



INSPIRED  
SENIOR LIVING

# October 2025

## The Heritage

THE HERITAGE  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

| Sunday                                                                                                                                                                                                                                                                                                                                                                                        | Monday                                                                                                                                                                                                                                                                                                                                                                                                                      | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Friday                                                                                                                                                                                                                                                                                                                                                  | Saturday                                                                                                                                                                                                                                                                                                                                                                               |
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| <div><div><div>WEDNESDAY</div><div>OCT 1</div></div><div>Breast Cancer Awareness Month</div></div>                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                             | <div><div><div>MONDAY</div><div>OCT 13</div></div><div>Thanksgiving</div></div>                                                                                                                                                                                                                                                                                              | <div>Active Aging Week! 1</div> <div>9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS)</div> <div>9:30 Exercise with TJ (Some Standing Involved) (T)</div> <div>10:00 Sit and be Fit Exercise with TJ (T)</div> <div>10:45 Bus Outing to Costco *Please Sign-Up* (BUS)</div> <div>2:00 Bingo (CK)</div> <div>2:30 Circuit Training: Gym Equipment Exercise with TJ (G)</div> <div>3:00 Social Hour - Music with Bruce (BIS)</div>              | <div>9:00 Exercise with Terra (Some Standing Involved) (T) 2</div> <div>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)</div> <div>1:00 Aquafit and Pool Walking (P)</div> <div>1:00 Crafting with June (CK)</div> <div>2:15 Falls Prevention Discussion with Nurse Jaylean (CK)</div> <div>2:30 Tai Chi with Yvonne Waines (T)</div> <div>3:15 Bet the Gallop: Horse Races with TJ and Terra (BIS)</div> <div>6:30 Music/TV Shows with Jan (BIS)</div> | <div>9:30 Exercise with Terra (Some Standing Involved) (T) 3</div> <div>10:00 Sit and be Fit Exercise with Terra (T)</div> <div>1:00 Resident Lead Scrabble in the Library (L)</div> <div>1:00 15 Minute Gentle Stretches with Terra (G)</div> <div>2:30 Happy Hour and Live Entertainment by John Cole (BIS)</div>                                     | <div>10:00 Exercise with Terra (Some Standing Involved) (T) 4</div> <div>11:00 Sit and be Fit: Chair Exercise with Terra (T)</div> <div>1:00 Cribbage Club - Resident Lead (L)</div> <div>1:00 Baking and Cooking with Terra (CK)</div> <div>2:15 TED TALK on TV: "The Formula for Successful Aging" by Gary Small (T)</div> <div>3:15 Go 4 Life - Walking - Resident Lead (ITB)</div> |
| <div>8:30 Church Service on TV (T) 5</div> <div>9:30 Hymn Sing on TV (T)</div> <div>10:00 Catholic Mass Communion (CK)</div> <div>10:00 Scenic Drive *Please Sign Up* (BUS)</div> <div>11:30 Tech Help with TJ (L)</div> <div>1:00 Pen and Ink Drawing Group: Resident Lead (L)</div> <div>2:45 DrumFit with TJ (T)</div> <div>6:30 Sunday Night Music with Ted (BIS)</div>                   | <div>9:30 Exercise with TJ ( Some Standing Involved) (T) 6</div> <div>10:00 Sit and Be Fit: Chair Exercise with TJ (T)</div> <div>10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS)</div> <div>1:00 Bingo! - with Richard (CK)</div> <div>1:00 Bridge Club - resident lead! (L)</div> <div>1:00 St Georges Anglican Prayer Praise Group (T)</div> <div>3:00 Fit Minds - puzzles and games (CK)</div> | <div>9:30 Exercise with TJ (Some Standing Involved) (T) 7</div> <div>10:30 Outing/Appointment Shuttle: Book at Reception (BUS)</div> <div>10:30 Premium Mobility Products: Walker and Scooter Repair (BIS)</div> <div>1:00 In Stitches - Knit, crochet &amp; sewing group! (CK)</div> <div>1:30 Afternoon Exercise with TJ (T)</div> <div>2:30 Artful Enrichment - Painting and Crafts (CK)</div> <div>6:00 Live Piano Performance by Peter Scholl (BIS)</div> | <div>9:30 Exercise with Lynda (Some Standing Involved) (T) 8</div> <div>10:00 Silver Song Group (Formerly Known as Sing 4 Your Life) (BIS)</div> <div>10:00 Sit and be Fit Exercise with Lynda (T)</div> <div>10:30 Catholic Mass with father Jimenez (L)</div> <div>1:00 Bingo (CK)</div> <div>3:00 Social Hour in the Bistro with Ukulele Tony (BIS)</div> <div>6:45 Bus Outing: Kelowna Community Theatre: Blue Suede and Rhinestones. Please Sign-Up (BUS)</div> | <div>9:00 Exercise with Terra (Some Standing Involved) (T) 9</div> <div>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)</div> <div>1:00 Aquafit and Pool Walking (P)</div> <div>1:00 Crafting with June (CK)</div> <div>2:30 Tai Chi with Yvonne Waines (T)</div> <div>3:15 Bet the Gallop: Horse Races with TJ and Terra (BIS)</div> <div>6:30 Music/TV Shows with Jan (BIS)</div>                                                                     | <div>9:30 Exercise with Terra (Some Standing Involved) (T) 10</div> <div>10:00 Sit and be Fit Exercise with Terra (T)</div> <div>1:00 Resident Lead Scrabble in the Library (L)</div> <div>1:00 15 Minute Gentle Stretches with Terra (G)</div> <div>2:30 Happy Hour and Live Entertainment by Andy Plett (BIS)</div>                                   | <div>10:00 Exercise with Terra (Some Standing Involved) (T) 11</div> <div>11:00 Sit and be Fit: Chair Exercise with Terra (T)</div> <div>1:00 Cribbage Club - Resident Lead (L)</div> <div>1:30 Friendsgiving Tea (T)</div> <div>3:15 Go 4 Life - Walking - Resident Lead (ITB)</div>                                                                                                  |
| <div>8:30 Church Service on TV (T) 12</div> <div>9:30 Hymn Sing on TV (T)</div> <div>10:00 Catholic Mass Communion (CK)</div> <div>10:00 Scenic Drive *Please Sign Up* (BUS)</div> <div>1:00 Pen and Ink Drawing Group: Resident Lead (L)</div> <div>2:45 DrumFit with TJ (T)</div> <div>4:30 Thanksgiving Dinner in the Dining Room (DR)</div> <div>6:00 Jukebox Social with Jan (BIS)</div> | <div>Thanksgiving Day: Statutory Holiday - Limited Programs 13</div> <div>1:00 Bridge Club - resident lead! (L)</div> <div>1:00 St Georges Anglican Prayer Praise Group (T)</div>                                                                                                                                                                                                                                           | <div>9:30 Exercise with TJ (Some Standing Involved) (T) 14</div> <div>10:30 Outing/Appointment Shuttle: Book at Reception (BUS)</div> <div>1:00 In Stitches - Knit, crochet &amp; sewing group! (CK)</div> <div>1:30 Bus Outing: Loving, Loss, Greif - Support Group at Peachland United Church (BUS)</div> <div>2:30 Artful Enrichment - Painting and Crafts (CK)</div> <div>6:00 Live Piano Performance by Peter Scholl (BIS)</div>                          | <div>9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) 15</div> <div>9:30 Exercise with TJ (Some Standing Involved) (T)</div> <div>10:00 Sit and be Fit Exercise with TJ (T)</div> <div>1:00 Bingo (CK)</div> <div>2:00 Resident Ambassador Meeting: Please attend if you are an ambassador. (T)</div> <div>3:00 Social Hour - Music with Bruce (BIS)</div>                                                                                    | <div>9:00 Exercise with Terra (Some Standing Involved) (T) 16</div> <div>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)</div> <div>1:00 Aquafit and Pool Walking (P)</div> <div>1:00 Crafting with June (CK)</div> <div>2:30 Tai Chi with Yvonne Waines (T)</div> <div>3:15 Bet the Gallop: Horse Races with TJ and Terra (BIS)</div> <div>6:30 Music/TV Shows with Jan (BIS)</div>                                                                    | <div>9:30 Exercise with Terra (Some Standing Involved) (T) 17</div> <div>10:00 Sit and be Fit Exercise with Terra (T)</div> <div>1:00 Resident Lead Scrabble in the Library (L)</div> <div>1:00 15 Minute Gentle Stretches with Terra (G)</div> <div>2:30 Pink Ribbon Social (Breast Cancer Awareness!) Live Entertainment by Vic and Carol (BIS)</div> | <div>10:00 Exercise with Terra (Some Standing Involved) (T) 18</div> <div>11:00 Sit and be Fit: Chair Exercise with Terra (T)</div> <div>1:00 Cribbage Club - Resident Lead (L)</div> <div>1:00 Baking and Cooking with Terra (CK)</div> <div>3:15 Go 4 Life - Walking - Resident Lead (ITB)</div>                                                                                     |





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| Sunday                                                                                                                                                                                                                                                                                                                                                                  | Monday                                                                                                                                                                                                                                                                                                                                                                                                                   | Tuesday                                                                                                                                                                                                                                                                                                                                                                                           | Wednesday                                                                                                                                                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                                                                                                                                                                                | Friday                                                                                                                                                                                                                                                                                                                                                                                         | Saturday                                                                                                                                                                                                                                                                                                                                                                |
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| 8:30 Church Service on TV (T) <b>19</b><br>9:30 Hymn Sing on TV (T)<br>10:00 Catholic Mass Communion (CK)<br>10:00 Scenic Drive *Please Sign Up* (BUS)<br>11:30 Tech Help with TJ (L)<br>1:00 Pen and Ink Drawing Group: Resident Lead (L)<br>2:45 DrumFit with TJ (T)<br>6:30 Sunday Night Music with Ted (BIS)                                                        | 9:30 Exercise with TJ (Some Standing Involved) (T) <b>20</b><br>10:00 Sit and Be Fit: Chair Exercise with TJ (T)<br>10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS)<br>1:00 Bingo! - with Richard (CK)<br>1:00 Bridge Club - resident lead! (L)<br>1:00 St Georges Anglican Prayer Praise Group (T)<br>3:00 Fit Minds - puzzles and games (CK)<br>6:15 Live Entertainment by George Young (BIS) | 9:30 Exercise with TJ (Some Standing Involved) (T) <b>21</b><br>10:30 Outing/Appointment Shuttle: Book at Reception (BUS)<br>1:00 In Stitches - Knit, crochet & sewing group! (CK)<br>1:30 Afternoon Exercise with TJ (T)<br>2:30 Artful Enrichment - Painting and Crafts (CK)<br>3:00 United Church Service with Minister Cheryl Perry (T)<br>6:00 Live Piano Performance by Peter Scholl (BIS)  | 9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) <b>22</b><br>9:30 Exercise with TJ (Some Standing Involved) (T)<br>10:00 Sit and be Fit Exercise with TJ (T)<br>10:00 Silver Song Group (Formerly Known as Sing 4 Your Life) (BIS)<br>1:00 Bingo (CK)<br>3:00 Social Hour in the Bistro with Ukulele Tony (BIS)           | 9:00 Exercise with Terra (Some Standing Involved) (T) <b>23</b><br>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)<br>1:00 Davison Orchards Outing: Pumpkin Patch and Market Shopping (BUS)<br>1:00 Crafting with June (CK)<br>2:30 Tai Chi with Yvonne Waines (T)<br>6:30 Music/TV Shows with Jan (BIS)<br>7:00 Peer Discussion and Support Group: Come Chat with your Peers! (CK) | 9:30 Exercise with Terra (Some Standing Involved) (T) <b>24</b><br>10:00 Sit and be Fit Exercise with Terra (T)<br>10:30 Pebbles and Pathways Daycare: Halloween Choir! (BIS)<br>1:00 Resident Lead Scrabble in the Library (L)<br>1:00 15 Minute Gentle Sretches with Terra (G)<br>2:30 Happy Hour and live Entertainment by Jeremy Messenger (BIS)                                           | 10:00 Exercise with Terra (Some Standing Involved) (T) <b>25</b><br>10:00 Peer Support and Discussions Group: Resident Lead (CK)<br>11:00 Sit and be Fit: Chair Exercise with Terra (T)<br>1:00 Cribbage Club - Resident Lead (L)<br>1:00 Baking and Cooking with Terra (CK)<br>3:00 New Life Choir "Hymm Sing" (BIS)<br>3:15 Go 4 Life - Walking - Resident Lead (ITB) |
| 8:30 Church Service on TV (T) <b>26</b><br>9:30 Hymn Sing on TV (T)<br>10:00 Catholic Mass Communion (CK)<br>10:00 Scenic Drive *Please Sign Up* (BUS)<br>11:30 Tech Help with TJ (L)<br>1:00 Pen and Ink Drawing Group: Resident Lead (L)<br>2:00 Pumpkin Carving with the West Kelowna Youth Ambassadors: Please Sign-Up! (BIS)<br>6:00 Jukebox Social with Jan (BIS) | 9:30 Exercise with TJ (Some Standing Involved) (T) <b>27</b><br>10:00 Sit and Be Fit: Chair Exercise with TJ (T)<br>10:45 Shopping Outing to Superstore. *Please Sign-Up at Reception* (BUS)<br>1:00 Bingo! - with Richard (CK)<br>1:00 Bridge Club - resident lead! (L)<br>1:00 St Georges Anglican Prayer Praise Group (T)<br>3:00 Fit Minds - puzzles and games (CK)<br>6:15 Live Entertainment by George Young (BIS) | 9:30 Exercise with TJ (Some Standing Involved) (T) <b>28</b><br>10:30 Outing/Appointment Shuttle: Book at Reception (BUS)<br>1:00 In Stitches - Knit, crochet & sewing group! (CK)<br>1:30 Afternoon Exercise with TJ (T)<br>2:30 Artful Enrichment - Painting and Crafts (CK)<br>2:30 "All There Is" Grief Podcast with Anderson Cooper (T)<br>6:00 Live Piano Performance by Peter Scholl (BIS) | 9:00 Brew and Briefs with Terra: Coffee and World News discussion (BIS) <b>29</b><br>9:30 Exercise with TJ (Some Standing Involved) (T)<br>10:00 Sit and be Fit Exercise with TJ (T)<br>11:30 Men's Pizza and Beer Social: FREE if on the meal plan. \$5 if not on meal plan. (T)<br>1:00 Bingo (CK)<br>3:00 Social Hour - Music with Bruce (BIS) | 9:00 Exercise with Terra (Some Standing Involved) (T) <b>30</b><br>10:00 Shopping Shuttle to WALMART - *Sign Up! (BUS)<br>1:00 Aquafit and Pool Walking (P)<br>1:00 Crafting with June (CK)<br>2:30 Tai Chi with Yvonne Waines (T)<br>3:15 Bet the Gallop: Horse Races with TJ and Terra (BIS)<br>6:30 Music/TV Shows with Jan (BIS)                                                    | Happy Halloween! <b>31</b><br>9:30 Exercise with Terra (Some Standing Involved) (T)<br>10:00 Sit and be Fit Exercise with Terra (T)<br>1:00 Resident Lead Scrabble in the Library (L)<br>1:00 15 Minute Gentle Sretches with Terra (G)<br>2:30 Monthly Resident Halloween Theme Birthday Party: Music by John Cole (BIS)<br>4:30 Living, Loving, Local Dinner featuring Squash an Pumpkin (DR) |                                                                                                                                                                                                                                                                                                                                                                         |



| Locations Legend     |                       |
|----------------------|-----------------------|
| Theatre (T)          | Gym (G)               |
| Bistro (BIS)         | Pool (P)              |
| Country Kitchen (CK) | In the building (ITB) |
| Library (L)          | Dining Room (DR)      |
| Bus Outing (BUS)     |                       |

| Calendar Legend       |
|-----------------------|
| Outing                |
| Special Program       |
| Cruise Week           |
| Living, Loving, Local |
| Signature Program     |