



INSPIRED SENIOR LIVING

October 2021

Forestview



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

Masks are Mandatory for Every Program.
Maximum Participants: 10 Per Activity.



10:00 Giant Crossword (CK) **1**
 11:00 Fitness Class (MP)
 1:00 Trivia Group (CK)
 1:00 Vendor: SeaVital (ML)
 1:30 Mah Jong Game (LB)
 2:00 Name that Tune (CK)
 3:00 TED Talks Lecture & Debate (T)
 4:00 Go 4 Life Walking Group (ML)

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)

11:00 Fitness Class (MP) **3**
 1:00 Bingo (MP)
 3:00 Fit Minds (CK)
 7:00 Netflix Series: Virgin River (T)

10:00 Giant Crossword (CK) **4**
 11:00 Chair Yoga with Deborah (MP)
 2:00 Book Club (LB)
 3:00 Active Aging Meditation (MP)
 4:00 Go 4 Life Walking Group (ML)

10:00 Word Scramble (CK) **5**
 11:00 Fitness Class (MP)
 1:00 Active Aging Wellness Gathering (CK)
 2:00 Unscrambled (CK)
 3:00 Painting Class (MP)
 4:00 Exploring Cultures: Jamaica (CK)

10:00 Tea and Talks with Rebecca (CK) **6**
 11:00 Fitness Class (MP)
 1:00 Active Aging Trivia (CK)
 2:00 Opera Showing! (T)
 4:00 Go 4 Life Walking Group (ML)

9:15 OUTING: Centrepont Mall (ML) **7**
 10:00 Word Scramble (CK)
 11:00 Fitness Class (MP)
 2:00 Healthy Treats with Mark (CK)
 3:00 Artfull Enrichment (MP)
 4:00 Travelogue: Korea (T)

10:00 Giant Crossword (CK) **8**
 10:00 Vendor - Bijoux Treasures by Inga (MP)
 11:00 Chair Yoga with Deborah (MP)
 1:30 Mah Jong Game (LB)
 2:00 Outdoor Performance: Filipa Sousa (OP)
 3:00 Documentary on Healthy Aging (T)
 4:00 Go 4 Life Walking Group (ML)

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

10:00 Thanksgiving Crafts (MP) **10**
 11:00 Fitness Class (MP)
 1:00 Bingo (MP)
 3:00 Thanksgiving Crafts (MP)
 7:00 Netflix Series: Virgin River (T)

10:00 Thanksgiving Social Hour (CK) **11**
 11:00 Fitness Class (MP)
 3:00 Meditation Mondays (MP)
 4:00 Go 4 Life Walking Group (ML)

10:00 Word Scramble (CK) **12**
 11:00 Fitness Class (MP)
 1:00 Wellness Gathering: Flu Seminar (CK)
 2:00 Unscrambled (CK)
 3:00 Painting Class (MP)
 4:00 Exploring Cultures: Japan (CK)

10:00 Giant Crossword (CK) **13**
 11:00 Fitness Class (MP)
 1:00 Trivia Group (CK)
 2:00 Name that Tune (MP)
 3:00 Baking with Lynda (CK)
 4:00 Go 4 Life Walking Group (ML)

10:00 Word Scramble (CK) **14**
 11:00 Fitness Class (MP)
 1:00 Java Music Club (T)
 3:00 Artfull Enrichment (MP)
 4:00 Travelogue: Jamaica (T)

10:00 Giant Crossword (CK) **15**
 11:00 Fitness Class (MP)
 1:00 Trivia Group (CK)
 1:30 Mah Jong Game (LB)
 2:00 Baking with Phil (CK)
 3:00 TED Talks Lecture & Debate (T)
 4:00 Go 4 Life Walking Group (ML)

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



INSPIRED SENIOR LIVING

October 2021

Forestview



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 Fitness Class (MP) 17 1:00 Bingo (MP) 3:00 Fit Minds (CK) 7:00 Netflix Series: Virgin River (T)	10:00 Giant Crossword (CK) 18 11:00 Chair Yoga with Deborah (MP) 1:00 Trivia Group (CK) 2:00 Name that Tune (MP) 3:00 Meditation Mondays (MP) 4:00 Go 4 Life Walking Group (ML)	10:00 Word Scramble (CK) 19 11:00 Fitness Class (MP) 1:00 Wellness Gathering (CK) 2:00 Unscrambled (CK) 3:00 Painting Class (MP) 4:00 Exploring Cultures: Greece (CK)	10:00 Giant Crossword (CK) 20 11:00 Fitness Class (MP) 1:45 OUTING: Royal Ontario Museum (ML) 3:00 Concert Series: (T) 4:00 Go 4 Life Walking Group (ML)	10:00 Word Scramble (CK) 21 11:00 Fitness Class (MP) 1:00 Java Music Club (T) 3:00 Artfull Enrichment (MP) 4:00 Travelogue: Philippines (T)	10:00 Giant Crossword (CK) 22 11:00 Fitness Class (MP) 1:00 Trivia Group (CK) 1:30 Mah Jong Game (LB) 2:00 Outdoor Performance: Heather Christine (OP) 3:00 Life Enrichment Meeting (MP) 4:00 Go 4 Life Walking Group (ML)	3:00 Movie Afternoon 23 Showing: Inferno (T) 7:00 Movie Evening Showing: Inferno (T)
11:00 Fitness Class (MP) 24 1:00 Bingo (MP) 3:00 Fit Minds (CK) 7:00 Netflix Series: Virgin River (T)	10:00 Giant Crossword (CK) 25 11:00 Chair Yoga with Deborah (MP) 1:00 Trivia Group (CK) 2:00 Name that Tune (MP) 3:00 Meditation Mondays (MP) 3:00 Resident Townhall Meeting (MP) 4:00 Go 4 Life Walking Group (ML)	10:00 Word Scramble (CK) 26 11:00 Fitness Class (MP) 1:00 Wellness Gathering (CK) 2:00 Unscrambled (CK) 3:00 Painting Class (MP) 4:00 Exploring Cultures: Nigeria (CK)	10:00 Giant Crossword (CK) 27 11:00 Fitness Class (MP) 1:00 Trivia Group (CK) 2:00 Name that Tune (MP) 3:00 Concert Series: (T) 4:00 Go 4 Life Walking Group (ML)	10:00 Word Scramble (CK) 28 10:00 Vendor: Adrians Family Clothing (MP) 11:00 Fitness Class (MP) 1:00 Java Music Club (T) 3:00 Artfull Enrichment (MP) 4:00 Travelogue: Brazil (T)	10:00 Giant Crossword (CK) 29 11:00 Fitness Class (MP) 1:00 Trivia Group (CK) 1:30 Mah Jong Game (LB) 2:00 Name that Tune (CK) 3:00 Food Committee Meeting (MP) 4:00 Go 4 Life Walking Group (ML)	3:00 Movie Afternoon 30 Showing: U.S. Marshals (T) 7:00 Movie Evening Showing: U.S. Marshals (T)

11:00 Fitness Class (MP) **31**
 1:00 Bingo (MP)
 3:00 Fit Minds (CK)
 7:00 Netflix Series: Virgin River (T)

Masks are Mandatory for Every Program.
Maximum Participants: 10 Per Activity.

