



Heritage Place Retirement Residence

May 9th - May 15th

Week #5

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

<p>SATURDAY 9</p>	<p>HeritageWALK Times: 1:30pm, 2pm, 2:30pm, 3pm, 4pm, 4:30pm</p>				
<p>Sunday 10</p>	<p>9am Mass - Father Ed <i>(link sent to your emails)</i> 10:15am <i>Mother's Day Musical (Balcony View)</i> ~ with Florin C...A Saxophone <i>Experience</i></p>	<p>2pm Heritage Place FUN Cart + <i>Mother's Day</i> Mind Benders</p>	<p>Religious Programs: <i>Glad Tidings Church: (20 minutes, view anytime)</i> <i>(link sent to your emails)</i></p>		
<p>Monday 11</p>	<p>10am~15 Minute Guided Meditation ~ Relaxed Body & Relaxed Mind <i>(link sent to your emails)</i> HeritageWALK Times: 11am, 11:30am, 12pm</p>				
<p>TUESDAY TREATS 12</p>	<p>Virtual Entertainment <i>(1hr. view anytime)</i> ~Tristan A.: <i>YouTube</i> <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 13</p>	<p>HeritageWALK Times 11am 11:30pm, 12pm, 2pm 2:30pm, 3pm</p>	<p>10am Virtual Exercise Class (HeritageFit~Ball)</p> <p>SHOPPERS DRUG MART Order Day</p>	<p>11am <i>Disney Auditions on YouTube (American Idols)</i> <i>(link sent to your emails)</i></p>	<p>4pm Video Calls + Colour by Number Pages & Crossword Puzzles</p>	
<p>THURSDAY 14</p>	<p>HeritageWALK Times 11am, 11:30am, 12pm</p>	<p>10am Virtual Exercise Class (HeritageFit~Cardio)</p>	<p>2-3pm <i>Partyline BINGO</i></p>		<p>4pm Video Calls + ~ <i>Frank Sinatra (Did you Know?)</i></p>
<p>RETRO FRIDAY 15</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>50's & 60's Outdoor Concert: Rocking through the Decades</i> with Aidan P. <i>(Balcony & Patio view)</i></p>		
<p>HeritageWALK Please call the <u>reception desk</u> and sign up in one of the available spots.</p> <p>*Please wear your walking shoes! *Reminder: Please stay on <u>Heritage Place</u> property*</p>		<p>HeritageFit Classes: <i>Tuesday, May 12th, 10am</i> <i>Wednesday, May 13th, 10am</i> <i>Thursday, May 14th, 10am</i> <i>Friday, May 15th, 10am</i></p>		<p>Do you have a SUGGESTION? (we are listening & want to hear from you)</p> <p>Thank you!</p>	