













Heritage Place Retirement Residence
August 15th– August 21st

Week #19



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

SATURDAY	15	Virtual <i>Guided Meditation</i> (15 minutes, view anytime)(<i>link sent to your emails</i>)	
SUNDAY	16	9am <i>Mass</i> with Father Ed...Live Streaming on YouTube (<i>link sent to your emails</i>)	Virtual Religious Programs: <i>Glad Tidings Church:</i> (20 minutes, view anytime) (<i>link sent to your emails</i>)
MONDAY	17	10am <i>Virtual Exercise Class</i> (HeritageFit~Ball)	2pm Virtual <i>Partyline BINGO</i> 4pm Video Calls
TUESDAYTREATS	18	1:30pm <i>Tuesdaytreats</i> (Peaches & Ice-cream) 	2pm <i>Outdoor Peach Social</i> ~Tristan A. (Balcony & Patio View)  7pm Virtual <i>Partyline BINGO Night</i> 
 WEDNESDAY	19	10am <i>Virtual Exercise Class</i> (HeritageFit~Cardio) SHOPPERS DRUG MART  Order Day	11am Virtual <i>Residents' Meeting</i>  We're Listening 2pm Virtual <i>Partyline Derby Day</i> (Race for PEACHES) 
THURSDAY	20	10am <i>Virtual Exercise Class</i> (HeritageFit~Weights)	2pm Virtual <i>Partyline BINGO</i> 4pm Heritage Place FUN Cart 
FUN DAY FRIDAY	21	10am <i>Outdoor Concert</i> ~ Tricia Cole (Balcony & Patio View) 	2pm <i>Virtual Exercise Class</i> (HeritageFit~Weights) SHOPPERS DRUG MART  Delivery Day

Did You Know?

Peach Fun Facts:

- ◆ China was the first home of peaches. Peaches are related to almonds and apples, but apples and almonds grew further west, and peaches grew further east. People in southern China have been eating peaches since at least 1000 BC, and probably as early as 4000 BC.
- ◆ California produces more than 50% of the peaches in the United States (and grows 175 different varieties)
- ◆ So many peaches are grown in Georgia that it became known as the Peach State
- ◆ In Canada peach trees are short-lived (10-20 years), beginning to bear fruit at 2-3 years
- ◆ The term, “you’re a real peach” originated from the tradition of giving a peach to the friend you liked.
- ◆ The World’s Largest Peach is located in Gaffney, South Carolina, and weighs over 10,000 pounds. The city of Gaffney, near Greenville, built this water tower in the shape of a peach back in 1981
- ◆ Like most fruits, the peach is composed mostly of water, so it has few calories. It also provides an abundance of vitamins, minerals and fiber