



















**Heritage Place Retirement Residence**  
**August 1st – August 7<sup>th</sup>**

**Week #17**



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

<b>SATURDAY</b>	<b>1</b>	10am <i>Trivia</i> Challenge + More ....Join the game! 	2pm Virtual <i>Partyline BINGO</i> 
<b>SUNDAY</b>	<b>2</b>	9am <i>Mass</i> with Father Ed...Live Streaming on YouTube ( <i>link sent to your emails</i> )	Religious Programs: <i>Glad Tidings Church</i> : (20 minutes, view anytime) ( <i>link sent to your emails</i> )
<b>MONDAY</b>	<b>3</b>	<i>Guided Meditation</i> (15 minutes, view anytime) ( <i>link sent to your emails</i> )	
<i>Tuesday</i> <b>music</b>	<b>4</b>	2pm <i>Outdoor Concert</i> ~ John Moorhouse ("Take those old records off the shelf") (Balcony & Patio View)   	7pm Virtual <i>Partyline BINGO NIGHT</i> 
 <b>WEDNESDAY</b>	<b>5</b>	10am Virtual Exercise Class (HeritageFit~Cardio)  <b>SHOPPERS DRUG MART</b>  <b>Order Day</b>	2pm Virtual <i>Partyline Derby Day</i>    4pm Heritage Place <b>FUN</b> Cart 
<b>THURSDAY</b>	<b>6</b>	10am Virtual Exercise Class (HeritageFit-Ball)	2pm Virtual <i>Partyline BINGO</i>  4pm Video Calls
 <b>FRIDAY</b>	<b>7</b>	<b>SHOPPERS DRUG MART</b>  <b>Delivery Day</b>	2pm <i>Outdoor Concert</i> ~ Aidan P (Balcony & Patio View) 

*National*  
**Peach Month**

