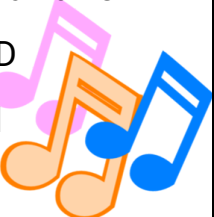
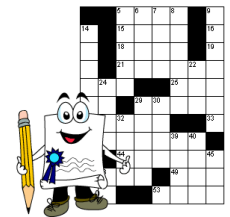


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Heritage Place		Hairdressing by Appointment 1:1 Calendar Visits 11:00 Walks and Talks 2:30 Music DVD 4:00 Video Call 	9:15 Low Impact Fitness w/Selena PTA 10:30 Wii-Bowling 2:30 Anglican Service - CH 	11:00 Video call 1:45 Cash Bingo 	9:45 Giant Crosswords 2:00 Elimination Card Game 	9:45 Word in Word 3:00 1:1 Trivia and Friendly Visits 
9:45 Non-Denominational Church Service on TV 3:00 Walks and Talks (Weather Permitting) 	9:30- Trivia Labor day edition Five Clues: What Job Is It? 2:00- Patio time and walks 	Hairdressing by Appointment 10:30 Rosary with Diane 3:30 Beads and Beats 4:00 Video Call 	9:15 Low Impact Fitness w/Selena PTA 10:30 Wii-Bowling 2:30 Alliance Service - CH 	10:15 Roman Catholic Mass - CH 11:00 Video call 2:30 Cash Bingo 	9:30- Travelogue – Destination: Meet Me in Montreal 2:00- 1:1 Visits  Rosh Hashanah Begins	9:45 Wheel of Fortune 3:00 Outdoor strolls (weather permitting) 
9:45 Non-Denominational Church Service on TV 3:00 Category word game Grandparents Day	9:45 Giant Crosswords 10:45 Yahtzee 2:30 Social Hour w/Adrien R (Heritage DR)  residents council week begins	Hairdressing by Appointment 10:30 Rosary with Diane 3:30 Manicures and Music 4:00 Video Call 	9:15 Low Impact Fitness w/Selena PTA 1:45-4:00 pm Corn Cookout & Classic Cars Asking Family & Friends to RSVP to reception by Sept 11th	10:15 Resident Council & Meal Committee Meeting - CH 11:00 Video call 	9:45 Words that ends with "E" 2:00 Elimination Card Game  Long Term Care Engagement Day	9:45 Chair Exercises and Meditation 3:00 Helping Hands and Friendly Visits  Oktoberfest Begins
9:45 Non-Denominational Church Service on TV 3:00 1:1 Treat Cart Visits  Yom Kippur Begins	10:30 Hangman 2:30 BIG BINGO - CH 	Hairdressing by Appointment 9:30 Morning Meet & greet 10:30 Rosary with Diane 2:00 Piano in the HP Dining room 4:00 Video Call  Autumn Begins	9:15 Low Impact Fitness w/Selena PTA 10:00 Wii-Bowling 2:30 United Service 	9:45 Cash Bingo 11:00 Video Call 2:30 Birthday Party w/Bob Cook - CH 	9:45 Outdoor walks and talks 10:45 Categories 2:30 Elimination Card Game Sukkot Begins	9:30 Beads and Beats 1:45 Trivia Ball 
9:30 Non Denominational Church on TV 3:15 Outdoor walks and talks 	9:45 Word in a Word 10:45 Arts & Crafts 2:00 Movie Matinee 	Hairdressing by Appointment 10:30 Rosary with Diane 2:30 Oktoberfest Party-CH 4:00 Video Call 	9:15 Low Impact Fitness w/Selena PTA 10:00 Wii-Bowling 2:30 Karaoke - CH Truth & Reconciliation Day Wear Orange	September 2026 		

Programs are subject to changes. For current updated offerings please check the white board on the home area.