

SEPTEMBER PHOTOS



October Newsletter 2023 Forestview Retirement Residence



OCTOBER SPECIAL EVENTS!

Local Food Demo Presentation

October 3th at 2:30PM In
the Multipurpose Room



Thanksgiving Live Performance!

by Marcus Shawn

October 6th at 2:00PM In the Multipurpose Room



Thanksgiving Lunch!

October 9th at 11:30A in the
Main dining Room



Live Piano Performance by Leah !

October 12th at 2:00M In the Multipurpose Room



October Outings!

• Visiting Gibson House Museum!

Thursday October 12th at 1:00PM



• Montana's BBQ & Bar!

Thursday, October 26th at 12:00PM



Please sign up at Reception!

Heart Health

Benefits of Dark Chocolate Presentation!

October 30th at 3:30PM

in the Multipurpose Room



Black and Orange day Party: Carving Pumpkin & designing Halloween cupcakes!

October 31th at 2:00PM
in the Multipurpose Room



Happy Birthday!

Elmo M. ~ 7th
Charles A. 10th
Garry R—14th
Kathleen R. ~ 22nd



★ HAPPY ★ BIRTHDAY!

Monthly Birthday Party with Rosita Stone!

*Join us in celebrating all of our
October birthdays with live
entertainment, cake and coffee!*

**Tuesday, October 24th at 2:00PM in
the Multipurpose Room!**

Fit Minds!

Cognitive stimulation program to support brain health and improve quality of Life!



Tuesdays at 2:00PM in the Multipurpose Room

Active Aging Week! OCTOBER 2- 8, 2023

DAILY BRAIN HEALTH TIPS:

- * Make one decision each day with your personal health and wellness in mind.
- * Remember that small steps create lasting healthy habits.
- * Try new things. Add health tips that resonate with you to your daily.



Chair Zumba Dance fit!

Sundays at 2:00 PM
in the
Multipurpose Room



Falls Prevention with Harun Falls prevention Coordinator!

*Every Monday and
Wednesday at
2:30PM in the
Multipurpose Room*



Balloon Badminton!

Fridays at 10:30AM in the
Multipurpose room

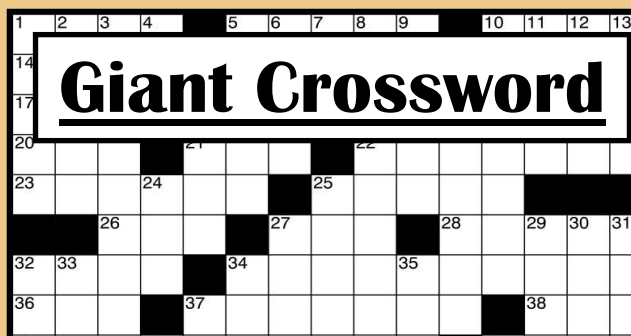


Drum Fit Class!



Wednesdays at 11:00AM
in the Multipurpose Room

Giant Crossword



Mondays, Wednesdays
and Fridays at 1:00PM in
the Multipurpose Room

Word Scramble



Tuesdays at 10:30AM
and Thursdays at
10:00AM in the
Multipurpose Room

Chair Yoga with Hennie!

Mondays and Thursdays at
10:30AM in the
Multipurpose Room!



*Just a
friendly
reminder...*

**Please be advised all programs are
subject to change at anytime. For your
convenience, program changes are
noted on daily activity sheets in the
elevator**

Artful Enrichment!



Tuesdays at 3:30PM in the Multipurpose Room

Meet Me At The MoMA!

(The Museum of Modern Art)



Paint like an artist!

Fridays at 3:00PM in the Multipurpose Room

Travelogue



Helsinki, Finland
October 5th

Portugal
October 12th

Paris
October 19th

South Korea
October 26th

3:30PM in the theatre

Concert Series



Little Richard
October 4th

Johnny Cash
October 11th

Doris Day
October 18th



Rod Stewart
October 25th

4:00PM in the Theatre Room

Knitting Club!
Wednesday Biweekly at
3:30PM in the
Multipurpose room



Meditation Group!

*Tuesdays at 1:00PM and
Thursdays at 2:00PM in the
Multipurpose Room*



Meetings this Month



Food Committee

Fri. October 27th at 2:30PM

In the Theatre

Resident Townhall

Meeting

Fri. October 27th at 3:30PM

In the Theatre

Additional Services

Doctors Day
Every Thursday



Eye Clinic

If you need to check
your eyes please sign up
at Reception!

**Any Additional Services dates
will be posted in
elevators**

Walking Group



**Mondays, Wednesdays &
Fridays at 10:00AM**
Meet in the Main lobby!

Java Music Club!



Thursdays at 1:00PM in the
Library

Opera Showing! *Don Giovanni*



**Friday, October 13th at
3:00pm in the Theatre**

Movies This Month

ReMastered: Who Shot the Sheriff - 10/03 at 7:00PM

In 1976, reggae icon Bob Marley survived an assassination attempt as rival political groups battled in Jamaica. But who exactly was responsible?

Miss Americana Taylor Swift - 10/10 at 7:00PM

In this revealing documentary, Taylor Swift embraces her role as a songwriter and performer — and as a woman harnessing the full power of her voice.

Halftime -10/17 at 7:00PM

Global superstar Jennifer Lopez reflects on her multifaceted career and the pressure of life in the spotlight in this intimate documentary.

The Black Godfather -10/24 at 7:00PM

This documentary follows the life of Clarence Avant, the ultimate, uncensored mentor and behind-the-scenes rainmaker in music, film, TV and politics.

Schumacher -10/31 at 7:00PM

Through exclusive interviews and archival footage, this documentary traces an intimate portrait of seven-time Formula 1 champion Michael Schumacher.

Forestview Retirement Residence Team

Management Designation	Name	Extension	Email
General Manager	Maria Mercone	1001	gm@forestviewrr.org
Office Manager	Donna Kelly	1002	om@forestviewrr.org
Community Relations Manager	Brent Barkwill	1003	smm@forestviewrr.org
Community Relations Manager	Diana Da Silva	1004	sales@forestviewrr.org
Life Enrichment Manager	Azam Mahani	1005	lem@forestviewrr.org
Dining Services Manager	Mark Goodman	1007	dsm@forestviewrr.org
Health & Wellness Manager	Barbara Renton	1250	hwm@forestviewrr.org
Environmental Services Manager	Rod Isip	1027	esm@forestviewrr.org

Staff Extensions:

Staff Designation	Extension	Fax	Phone Number
Reception	1000 & 3004	Fax: 416-634-2601	416-398-4999
Nursing Station (RPN)	1200 & 3002	Fax: 416-634-2602	
PSW	3005, 3006, 3007, 3009, 3010		
Kitchen	3001		
2 nd Floor Dining Room	1069		
Staff Room	1111		

Advent Health Care Corporate Office (416) 398-5270

The Lake House - 10/02 at 7:00PM

Fantasy romance about a relationship that forms between an architect and the doctor who lived in his new lakeside house two years previously. Only able to communicate by passing letters into the house's mailbox, the pair begin to fall for each other, but will they ever be together? Hollywood remake of the acclaimed South Korean film 'Siworae'.

Mixed by Erry- 10/04 at 7:00PM

Smuggling self-made mixtapes in 1980s Naples, an aspiring DJ and his two brothers become surprisingly powerful record producers wanted by the law.

The Out- Laws - 10/07 at 3:00PM & 7:00PM

Owen Browning is a straight-laced bank manager about to marry the love of his life, Parker. When his bank is held up by the Ghost Bandits during his wedding week, he believes his future in-laws who just arrived in town are the infamous outlaws.

Friendsgiving- 10/09 at 7:00PM

Molly and Abbey host a dysfunctional, chaotic, and comical Thanksgiving dinner with their crew of close friends.

Through My Window: Across the Sea - 10/11 at 7:00PM

Ares and Raquel maintain a long-distance relationship during his studies in Stockholm. When they meet again, they find that their period of separation has put their love to the test.

Dream- 10/14 at 3:00pm & 7:00pm

With hard work and dedication on lock, a group of homeless men trains to compete in the Homeless World Cup, despite a cranky coach.

Through my Window - 10/16 at 7:00PM

Raquel is hopelessly in love with her neighbour Ares, even though she has never talked to the mysterious man and secretly watches him whenever he comes through the window. She is determined to win his love.

The Perfect Time - 10/18 at 7:00PM

Kachi waits for the perfect time to settle with his girlfriend of four years, Beverly, who just turned 30 and is pressured to get married. The unexpected happens when they both go their separate ways.

Blood and Gold - 10/21 at 3:00PM & 7:00PM

At the bitter end of World War II, a German deserter and a young woman are drawn into a bloody battle with a group of Nazis hunting for hidden gold.

Big Gold Brick - 10/23 at 7:00PM

An enigmatic, middle-aged father of two enlists the help of fledgling writer Samuel Liston to pen his biography. The circumstances leading up to the arrangement are astonishing, and efforts to write the biography are quickly stymied by ensuing chaos.

Cici-10/25 at 7:00PM

A family migrates to the city after a tragic loss. When they reunite in their hometown 30 years later, buried emotions and painful secrets resurface.

Life or Something like it- 10/28 at 3:00PM & 7:00PM

Lanie Kerrigan (Angelina Jolie), a feature reporter at a Seattle television station, leads the ultimate superficial life, even though she thinks she has it all, like a superstar boyfriend, a gorgeous apartment, and a shot at a big network assignment. Her perfect world starts unraveling after a homeless street seer tells Lanie that she leads a meaningless existence, and will die the following week. When the savant's other predictions come true, Lanie begins to re-examine her life and priorities.

Faithfully yours-10/30 at 7:00PM

Bodil and Isabel occasionally go to the Belgian coast to secretly engage in an affair, but when Isabel goes missing, everything seems to point to a crime. The husbands come to Belgium and Bodil becomes increasingly entangled in her web of lies.