



INSPIRED
SENIOR LIVING

October 2026

The Heritage

THE HERITAGE
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breast Cancer Awareness Month			CALENDAR IS SUBJECT TO CHANGE PLEASE CHECK THE DAILY SCHEDULE FOR UPDATES	Breast Cancer Awareness Month (EYG) 1 9:30 Exercise with Terra (Some Standing) (T) 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)	9:30 Exercise with Terra (Some Standing) (T) 2 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) 6:00 Happy Hour - Music with Sam Farruggio (BIS)	9:30 Exercise with Terra (Some Standing) 3 *TIME CHANGE* (T) 1:00 Cribbage Club - Resident Lead (L) 1:00 Sip & Shop - Clothing Exchange! (T) 5:45 Classic Movie Night (T) 6:00 Nuit Blanche Outing - Painting Activity (BUS)
Tech Help with Zoë *Sign Up* 4 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 - Mt. Boucherie & Casa Loma *Sign Up* NO STOPS (BUS) 2:30 Activities Meeting with Zoë (SP) 3:30 DrumFit (T)	Active Aging Week 5 8:30 Weekly Calendar Reading & Discussion (BIS) 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) 1:30 Resident Food Forum Meeting (PDR) 2:30 Vision Loss Rehabilitation - Information with Pintu (T) 3:00 Fit Minds (CK)	10:00 Exercise with Laurel (Some Standing) (T) 6 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) 3:30 Free Hearing Aid Checks - HearingLife (T)	9:00 Brews and Briefs with Terra (BIS) 7 9:00 Team Puzzle Time (BIS) 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:00 Silver Song Group (BIS) 10:30 Catholic Mass with Father Jimenez (L) 1:00 Bingo with Terra (CK) 3:00 Social Hour - Music with Bruce *OKTOBERFEST* (BIS)	9:30 Exercise with Terra (Some Standing) (T) 8 10:00 Walmart Shuttle *Sign-Up* TIME CHANGE (BUS) 11:30 Lunch Outing to Gasthaus Pub in Peachland *Sign Up* (BUS) 1:00 Crafting with June (CK) 1:00 SORRY - NO AQUAFIT TODAY (P) 2:00 Free Eyeglasses Cleaning & Adjustment - Specsavers (T) 2:30 Tai Chi with Yvonne & Charlene (T) 3:15 Bet the Gallop: Horse Races (BIS)	9:30 Exercise with Terra (Some Standing) (T) 9 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 - The Dynamic Duo (BIS)	10:00 Exercise with Terra (Some Standing) (T) 10 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* 11 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 - Wine Tour (Off The Grid & Ciao Bella) (BUS) 3:30 DrumFit (T)	Thanksgiving Day 12 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) 1:00 St. George's Anglican Prayer Praise Group (T) 3:00 Fit Minds (CK) 4:30 Thanksgiving Dinner (DR)	10:00 Exercise with Laurel (Some Standing) (T) 13 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)	Breast Cancer Awareness - Pink Shirt Day 14 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) 10:00 Silver Song Group (BIS) 11:30 Ladies' Thanksgiving Lunch *Sign Up* (T) 1:00 Bingo with Terra (CK) 3:00 Social Hour - Ukulele Tony (BIS)	9:30 Exercise with Terra (Some Standing) (T) 15 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)	9:30 Exercise with Terra (Some Standing) (T) 16 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)	10:00 Exercise with Terra (Some Standing) (T) 17 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)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tech Help with Zoë *Sign Up* 18 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 - Fall Colours on the Connector *NO STOPS* Sign Up (BUS) 3:00 New Life Choir Performance (BIS) 3:30 DrumFit (T)	8:30 Weekly Calendar Reading & Discussion (BIS) 19 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:30 Bus Outing to Costco *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)	10:00 Exercise with Laurel (Some Standing) (T) 20 10:30 Outing/Appointment Shuttle *Sign Up* (BUS) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:00 Elections Voting Booth (L) 2:30 *NEW* Pumpkin Carving Competition *Sign Up* (BIS) 3:00 United Church Service with Minister Cheryl Perry (T) 3:30 Java Music Club (L) 6:00 Games Night in the Bistro (BIS)	9:00 Brews and Briefs with Terra (BIS) 21 9:00 Team Puzzle Time (BIS) 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 11:30 Men's Lunch *Sign Up* (CK) 1:00 Bingo with Terra (CK) 4:00 Book Club *Sign Up* (L)	9:30 Exercise with Terra (Some Standing) (T) 22 10:30 Walmart 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)	9:30 Exercise with Terra (Some Standing) (T) 23 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 Harold Sher (BIS) 6:00 World Series Game on TV (BIS)	10:00 Exercise with Terra (Some Standing) (T) 24 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) 6:00 World Series Game on TV (BIS)
Tech Help with Zoë *Sign Up* 25 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 - Hardy Falls *Sign Up* (BUS) 2:30 *NEW* School Visit - Pumpkin Painting (CK) 3:30 DrumFit (T)	8:30 Weekly Calendar Reading & Discussion (BIS) 26 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:30 Door Decorating Day "Meet in the Lobby" (BIS) 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) 6:00 World Series Game on TV (BIS)	10:00 Exercise with Laurel (Some Standing) (T) 27 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) 2:30 Ambassador Meeting (L) 3:30 Java Music Club (L) 6:00 World Series Game on TV (BIS)	9:00 Brews and Briefs with Terra (BIS) 28 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 Resident Meeting (T) 3:00 Social Hour - Ukulele Tony (BIS) 6:00 World Series Game on TV (BIS)	9:30 Exercise with Terra (Some Standing) (T) 29 10:00 If the Shoe Fits (Shopping) (LOB) 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)	9:30 Exercise with Terra (Some Standing) (T) 30 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 Andy Plett HALLOWEEN THEME (BIS) 4:30 Living, Loving, Local Dinner: Apple & Pumpkin (DR) 6:00 World Series Game on TV (BIS)	Happy Halloween! 31 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) 5:45 Classic Movie Night (T)



Locations Legend	
Theatre (T)	Lobby (LOB)
Country Kitchen (CK)	Dining Room (DR)
Bistro (BIS)	Everywhere you go! (EYG)
Library (L)	South Patio (SP)
Bus Outing (BUS)	Private Dining Room (PDR)
Pool (P)	
Gym (G)	

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