



INSPIRED
SENIOR LIVING

July 2026

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Canada Day		Calendar is subject to change - please check the daily schedule for updates!	CANADA DAY! Wear Red & White (EYG) 9:00 Brews and Briefs with Terra (BIS) 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 1:00 Canada Day BBQ on the Patio - Live Music with the Lone Stranger! (SP) 3:00 Bingo with Terra *TIME CHANGE* (CK)	9:30 Exercise with Terra (Some Standing) (T) 10:30 Walmart Shuttle *Sign-Up* (BUS) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing) (T) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 2:30 Netflix Show: The Boroughs - Episode 1 (T) 6:00 Happy Hour - Music with Sam Farruggio (BIS)	10:00 Exercise with Terra (Some Standing) (T) 10:30 Seated Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Tea Talks with Terra (CK) 1:00 Pen and Ink Drawing Group: Resident Lead (CK) 5:45 Classic Movie Night (T) 6:30 Music/TV Shows with Jan (BIS)
ZOË OFF - See you Tuesday! 8:30 Church Service & Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 1:00 Canasta - Resident Lead (L) 1:00 SORRY - NO SCENIC DRIVE TODAY (BUS) 3:30 *NEW* Writer's Group with Myrt (L)	8:30 Weekly Calendar Reading & Discussion (BIS) 9:30 Exercise with Lynda (Some Standing) (T) 10:00 Fifth Avenue Jewelry (LOB) 10:00 Seated Exercise with Lynda (T) 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 1:30 Resident Food Forum Meeting (PDR) 3:00 Fit Minds with Lynda (CK)	9:30 DrumFit (T) 11:30 Lunch @ The Spaghetti Factory *Sign-Up* (BUS) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Strength & Stretch with Carla (T) 2:30 Artful Enrichment - Painting and Crafts (CK)	9:00 Team Puzzle Time (BIS) 9:00 Brews and Briefs with Terra (BIS) 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:30 Outing/Appointment Shuttle *Sign Up* (BUS) 1:00 Bingo with Terra (CK) 3:00 Strawberry Sundae Social! Music with Ukulele Tony (BIS)	9:30 Exercise with Terra (Some Standing) (T) 10:30 Superstore Shuttle *Sign-Up* (BUS) 1:00 Crafting with June (CK) 1:00 Aquafit and Pool Walking (P) 2:30 Resident Meeting - Fire Preparedness (T) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing) (T) 10:00 Seated Exercise with Terra *TIME CHANGE* (T) 11:30 Pontoon Boat Outing with Lunch: Please Sign-Up with Zoë or Terra (BUS) 1:00 Resident Lead Scrabble in the Library (L) 2:30 Happy Hour - Piano with Alexander (BIS) 5:45 Netflix Show: The Boroughs - Episode 2 (T) 6:30 Music/TV Shows with Jan (BIS)	10:30 Westside Daze Parade! (FRO) 10:30 SORRY - NO EXERCISE TODAY (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Pen and Ink Drawing Group: Resident Lead (CK) 5:45 Classic Movie Night (T) 6:30 Music/TV Shows with Jan (BIS)
Tech Help with Zoë *Sign Up* (L) 8:30 Church Service & Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 10:00 Outing to Peachland Market *Sign Up* (BUS) 1:00 Canasta - Resident Lead (L) 3:30 *NEW* Writer's Group with Myrt (L)	8:30 Weekly Calendar Reading & Discussion (BIS) 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 3:00 Fit Minds (CK)	9:30 DrumFit (T) 10:30 Outing/Appointment Shuttle *Sign Up* (BUS) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Strength & Stretch with Carla (T) 2:00 2nd Floor Block Party! (2Flr) 2:30 Artful Enrichment - Painting and Crafts (CK) 5:45 Movie Theatre Outing - Toy Story 5 *Sign Up* (BUS)	9:00 Team Puzzle Time (BIS) 9:00 Brews and Briefs with Terra (BIS) 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 1:00 Bingo with Terra (CK) 2:00 3rd Floor Block Party! (3FLR) 2:00 Grief Support Group with Tracy *UPDATE* (L) 3:00 Social Hour - Music with Bruce (BIS)	9:30 Exercise with Terra (Some Standing) (T) 10:30 SORRY - NO WALMART TODAY (BUS) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:00 4th Floor Block Party! (4FLR) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing) (T) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 2:30 Happy Hour - Music with Vic and Carol (BIS) 5:45 Netflix Show: The Boroughs - Episode 3 (T) 6:30 Music/TV Shows with Jan (BIS)	10:00 Exercise with Terra (Some Standing) (T) 10:30 Seated Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Pen and Ink Drawing Group: Resident Lead (CK) 1:00 Tea Talks with Terra & 5th Floor Block Party! (SP) 5:45 Classic Movie Night (T) 6:30 Music/TV Shows with Jan (BIS)



INSPIRED
SENIOR LIVING

July 2026

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tech Help with Zoë *Sign Up* (L) 19 8:30 Church Service & Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 1:00 Canasta - Resident Lead (L) 1:00 Scenic Drive - Trepanier *Sign Up* NO STOPS (BUS) 2:30 Constable Neil Bruce Visit - Flower Pot Painting Activity (BIS) 3:30 *NEW* Writer's Group with Myrt (L)	8:30 Weekly Calendar Reading & Discussion (BIS) 20 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 3:00 Fit Minds (CK) 4:00 Book Club - Big Little Lies (L)	10:30 Outing/Appointment Shuttle *Sign Up* (BUS) 21 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Strength & Stretch with Carla (T) 2:00 Ambassador Meeting (L) 2:30 Artful Enrichment - Painting and Crafts (CK) 6:00 Happy Hour - Music with Paul Smith (BIS)	9:00 Team Puzzle Time (BIS) 22 9:30 Pontoon Boat Outing - See Zoë or Terra to Sign Up! (BUS) 9:30 SORRY - NO EXERCISE TODAY (T) 1:00 Bingo with Terra (CK) 3:00 Social Hour - Ukulele Tony (BIS)	9:30 Exercise with Terra (Some Standing) (T) 23 10:30 Superstore Shuttle *Sign-Up* (BUS) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 3:00 National Cowboy Day! Western Themed Happy Hour & Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing) (T) 24 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 2:30 Happy Hour - Music with Harold Sher (BIS) 5:45 Netflix Show: The Boroughs - Episode 4 (T) 6:30 Music/TV Shows with Jan (BIS)	10:00 Exercise with Terra (Some Standing) (T) 25 10:30 Seated Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Tea Talks with Terra (CK) 1:00 Pen and Ink Drawing Group: Resident Lead (CK) 5:45 Classic Movie Night (T) 6:30 Music/TV Shows with Jan (BIS)
Tech Help with Zoë *Sign Up* (L) 26 8:30 Church Service & Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 1:00 Canasta - Resident Lead (L) 1:00 Scenic Drive - Kasugai Gardens (Kelowna) *Sign Up* (BUS) 3:30 *NEW* Writer's Group with Myrt (L)	8:30 Weekly Calendar Reading & Discussion (BIS) 27 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 3:00 Fit Minds (CK) 6:00 Bus Outing to Paynter's for Ice Cream (BUS)	9:30 DrumFit (T) 28 10:30 Outing/Appointment Shuttle *Sign Up* (BUS) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 SORRY - NO STRENGTH & STRETCH TODAY (T) 2:00 New Resident Meeting (L) 2:30 Artful Enrichment - Painting and Crafts (CK)	9:00 Team Puzzle Time (BIS) 29 9:00 Brews and Briefs with Terra (BIS) 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 1:00 Bingo with Terra (CK) 2:30 Resident Meeting (T) 3:00 Social Hour - Music with Bruce (BIS)	9:30 Exercise with Terra (Some Standing) (T) 30 10:30 Walmart Shuttle *Sign-Up* (BUS) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing) (T) 31 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 2:30 Monthly Resident Birthday Party: Music with Andy Plett (BIS) 4:30 Living, Loving, Local Dinner: Raspberry (DR) 5:45 Netflix Show: The Boroughs - Episode 5 (T) 6:30 Music/TV Shows with Jan (BIS)	Be Among Friends

National Hot Dog Day

Fashion Day

Locations Legend

Theatre (T)
Bistro (BIS)
Country Kitchen (CK)
Library (L)
Bus Outing (BUS)
Pool (P)
Gym (G)
South Patio (SP)
Everywhere you go! (EYG)

Lobby (LOB)
Private Dining Room (PDR)
Front of the building (FRO)
2nd Floor (2Flr)
3rd Floor (3FLR)
4th floor (4FLR)
Dining Room (DR)

Calendar Legend

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