












# Heritage Place Retirement Residence

August 22<sup>nd</sup> – August 28<sup>th</sup>

Week #20



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

<p><b>SATURDAY 22</b></p>	<p>10am Trivia Challenge + More        ....Join the game!</p> 	<p>2pm Virtual Partyline BINGO</p> 
<p><b>SUNDAY 23</b></p>	<p>9am <i>Mass</i> with Father Ed...Live Streaming        on YouTube (link sent to your emails)</p>	<p>Virtual Religious Programs: <i>Glad Tidings Church</i>:        (view anytime) (link sent to your emails)</p>
<p><b>MONDAY 24</b></p> 	<p>Virtual Tour ~ <i>Casa Loma Castle</i> (view anytime) (link sent to your emails)</p>	
<p><b>TUESDAYTREATS 25</b></p>	<p>1:30pm <i>Tuesdaytreats</i>        (Corn on the Cob Day)</p> 	<p>2pm <i>Outdoor CornFest Musical</i>        ~Cheryl D. (Balcony &amp; Patio View)</p> <p>7pm Virtual Partyline BINGO Night</p> 
<p><b>WEDNESDAY 26</b></p>	<p>10am Virtual Exercise Class        (HeritageFit~Weights)</p> <p><b>SHOPPERS DRUG MART Order Day</b></p>	<p>2pm Virtual Partyline Derby Day</p>  <p>4pm Heritage Place FUN Cart</p> 
<p><b>THURSDAY 27</b></p>	<p>10am Virtual Exercise Class        (HeritageFit~Cardio)</p>	<p>2pm Virtual Partyline BINGO</p>  <p>4pm Video Calls</p>
<p><b>FUNDAY FRIDAY 28</b></p>	<p><b>SHOPPERS DRUG MART Delivery Day</b></p>	<p>2pm Virtual Exercise Class        (HeritageFit~Ball)</p> <p>7pm Outdoor Concert ~ <i>Folk Night</i>        ~ Bob M.</p> 

## Did You Know?

### Corn Facts:

- ◆ Corn is a cereal crop that is part of the grass family
- ◆ An ear or cob of corn is actually part of the flower and an individual kernel is a seed
- ◆ On average an ear of corn has 800 kernels in 16 rows
- ◆ A bushel is a unit of measure for volumes of dry commodities such as shelled corn kernels. 1 Bushel of corn is equal to 8 gallons.
- ◆ With the exception of Antarctica, corn is produced on every continent in the world
- ◆ Juices and soft drinks like Coca-Cola and Pepsi contain corn sweeteners. A bushel of corn can sweeten 400 cans of soft drink
- ◆ An area termed the "Corn Belt" in the US where growing conditions are ideal includes the states of Iowa, Illinois, Nebraska, Minnesota, Indiana, Ohio, Wisconsin, South Dakota, Michigan, Missouri, Kansas, and Kentucky
- ◆ In the days of the early settlers to North America corn was so valuable that it was used as money and traded for other products such as meat and furs
- ◆ As of 2012, the [United States](#) produces 40% of the world's total harvest making it the biggest maize producer in the world (273,832,130 tons produced in 2012)
- ◆ Corn can be produced in various colors including blackish, bluish-gray, purple, green, red, white and the most common yellow

