



INSPIRED
SENIOR LIVING

September 2026

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 Grandparent's Day		9:30 Tuesday Morning Meditation (15 minutes) (T) 1 10:00 Exercise with Laurel (Some Standing) (T) 10:30 Outing/Appointment Shuttle *Sign Up* (BUS) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 2:30 Artful Enrichment - Painting and Crafts (CK) 3:30 Java Music Club (L)	9:00 Brews and Briefs with Terra (BIS) 2 9:00 Team Puzzle Time (BIS) 9:30 Exercise with Zoë (Some Standing) LIBRARY (L) 10:00 Tymely Mobile Fashions (T) 10:00 Seated Exercise with Zoë LIBRARY (L) 1:00 Bingo with Terra (CK) 3:00 Social Hour - Ukulele Tony (BIS)	9:30 Exercise with Terra (Some Standing) (T) 3 10:30 Superstore Shuttle *Sign-Up* (BUS) 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)	9:30 Exercise with Terra (Some Standing) (T) 4 10:00 Seated Exercise with Terra (T) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Gentle Stretches with Terra (T) 1:00 Pen & Ink Drawing Group (CK) 2:30 Amazing Race Canada - Episode 4 (Montréal) (T) 6:00 Happy Hour - Music with Sam Farruggio (BIS)	10:00 Exercise with Terra (Some Standing) (T) 5 10:30 Seated Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Tea Talks with Terra (CK) 5:45 Classic Movie Night (T)	
	Tech Help with Zoë *Sign Up* 6 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 *Sign Up* NO STOPS East Kelowna Orchards (BUS) 3:00 SOUPER SUNDAYS! GF, DF & Vegan Options (CK)	Labour Day 7 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) 1:30 Resident Food Forum Meeting (PDR) 3:00 Fit Minds (CK)	9:30 Tuesday Morning Meditation (15 minutes) (T) 8 10:00 Exercise with Laurel (Some Standing) (T) 10:30 Outing/Appointment Shuttle *Sign Up* (BUS) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 2:30 Artful Enrichment - Painting and Crafts (CK) 3:30 Java Music Club (L) 6:00 Happy Hour - Music with Paul Smith (BIS)	9:00 Brews and Briefs with Terra (BIS) 9 9:00 Team Puzzle Time (BIS) 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:30 Walmart Shuttle *Sign-Up* (BUS) 10:30 Catholic Mass with Father Jimenez (L) 1:00 Bingo with Terra (CK) 3:00 Social Hour - Music with Bruce *NATIONAL BACON DAY* (BIS)	9:30 Exercise with Terra (Some Standing) (T) 10 11:30 Lunch & Shopping Outing to Summerland *Giant's Head Brewery* (BUS) 1:00 Crafting with June (CK) 1:00 SORRY - NO AQUAFIT TODAY (P) 2:30 Tai Chi with Yvonne & Charlene (T) 3:15 Bet the Gallop: Horse Races (BIS)	9:30 Exercise with Terra (Some Standing) (T) 11 10:00 Seated Exercise with Terra (T) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Gentle Stretches with Terra (T) 1:00 Pen & Ink Drawing Group (CK) 2:30 Happy Hour - Music with Dan Mallette (BIS) 5:45 Amazing Race Canada - Episode 5 (Ontario) (T)	SORRY - NO EXERCISE OR TEA TALKS TODAY (T) 12 1:00 Cribbage Club - Resident Lead (L) 1:00 The Great Canadian Open House! Craft with June & Music with Jeremy Messenger (ITB) 5:45 Classic Movie Night (T)
	Tech Help with Zoë *Sign Up* 13 Grandparents Day 8:30 Church Service & Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 1:00 Canasta - Resident Lead (L) 1:00 Bus Outing - Summerland Steam Train \$40 Admission Fee *Sign Up* (BUS)	8:30 Weekly Calendar Reading & Discussion (BIS) 14 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:00 Casual Chic Couture (LOB) 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)	9:30 Tuesday Morning Meditation (15 minutes) (T) 15 10:00 Exercise with Zoë (Some Standing) (T) 10:30 Outing/Appointment Shuttle *Sign Up* (BUS) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 2:30 Artful Enrichment - Painting and Crafts (CK) 3:00 United Church Service with Minister Cheryl Perry (T) 3:30 Java Music Club (L)	9:00 Brews and Briefs with Terra (BIS) 16 9:00 Team Puzzle Time (BIS) 9:30 Exercise with Terra (Some Standing) (T) 10:00 Silver Song Group IS BACK! (BIS) 10:00 Seated Exercise with Terra (T) 1:00 Bingo with Terra (CK) 3:00 Social Hour - Ukulele Tony (BIS)	SUPERSTORE SHUTTLE MOVED TO MONDAY 17 9:30 Exercise with Terra (Some Standing) (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)	9:30 Exercise with Terra (Some Standing) (T) 18 10:00 Seated Exercise with Terra (T) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Gentle Stretches with Terra (T) 1:00 Pen & Ink Drawing Group (CK) 2:30 Happy Hour - Music with Vic & Carol (BIS) 5:45 Amazing Race Canada - Episode 6 (Ontario) (T)	10:00 Exercise with Terra (Some Standing) (T) 19 10:30 Seated Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Tea Talks with Terra (CK) 5:45 Classic Movie Night (T)



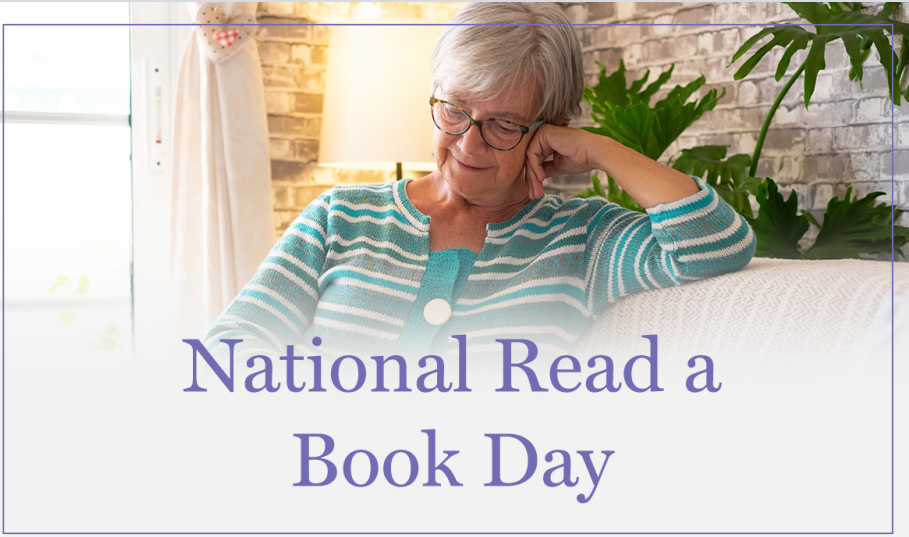
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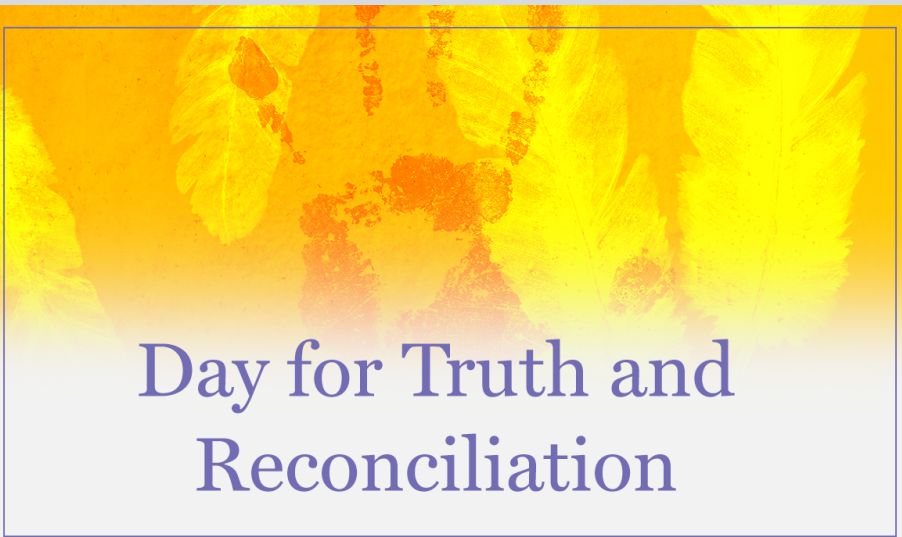
THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Church Service 20 & Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 1:00 Canasta - Resident Lead (L)	World Alzheimer's Day 21 8:30 Weekly Calendar Reading & Discussion (BIS) 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:30 Superstore Shuttle *Sign-Up* (BUS) 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)	Gender Equality Week 22 9:30 Tuesday Morning Meditation (15 minutes) (T) 10:00 Exercise with Zoë (Some Standing) (T) 10:30 Outing/Appointment Shuttle *Sign Up* (BUS) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 2:00 2nd Floor Block Party! (2Flr) 2:30 Artful Enrichment - Painting and Crafts (CK) 3:30 Java Music Club (L)	9:00 Brews and Briefs with Terra (BIS) 9:00 Team Puzzle Time (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) 3:00 Social Hour - Music with Bruce (BIS) 4:00 Book Club - The Women *Sign Up* (L)	9:30 Exercise with Terra 24 (Some Standing) (T) 10:30 Walmart Shuttle *Sign- Up* (BUS) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:00 4th Floor Block Party! (4FLR) 2:30 Tai Chi with Yvonne & Charlene (T) 3:15 Bet the Gallop: Horse Races (BIS)	9:30 Exercise with Terra (Some Standing) (T) 25 10:00 Seated Exercise with Terra (T) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Gentle Stretches with Terra (T) 1:00 Pen & Ink Drawing Group (CK) 2:30 Monthly Resident Birthday Party: Music with Harold Sher (BIS) 4:30 Living, Loving, Local Dinner: Pear & Corn (DR) 5:45 Amazing Race Canada - Episode 7 (Ontario) (T)	10:00 Exercise with Terra 26 (Some Standing) (T) 10:30 Seated Exercise with Terra (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Tea Talks with Terra & 5th Floor Block Party! (SP) 5:45 Classic Movie Night (T)
Tech Help with Zoë *Sign Up* 27 8:30 Church Service & Hymn Sing on TV (T) 10:00 Catholic Mass with Communion (CK) 1:00 Canasta - Resident Lead (L) 1:00 Bus Outing: Sncewips Heritage Museum (Westbank) *Sign Up* (BUS) 3:00 SOUPER SUNDAYS! GF, DF & Vegan Options (CK)	8:30 Weekly Calendar 28 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) 1:00 St. George's Anglican Prayer Praise Group (T) 3:00 Fit Minds (CK)	9:30 Tuesday Morning 29 Meditation (T) 10:00 Exercise with Laurel (Some Standing) (T) 10:30 Outing/Appointment Shuttle *Sign Up* (BUS) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 2:00 Ambassador Meeting (L) 2:30 Artful Enrichment - Painting and Crafts (CK) 3:30 Java Music Club (L) 6:00 Games Night in the Bistro (BIS)	National Truth and Reconciliation Day *WEAR ORANGE* 30 9:00 Brews and Briefs with Terra (BIS) 9:00 Team Puzzle Time (BIS) 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 1:00 Bingo with Terra (CK) 2:30 Indigenous Activity! *Sign Up* (CK) 3:00 Social Hour - Ukulele Tony (BIS)	 National Read a Book Day		CALENDAR IS SUBJECT TO CHANGE - PLEASE CHECK THE DAILY SCHEDULE FOR UPDATES!



Stand Up to
Cancer Day



Day for Truth and
Reconciliation

Locations Legend

Theatre (T)

Country Kitchen (CK)

Bistro (BIS)

Library (L)

Bus Outing (BUS)

Pool (P)

Gym (G)

Private Dining Room (PDR)

In the building (ITB)

Lobby (LOB)

2nd Floor (2Flr)

3rd Floor (3FLR)

4th floor (4FLR)

Dining Room (DR)

South Patio (SP)

Calendar Legend

Outing

Special Program

New Program

Living, Loving, Local

Signature Program