

March 2020 Forestview Retirement



RETIREMENT RESIDENCE			Forestview Retiremen	τ		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		11:00 Morning Stretches [MP] 1:30 Bridge Club [FR] 2:00 Seated Yoga with Deborah [2FA] 3:00 Java Music Club [T] 4:00 Word Scramble [CK]			10:00 Current Events: Jamaica Addition! [CK] 11:00 Morning Stretches [MP] 11:00 Vendor - SeaVital Skin Care [ML] 1:00 Caribbean Cruise Week Kick off! Steel Drum Performance [MP] 1:30 Mah Jong Game [FR] 2:00 Seated Fitness [2FA] 3:00 Boarding & Check-in with Mocktails and hors d'ouvres [BR] 3:00 Travelogue: Jamaica [T] 4:00 Interesting Facts about Jamaica [CK] 4:30 Welcome Gala Dinner [DR]	10:00 Church Service [T] 11:00 Chess & Puzzles [LB] 1:30 Bridge Club [FR] 3:00 Neighbours & Board Games [CK] 3:00 Saturday Afternoon Showing of: Diana - In her Own Words (2017) [T] 5:30 Willowdale Male Choir [MP] 7:00 Saturday Evening Showing of: Catch Me If You Can (2002) [T]
10:30 Sunday Church Live Stream [MP]	Commonwealth Day 10:00 Scattegories: Tropical Edition [CK] 11:00 Morning Stretches [MP] 11:30 Captain's Lunch in the Dining Room [DR] 1:00 Name that Tune! Island Style [CK] 2:00 Seated Fitness [2FA] 3:00 Live Performance: Mariachi Band! [MP] 4:00 Meet Me at the MoMA: L.L. Fitzgerald Painting [MP] 4:00 Mocktail Hour [CK] 7:00 Netflix Series: Atypical [T]	10:00 GIANT Crossword [CK] 1 0 10:00 Purim Celebration [MP] 11:00 Morning Stretches [MP] 1:00 Java Music Club [T] 1:30 Bridge Club [FR] 2:00 Island Trivia [CK] 2:00 Seated Yoga with Deborah [2FA] 3:00 Mocktails & hors d'ouvres in the Bistro [BR] 3:30 Scavenger Hunt [MP] 4:00 Wellness Gathering & Mocktails: Fun in the Sun! [MP] 7:00 Movie: Cool Running's (1993) [T]	11:00 Morning Stretches [MP] 1:00 Concert Series: Selena Quintanilla Live in Mexico! [T] 1:00 Painting Class: Palm Trees [MP] 1:30 Canasta Lessons [FR] 2:00 Chat with the Chaplain - Food for the Brain [2FL] 2:00 Seated Fitness [2FA] 2:30 Chef's Cooking Demo [BR] 3:00 Island Jeopardy [T] 4:00 Mocktail Hour [CK] 7:00 BINGO [MP]	10:00 Astrology Group [MP] 11:00 Knitting Group [LB] 11:00 Morning Stretches [MP] 1:00 Lets get Crafty: Beach Shel Picture Frames! [MP] 1:30 Calling All Rummikub Players! [CK] 2:00 Seated Dance with Annie [2FA] 3:00 Caribbean Meditation [MP] 3:00 Tropical Smoothies with PhicK] 4:00 Caribbean Word Scramble Mocktails [CK] 4:30 Farewell Gala Dinner [DR] 4:30 Farewell Gala Dinner [DR] 6:30 Netflix Series: Grace and Frankie [T]	Mexico Addition! [CK] 10:00 Wendor: Bijoux Treasures By Inga [MP] 11:00 Carribean Zumba Class [MP] 1:00 Lets Craft a Carnival Mask! [MP] 1:00 Scattegories: Tropical Edition [CK] 1:30 Mah Jong Game [FR] 2:00 Seated Fitness [2FA] 3:00 Salsa Lessons with Phil [MP]	1:30 Bridge Club [FR] 3:00 Neighbours & Board Games [CK] 3:00 Saturday Afternoon Showing of: The Boy Who Harnessed
10:00 Scattegories [CK] 10:30 Sunday Church Live Stream [MP] 11:00 Sunday Morning Fitness [MP] 2:00 Seated Fitness [2FA] 3:00 Lets Make A Scrapbook! [MP] 4:00 Word Scramble [CK] 7:00 Netflix Series: The Crown [T]		10:00 GIANT Crossword [CK] 10:00 Giant Crossword [CK] 11:00 Morning Stretches [MP]	11:00 Morning Stretches [MP] 1:00 Painting Class [MP] 1:30 Canasta Lessons [FR] 2:00 Chat with the Chaplain - Food for the Brain [2FL] 2:00 Seated Fitness [2FA] 3:00 Birthday Party with Vivianna	10:00 Astrology Group [MP] 11:00 Knitting Group [LB] 11:00 Morning Stretches [MP] 1:00 Lets get Crafty: St Patricks Day Hats! [MP] 1:30 Calling All Rummikub Players! [CK] 1:30 Couting: Centrepoint Mall [M] 2:00 Seated Dance with Annie [2FA] 3:00 Word Scramble [CK] 6:30 Netflix Series: Grace and Frankie [T] 7:00 St Patrick's Day Performance [MP]	11:00 Morning Stretches [MP] 1:30 Mah Jong Game [FR] 2:00 Seated Fitness [2FA] 3:00 TED Talks Lecture & Debate [T] 4:00 Game Hour [MP] 4:00 Go 4 Life Walking Group [ML]	10:00 Church Service [T] 11:00 Chess & Puzzles [LB] 1:30 Bridge Club [FR] 3:00 Neighbours & Board Games [CK] 3:00 Saturday Afternoon Showing of: Heal (2017) [T] 5:30 Willowdale Male Choir [MP] 7:00 Saturday Evening Showing of: Oceans Eleven (2001) [T]



March 2020



Forestview Retirement Monday Tuesdav Wednesday Thursday Friday Sunday Saturday 22 10:00 Fit Minds [CK] 10:30 Resident Council 23 10:00 @ GIANT Crossword [CK] 24 10:00 @ Giant Crossword [CK] 25 10:00 Astrology Group [MP] 26 10:00 Current Events [CK] 11:00 Knitting Group [LB] 26 11:00 Tai Chi Class [MP] 10:00 Catchphrase [CK] 10:00 @ Current Events [CK] 10:00 (Scattegories [CK] 11:00 Chess & Puzzles [LB] 10:00 🌦 Church Service [T] 10:30 Sunday Church Live 10:00 W Vendor: Avon [ML] Stream [MP] Meeting [MP] 11:00 Morning Stretches MP 11:00 Morning Stretches MP 11:00 Morning Stretches [MP] 1:30 A Mah Jong Game [FR] 1:30 Bridge Club [FR] 11:00 Sunday Morning Fitness [MP] 11:00 Morning Stretches [MP] 3:00 Neighbours & Board Games 1:00 © Java Music Club [T] 1:00 © Painting Class [MP] 1:00 © Lets get Crafty: Spring 2:00 Seated Fitness [2FA] 1:00 (Computer Training Class LB 2:00 Seated Fitness [2FA] 1:30 Bridge Club [FR] 1:30 A Canasta Lessons [FR] Flowers! [MP] 3:00 **See Food Committee Meeting** [CK] 3:00 © Lets Make A Scrapbook! [MP] 2:00 Seated Fitness [2FA] 2:00 (Brain Gym [CK] 2:00 Chat with the Chaplain - Food 1:30 **Calling All Rummikub** 3:00 © Saturday Afternoon Showing 4:00 Word Scramble CK 3:00 © Concert Series: Andrea for the Brain [2FL] Players! [CK] 3:00 P TED Talks Lecture & Debate of: The Guernsey Literary & 2:00 Seated Yoga with Deborah **Potato Peel Pie Society** Bochelli [T] [2FA] 2:00 Seated Fitness [2FA] 2:00 Seated Dance with Annie 7:00 O Netflix Series: The Crown [T] [T](2018) [T] 3:00 Shuffleboard [2FA] 2:30 Opera Showing: Capriccio [T] [2FA] 4:00 Same Hour MP 5:30 Willowdale Male Choir [MP] 4:00 Meet Me at the MoMA: Edwir 4:00 Wellness Gathering [MP] 3:00 Baking with Phil [CK] 3:00 Word Scramble CK 4:00 - Go 4 Life Walking Group [ML] 7:00 © Saturday Evening Showing of: **Holgate Painting [MP]** 7:00 (Movie: Inferno (2016) [T] 7:00 **BINGO** [MP] 6:30 © Netflix Series: Grace and The Guernsey Literary & 4:00 Scattegories [CK] Frankie [T] Potato Peel Society (2018) 7:00 (Netflix Series: Atypical [T] 29 10:00 Fit Minds [CK] 11:00 Morning Stretch 10:00 @ GIANT Crossword [CK] 🤿 10:00 Scattegories [CK] 11:00 Morning Stretches 10:30 Sunday Church Live 11:00 Morning Stretches Stream [MP] 1:00 😊 Java Music Club [T] 1:00 Computer Training Class [LB] 11:00 Sunday Morning Fitness [MP] © Emotional 2:00 Seated Fitness [2FA] 2:00 Seated Fitness [2FA] 1:30 Bridge Club [FR] Intellectual 3:00 : Lets Make A Scrapbook! [MP] 3:00 © Concert Series: Perry Como 2:00 **Prain Gym [CK]** 4:00 Word Scramble [CK] 2:00 Seated Yoga with Deborah Outing 3:00 Meditation Mondays [MP] 7:00 : Netflix Series: The Crown [T] 4:00 Scattegories [CK] 4:00 Wellness Gathering MP Physical 7:00 © Netflix Series: Atypical [T] 7:00 © Movie: Holiday In The Wild (2019) [T] Purposeful Social 8 Spiritual ₩ Vendor



2nd FLOOR ACTIVITY ROOM 2FA 2nd FLOOR LOUNGE 2FL BR **BISTRO** CK **COUNTRY KITCHEN** DR **DINING ROOM** FITNESS ROOM FR LIBRARY LB MAIN LOBBY ML MULTIPURPOSE ROOM MP THEATER





