



INSPIRED
SENIOR LIVING

February 2026

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Church Service on TV (T) 1 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 11:30 Tech Help with Zoë (L) 1:00 Scenic Drive *Sign Up* (BUS) 1:00 Pen and Ink Drawing Group: Resident Lead (CK) 2:45 DrumFit (T) 6:00 Jukebox Social with Jan (BIS)	9:30 Exercise with Zoë (Some Standing) (T) 2 10:00 Seated Exercise with Zoë (T) 10:30 Weekly Calendar Reading (CK) 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 1:00 St. George's Anglican Prayer Praise Group (T) 1:30 Resident Food Forum Meeting (PDR) 2:15 Meet Me at the MOMA: Clarke Reynolds *Activity - Sign Up* (CK) 3:00 Fit Minds (CK) 7:30 Monday Night Hockey: Canadiens vs Wild (T)	9:30 Exercise with Zoë (Some Standing) (T) 3 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Afternoon Seated Exercise with Zoë (T) 2:30 Artful Enrichment - Painting and Crafts (CK) 6:00 Live Performance: Curtis Kieres (BIS) 6:45 Classic Movie Night: Back to the Future (1985) (T)	9:00 Brew and Briefs with Terra (BIS) 4 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:00 Silver Song Group (BIS) 10:30 Superstore Shuttle *Sign-Up* (BUS) 1:00 Bingo with Terra (CK) 3:00 Social Hour - Music with Bruce (BIS)	9:30 Exercise with Terra (Some Standing) (T) 5 10:00 Seated Exercise with Terra (T) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne & Charlene (T) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS)	9:15 Exercise with Terra (Some Standing) (T) 6 10:00 Outing/Appointment Shuttle *Sign-Up* (BUS) 10:30 Tymely Mobile Fashions (T) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 6:00 Happy Hour - Music by Sam Farruggio (BIS) 6:00 Winter Olympics - Opening Ceremony (T)	10:00 Exercise with Terra (Some Standing) (T) 7 10:45 Aquafit and Pool Walking (P) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Cribbage Club - Resident Lead (L) 1:00 Seated Exercise with Terra (T) 2:00 Netflix TV Show: A Man on the Inside Season 2, Episode 6 (T) 3:15 Go 4 Life - Walking - Resident Lead (ITB)
8:30 Church Service on TV (T) 8 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 11:30 Tech Help with Zoë (L) 1:00 Scenic Drive *Sign Up* (BUS) 1:00 Pen and Ink Drawing Group: Resident Lead (CK) 2:45 DrumFit (T) 3:30 Superbowl Party Seahawks vs Patriots (BIS)	9:30 Exercise with Zoë (Some Standing) (T) 9 10:00 Seated Exercise with Zoë (T) 10:30 Weekly Calendar Reading (CK) 11:00 Heritage Olympics - Hockey *Sign Up* (T) 12:30 Meet Me at The MOMA: Qian Songyan *Presentation* (CK) 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 1:00 St. George's Anglican Prayer Praise Group (T) 3:00 Fit Minds (CK) 6:30 Monday Night Hockey: TBD (T)	9:30 Exercise with Zoë (Some Standing) (T) 10 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Afternoon Seated Exercise with Zoë (T) 2:30 Artful Enrichment - Painting and Crafts (CK) 3:00 Virtual Tennis (BIS) 6:45 Classic Movie Night: Back to the Future II (1989) (T)	9:00 Brew and Briefs with Terra (BIS) 11 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:30 Catholic Mass with Father Jimenez (L) 10:30 Walmart Shuttle *Sign-Up* (BUS) 1:00 Bingo with Terra (CK)	9:30 Exercise with Terra (Some Standing) (T) 12 10:00 Seated Exercise with Terra (T) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne & Charlene (T) 3:15 NO HORSE RACES TODAY (CK) 3:30 Thrive Kids Visit - Crafting *Sign Up* (BIS) 6:30 Music/TV Shows with Jan (BIS)	9:15 Exercise with Terra (Some Standing) (T) 13 10:00 Outing/Appointment Shuttle *Sign-Up* (BUS) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 2:30 Happy Hour - Music by Jeremy Messenger *Italian Theme* (BIS) 6:45 Movie Night in the Theatre: Jurassic World Rebirth (2025) (T)	10:00 Exercise with Terra (Some Standing) (T) 14 10:45 Aquafit and Pool Walking (P) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Cribbage Club - Resident Lead (L) 1:00 Seated Exercise with Terra (T) 2:00 Valentines Day High Tea - Music by Harold Sher (BIS) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 4:30 Valentine's Day Dinner (DR)
8:30 Church Service on TV (T) 15 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 11:30 Tech Help with Zoë (L) 1:00 Scenic Drive *Sign Up* (BUS) 1:00 Pen and Ink Drawing Group: Resident Lead (CK) 2:45 DrumFit (T) 6:00 Jukebox Social with Jan (BIS)	HAPPY FAMILY DAY! (EYG) 16 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:30 Weekly Calendar Reading (CK) 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 1:00 St. George's Anglican Prayer Praise Group (T) 2:15 Meet Me at The MOMA: Qian Songyan *Activity - Sign Up* (CK) 3:00 Fit Minds (CK) 6:30 Monday Night Hockey: TBD (T)	9:30 Exercise with Zoë (Some Standing) (T) 17 11:00 Heritage Olympics - Curling *Sign Up* (BIS) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Afternoon Seated Exercise with Zoë (T) 2:30 Artful Enrichment - Painting and Crafts (CK) 3:00 United Church Service with Minister Cheryl Perry (T) 6:00 Chinese New Year Party (BIS) 6:45 Classic Movie Night: The Legend of Red Dragon (2002) (T)	9:00 Brew and Briefs with Terra (BIS) 18 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:00 Silver Song Group (BIS) 10:30 Superstore Shuttle *Sign-Up* (BUS) 1:00 Bingo with Terra (CK) 2:00 Book Club (L) 3:00 Social Hour - Music with Bruce (BIS)	9:30 Exercise with Terra (Some Standing) (T) 19 10:00 Seated Exercise with Terra (T) 11:00 Heritage Olympics - Ski Jump *Sign Up* (BIS) 12:30 2nd Floor Block Party (2Flr) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne & Charlene (T) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS) 7:00 Peer Discussion & Support Group with Susan (CK)	9:15 Exercise with Terra (Some Standing) (T) 20 10:00 Outing/Appointment Shuttle *Sign-Up* (BUS) 12:30 3rd Floor Block Party (3FLR) 1:00 Resident Lead Scrabble in the Library (L) 1:00 SORRY - NO SEATED EXERCISE TODAY (T) 2:30 Margarita Social Hour - Music with Vic & Carol (BIS) 6:45 Movie Night in the Theatre: Wicked (2024) (T)	10:00 Exercise with Terra (Some Standing) (T) 21 10:45 Aquafit and Pool Walking (P) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Cribbage Club - Resident Lead (L) 1:00 Seated Exercise with Terra (T) 2:00 Netflix TV Show: A Man on the Inside Season 2, Episode 7 (T) 3:15 Go 4 Life - Walking - Resident Lead (ITB)



INSPIRED
SENIOR LIVING

February 2026

The Heritage

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 on TV (T) 10:00 Catholic Mass with Communion (CK) 11:30 Tech Help with Zoë (L) 1:00 Scenic Drive *Sign Up* (BUS) 1:00 Pen and Ink Drawing Group: Resident Lead (CK) 2:30 Winter Olympics - Closing Ceremony *Heritage Olympics Winners Posted* (T) 2:45 DrumFit (T)	9:30 Exercise with Zoë (Some Standing) (T) 23 10:00 Seated Exercise with Zoë (T) 10:30 Weekly Calendar Reading (CK) 12:30 Meet Me at The MOMA: Kehinde Wiley *Presentation* (T) 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 1:00 St. George's Anglican Prayer Praise Group (T) 3:00 Fit Minds (CK) 6:15 Happy Hour - Music by Dan Mallette (BIS) 6:30 Monday Night Hockey: TBD (T)	9:30 Exercise with Zoë (Some Standing) (T) 24 11:00 Living Loving Local Activity - Dyeing with Beets *Sign Up* (CK) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Afternoon Seated Exercise with Zoë (T) 2:30 Artful Enrichment - Painting and Crafts (CK) 3:00 Virtual Golf (BIS) 6:45 Classic Movie Night: A Summer Story (1988) (T)	9:00 Brew and Briefs with Terra (BIS) 25 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:30 Walmart Shuttle *Sign-Up* (BUS) 1:00 Bingo with Terra (CK) 2:00 Monthly Ambassador & New Resident Meeting (L)	9:30 Exercise with Terra (Some Standing) (T) 26 10:00 Seated Exercise with Terra (T) 12:30 4th Floor Block Party (4FLR) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne & Charlene (T) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS)	9:15 Exercise with Terra (Some Standing) (T) 27 10:00 Outing/Appointment Shuttle *Sign-Up* (BUS) 12:30 5th Floor Block Party (5FLR) 1:00 Resident Lead Scrabble in the Library (L) 1:00 SORRY - NO SEATED EXERCISE TODAY (T) 2:30 Monthly Resident Birthday Party: Music by Andy Plett (BIS) 3:00 Living Loving Local Dinner: Beets (DR) 6:45 Movie Night in the Theatre: Priscilla (2023) (T)	10:00 Exercise with Terra (Some Standing) (T) 28 10:45 Aquafit and Pool Walking (P) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Cribbage Club - Resident Lead (L) 1:00 Seated Exercise with Terra (T) 2:00 Netflix TV Show: A Man on the Inside Season 2 Finale (T) 3:15 Go 4 Life - Walking - Resident Lead (ITB)



Valentine's Day



National Margarita Day

Locations Legend

- Theatre (T)

Country Kitchen (CK)

Bistro (BIS)

Library (L)

Bus Outing (BUS)

Pool (P)

Gym (G)

In the building (ITB)
- Dining Room (DR)

Private Dining Room (PDR)

Everywhere you go! (EYG)

2nd Floor (2Flr)

3rd Floor (3FLR)

4th floor (4FLR)

5th floor (5FLR)

Calendar Legend

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