















Heritage Place Retirement Residence


May 2nd - May 8th

Week #4

Ann S. ~ Manager, Recreation Innovative Recreation Programming

❖ during COVID-19 Pandemic

SATURDAY  2	10am Pen Pal Program: Letter writing to Families & Friends: <i>(notepaper & envelopes will be provided.....postage is FREE)</i> 1:30pm, 2pm, 2:30pm, 3pm, 3:30pm, 4pm ~ HeritageWALK + Trivia Challenge ~ (kits will be delivered)
SUNDAY 3	1:30pm, 2:30pm, 3pm, 3:30pm, 4pm ~ HeritageWALK Religious Programs: Glad Tidings Church: (20 minutes, view anytime) ~ link sent to your emails)
 4	10am Virtual Exercise Class ~ HeritageFit~Ball (30 minutes, call the HeritageFit number on poster) 11am, 11:30am, 12pm ~ HeritageWALK 2-3pm Partyline BINGO  4pm Video Calls ~Families & Friends 
TUESDAY TREATS 5	Virtual Entertainment (1hr. view anytime) ~Tristan A.: YouTube Show - (link sent to your emails) 10am Virtual Exercise Class ~ HeritageFit~Weights (30 minutes, call the HeritageFit number on poster) 11am, 11:30am, 12pm ~ HeritageWALK 2pm Tuesdaytreats + Trivia  4pm Video Calls ~ Residents & Staff 
 6	10am Virtual Exercise Class ~ HeritageFit~Ball (30 minutes, call the HeritageFit number on poster) 11am Virtual Residents' Meeting~General Manager (call the number listed on poster) 1:30pm, 2pm, 2:30pm, 3:30pm, 4pm ~ HeritageWALK 4pm Video Calls ~ Heritage Place Friends 
THANKFUL <i>thursday</i> 7	Virtual Exercise Class ~ HeritageFit~Cardio (30 minutes, call the HeritageFit number on poster) 11am, 11:30am, 12pm ~ HeritageWALK 2-3pm Partyline BINGO  4pm Video Calls ~ Residents & Friends 
 8	10am Virtual Exercise Class ~ HeritageFit~Weights (30 minutes, call the HeritageFit number on poster) 11am, 11:30am, 12pm, 2pm, 2:30pm, 3pm, 3:30pm, 4pm ~ HeritageWALK 

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

Upcoming Balcony & Patio View Musical
May 10th, 10:15-11:45am 
Mother's Day Musical
with Florin C...A Saxophone
experience

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