








**Heritage Place Retirement Residence**  
**July 4<sup>th</sup> – July 10<sup>th</sup>**

Week #13



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

<b>SATURDAY</b>	<b>4</b>	Guided Meditation (15 minutes, view anytime) (link sent to your emails)		
<b>SUNDAY</b>	<b>5</b>	Mass with Father Ed...Live Streaming on YouTube (link sent to your emails)	Religious Programs: Glad Tidings Church: (20 minutes, view anytime) (link sent to your emails)	
<b>MONDAY</b>	<b>6</b>	10am Virtual Exercise Class (HeritageFit~Ball)	2pm Virtual Partyline Bingo	4pm Video Calls
 <b>TUESDAYTREATS</b>	<b>7</b>	10am Virtual Exercise Class (HeritageFit~Weights)	1:30pm Tuesdaytreats (Christmas Cake)	2pm Christmas In July ~Tristan A. Concert
 <b>WEDNESDAY</b>	<b>8</b>	10am Virtual Exercise Class (HeritageFit~Cardio)  <b>Order Day</b>	11am Virtual Residents' Meeting	2pm Virtual Partyline Derby Day
<b>THURSDAY</b>	<b>9</b>	10am Virtual Exercise Class (HeritageFit~Ball)	2pm Virtual Partyline Bingo	4pm Video Calls
 <b>FRIDAY</b>	<b>10</b>	10am Virtual Exercise Class (HeritageFit~Weights)  <b>Delivery Day</b>	2pm Virtual Partyline Trivia	7pm Evening Outdoor Concert ~ Florin C. (Balcony View)

*Celebrate*

**CANADA**