



INSPIRED
SENIOR LIVING

May 2025

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Mental Health Awareness Month	 SUNDAY MAY 11 Mother's Day			9:00 Exercise with Terra (Some Standing Involved) (T) 9:30 Chair Yoga with Terra (T) 10:00 Shopping Shuttle to WALMART - *Sign up! (BUS) 1:15 Bet the Gallop: Horse Races with TJ and Terra (BIS) 2:30 Tai Chi with Yvonne Waines (T) 6:00 Shuffle Board - Resident Lead (T) (T) 6:30 Classic TV shows with Jan (BIS)	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 Happy Hour: Music by Willy Marcott (BIS) 7:00 Movie Night: "Meet the Khumalos" (T)	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 Patio Perks: Coffee, Tea, and Riddles on the 2nd floor patio *Weather Permitting* (NP) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:30 Movie Night: "Apollo 13" (T)
No Life Enrichment Staff: Limited Programs 4 8:30 Church Service on TV (T) 9:30 Hymn Sing (T) 10:00 Catholic Mass Communion (CK) 1:00 Resident Lead Pen and Ink Drawing Group (L) 1:30 Go for Life Walking - Resident Lead (ITB) 2:45 NO DRUMFIT TODAY (T) 6:30 Jukebox Social with Jan (BIS)	8:45 Calendar Reading for Sight Impaired Residents (BIS) 5 9:30 Exercise with TJ (Some Standing Involved) (T) 10:00 Sit and Be Fit: Chair Exercise with TJ (T) 10:00 Tymely Mobile Fashions (LOB) 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)	9:30 Exercise with TJ (Some Standing Involved) (T) 6 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 2:00 TED TALK on TV: My Philosophy for a happy life. By Sam Burns (T) 2:30 NO ARTFUL ENRICHMENT TODAY (CK) 3:00 The Creekers Theatre Performance: "Seasons of Love" (T) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 7 9:30 Exercise with TJ (Some Standing Involved) (T) 10:05 Sit and be Fit Exercise with TJ (T) 10:30 Patio Block Gathering (2nd Floor Residents) (SP) 1:00 Bingo (CK) 3:00 Social Hour in the Bistro: Music by Roland (BIS) 6:30 Movie Night: "The Last Laugh" (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 8 10:00 Shopping Shuttle to WALMART - *Sign up! (BUS) 11:45 Orchard Park Shopping Centre and Food Court Lunch (BUS) 2:30 Tai Chi with Yvonne Waines (T) 3:15 Bet the Gallop: Horse Races with TJ and Terra (BIS) 6:00 Shuffle Board - Resident Lead (T) (T) 6:30 Classic TV shows with Jan (BIS)	10:15 Exercise with Terra (Some Standing Involved) (T) 9 10:50 Sit and be Fit Exercise with Terra (T) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Chair Yoga with Terra (G) 6:15 Happy Hour: Music by Sam Farruggio (BIS) 7:00 Movie Night: "Saving Mr. Banks" (T)	10:00 Exercise with Terra (Some Standing Involved) (T) 10 11:00 Sit and be Fit: Chair Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:30 Patio Perks: Coffee, Tea, and Riddles on the 2nd floor patio *Weather Permitting* (NP) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:30 Movie Night: The Hundred Foot Journey (T)
Mothers Day 11 8:30 Church Service on TV (T) 9:30 Hymn Sing (T) 10:00 Catholic Mass Communion (CK) 11:30 Mothers Day Brunch (DR) 1:30 Go for Life Walking - Resident Lead (ITB) 2:00 A Mothers Day Soiree: Patio Party (Live Music by Sandra Kunz) (SP) 4:00 DrumFit with TJ (T) 6:00 Tech Help with TJ (L) 6:30 Jukebox Social with Jan (BIS) 6:30 Abracadabra: ABBA Performance: Kelowna Community Theatre. \$69 per ticket (MUST SEE TJ ASAP) (BUS)	8:45 Calendar Reading for Sight Impaired Residents (BIS) 12 9:30 Exercise with TJ (Some Standing Involved) (T) 10:00 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)	CareRX: Covid Vaccination Clinic (See Jaylean) 13 9:30 Exercise with TJ (Some Standing Involved) (T) 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) 1:30 BIG BOX OUTLET: Shopping Outing (BUS) 2:30 Artful Enrichment - Painting anf Crafts (CK) 3:00 United Church Service with Minister Cheryl Perry (T) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 14 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) 2:00 Monthly Resident Meeting (T) 3:00 Social Hour - Music with Bruce (BIS) 6:30 Movie Night: "Julie & Julia" (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 15 10:00 Shopping Shuttle to WALMART - *Sign up! (BUS) 1:30 Patio Block Gathering (3rd Floor Residents) (SP) 2:30 Tai Chi with Yvonne Waines (T) 3:15 Bet the Gallop: Horse Races with TJ and Terra (BIS) 6:00 Shuffle Board - Resident Lead (T) (T) 6:30 Classic TV shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 16 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 (BIS) 7:00 Movie Night: "Driving Miss Daisy" (T)	10:00 NO FITNESS TODAY (T) 17 10:00 Muffins and Mimosas in the Bistro (BIS) 11:00 NO FITNESS TODAY (T) 1:00 Cribbage Club - Resident Lead (L) 2:00 Patio Perks: Coffee, Tea, and Riddles on the 2nd floor patio *Weather Permitting* (NP) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:30 Movie Night: "Funny Girl" (1968) (T)



INSPIRED
SENIOR LIVING

May 2025

The Heritage



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Church Service on TV (T) 18 9:30 Hymn Sing (T) 10:00 Catholic Mass Communion (CK) 10:00 Scenic Drive *Please Sign Up* (Summerland w/stop at "Grannys Fruit stand and Cafe") (BUS) 11:15 Tech Help with TJ (L) 1:00 Pen and Ink Drawing Group (L) 1:30 Go for Life Walking - Resident Lead (ITB) 2:45 DrumFit with TJ (T) 6:30 Jukebox Social with Jan (BIS)	Victoria Day: STATUTORY HOLIDAY - Limited Programs 19 9:30 NO Exercise Today, Sorry! (T) 10:45 NO SUPERSTORE THIS WEEK: Please make use of Tuesday Morning Outing Shuttle (BUS) 1:00 Bingo! - with Richard (CK) 1:00 Bridge Club - resident lead! (L) 3:00 NO FITMINS TODAY (CK)	9:30 Exercise with TJ (Some Standing Involved) (T) 20 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 2:15 Patio Block Gathering (4th Floor Residents) (SP) 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) 21 9:30 Exercise with TJ (Some Standing Involved) (T) 10:00 Walker/Scooter Wash Fundraiser for Alzheimers (Out) 10:05 NO SIT AND BE FIT TODAY (T) 1:00 Bingo (CK) 3:00 Social Hour in the Bistro with Ukulele Tony (BIS) 6:30 Movie Night: "Going in Style" (2017) (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 22 10:00 Shopping Shuttle to WALMART - *Sign up! (BUS) 1:00 "Walk in a Box" Alzheimers Walk on North Patio (NP) 2:30 Tai Chi with Yvonne Waines (T) 3:15 Bet the Gallop: Horse Races with TJ and Terra (BIS) 6:00 Shuffle Board - Resident Lead (T) (T) 6:30 Classic TV shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 23 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 Andy Plett (BIS) 7:00 Movie Night: "Something's Gotta Give" (2003) (T)	10:00 Exercise with Lynda (Some Standing Involved) (T) 24 11:00 Sit and Be Fit: Chair Exercise with Lynda (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Patio Block Gathering (5th Floor Residents) (SP) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:30 Movie Night: "Fried Green Tomatoes" (T)
8:30 Church Service on TV (T) 25 9:30 Hymn Sing (T) 10:00 Catholic Mass Communion (CK) 11:15 Tech Help with TJ (L) 11:45 Walk for Alzhiemers: Kelowna City Park *Please Sign-Up* (BUS) 1:30 Go for Life Walking - Resident Lead (ITB) 3:15 DrumFit with TJ (T) 6:30 Jukebox Social with Jan (BIS)	8:45 Calendar Reading for Sight Impaired Residents (BIS) 26 9:30 Exercise with TJ (Some Standing Involved) (T) 10:00 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)	9:30 Exercise with TJ (Some Standing Involved) (T) 27 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:00 Bus Outing: Kasagi Japanese Garden (BUS) 2:30 Artful Enrichment - Painting anf Crafts (CK) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	National Red Shirt Day 28 9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 9:30 Exercise with TJ (Some Standing Involved) (T) 10:00 Sing for Your Life (LAST DAY UNTIL FALL) (BIS) 10:05 Sit and be Fit Exercise with TJ (T) 1:00 Bingo (CK) 3:00 Social Hour - Music with Bruce (BIS) 6:30 Movie Night: "The Irishman" (2019) (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 29 10:00 Shopping Shuttle to WALMART - *Sign up! (BUS) 1:00 Paint your own POTTERY: Bus Outing (See TJ for Details) (BUS) 1:15 Bet the Gallop: Horse Races with TJ and Terra (BIS) 2:30 Tai Chi with Yvonne Waines (T) 3:00 NO HORSE RACES TODAY (CK) 6:00 Shuffle Board - Resident Lead (T) (T) 6:30 Classic TV shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 30 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 Jeremy Messenger (BIS) 4:30 Living Loving Local dinner featuring Rhubarb and Asparagus (DR) 7:00 Movie Night: "Victoria & Abdul" (2017) (T)	10:00 Exercise with Terra (Some Standing Involved) (T) 31 11:00 Sit and be Fit: Chair Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:30 Patio Perks: Coffee, Tea, and Riddles on the 2nd floor patio *Weather Permitting* (NP) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:30 Movie Night: . "The Intern" (2015) (T)

MONDAY
MAY
19

Victoria 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)
South Patio (SP)
Dining Room (DR)
Lobby (LOB)
Outdoors (Out)

Calendar Legend

Outing
Special Program
Cruise Week
Living, Loving, Local
Signature Program