



INSPIRED
SENIOR LIVING

Jan 26 – Feb 1, 2025

The Heritage



INSPIRED SENIOR LIVING WITH

Sunday 26	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	Saturday 1
8:30 Church Service on TV 9:30 Hymn Sing 10:00 Catholic Mass Communion 1:00 Pen and Ink Drawing Group with TJ 1:30 Go for Life Walking - Resident Lead 2:00 A Netflix Series Matinee "A Man on the Inside" - Season 1 ep.8 2:30 Pokeno Game (The perfect mix of Poker, Keno, and Bingo all in one) 6:30 Jukebox Social with Jan	9:30 Exercise with TJ (Some Standing Involved) 10:05 Sit and Be Fit: Chair Exercise with TJ 11:00 Calendar Reading for Sight Impaired Residents 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: Canucks vs Blues	9:30 Exercise with TJ (Some Standing Involved) 10:30 Walking outing to the Two Donkeys Coffee Shop 1:00 In Stitches - Knit, crochet & sewing group! 2:30 Artful Enrichment - Watercolor Painting 2:45 Tech Help with TJ 6:00 Cabaret Night - Musical Concert with Peter!	Chinese New Year 9:30 Outing/Appointmer Shuttle: Book at Reception 9:30 Exercise with Terra (Some Standing Involved) 10:05 BodyFit Coordination Exercise with Terra 1:00 Bingo 3:00 Chinese New Year Party 4:25 Dinner in the Domes: Frind Winery (Sign-Up) 6:30 Movie Night: "Soul Surfer"	9:00 Exercise with Terra (Some Standing Involved) 10:00 Shopping Shuttle to WALMART - *Sign Up! 1:00 Arts and Crafts with June 1:30 DrumFit with TJ 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 Bodyfit Coordination Exercise with Terra 1:00 Resident Lead Scrabble in the Library 1:00 Chair Yoga with Terra 2:30 Monthly Resident Birthday Party with Sam Farrugio 6:30 Movie Night: "MARTHA" A documentary on the life of Martha Stewart	BLACK HISTORY MONTH! 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" (with Lisa Kudrow) Season.1 Episode.1 6:30 Spanish Dance Lessons with Ricardo and Violetta



- Locations Legend
- Theatre
 - Country Kitchen
 - Bistro
 - Library
 - Bus Outing
 - In the building
 - Outdoors
 - Gym
 - Pool