



INSPIRED
SENIOR LIVING

Feb 2 – 8, 2025

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday 2	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8
8:30 Church Service on TV 9:30 Hymn Sing 10:00 Catholic Mass with Communion 1:00 Pen and Ink Drawing Group with TJ 1:30 Go for Life Walking - Resident Lead 2:00 A Netflix Series Matinee "No Good Deed" - Season 1 ep.2 2:30 Pokeno Game (The perfect mix of Poker, Keno, and Bingo all in one) 6:30 Jukebox Social with Jan	8:45 Calendar Reading for Sight Impaired Residents 9:30 Exercise with TJ (Some Standing Involved) 10:05 Sit and Be Fit: Chair Exercise with TJ 1:00 Bingo! - with Richard 1:00 Bridge Club - resident lead! 1:00 Prayer Praise Group 2:30 Fit Minds - puzzles and games 4:30 Monday night Hockey on TV: Senators Vs Predators	9:30 Exercise with TJ (Some Standing Involved) 11:00 Tech Help with TJ 1:00 In Stitches - Knit, crochet & sewing group! 1:30 TED TALK: "How to stay calm when you know youll be stressed" Daniel Levitan 2:30 Artful Enrichment - Watercolor Painting 2:30 Horse Racing Game with TJ 6:00 Cabaret Night - Musical Concert with Peter!	9:30 Exercise with Terra (Some Standing Involved) 10:00 Sing for Your Life 10:05 Sit and be Fit Exercise with TJ 1:00 Bingo 1:00 Outing/Appointmer Shuttle: Book at Reception 3:00 Social Hour - Music with Bruce 6:30 Movie Night: "SPY" with Melissa MCarthy	9:00 Exercise with Terra (Some Standing Involved) 10:00 Shopping Shuttle to WALMART - *Sign Up! 11:15 Gentle Chair Stretching with Terra: 15MIN 1:00 Arts and Crafts with June 1:30 DrumFit with Terra 2:30 Tai Chi with Yvonne Waines 6:00 Shuffle Board - Resident Lead (T) 6:30 Oldies TV shows with Jan	9:30 Exercise with Terra (Some Standing Involved) 10:05 Sit and be Fit Exercise with Terra 1:00 Resident Lead Scrabble in the Library 1:00 Chair Yoga with Terra 1:00 Author's Insight: Dsicussion and reading with Canadian Author Irwin Wislesky 2:30 Happy Hour with Arbutus Holiday: Donna Hansen and Evan Symons 4:30 Living Loving Local dinner featuring Beat and Potato 6:30 Movie Night: "Ticket to Paradise"	10:00 Exercise with Terra (Some Standing Involved) 11:00 Sit and be Fit: Chair Exercise with Terra 1:00 Cribbage Club - Resident Lead 1:30 Aqua Fit& Pool Walking 2:15 Riddles and Trivia with Terra 3:15 Go 4 Life - Walking - Resident Lead 3:15 A Netflix Series Matinee "No Good Deed" Season.1 Episode.3 6:30 Spanish Dance Lessons with Ricardo and Violetta

Black History Month

Be Limitless

New Year

Locations Legend

Theatre
Country Kitchen
Bistro
Library
In the building
Bus Outing
Gym
Dining Room
Pool