



INSPIRED SENIOR LIVING

October 2021

Forestview



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Masks are Mandatory for Every Program.
Maximum Participants: 10 Per Activity.



10:00 Colouring and Chatting (2FA) **1**
 10:30 Balloon Badminton (2FA)
 1:00 Vendor: SeaVital (ML)
 1:00 1:1 Friendly Visits (2FA)
 2:00 Fitness Class (2FA)
 3:00 Name that Tune (2FA)
 3:30 Go 4 Life Walking Group (OP)

3:00 Movie Afternoon **2**
 Showing: The Last Letter from your Lover (T)
 7:00 Movie Evening
 Showing: The Last Letter from your Lover (T)

10:00 Sing Along (2FA) **3**
 10:30 Giant Crossword (2FA)
 2:00 Fitness Class (2FA)
 3:00 Netflix Series: (T)

9:40 Fit Minds (2FA) **4**
 10:15 Chair Yoga with Deborah (2FA)
 1:00 1:1 Friendly Visits (2FA)
 2:00 Balloon Badminton! (2FA)
 3:00 Famous Faces (2FA)
 3:30 Go 4 Life Walking Group (OP)

9:30 Artfull Enrichment (2FA) **5**
 10:30 Word Searches! (2FA)
 1:00 Sing Along (2FA)
 2:00 Fitness Class (2FA)
 3:00 Trivia Group (2FA)
 3:30 Bean Bag Toss (2FA)

10:00 Colouring and Chatting (2FA) **6**
 10:30 Balloon Badminton (2FA)
 1:00 Bingo (2FA)
 2:00 Fitness Class (2FA)
 2:00 Opera Showing! (T)
 2:30 Giant Crossword (2FA)
 3:30 Montessori Program (2FA)

9:15 OUTING: Centrepont Mall (ML) **7**
 10:00 Fit Minds (2FA)
 10:30 Bean Bag Toss! (2FA)
 1:00 Word Scramble (2FA)
 2:00 Seated Dance Class with Annie (2FA)
 3:00 Arts & Crafts (2FA)

9:30 Colouring and Chatting (2FA) **8**
 10:00 Vendor - Bijoux Treasures by Inga (MP)
 10:15 Chair Yoga with Deborah (2FA)
 1:00 1:1 Friendly Visits (2FA)
 2:00 Outdoor Performance: Filipa Sousa (OP)
 3:00 Name that Tune (2FA)

3:00 Movie Afternoon **9**
 Showing: Misha and the Wolves (T)
 7:00 Movie Evening
 Showing: Misha and the Wolves (T)

2:00 Fitness Class (2FA) **10**
 3:00 Netflix Series: (T)

9:30 Fit Minds (2FA) **11**
 1:00 Thanksgiving Social Hour (2FA)
 2:00 Fitness Class (2FA)
 3:30 Thanksgiving Trivia (2FA)

9:30 Artfull Enrichment (2FA) **12**
 10:30 Word Searches! (2FA)
 1:00 Sing Along (2FA)
 2:00 Fitness Class (2FA)
 3:00 Trivia Group (2FA)
 3:30 Bean Bag Toss (2FA)

10:00 Colouring and Chatting (2FA) **13**
 10:30 Balloon Badminton (2FA)
 1:00 Bingo (2FA)
 2:00 Fitness Class (2FA)
 2:30 Giant Crossword (2FA)
 3:00 Baking with Lynda (CK)
 3:30 Montessori Program (2FA)

10:00 Fit Minds (2FA) **14**
 10:30 Bean Bag Toss! (2FA)
 1:00 Word Scramble (2FA)
 2:00 Seated Dance Class with Annie (2FA)
 3:00 Arts & Crafts (2FA)

10:00 Colouring and Chatting (2FA) **15**
 10:30 Fitness Class (2FA)
 1:00 1:1 Friendly Visits (2FA)
 2:00 Baking with Phil (CK)
 3:00 Name that Tune (2FA)
 3:30 Go 4 Life Walking Group (OP)

3:00 Movie Afternoon **16**
 Showing: Worth (T)
 7:00 Movie Evening
 Showing: Worth (T)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Sing Along (2FA) 17 10:30 Giant Crossword (2FA) 2:00 Fitness Class (2FA) 3:00 Netflix Series: (T)	9:30 Fit Minds (2FA) 18 10:15 Chair Yoga with Deborah (2FA) 1:00 1:1 Friendly Visits (2FA) 2:00 Balloon Badminton! (2FA) 3:00 Famous Faces (2FA) 3:30 Go 4 Life Walking Group (OP)	9:30 Artfull Enrichment (2FA) 19 10:30 Word Searches! (2FA) 1:00 Sing Along (2FA) 2:00 Fitness Class (2FA) 3:00 Trivia Group (2FA) 3:30 Bean Bag Toss (2FA)	10:00 Colouring and Chatting (2FA) 20 10:30 Fitness Class (2FA) 1:45 OUTING: Royal Ontario Museum (ML)	10:00 Fit Minds (2FA) 21 10:30 Bean Bag Toss! (2FA) 1:00 Word Scramble (2FA) 2:00 Seated Dance Class with Annie (2FA) 3:00 Arts & Crafts (2FA)	10:00 Colouring and Chatting (2FA) 22 10:30 Balloon Badminton (2FA) 1:00 1:1 Friendly Visits (2FA) 2:00 Fitness Class (2FA) 2:00 Outdoor Performance: Heather Christine (OP) 3:00 Name that Tune (2FA) 3:00 Life Enrichment Meeting (MP) 3:30 Go 4 Life Walking Group (OP)	3:00 Movie Afternoon Showing: Inferno (T) 23 7:00 Movie Evening Showing: Inferno (T)
10:00 Sing Along (2FA) 24 10:30 Giant Crossword (2FA) 2:00 Fitness Class (2FA) 3:00 Netflix Series: (T)	9:30 Fit Minds (2FA) 25 10:15 Chair Yoga with Deborah (2FA) 1:00 1:1 Friendly Visits (2FA) 2:00 Balloon Badminton! (2FA) 3:00 Famous Faces (2FA) 3:00 Resident Townhall Meeting (MP) 3:30 Go 4 Life Walking Group (OP)	9:30 Artfull Enrichment (2FA) 26 10:30 Word Searches! (2FA) 1:00 Sing Along (2FA) 2:00 Fitness Class (2FA) 3:00 Trivia Group (2FA) 3:30 Bean Bag Toss (2FA)	10:00 Colouring and Chatting (2FA) 27 10:30 Balloon Badminton (2FA) 1:00 Bingo (2FA) 2:00 Fitness Class (2FA) 2:30 Giant Crossword (2FA) 3:30 Montessori Program (2FA)	10:00 Fit Minds (2FA) 28 10:00 Vendor: Adrians Family Clothing (MP) 10:30 Bean Bag Toss! (2FA) 1:00 Word Scramble (2FA) 2:00 Seated Dance Class with Annie (2FA) 3:00 Arts & Crafts (2FA)	10:00 Colouring and Chatting (2FA) 29 10:30 Balloon Badminton (2FA) 1:00 1:1 Friendly Visits (2FA) 2:00 Fitness Class (2FA) 3:00 Name that Tune (2FA) 3:00 Food Committee Meeting (MP) 3:30 Go 4 Life Walking Group (OP)	3:00 Movie Afternoon Showing: U.S. Marshals (T) 30 7:00 Movie Evening Showing: U.S. Marshals (T)
10:00 Sing Along (2FA) 31 10:30 Giant Crossword (2FA) 2:00 Fitness Class (2FA) 3:00 Netflix Series: (T)	<p>*Masks are Mandatory for Every Program.*</p> <p>Maximum Participants: <u>10 Per Activity.</u></p>					

