



INSPIRED
SENIOR LIVING

March 2025

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 FRIDAY MAR 07 Dress in Blue Day	 MONDAY MAR 17 St. Patricks Day	 SATURDAY MAR 22 Cruise Week Open House	 SATURDAY MAR 22 Cruise Week Open House	 SATURDAY MAR 22 Cruise Week Open House	 SATURDAY MAR 22 Cruise Week Open House	 SATURDAY MAR 22 Cruise Week Open House
8:30 Church Service on TV (T) 2 9:30 Hymn Sing (T) 10:00 Catholic Mass Communion (CK) 10:00 Scenic Drive *Please Sign Up* (BUS) 1:00 Pen and Ink Drawing Group with TJ (L) 1:30 Go for Life Walking - Resident Lead (ITB) 2:30 Bet the Gallop: Horse Racing Game with TJ (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 Bridge Club - resident lead! (L) 1:00 Prayer Praise Group (T) 1:00 Bingo! - with Richard (CK) 1:15 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS) 3:00 Fit Minds - puzzles and games (CK) 4:30 Monday Night Hockey on TV: Sharks Vs Maple Leafs (T)	9:30 NO 930 EXERCISE TODAY 4 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:00 TED TALK on TV: "How changing your story can change your life" by Lori Gottlieb (T) 1:15 Tech Help with TJ (L) 2:30 Artful Enrichment: Painting and Crafts (CK) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 5 9:30 Exercise with TJ (Some Standing Involved) (T) 10:00 Sing for Your Life (BIS) 10:05 Sit and be Fit Exercise with TJ (T) 1:00 Bingo (CK) 1:15 Outing/Appointment Shuttle: Book at Reception (BUS) 3:00 Social Hour - Music with Bruce (BIS) 6:30 Movie Night: "Plane" (Action/Thriller) (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) 1:00 Bus Outing to Costco *Please Sign-Up* (BUS) 1:30 NO DRUMFIT TODAY (T) 2:30 Tai Chi with Yvonne Waines (T) 6:30 Oldies TV shows with Jan (BIS)	Colon Cancer Awarness Day 7 10:30 Exercise with Terra (Some Standing Involved) (T) 11:00 Sit and be Fit Exercise with Terra (T) 1:00 Resident Lead Scrabble in the Library (L) 3:30 Chair Yoga with Terra (G) 6:00 Happy Hour with Sam Farruggio: Wear Blue for Colon Cancer Awareness! (BIS) 6:00 Shuffle Board - Resident Lead (T) (T) 7:30 Movie Night: "Runaway Jury" (Thriller) (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) 1:00 Patio Perks: Coffee and Tea social on the Patio *Weather Permitting* (NP) 2:15 Riddles and Trivia with Terra (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 3:15 A Netflix Series Matinee "Queen Charlotte" Episode.2 (T)
8:30 Church Service on TV (T) 9 9:30 Hymn Sing (T) 10:00 Catholic Mass Communion (CK) 10:00 Scenic Drive *Please Sign Up* (BUS) 1:00 Pen and Ink Drawing Group with TJ (L) 1:30 Go for Life Walking - Resident Lead (ITB) 2:30 Bet the Gallop: Horse Racing Game with TJ (CK) 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) 1:15 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS) 3:00 Fit Minds - puzzles and games (CK) 4:30 Monday night Hockey on TV: Redwings vs Senators (T)	9:30 Exercise with TJ (Some Standing Involved) (T) 11 10:00 Premium Walker Mobility & Scooter Repair (BIS) 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:15 Tech Help with TJ (L) 2:30 Artful Enrichment - Painting anf Crafts (CK) 3:00 United Church Service (T) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 12 9:30 Exercise with TJ (Some Standing Involved) (T) 10:05 Sit and be Fit Exercise with TJ (T) 10:30 Catholic mass with father jimenez (L) 1:00 Bingo (CK) 1:15 NO AFTERNOON SHUTTLE TODAY (BUS) 2:00 Monthly Resident Meeting (T) 3:00 Social Hour in the Bistro: No Live Entertainment (BIS) 6:30 Movie Night: "The Good House" (Romance/Feelgood) (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) 1:30 DrumFit with TJ (T) 2:30 Tai Chi with Yvonne Waines (T) 6:30 Oldies TV shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 14 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 St Patricks Happy Hour With Willy Marcott (BIS) 6:00 Shuffle Board - Resident Lead (T) (T) 7:00 Movie Night: "Hillbilly Elegy" (Drama) (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) 1:00 Bowling Outing: Capri Bowl 5 pin *Sign-Up at Reception* (BUS) 2:15 Riddles and Trivia with Terra (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 3:15 A Netflix Series Matinee "Queen Charlotte" Episode.3 (T)

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) 12:00 Lunch Outing: The Spaghetti Factory (BUS) 1:00 Pen and Ink Drawing Group with TJ (L) 1:00 St. Anglican Church Service (T) 1:30 Go for Life Walking - Resident Lead (ITB) 2:30 NO HORSE RACES TODAY (CK) 6:30 Jukebox Social with Jan (BIS)	St Patricks Day: STATUTORY HOLIDAY - Limited Programs 17 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 1:00 Prayer Praise Group (T) 1:15 NO SUPERSTORE THIS WEEK: Please make use of Tuesday Morning Outing Shuttle (BUS) 3:00 Resident Lead Fit Minds (CK) 4:30 Monday night Hockey on TV: Flames Vs Maple Leafs (T)	9:30 Exercise with TJ (Some Standing Involved) (T) 18 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:15 Tech Help with TJ (L) 2:00 Ted Talk on TV: "How to find courage in difficult times" By Andrew Winston (T) 2:30 Artful Enrichment - Painting anf Crafts (CK) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 19 9:30 Exercise with TJ (Some Standing Involved) (T) 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 - NO LIVE ENTERTAINEMENT (BIS) 6:30 Movie Night: "Mrs Harris Goes To Paris" (Drana/Comedy) (T)	Cruise Week 20 Port of Call: Monaco! 9:00 Exercise with Terra (Some Standing Involved) (T) 10:00 Shopping Shuttle to WALMART - *Sign up! (BUS) 11:15 Gentle Chair Stretching with Terra: 15MIN (T) 1:00 Monaco Mosaics: Coaster Art with June (CK) 1:00 Monaco Pokeno: Mix of Bingo and Poker. *Special Prizes* (BIS) 2:30 Tai Chi with Yvonne Waines (T) 2:30 Casino de Monte Carlo: Bus Outing to Chances Casino (BUS) 3:30 Tax Return Service *Please See TJ in advance for details* (L) 6:30 Oldies TV shows with Jan (BIS)	Cruise Week 21 Port of Call: Morocco! 9:30 Casablanca Conditioning Exercise with Terra (Some Standing Involved) (T) 10:05 Moroccan Mirage Sit and be Fit Exercise with Terra (T) 10:30 Mystic Morroccan Reptiles: Hold a reptile! (BIS) 1:00 Resident Lead Scrabble in the Library (L) 1:00 The Henna Hut: Hand Art (CK) 2:30 Moroccan Medina Mixer with Vic and Carol (BIS) 4:30 The Marrakech Soiree: A Moroccan Gala Buffet (DR) 6:00 Shuffle Board - Resident Lead (T) (T) 7:00 Movie Night: " Cassablanca " (T)	Cruise Week 22 Port of Call: France! 10:00 Le Petit Marche (Mini Market) (LOB) 10:00 Eiffel Energy: Exercise with Terra (Some Standing Involved) (T) 11:00 Le Fit Frenzy: Sit and be Fit Chair Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Riddles à la Française: 30 minute riddle time with Terra (CK) 1:00 A Netflix Series Matinee "Queen Charlotte" Episode.4 (T) 3:00 Happy Hour Vive La France! Music by Dynamic Duo (BIS) 3:15 Go 4 Life - Walking - Resident Lead (ITB)
Cruise Week 23 Port of Call: Egypt! 8:30 Church Service on TV (T) 9:30 Hymn Sing (T) 10:00 Catholic Mass Communion (CK) 10:45 Pharoah Beats: Drumfit with TJ (T) 1:00 The Lotus Tea Ceremony (T) 1:30 Go for Life Walking - Resident Lead (ITB) 3:15 Mummy Wrapping Competition: Wrap a staff member! (CK) 6:15 Movie Night: Exodus. Gods and Kings (T) 6:30 Jukebox Social with Jan (BIS)	Cruise Week 24 Port of Call: Greece! 8:45 Calendar Reading for Sight Impaired Residents (BIS) 9:30 NO 930 FITNESS TODAY (T) 10:05 Olympian 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) 1:15 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS) 3:00 Toga Party! (T) 3:00 NO FITMINS TODAY (CK)	Cruise Week 25 Port of Call: Slovenia! 9:30 Balkan Boost: Exercise with TJ (Some Standing Involved) (T) 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 11:00 Krogelj Game (Ring Toss) (BIS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:00 Slovenien Escape: Armchair Travel and appetizers (T) 2:30 Tech Help with TJ (L) 3:30 Mini Košara: "Mini Basket Weaving" (CK) 6:00 Castle on the Hill Party: Music by Peter (BIS)	Cruise Week 26 Port of Call: Italy! 10:00 Tuscany Tone up: Exercise with TJ (Some Standing Involved) (T) 10:35 Sit and be Fit Exercise with TJ (T) 11:15 Outdoor Bocce Game (SP) 1:00 Outing/Appointment Shuttle: Book at Reception (BUS) 1:00 Tombola! Italian Style Bingo with special prizes (CK) 3:00 Fizz Italiano: Italian Soda Social with DVD music by Andrea Bocelli (BIS) 6:30 Vino and Vibes: A Taste of Italy. Violin by Vincenzo (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) 6:30 Oldies TV shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 28 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) 6:00 Shuffle Board - Resident Lead (T) (T) 7:00 Movie Night: "Persuasion" (Witty) (T)	10:00 Exercise with Terra (Some Standing Involved) (T) 29 11:00 Sit and be Fit: Chair Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Patio Perks: Coffee and Tea social on the Patio *Weather Permitting* (NP) 2:15 Riddles and Trivia with Terra (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 3:15 A Netflix Series Matinee "Queen Charlotte" Episode.5 (T)
8:30 Church Service on TV (T) 30 9:30 Hymn Sing (T) 10:00 Catholic Mass Communion (CK) 10:00 Scenic Drive *Please Sign Up* (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 "Queen Charlotte" Episode.6 (T) 2:30 Bet the Gallop: Horse Racing Game with TJ (CK) 6:30 Jukebox Social with Jan (BIS)	8:45 Calendar Reading for Sight Impaired Residents (BIS) 31 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) 1:15 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS) 3:00 Fit Minds - puzzles and games (CK) 5:30 Monday night Hockey on TV: Flames Vs Avalanche (T)	Be Limitless		Locations Legend Theatre (T) Country Kitchen (CK) Bistro (BIS) Library (L) Bus Outing (BUS) In the building (ITB) North Patio (NP) Gym (G) Dining Room (DR) Lobby (LOB) South Patio (SP)		Calendar Legend Outing Special Program Cruise Week Living, Loving, Local Signature Program