



INSPIRED
SENIOR LIVING

February 2025

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black History Month	Valentine's Day	Family Day				
8:30 Church Service on TV (T) 2 9:30 Hymn Sing (T) 10:00 Catholic Mass with Communion (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 "No Good Deed" - Season 1 ep.2 (T) 2:30 Pokeno Game (The perfect mix of Poker, Keno, and Bingo all in one) (CK) 6:30 Jukebox Social with Jan (BIS)	8:45 Calendar Reading for Sight Impaired Residents (BIS) 3 9:30 Exercise with TJ (Some Standing Involved) (T) 10:05 Sit and Be Fit: Chair Exercise with TJ (T) 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 1:00 Prayer Praise Group (T) 2:30 Fit Minds - puzzles and games (CK) 4:30 Monday night Hockey on TV: Senators Vs Predators (T)	9:30 Exercise with TJ (Some Standing Involved) (T) 4 11:00 Tech Help with TJ (L) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:30 TED TALK: "How to stay calm when you know you'll be stressed" Daniel Levitan (T) 2:30 Artful Enrichment - Watercolor Painting (CK) 2:30 Horse Racing Game with TJ (BIS) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 5 10:00 Sing for Your Life (BIS) 10:05 Sit and be Fit Exercise with TJ (T) 1:00 Bingo (CK) 1:00 Outing/Appointment Shuttle: Book at Reception (BUS) 3:00 Social Hour - Music with Bruce (BIS) 6:30 Movie Night: "SPY" with Melissa MCarthy (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 6 10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS) 11:15 Gentle Chair Stretching with Terra: 15MIN (T) 1:00 Arts and Crafts with June (CK) 1:30 DrumFit with Terra (T) 2:30 Tai Chi with Yvonne Waines (T) 6:00 Shuffle Board - Resident Lead (T) (T) 6:30 Oldies TV shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 7 10:05 Sit and be Fit Exercise with Terra (T) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Chair Yoga with Terra (G) 1:00 Author's Insight: Dsicussion and reading with Canadian Author Irwin Wislesky (L) 2:30 Happy Hour with Arbutus Holiday: Donna Hansen and Evan Symons (BIS) 4:30 Living Loving Local dinner featuring Beat and Potato (DR) 6:30 Movie Night: "Ticket to Paradise" (T)	10:00 Exercise with Terra (Some Standing Involved) (T) 8 11:00 Sit and be Fit: Chair Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:30 Aqua Fit& Pool Walking (P) 2:15 Riddles and Trivia with Terra (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 3:15 A Netflix Series Matinee "No Good Deed" Season.1 Episode.3 (T) 6:30 Spanish Dance Lessons with Ricardo and Violetta (BIS)
8:30 Church Service on TV (T) 9 9:30 Hymn Sing (T) 10:00 Catholic Mass Communion (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 "No Good Deed" - Season 1 ep.4 (T) 6:30 Jukebox Social with Jan (BIS)	8:45 Calendar Reading for Sight Impaired Residents (BIS) 10 9:30 Exercise with TJ (Some Standing Involved) (T) 10:05 Sit and Be Fit: Chair Exercise with TJ (T) 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 1:00 Prayer Praise Group (T) 2:30 Fit Minds - puzzles and games (CK) 4:30 Movie Night in the Thetare: "Stand By Me" (T)	9:30 Exercise with TJ (Some Standing Involved) (T) 11 10:30 Shopping Shuttle to SUPERSTORE - *Sign Up! (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:00 Dollar Sale: Used books and Puzzles (BIS) 1:30 Tech Help with TJ (L) 2:30 Artful Enrichment - Watercolor Painting (CK) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 12 10:05 Sit and be Fit Exercise with TJ (T) 10:30 Catholic mass with father jimenez (L) 1:00 Bingo (CK) 1:00 Outing/Appointment Shuttle: Book at Reception (BUS) 2:00 Monthly Resident Meeting (T) 3:00 Social Hour in the Bistro: Music by Sandra Kunz (BIS) 6:30 Movie Night: "Woman of the Hour" (Thriller) (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 13 10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS) 11:15 Gentle Chair Stretching with Terra: 15MIN (T) 1:00 Arts and Crafts with June (CK) 1:00 Valentines Sweathearts Tea (T) 2:00 NO DRUMFIT TODAY (T) 2:30 Tai Chi with Yvonne Waines (L) 6:00 Shuffle Board - Resident Lead (T) (T) 6:30 Oldies TV shows with Jan (BIS)	Valentines Day 14 9:30 Exercise with Terra (Some Standing Involved) (T) 10:05 Sit and be Fit Exercise with Terra (T) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Chair Yoga with Terra (G) 2:30 Cupid's Cocktail Hour with Sam Farrugio (BIS) 4:00 Curling on TV: 2025 Scotties Tournament of hearts (T) 4:30 Valentines Day Dinner (DR) 6:30 Movie Night: " Love Again" with Celine Dion (T)	10:00 Exercise with Terra (Some Standing Involved) (T) 15 11:00 Sit and be Fit: Chair Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:30 Aqua Fit& Pool Walking (P) 2:15 Riddles and Trivia with Terra (CK) 2:30 A Netflix Series Matinee "No Good Deed" Season.1 Episode.5 (T) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 4:00 Curling on TV: 2025 Scotties Tournament of hearts (T) 6:30 Spanish Dance Lessons with Ricardo and Violetta (BIS)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Church Service on TV (T) 16 9:30 Hymn Sing (T) 10:00 Catholic Mass Communion (CK) 11:00 Curling on TV: 2025 Scotties Tournament of hearts (T) 12:00 Mens pizza and beer lunch and social (CK) 1:00 Pen and Ink Drawing Group (L) 1:30 Go for Life Walking - Resident Lead (ITB) 2:00 A Netflix Series Matinee "No Good Deed" - Season 1 ep.6 (T) 2:30 Pokeno Game (The perfect mix of Poker, Keno, and Bingo all in one) (CK) 6:30 Jukebox Social with Jan (BIS)	NATIONAL FAMILY DAY (EYG) 17 8:45 Calendar Reading for Sight Impaired Residents (BIS) 9:30 Exercise with TJ (Some Standing Involved) (T) 10:05 Sit and Be Fit: Chair Exercise with TJ (T) 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 1:00 Prayer Praise Group (T) 1:40 Bus Outing: Crsssing Creek Theatre presents "The Inseparables" Please Sign-Up (BUS) 2:30 NO FITMINDS TODAY (CK) 4:00 Curling on TV: 2025 Scotties Tournament of hearts (T)	9:30 Exercise with TJ (Some Standing Involved) (T) 18 10:30 Tymely Mobile Fashions (LOB) 10:30 Shopping Shuttle to SUPERSTORE - *Sign Up! (BUS) 11:00 Curling on TV: 2025 Scotties Tournament of hearts (T) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:30 TED TALK: Aging is my Superpower by Rita Moore (T) 2:00 5th floor Block Gathering: Come Meet Your Neighbours! (5FLR) 2:30 Artful Enrichment - Watercolor Painting (CK) 2:30 Horse Racing Game with TJ (BIS) 3:00 Tech Help with TJ (L) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 19 10:00 Sing for Your Life (BIS) 10:05 Sit and be Fit Exercise with TJ (T) 11:00 Curling on TV: 2025 Scotties Tournament of hearts (T) 1:00 Bingo (CK) 1:00 Outing/Appointment Shuttle: Book at Reception (BUS) 2:00 4th Floor Block Gathering: Come Meet Your Neighbours! (4FLR) 3:00 Social Hour - Music with Bruce (BIS) 6:30 Movie night in the Theatre "Self Made" (Black History) (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 20 10:00 Shopping Shuttle to WALMART - *Sign up! (BUS) 11:15 Gentle Chair Stretching with Terra: 15MIN (T) 12:00 Lunch Outing: Jade Buffet (BUS) 1:00 Arts and Crafts with June (CK) 1:00 Veterans coffee and chat with Bea and Orland Delong (BIS) 1:30 DrumFit with Terra (T) 2:30 Tai Chi with Yvonne Waines (T) 2:30 3rd Floor Block Gathering: Come Meet Your Neighbours! (3FLR) 4:00 Curling on TV: 2025 Scotties Tournament of hearts (T) 6:00 Shuffle Board - Resident Lead (T) (T) 6:30 Oldies TV shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 21 10:05 Sit and be Fit Exercise with Terra (T) 10:45 2nd floor Block Gathering: Come Meet Your Neighbours! (2Flr) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Chair Yoga with Terra (G) 2:30 Happy Hour with Vic and Carol (BIS) 4:00 Curling on TV: 2025 Scotties Tournament of hearts 3/4 Qualifier (T) 4:30 Carribean Dinner (DR) 6:30 Movie Night: " Wonder" (T)	National Maragarita Day 22 10:00 Exercise with Terra (Some Standing Involved) (T) 11:00 Sit and be Fit: Chair Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:30 Aqua Fit& Pool Walking (P) 2:15 Riddles and Trivia with Terra (CK) 2:30 A Netflix Series Matinee "No Good Deed" Season.1 Episode.7 (T) 2:30 Margarita Happy Hour! (BIS) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 4:00 Curling on TV: 2025 Scotties Tournament of hearts Playoff (T) 6:30 Spanish Dance Lessons with Ricardo and Violetta (BIS)
8:30 Church Service on TV (T) 23 9:30 Hymn Sing (T) 10:00 Catholic Mass Communion (CK) 10:00 Curling on TV: 2025 Scotties Tournament of hearts Semi-Final (T) 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 "No Good Deed" - Season 1 ep.8 (T) 2:30 Pokeno Game (The perfect mix of Poker, Keno, and Bingo all in one) (CK) 4:00 Curling on TV: 2025 Scotties Tournament of hearts FINAL (T) 6:30 Jukebox Social with Jan (BIS)	8:45 Calendar Reading for Sight Impaired Residents (BIS) 24 9:30 Exercise with TJ (Some Standing Involved) (T) 10:05 Sit and Be Fit: Chair Exercise with TJ (T) 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 1:00 Prayer Praise Group (T) 2:30 Fit Minds - puzzles and games (CK) 4:30 Monday night Hockey on TV: Sharks Vs Jets (T)	9:30 Exercise with TJ (Some Standing Involved) (T) 25 10:30 Shopping Shuttle to SUPERSTORE - *Sign Up! (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:00 Tech Help with TJ (L) 2:30 Artful Enrichment - Watercolor Painting (CK) 2:30 Horse Racing Game with TJ (BIS) 6:00 Cabaret Night - Musical Concert with Peter! (BIS) 6:15 Open Mic Night: Bus Outing to Elipsis 51 Bar Lounge (BUS)	Bullying Awareness: Pink Shirt Day 26 9:30 Exercise with Terra (Some Standing Involved) (T) 10:05 Sit and be Fit Exercise with TJ (T) 1:00 Bingo (CK) 1:00 Outing/Appointment Shuttle: Book at Reception (BUS) 3:00 Bullying Awareness Hapy Hour: Please Wear Pink. Music by John Cole (BIS) 6:30 Netflix Movie Night: "The Peanut Butter Falcon" (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 27 10:00 Shopping Shuttle to WALMART - *Sign up! (BUS) 11:15 Gentle Chair Stretching with Terra: 15MIN (T) 1:00 Arts and Crafts with June (CK) 1:30 DrumFit with TJ (T) 2:30 Tai Chi with Yvonne Waines (T) 6:00 Shuffle Board - Resident Lead (T) (T) 6:30 Oldies TV shows with Jan (BIS)	MONTH OF RAMADAN 28 9:30 Exercise with Terra (Some Standing Involved) (T) 10:05 Sit and be Fit Exercise with Terra (T) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Chair Yoga with Terra (G) 2:30 Monthly Resident Birthday Party with Andy Plett (BIS) 6:30 Movie Night: "Diana - The Musical" The Peoples Princess (T)	 FRIDAY FEB 28 Ramadan (Feb 28 - Mar 29)

SATURDAY
FEB
22

National Margarita Day

Be Limitless

Locations Legend

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

Dining Room (DR)
Everywhere you go! (EYG)
Lobby (LOB)
5th floor (5FLR)
4th floor (4FLR)
3rd Floor (3FLR)
2nd Floor (2Flr)

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program