November 2026

The Heritage

INSPIRED SENIOR LIVING

THE HERITAGE RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Tech Help with Zoë *Sign Up* 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 - Day of the Dead at Kelowna Event Centre $5 Admission Fee (BUS)	**2** 8:30 Weekly Calendar Reading & Discussion (BIS) 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 Richard (CK) 1:00 Bridge Club (L) 1:00 St. George's Anglican Prayer Praise Group (T) 2:30 AMBA Presentation (T) 3:00 Fit Minds (CK)	**3** 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 (L) 3:30 Free Hearing Aid Checks - HearingLife *Sign-Up* (T)	**4** ZOË OFF - See you Sunday! 9:00 Brews and Briefs with Terra (BIS) 9:00 Team Puzzle Time (BIS) 9:30 Exercise with Terra (Some Standing) (T) 10:00 Silver Song Group (BIS) 10:00 Seated Exercise with Terra (T) 1:00 Bingo with Terra (CK) 3:00 Social Hour - Music with Bruce (BIS)	**5** ZOË OFF - See you Sunday! 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)	**6** 9:30 Exercise with Terra (Some Standing) (T) 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 Pen & Ink Drawing Group (CK) 6:00 Happy Hour - Music with Sam Farruggio (BIS)	**7** 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 & Baking with Terra (CK) 5:45 Classic Movie Night (T)
8 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 - Bertram Creek (Kelowna) (BUS) 2:00 Tech Help with Trevor *Sign Up* (L) 3:30 DrumFit (T)	**9** Diwali Starts! 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) 2:30 Interior Health Volunteer Info Session with Elayna (BIS) 3:00 Fit Minds (CK)	**10** 9:00 CareRX Vaccination Clinic (L) 10:00 Exercise with Laurel (Some Standing) (T) 10:30 Outing/Appointment Shuttle *Sign Up* (BUS) 12:00 Orchard Park Shopping Centre and Food Court Lunch *Sign Up* (BUS) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 2:30 Artful Enrichment - Painting and Crafts (CK) 3:30 Java Music (L) 6:00 Happy Hour - Music with Paul Smith (BIS)	**11** REMEMBRANCE DAY 9:00 Brews and Briefs with Terra (BIS) 9:00 Team Puzzle Time (BIS) 9:30 SORRY - NO EXERCISE TODAY (T) 10:00 Bus Outing to Remembrance Day Ceremony *Sign Up* (BUS) 10:30 Remembrance Day Ceremony On TV: Livestream *UPDATED* (T) 10:30 Catholic Mass with Father Jimenez (L) 1:00 Bingo with Terra (CK)	**12** 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)	**13** 9:30 Exercise with Terra (Some Standing) (T) 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 Pen & Ink Drawing Group (CK) 2:30 Happy Hour - Music with Jeremy Messenger (BIS)	**14** 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 & Baking with Terra (CK) 5:45 Movie Night - The Vera Lynn Story *Remembrance Day Special* (T)
15 Tech Help with Zoë *Sign Up* 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* - Giants Head Mountain Park - Summerland (BUS) 5:00 113th Grey Cup Party! (BIS)	**16** 8:30 Weekly Calendar Reading & Discussion (BIS) 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 Richard (CK) 1:00 Bridge Club (L) 1:00 St. George's Anglican Prayer Praise Group (T) 2:30 Resident Food Forum Meeting (PDR) 3:00 Fit Minds (CK)	**17** 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 Bus Outing to Chances Casino (BUS) 2:30 Artful Enrichment - Painting and Crafts (CK) 3:00 United Church Service with Minister Cheryl Perry (T) 3:30 SORRY - NO JAVA TODAY (L)	**18** 9:00 Brews and Briefs with Terra (BIS) 9:00 Team Puzzle Time (BIS) 9:30 SORRY - NO EXERCISES TODAY (T) 10:00 Christmas Market (T) 10:00 Silver Song Group (BIS) 1:00 Bingo with Terra (CK) 2:00 Java Memory (L) 3:00 Social Hour - Music with Bruce (BIS) 4:00 Book Club *Sign Up* (L)	**19** 9:30 Exercise with Terra (Some Standing) (T) 10:30 Lunch at Okanagan 19 with Terra & Zoë *UPDATED TIME* (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)	**20** 9:30 Exercise with Terra (Some Standing) (T) 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 Pen & Ink Drawing Group (CK) 2:30 Happy Hour - Music with Vic & Carol (BIS)	**21** 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 & Baking with Terra (CK) 5:45 Classic Movie Night (T)

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Verve INSPIRED SENIOR LIVING

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INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 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* Winfield via Glenmore Road NO STOPS (BUS) 2:00 Tech Help with Trevor *Sign Up* (L) 3:30 DrumFit (T)	**23** 8:30 Weekly Calendar Reading & Discussion (BIS) 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:30 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)	**24** 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 2nd Floor Block Party! (2Flr) 2:30 Artful Enrichment - Painting and Crafts (CK) 3:30 Java Music (L) 6:00 Music Bingo (BIS)	**25** 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! (2Flr) 2:30 Ambassador Meeting (L)	**26** 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) 2:00 4th Floor Block Party! (2Flr) 2:30 Tai Chi with Yvonne & Charlene (T) 3:15 Bet the Gallop: Horse Races (BIS)	**27** 9:30 Exercise with Terra (Some Standing) (T) 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 Pen & Ink Drawing Group (CK) 2:30 Monthly Resident Birthday Party: Music with Andy Plett (BIS) 4:30 Living Loving Local Dinner: Honey (DR)	**28** 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 & 5th Floor Block Party! (CK) 5:45 Classic Movie Night (T)
29 Tech Help with Zoë *Sign Up* December Calendar Delivery! 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* Peachland Waterfront - Stop at Bliss Bakery (BUS) 2:30 Tea Party & Bingo with Constable Neil Bruce Middle School (CK) 3:30 DrumFit (T)	**30** 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) 2:30 Tena - Incontinence Presentation (T) 3:00 Fit Minds (CK)	**CALENDAR IS SUBJECT TO CHANGE, PLEASE CHECK THE DAILY SCHEDULE FOR UPDATES**				



Remembrance Day



National Social Hour Day



National Sandwich Day



Diwali

Locations Legend

Theatre (T)
Country Kitchen (CK)
Library (L)
Bistro (BIS)
Bus Outing (BUS)
Pool (P)
Gym (G)
2nd Floor (2Flr)
Private Dining Room (PDR)
Dining Room (DR)

Calendar Legend

Outing
Special Program
New Program
Java Music Club
Signature Program