






Heritage Place Retirement Residence

May 23rd - May 29th

Week #7

Ann S. ~ Manager, Recreation
**Innovative Recreation
Programming**

❖ during COVID-19 Pandemic

SATURDAY 23	HeritageWALK Times: 9:30am, 10am, 10:30am, 11am, 11:30am, 12pm, 2pm, 2:30pm, 3:30pm 		
SUNDAY 24	<i>Mass - Father Ed (link sent to your emails)</i> Religious Programs: <i>Glad Tidings Church: (20 minutes, view anytime) (link sent to your emails)</i> HeritageWALK Times: 10am, 10:30, 11am, 11:30, 2pm, 2:30pm, 3pm, 3:30pm		
Monday 25	10am-10 Minute <i>Guided Imagery Meditation</i> ~ (link sent to your emails) HeritageWALK Times: 10am, 10:30am, 11am, 11:30am, 12pm, 2pm, 2:30pm, 3:30pm 		
TUESDAYTREATS 26	<i>Virtual Entertainment (1hr. view anytime) -Tristan A. (link sent to your emails)</i>	HeritageWALK Times: 11am, 11:30am, 12pm	2pm <i>Tuesdaytreats</i> 7pm <i>Partyline BINGO Night</i> 
 Wednesday 27	HeritageWALK Times: 11am 11:30pm, 12pm, 2pm 2:30pm, 3pm, 3:30pm	10am Virtual Exercise Class (HeritageFit~Ball)  SHOPPERS DRUG MART  Order Day	The Lucy Show- <i>Comedy Hour (25 minutes)</i> (link sent to your emails...view anytime) • <i>I Love Lucy Mind Benders</i> (will be delivered) 
THURSDAY 28	HeritageWALK Times: 11am, 11:30am, 12pm, 2pm, 2:30pm, 3pm, 3:30pm	10am Virtual Exercise Class (HeritageFit~Cardio) 	2-3pm <i>Partyline BINGO</i> 
FUN FRIDAY 29	HeritageWALK Times: 10:45am, 11am, 11:30am, 12pm	10am Virtual Exercise Class (HeritageFit~Weights)  SHOPPERS DRUG MART  Delivery Day	2pm Violin & Vocals with Tricia <i>(Balcony & Patio view)</i> 
HeritageWALK  Please call the <u>reception desk</u> and sign up in one of the available spots. Please note the NEW time slots. <u>Sign-up in the time slots of your choice.</u> *Please wear your walking shoes! *Reminder: Please stay on <u>Heritage Place</u> property*		HeritageWALK Program:  Saturday, May 23 rd - (see time slots above) Sunday, May 24 th - (see time slots above) Monday, May 25 th - (see time slots above) Wednesday, May 27 th - (see time slots above) Thursday, May 28 th - (see time slots above) Friday, May 29 th , 10:45am-12pm	
<p style="text-align: center;">Do you have a SUGGESTION? (we are listening & want to hear from you)</p> <p style="text-align: center;">Thank you!</p>			