















# Heritage Place Retirement Residence

## July 11<sup>th</sup> – July 17<sup>th</sup>

Week #14



Ann S. ~ Manager, Recreation  
Innovative Recreation Programming  
\*during COVID-19 Pandemic

<b>SATURDAY</b> 11	Guided Meditation (15 minutes, view anytime) <i>(link sent to your emails)</i>	
<b>SUNDAY</b> 12	9am <b>Mass</b> with Father Ed...Live Streaming on YouTube <i>(link sent to your emails)</i>	Religious Programs: <b>Glad Tidings Church:</b> (20 minutes, view anytime) <i>(link sent to your emails)</i>
<b>MONDAY</b> 13	10am Virtual Exercise Class (HeritageFit~Ball)	2pm Virtual <b>Partyline Bingo</b> 4pm Video Calls 
 <b>Tuesday music</b> 14	2pm <b>Outdoor Concert</b> with Leslie T  (Fiddle & Violin) <i>(Balcony View &amp; Patio View)</i> 	4pm Virtual Exercise Class (HeritageFit~Weights)
 <b>WEDNESDAY</b> 15	10am Virtual Exercise Class (HeritageFit~Cardio) <b>SHOPPERS DRUG MART</b>  <b>Order Day</b>	11am Heritage Place <b>FUN</b> Cart  2pm Virtual <b>Partyline Derby Day</b> 
<b>THURSDAY</b> 16	10am Virtual Exercise Class (HeritageFit~Ball)	2pm Virtual <b>Partyline Bingo</b> 4pm Video Calls 
<b>FUNDAY FRIDAY</b> 17	2pm Virtual Exercise Class (HeritageFit~Weights) <b>SHOPPERS DRUG MART</b>  <b>Delivery Day</b>	6:45pm <b>Evening Outdoor Concert</b> ~ Paula F <i>(Balcony View &amp; Patio View)</i>  

# Celebrate

# CANADA