



Heritage Place Retirement Residence

July 25th – July 31st

Week #16



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

SATURDAY	25	10am <i>Trivia</i> Challenge + MoreJoin the game!	2pm Virtual <i>Partyline BINGO</i>
SUNDAY	26	9am <i>Mass</i> with Father Ed...Live Streaming on YouTube (link sent to your emails)	Religious Programs: <i>Glad Tidings Church</i> : (20 minutes, view anytime) (link sent to your emails)
MONDAY	27	Guided Meditation (15 minutes, view anytime) (link sent to your emails)	
	28	2pm <i>Tuesdaytreats</i> (apple turnovers)	4pm Virtual Exercise Class (HeritageFit-Weights)
WEDNESDAY	29	10am Virtual Exercise Class (HeritageFit~Cardio) Order Day	2pm Virtual <i>Partyline Derby Day</i> 4pm Heritage Place FUN Cart
THURSDAY	30	10am Virtual Exercise Class (HeritageFit~Ball)	2pm Virtual <i>Partyline BINGO</i> 4pm Video Calls
FRIDAY	31	Delivery Day	2pm Virtual Exercise Class (HeritageFit-Weights) 6:45pm <i>Evening Outdoor Concert</i> ~ Aidan P (Balcony & Patio View)

Celebrate

CANADA