara (T) 10:45 Tea and Brain Games in the Bistro with Tamara (BIS) 1:00 Resident Lead Scrabble in the Library (L) 1:30 Chair Yoga with Wendy (G) 2:30 Happy Hour with Jeremy Messenger (BIS) 6:00 Movie Night: The Notebook (T)	10:00 Exercise with Tamara (Some Standing Involved) (T) **14** 10:45 Aqua Fit with Tamara (P) 1:00 Cribbage Club - Resident Lead (L) 1:00 Scenic Drive down Lakeshore Road: Pleas Sign-Up (BUS) 2:30 A Netflix Series Matinee "Bridgerton" - Season 2 ep.4 (T) 2:45 Baking and Trivia with Tamara in the CK (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:15 Saturday Night Social with Audrey (BIS)
8:30 Church Service on TV (T) **15** 9:30 Hymn Sing (T) 10:00 Catholic Mass with Frank (CK) 11:30 Orchard Park Mall Outing: Shopping and Lunch. Please Sign-Up at Reception (BUS) 1:00 Pen and Ink Drawing Group with TJ (L) 1:30 Go for Life Walking - Resident Lead (ITB) 2:00 A Netflix Series Matinee "Bridgerton" - Season 2 ep.5 (T)	9:30 Exercise with TJ (Some Standing Involved) (T) **16** 10:05 Sit and Be Fit: Chair Exercise with TJ (T) 11:00 Calendar Reading for Sight Impaired Residents (BIS) 1:00 Bingo! - with Richard (CK) 1:00 Prayer Praise Group (T) 1:00 Bridge Club - resident lead! (L) 1:30 Static and Dynamic Stretching with TJ (G) 2:30 Fit Minds - puzzles and games (CK)	9:30 Exercise with TJ (Some Standing Involved) (T) **17** 10:00 Premium Walker Mobility & Scooter Repair (BIS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:45 Tech Help with TJ (L) 2:30 Artful Enrichment - Watercolor Painting (CK) 3:00 The Price is Right Game with TJ (BIS) 3:00 Tuck Shop Open (BIS) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	9:30 Exercise with TJ (Some Standing Involved) (T) **18** 9:30 Outing/Appointment Shuttle: Book at Reception (BUS) 10:00 Paynter's Fruit Markets - Mini Markets (BIS) 10:00 Sing for Your Life (BIS) 10:05 Sit and Be Fit: Chair Exercise with TJ (T) 1:00 Bingo (CK) 3:00 Music with Bruce (BIS) 6:00 Movie Night: Mamma Mia (T)	9:00 Exercise with Tamara (Some Standing Involved) (T) **19** 10:00 Shopping Shuttle to SUPER STORE - *Sign up! (BUS) 1:00 Arts and Crafts with June (CK) 1:00 Outdoor Walking Group (ITB) 1:30 DrumFit with TJ (T) 3:30 Wine and Arm Chair Travel to Italy (T) 6:00 Shuffle Board - Resident Lead (T) (T)	9:30 Exercise with Tamara (Some Standing Involved) (T) **20** 10:05 Sit and Be Fit: Chair Exercise with Tamara (T) 10:45 Tea and Brain Games in the Bistro with Tamara (BIS) 1:00 Resident Lead Scrabble in the Library (L) 1:30 Chair Yoga with Wendy (G) 2:30 Prom Party: music with Roland (BIS) 6:00 Movie Night: Stand By Me (T)	10:00 Exercise with TJ (Some Standing Involved) (T) **21** 1:00 Cribbage Club - Resident Lead (L) 2:30 A Netflix Series Matinee "Bridgerton" - Season 2 ep.6 (T) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:15 Saturday Night Social with Audrey (BIS)

September 2024

The Heritage

Verve INSPIRED SENIOR LIVING

THE HERITAGE RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 8:30 Church Service on TV (T) 9:30 Hymn Sing (T) 10:00 Catholic Mass with Frank (CK) 1:00 Pen and Ink Drawing Group with TJ (L) 1:30 Go for Life Walking - Resident Lead (ITB) 2:00 A Netflix Series Matinee "Bridgerton" - Season 2 ep.7 (T)	**23** 9:30 Exercise with TJ (Some Standing Involved) (T) 10:05 Sit and Be Fit: Chair Exercise with TJ (T) 11:00 Calendar Reading for Sight Impaired Residents (BIS) 1:00 Bingo! - with Richard (CK) 1:00 Prayer Praise Group (T) 1:00 Bridge Club - resident lead! (L) 1:30 Static and Dynamic Stretching with TJ (G) 2:30 Fit Minds - puzzles and games (CK)	**24** 9:30 Exercise with TJ (Some Standing Involved) (T) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:00 Gellatly Heritage Park Picnic: Bus Outing (BUS) 2:30 Artful Enrichment - Watercolor Painting (CK) 3:00 Tuck Shop Open (BIS) 3:00 Tech Help with TJ (L) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	National Food Service Worker Day **25** 9:30 Exercise with TJ (Some Standing Involved) (T) 9:30 Outing/Appointment Shuttle: Book at Reception (BUS) 10:00 Paynter's Fruit Markets - Mini Markets (BIS) 10:05 Sit and Be Fit: Chair Exercise with TJ (T) 1:00 Bingo (CK) 2:30 Dining Services Appreciation in the Bistro (BIS) 3:00 Social Hour with ukulele Tony (BIS) 6:00 Movie Night: Something Borrowed (T)	**26** 9:00 Exercise with Tamara (Some Standing Involved) (T) 10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS) 1:00 Arts and Crafts with June (CK) 1:00 Outdoor Walking Group (ITB) 1:00 Chances Casino Bus Outing (BUS) 1:30 DrumFit with TJ (T) 6:00 Shuffle Board - Resident Lead (T) (T) 6:00 Wine and Crafts Hour (CK)	**27** 9:30 Exercise with Tamara (Some Standing Involved) (T) 10:05 Sit and Be Fit: Chair Exercise with Tamara (T) 10:45 Tea and Brain Games in the Bistro with Tamara (BIS) 1:00 Resident Lead Scrabble in the Library (L) 1:30 Chair Yoga with Wendy (G) 2:30 Monthly Resident Birthday Party with Vic and Carol (BIS) 6:00 Movie Night: How to lose a guy in 10 days (T)	**28** 8:00 Ladies Breakfast (CK) 10:00 Exercise with Tamara (Some Standing Involved) (T) 10:45 Aqua Fit with Tamara (P) 1:00 Cribbage Club - Resident Lead (L) 1:00 Scenic Drive (BUS) 2:30 A Netflix Series Matinee "Bridgerton" - Season 2 ep.8 (T) 2:45 Baking and Trivia with Tamara in the CK (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:15 Saturday Night Social with Audrey (BIS)
29 8:30 Church Service on TV (T) 9:30 Hymn Sing (T) 10:00 Catholic Mass with Frank (CK) 1:00 Pen and Ink Drawing Group with TJ (L) 1:30 Go for Life Walking - Resident Lead (ITB)	**30** 9:30 Exercise with TJ (Some Standing Involved) (T) 10:05 Sit and Be Fit: Chair Exercise with TJ (T) 11:00 Calendar Reading for Sight Impaired Residents (BIS) 1:00 Bingo! - with Richard (CK) 1:00 Prayer Praise Group (T) 1:00 Bridge Club - resident lead! (L) 1:30 Static and Dynamic Stretching with TJ (G) 2:30 Fit Minds - puzzles and games (CK)					









Locations Legend

Theatre (T)	In the building (ITB)
Bistro (BIS)	Gym (G)
Country Kitchen (CK)	Pool (P)
Library (L)	Outdoors (Out)
Bus Outing (BUS)	

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program