



INSPIRED
SENIOR LIVING

April 2025

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH 

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



APRIL FOOLS DAY **1**
9:30 Exercise with TJ (Some Standing Involved) (T)
10:30 Outing/Appointment Shuttle: Book at Reception (BUS)
1:00 In Stitches - Knit, crochet & sewing group! (CK)
1:15 Coffee & Giggles: April Fool's Day Jokes and Riddles with TJ (BIS)
2:00 TED TALK on TV: "Its Time for Infectious Generosity" By Chris Anderson (T)
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) **2**
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)
11:00 Gardening Meeting: Garden Plot Assignments (L)
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: La Doce Villa (Rom/Com) (T)

9:00 Exercise with Terra (Some Standing Involved) (T) **3**
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 Aging Safely in Place Presentation by Live Speaker Alicia Cardiff (T)
1:30 NO DRUMFIT TODAY (T)
2:30 Tai Chi with Yvonne Waines (T)
6:30 Classic TV shows with Jan (BIS)

10:30 Exercise with Terra (Some Standing Involved) (T) **4**
11:05 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 Matinee Movie: "Tremors" (BIS)
6:00 Shuffle Board - Resident Lead (T) (T)
6:00 Happy Hour: Music by Sam Farruggio (BIS)

10:00 Exercise with Terra (Some Standing Involved) (T) **5**
11:00 Sit and be Fit: Chair Exercise with Terra (T)
1:00 Cribbage Club - Resident Lead (L)
1:00 The Heritage Open House (ITB)
3:15 Go 4 Life - Walking - Resident Lead (ITB)
6:30 Movie Night: "Somewhere in Queens" (T)

8:30 Church Service on TV (T) **6**
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) **7**
9:30 Exercise with TJ (Some Standing Involved) (T)
10:05 Sit and Be Fit: Chair Exercise with TJ (T)
10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS)
1:00 Bingo! - with Richard (CK)
1:00 Bridge Club - resident lead! (L)
1:00 Prayer Praise Group (T)
3:00 Fit Minds - puzzles and games (CK)
4:30 Monday night Hockey on TV: Blackhawks vs Maple Leafs (T)

9:30 Exercise with TJ (Some Standing Involved) (T) **8**
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) **9**
9:30 Exercise with TJ (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 Social Hour in the Bistro with Ukulele Tony (BIS)
6:30 Movie Night: "The Twister" (Documentary) (T)

9:00 Exercise with Terra (Some Standing Involved) (T) **10**
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 DrumFit with TJ (T)
2:00 Shopping Shuttle to COSTCO (BUS)
2:30 Tai Chi with Yvonne Waines (T)
6:30 Classic TV shows with Jan (BIS)

9:30 Exercise with Terra (Some Standing Involved) (T) **11**
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 Happy Hour: Music by Willy Marcott (BIS)
6:00 Shuffle Board - Resident Lead (T) (T)
7:00 Movie Night: "Sleepless in Seattle" (T)

10:00 Exercise with Terra (Some Standing Involved) (T) **12**
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)
3:15 Go 4 Life - Walking - Resident Lead (ITB)
3:15 "Mind Matters" Riddles and Trivia with Terra (BIS)
6:30 Movie Night: "No Hard Feelings" (T)

8:30 Church Service on TV (T) **13**
9:30 Hymn Sing (T)
9:30 BUS To St. Georges Anglican Church for Service (BUS)
10:00 Catholic Mass Communion (CK)
10:00 NO SCENIC DRIVE TODAY (BUS)
1:00 Pen and Ink Drawing Group with TJ (CK)
1:30 Go for Life Walking - Resident Lead (ITB)
3:00 New Life Choir Group Performance (BIS)
6:30 Jukebox Social with Jan (BIS)

8:45 Calendar Reading for Sight Impaired Residents (BIS) **14**
9:30 Exercise with TJ (Some Standing Involved) (T)
10:05 Sit and Be Fit: Chair Exercise with TJ (T)
10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS)
1:00 Bingo! - with Richard (CK)
1:00 Bridge Club - resident lead! (L)
1:00 Prayer Praise Group (T)
3:00 Fit Minds - puzzles and games (CK)
4:30 Monday night Hockey on TV: Blackhawks vs Maple Leafs (T)

9:30 Exercise with TJ (Some Standing Involved) (T) **15**
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: "The Surprising Science of Happiness by Dan Gilbert (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) **16**
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 NO APPOINTMENT SHUTTLE TODAY (BUS)
2:00 Monthly Resident Meeting (T)
3:00 Social Hour - Music with Bruce (BIS)
6:30 Movie Night: "The Grand Seduction" (T)

9:00 Exercise with Terra (Some Standing Involved) (T) **17**
10:00 Shopping Shuttle to WALMART - *Sign up! (BUS)
11:15 Gentle Chair Stretching with Terra: 15MIN (T)
12:00 Lunch Outing to Bin 4 Burger Lounge (BUS)
1:00 Arts and Crafts with June (CK)
1:30 NO DRUMFIT TODAY (T)
2:30 Tai Chi with Yvonne Waines (T)
6:30 Classic TV shows with Jan (BIS)

9:30 Exercise with Terra (Some Standing Involved) (T) **18**
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 Happy Hour: Music By Vic and Carol (BIS)
6:00 Shuffle Board - Resident Lead (T) (T)
7:00 Movie Night: "Dumplin" (T)

10:00 Exercise with Terra (Some Standing Involved) (T) **19**
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)
3:15 Go 4 Life - Walking - Resident Lead (ITB)
3:15 "Mind Matters" Riddles and Trivia with Terra (BIS)
6:30 Movie Night: " As Good as it Gets" (T)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EASTER SUNDAY 20 8:30 Church Service on TV (T) 9:30 Hymn Sing (T) 10:00 Catholic Mass Communion (CK) 10:00 Resident Easter Egg Hunt (LOB) 11:30 Easter Brunch (RSVP if not on Meal Plan) (DR) 1:30 Go for Life Walking - Resident Lead (ITB) 3:15 Bet the Bunny Hop: Rabbit Races with TJ (CK) 6:30 Jukebox Social with Jan (BIS)	Easter Monday 21 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) 10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS) 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 1:00 Prayer Praise Group (G) 2:00 "Hop into Spring" Easter High Tea (L) 3:00 NO FITMINDS TODAY (CK) 4:30 Monday night Hockey on TV: Blackhawks vs Maple Leafs (T)	EARTH DAY 22 9:30 Exercise with TJ (Some Standing Involved) (T) 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:00 North Patio Gardening with Kevin and Haley (Weather Permitting) (NP) 1:30 Bus Outing to Chances Casino (BUS) 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) 23 9:30 Exercise with TJ (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 Social Hour in the Bistro with Ukulele Tony (BIS) 6:30 Movie Night: "Mad Money" (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 24 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 Classic TV shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 25 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: Music by Andy Plett (BIS) 4:30 Living, Loving Local Dinner Featuring Egg and Lamb (DR) 6:00 Shuffle Board - Resident Lead (T) (T)	10:00 Exercise with Terra (Some Standing Involved) (T) 26 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) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 3:15 "Mind Matters" Riddles and Trivia with Terra (BIS) 6:30 Movie Night: "The Hollers" (T)
8:30 Church Service on TV (T) 27 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)	ARTFUL ENRICHMENT WEEK 28 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) 10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS) 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 1:00 Prayer Praise Group (T) 3:00 Fit Minds - puzzles and games (CK) 4:30 Monday night Hockey on TV: Blackhawks vs Maple Leafs (T)	ART SHOWCASE: See TJ if you have something youd like to display 29 9:30 Exercise with TJ (Some Standing Involved) (T) 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: "The Key to naviagting change with confidence" By Kristy Ellmer" (T) 2:30 Artful Enrichment - Spring Crafting (CK) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 30 9:30 Exercise with TJ (Some Standing Involved) (T) 10:00 Sing for Your Life (BIS) 10:00 Humbleton Art Gallery: Bus Outing (BUS) 10:05 NO SIT AND BE FIT TODAY (T) 1:00 Bingo (CK) 1:00 NO APPOINTMENT SHUTTLE TODAY (BUS) 3:00 Social Hour - Music with Bruce (BIS)	SUNDAY APRIL 20 Easter		
TUESDAY APRIL 22 Earth Day		Be Heard		Locations Legend Theatre (T) Bistro (BIS) Country Kitchen (CK) Bus Outing (BUS) Library (L) In the building (ITB) Gym (G) North Patio (NP) Dining Room (DR) Lobby (LOB)		Calendar Legend Outing Special Program Cruise Week Living, Loving, Local Signature Program