


















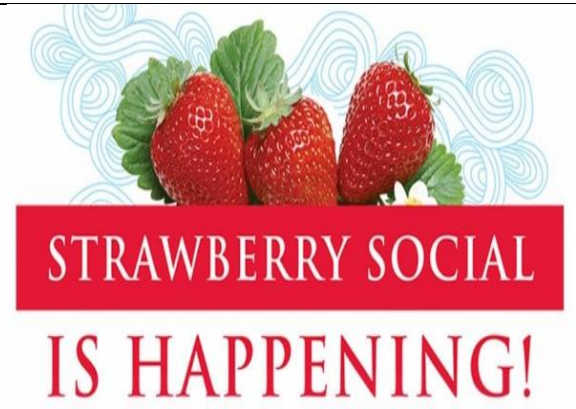
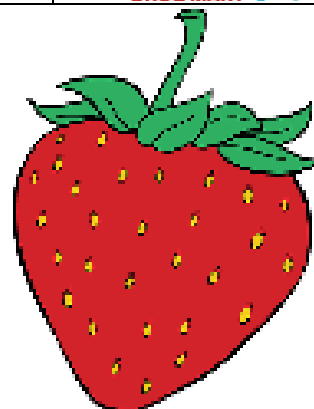
# Heritage Place Retirement Residence

## June 21<sup>st</sup> – June 26<sup>th</sup>

Week #11

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

 <b>SUNDAY 21</b>	<b>Mass</b> with Father Ed...Live Streaming on YouTube <i>(link sent to your emails)</i>		<b>Religious Programs:</b> <i>Glad Tidings Church:</i> <i>(20 minutes, view anytime)</i> <i>(link sent to your emails)</i>	
 <b>22</b>	10am <i>Virtual Exercise Class</i> (HeritageFit~Ball)	11am <i>Video Calls</i> 	2pm <b>HP FUN</b> Cart <i>(books, crossword puzzles and more)</i> 	6:45pm <i>Outdoor Concert</i> ~ Leslie Taylor <i>"Broadway Musical"</i>
<b>TUESDAYTREATS 23</b>	2pm <i>Tuesdaytreats</i> <i>"Strawberry &amp; Ice-Cream"</i> 		7pm <i>Partyline Bingo Night</i> 	
 <b>Wednesday 24</b>	10am <i>Virtual Exercise Class</i> (HeritageFit~Weights)	11am <i>Video Calls</i>  <b>SHOPPERS DRUG MART</b>  <b>Order Day</b>	2pm <i>Partyline Derby Day</i> 	
 <b>25</b>	10am <i>Virtual Exercise Class</i> (HeritageFit~Cardio)	11am <i>Video Calls</i> (Family &, Friends...stay connected)	2pm <i>Partyline Bingo</i> 	
 <b>Friday 26</b>	10am <i>Virtual Exercise Class</i> (HeritageFit~Balls)	11am <i>Partyline Trivia</i> <b>SHOPPERS DRUG MART</b>  <b>Delivery Day</b>	2pm Outdoor <b>Strawberry</b> Social Musical with John Moorhouse 	



# HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

[who.int/epi-win](https://who.int/epi-win)

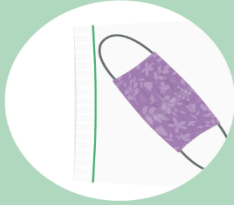
## Do's →



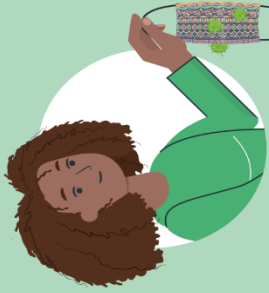
Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



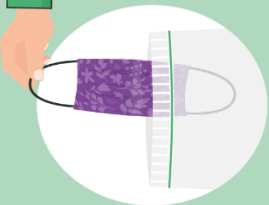
Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Pull the mask away from your face



Avoid touching the mask



Remove the mask by the straps when taking it out of the bag



Wash the mask in soap or detergent, preferably with hot water, at least once a day



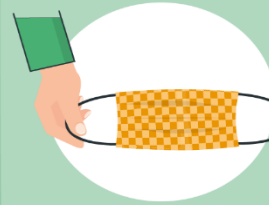
Clean your hands before touching the mask



Inspect the mask for damage or if dirty



Clean your hands after removing the mask



## Don'ts →



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



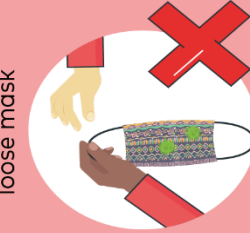
Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear a dirty or wet mask



Do not share your mask with others

**A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.**