



Heritage Place Retirement Residence
July 18th – July 24th

Week #15



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

SATURDAY 18	<i>Guided Meditation (15 minutes, view anytime) (link sent to your emails)</i>		
SUNDAY 19	<i>9am Mass with Father Ed...Live Streaming on YouTube (link sent to your emails)</i>	Religious Programs: Glad Tidings Church: <i>(20 minutes, view anytime) (link sent to your emails)</i>	
 MONDAY 20	<i>10am Outdoor Concert ~ Steve Miller (Balcony & Patio View)</i>	2pm Virtual Exercise Class <i>(HeritageFit~Cardio)</i>	4pm Video Calls
TUESDAY TREATS 21	<i>2pm Tuesdaytreats (popsicles & more)</i> 	4pm Virtual Exercise Class <i>(HeritageFit~Ball)</i>	7pm Virtual Partyline BINGO Night 
 WEDNESDAY 22	<i>10am Virtual Exercise Class (HeritageFit~Weights)</i> SHOPPERS DRUG MART Order Day 	2pm Virtual Partyline Derby Day 	4pm Heritage Place FUN Cart 
THURSDAY 23	<i>10am Virtual Exercise Class (HeritageFit~Cardio)</i>	2pm Virtual Partyline BINGO 	4pm Video Calls
 FRIDAY 24	SHOPPERS DRUG MART Delivery Day 	2pm Virtual Exercise Class <i>(HeritageFit~Weights)</i>	6:45pm Evening Outdoor Concert <i>~ John M (Best of the Crooners) (Balcony & Patio View)</i>

Celebrate

CANADA