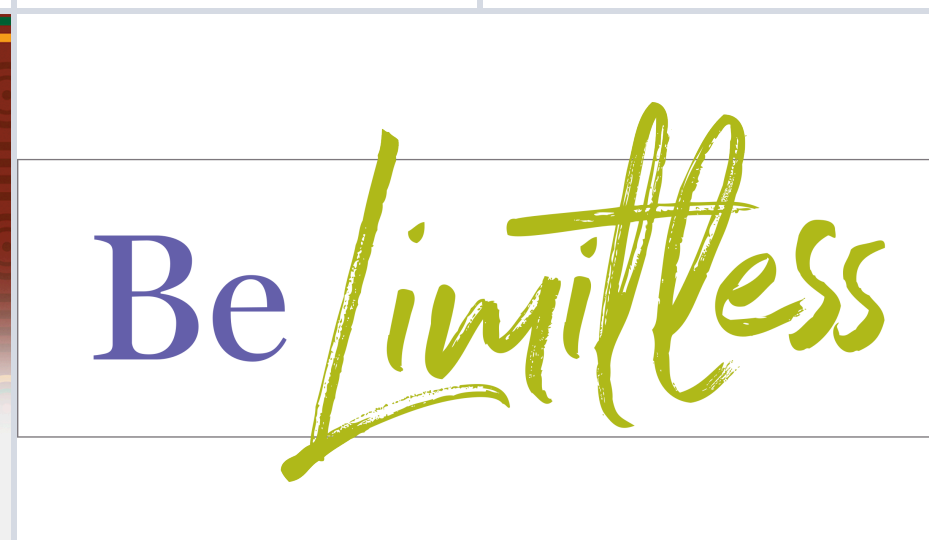


Feb 16 – 22, 2025

The Heritage

Sunday 16	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22
8:30 Church Service on TV 9:30 Hymn Sing 10:00 Catholic Mass Communion 11:00 Curling on TV: 2025 Scotties Tournament of hearts 12:00 Mens pizza and beer lunch and social 1:00 Pen and Ink Drawing Group 1:30 Go for Life Walking - Resident Lead 2:00 A Netflix Series Matinee "No Good Deed" - Season 1 ep.6 2:30 Pokeno Game (The perfect mix of Poker, Keno, and Bingo all in one) 6:30 Jukebox Social with Jan	NATIONAL FAMILY DAY 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 1:40 Bus Outing: Crsssing Creek Theatre presents "The Inseperables" Please Sign-Up 2:30 NO FITMINDS TODAY 4:00 Curling on TV: 2025 Scotties Tournament of hearts	9:30 Exercise with TJ (Some Standing Involved) 10:30 Tymely Mobile Fashions 10:30 Shopping Shuttle to SUPERSTORE - *Sign Up! 11:00 Curling on TV: 2025 Scotties Tournament of hearts 1:00 In Stitches - Knit, crochet & sewing group! 1:30 TED TALK: Aging is my Superpower by Rita Moore 2:00 5th floor Block Gathering: Come Meet Your Neighbours! 2:30 Artful Enrichment - Watercolor Painting 2:30 Horse Racing Game with TJ 3:00 Tech Help 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 11:00 Curling on TV: 2025 Scotties Tournament of hearts 1:00 Bingo 1:00 Outing/Appointment Shuttle: Book at Reception 2:00 4th Floor Block Gathering: Come Meet Your Neighbours! 3:00 Social Hour - Music with Bruce 6:30 Movie night in the Theatre "Self Made" (Black History)	9:00 Exercise with Terra (Some Standing Involved) 10:00 Shopping Shuttle to WALMART - *Sign up! 11:15 Gentle Chair Stretching with Terra: 15MIN 12:00 Lunch Outing: Jade Buffet 1:00 Arts and Crafts with June 1:00 Veterans coffee and chat with Bea and Orland Delong 1:30 DrumFit with Terra 2:30 Tai Chi with Yvonne Waines 2:30 3rd Floor Block Gathering: Come Meet Your Neighbours! 4:00 Curling on TV: 2025 Scotties Tournament of hearts 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 10:45 2nd floor Block Gathering: Come Meet Your Neighbours! 1:00 Resident Lead Scrabble in the Library 1:00 Chair Yoga with Terra 2:30 Happy Hour with Vic and Carol 4:00 Curling on TV: 2025 Scotties Tournament of hearts 3/4 Qualifier 4:30 Carribean Dinner 6:30 Movie Night: " Wonder"	National Maragarita Day 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 2:30 A Netflix Series Matinee "No Good Deed" Season.1 Episode.7 2:30 Margarita Happy Hour! 3:15 Go 4 Life - Walking - Resident Lead 4:00 Curling on TV: 2025 Scotties Tournament of hearts Playoff 6:30 Spanish Dance Lessons with Ricardo and Violetta



Locations Legend
Theatre
Bistro
Country Kitchen
Library
Bus Outing
In the building
Everywhere you go!
Lobby
5th floor
4th floor
3rd Floor
2nd Floor
Gym
Dining Room
Pool