















Heritage Place Retirement Residence
May 16th - May 22nd

Week #6

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

<p>SATURDAY 16</p>	<p>10am Trivia Challenge <i>(items will be delivered)</i> HeritageWALK Times: 3:30pm, 4pm 2-3pm <i>Partyline</i> BINGO</p>				
<p>SUNDAY 17</p>	<p>Mass - Father Ed <i>(link sent to your emails)</i> Religious Programs: Glad Tidings Church: <i>(20 minutes, view anytime)</i> <i>(link sent to your emails)</i> HeritageWALK Times: 10am, 10:30, 11am, 11:30, 2pm, 2:30pm, 3pm, 3:30pm, 4pm</p>				
<p>monday 18</p>	<p>10am~ 15 Minute Guided Meditation ~ Relaxed Body & Relaxed Mind <i>(link sent to your emails)</i></p> 				
<p>TUESDAY TREATS 19</p>	<p>Virtual Entertainment <i>(1hr. view anytime)</i> ~ Tristan A. <i>(link sent to your emails)</i></p> 	<p>10am Virtual Exercise Class (HeritageFit-Weights)</p> 	<p>HeritageWALK Times 11am, 11:30am, 12pm</p>	<p>2pm <i>Tuesdaytreats</i></p>	<p>4pm Video Calls~ (Residents & Staff)</p>
<p>Wednesday 20</p> <p><i>Disney Day!</i> </p>	<p>HeritageWALK Times 11am 11:30pm, 12pm, 2pm 2:30pm, 3pm, 3:30pm, 4pm</p>	<p>10am Virtual Exercise Class (HeritageFit-Ball)</p>  <p>SHOPPERS DRUG MART Order Day</p>	<p>11am The Bare Necessities <i>Ragtime Piano Arrangement ~ YouTube</i> <i>(link sent to your emails...view anytime)</i> + Colour by Number Pages</p>		<p>4pm Video Calls</p>
<p>THURSDAY 21</p>	<p>HeritageWALK Times 11am, 11:30am, 12pm</p>	<p>10am Virtual Exercise Class (HeritageFit-Cardio)</p> 	<p>2-3pm <i>Partyline</i> BINGO</p> 		<p>4pm Video Calls</p>
<p> FRIDAY 22</p>	<p>HeritageWALK Times 11am, 11:30am, 12pm</p>	<p>10am Virtual Exercise Class (HeritageFit-Weights)</p>  <p>SHOPPERS DRUG MART Delivery Day</p>	<p>2pm <i>Cinco de Mayo Fiesta</i> "Mariachi Trio Band" <i>(Balcony & Patio view)</i></p> 		

HeritageWALK 
 Please call the reception desk and sign up in one of the available spots.
 *Please wear your walking shoes!
 Reminder: Please stay on Heritage Place property

HeritageFit Classes:
Tuesday, May 19th, 10am
Wednesday, May 20th, 10am
Thursday, May 21st, 10am
Friday, May 22nd, 10am

Do you have a SUGGESTION?
 (we are listening & want to hear from you)

Thank you!