



INSPIRED
SENIOR LIVING

June 2025

The Heritage



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"Thriving Through Summer" Fitness Challenge Month 1 8:30 Church Service on TV (T) 9:30 Hymn Sing (T) 10:00 Catholic Mass Communion (CK) 10:00 Scenic Drive to Peachland with stop at Farmers and Crafters Market *Please Sign Up* (BUS) 11:30 Tech Help with TJ (L) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 2:45 DrumFit with TJ (T) 6:30 Sunday Night Music with Ted and Audrey (BIS)	8:45 Calendar Reading for Sight Impaired Residents (BIS) 2 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) 5:00 Hockey Night in Canada: Stanley Cup Playoffs - Edmonton at Dallas - Game 7 (Drinks will be Available) (T)	9:30 Exercise with TJ (Some Standing Involved) (T) 3 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:00 Bocce Ball and Mini Putting on the Patio with TJ (NP) 2:30 Artful Enrichment - Hardcover Book Floral Arrangements (CK) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 4 9:30 Exercise with TJ (Some Standing Involved) (T) 10:05 Sit and be Fit Exercise with TJ (T) 1:00 Bingo (CK) 3:00 Social Hour in the Bistro with Ukulele Tony (BIS) 6:30 Movie Night: "CHICAGO" (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 5 10:00 Shopping Shuttle to WALMART - *Sign up! (BUS) 1:00 Bus Outing to Costco *Please Sign-Up* (BUS) 1:15 NO HORSE RACING TODAY, SORRY (BIS) 2:30 Tai Chi with Yvonne Waines (T) 6:00 Shuffle Board - Resident Lead (T) (T) 6:30 Music/TV Shows with Jan (BIS)	10:30 Exercise with Lynda (T) 6 11:00 Sit and be Fit Exercise with Lynda (T) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Chair Yoga with Terra (G) 1:30 Go for Life Walking - Resident Lead (ITB) 6:00 Evening Happy Hour: Music by Dan Mallette (BIS) 7:00 Movie Night: "RIVER QUEEN" (T)	10:00 Personal Touch Fashions (TL) 7 10:00 Exercise with Lynda (T) 11:00 Sit and Be Fit: Chair Exercise with Lynda (T) 1:00 Cribbage Club - Resident Lead (L) 1:30 Patio Perks: Coffee and Donuts! *National Donut Day* (NP) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:30 Movie Night "NOTTING HILL" (T)
8:30 Church Service on TV (T) 8 9:30 Hymn Sing (T) 10:00 Catholic Mass Communion (CK) 10:30 Scenic Drive with stop at "Bright Jenny Coffee Shop" *Please Sign Up* (BUS) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 2:45 NO DRUMFIT TODAY (T) 3:00 New Life Choir Group Performance (BIS) 4:15 Tech Help with TJ (L) 6:00 A Night with "Bocelli" Wine and music by Andrea Bocelli on DVD (T)	8:45 Calendar Reading for Sight Impaired Residents (BIS) 9 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) 10 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:00 5th Floor Block Gathering and Bocce Ball: North Patio (NP) 2:30 Artful Enrichment - Button Tree Craft (CK) 3:00 United Church Service with Minister Cheryl Perry (Last Service Until Sept) (T) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 11 9:30 Exercise with TJ (Some Standing Involved) (T) 10:05 Sit and be Fit Exercise with TJ (T) 10:30 4th Floor Block Gathering and Bocce Ball: North Patio! (NP) 1:00 Bingo (CK) 3:00 Social Hour - Music with Bruce (BIS) 6:30 Movie Night: "CASABLANCA" (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 12 9:30 Shopping Shuttle to WALMART - *Sign up! (BUS) 11:15 Pontoon Boat Outing & Lunch *sign up \$15 for those on the meal plan, \$20 for those not on meal plan. (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 Music/TV Shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 13 10:05 Sit and be Fit Exercise with Terra (T) 12:00 Fathers Day "Grill and Chill" BBQ and Live Music by Willy Marcott (NP) 1:00 Resident Lead Scrabble in the Library (L) 1:30 Go for Life Walking - Resident Lead (ITB) 7:00 Movie Night: "About Hope" (T)	10:00 Exercise with Terra (Some Standing Involved) (T) 14 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 BLIND SIDE" (T)
HAPPY FATHERS DAY 15 8:30 Church Service on TV (T) 9:30 Hymn Sing (T) 10:00 Catholic Mass Communion (CK) 10:00 The Two Donkey's Coffee Shop: Walking Outing *Please Sign-Up* (Out) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 1:15 Fathers Day Craft Beer Tasting (BIS) 3:15 DrumFit with Terra (T) 6:30 Sunday Night Music with Ted and Audrey (BIS)	8:45 Calendar Reading for Sight Impaired Residents (BIS) 16 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) 17 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:00 Bocce Ball and Mini Putting on the Patio with TJ (NP) 2:30 Artful Enrichment - Watercolor Painting (CK) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 18 9:30 Exercise with TJ (Some Standing Involved) (T) 10:00 Veterans coffee and chat with Bea and Orland Delong (BIS) 10:05 Sit and be Fit Exercise with TJ (T) 1:00 Bingo (CK) 1:00 GOLF Outing: Two Eagles Golf Course Driving Range (BUS) 3:00 Social Hour in the Bistro with Ukulele Tony (BIS) 6:30 Movie Night: "HELL OR HIGH WATER" (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 19 10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS) 11:45 Rotary Beach Picnic: Gelatly (Bagged Lunches Included) (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 Music/TV Shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 20 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) 1:30 Go for Life Walking - Resident Lead (ITB) 2:30 Happy Hour: Music by Vic and Carol (BIS) 7:00 Movie Night: " THE LITTLE RASCALS" (T)	10:00 Exercise with Terra (Some Standing Involved) (T) 21 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 "FREE WILLY" (T)



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SENIOR LIVING

June 2025

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THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Church Service on TV (T) 22 9:30 Hymn Sing (T) 10:00 Catholic Mass Communion (CK) 10:00 Scenic Drive down Lakeshore: Stop at Sarsons Beach Park *Please Sign Up* (BUS) 11:30 Tech Help with TJ (L) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 2:45 DrumFit with TJ (T)	8:45 Calendar Reading for Sight Impaired Residents (BIS) 23 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) 24 10:30 Outing/Appointment Shuttle: Book at Reception (BUS) 1:00 In Stitches - Knit, crochet & sewing group! (CK) 1:00 3rd Floor Block Gathering and Bocce Ball: North Patio (NP) 2:30 Artful Enrichment - Pastel Feather Drawing (CK) 6:00 Cabaret Night - Musical Concert with Peter! (BIS)	9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 25 9:30 Exercise with TJ (Some Standing Involved) (T) 10:05 Sit and be Fit Exercise with TJ (T) 10:30 2nd floor Block Gathering and Bocce Ball: North Patio! (NP) 1:00 Bingo (CK) 3:00 Social Hour - Music with Bruce (BIS) 6:30 Movie Night: "MRS DOUBTFIRE" (T)	9:00 Exercise with Terra (Some Standing Involved) (T) 26 9:30 Shopping Shuttle to WALMART - *Sign Up! (BUS) 11:15 Pontoon Boat Outing & Lunch *sign up \$15 for those on the meal plan, \$20 for those not on meal plan. (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) 6:30 Music/TV Shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing Involved) (T) 27 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) 1:30 Go for Life Walking - Resident Lead (ITB) 2:30 Monthly Resident Birthday Party: Music by Andy Plett (BIS) 4:30 Living Loving Local Dinner Featuring Peas and Strawberries (DR) 7:00 Movie Night: "THE SHAWSHANK REDEMPTION" (T)	10:00 Exercise with Terra (Some Standing Involved) (T) 28 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) 4:00 Dinner Outing: Zias Stonehouse in Summerland (BUS) 6:30 Movie Night: "YOU'VE GOT MAIL" (T)
8:30 Church Service on TV (T) 29 9:30 Hymn Sing (T) 10:00 Catholic Mass Communion (CK) 10:00 Scenic Drive down West Side Road. NO STOPS *Please Sign Up* (BUS) 11:30 Tech Help with TJ (L) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 2:45 DrumFit with TJ (T)	8:45 Calendar Reading for Sight Impaired Residents (BIS) 30 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)	 Pride Month		 SATURDAY JUNE 7 National Donut Day		 INSPIRED SENIOR LIVING
 SUNDAY JUNE 15 Father's Day		 Be Heard		<u>Locations Legend</u> Theatre (T) Bistro (BIS) Country Kitchen (CK) Bus Outing (BUS) Library (L) North Patio (NP) In the building (ITB) Gym (G) The Lounge (TL) Outdoors (Out) Dining Room (DR)		<u>Calendar Legend</u> Outing Special Program Cruise Week Living, Loving, Local Signature Program