



INSPIRED
SENIOR LIVING

November 2023 (2FL)

Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>National Family Caregivers Month</div></div>			<div>National Family Caregivers Month! 1</div> <div>10:00 Go 4 Life Walking Group (ML)</div> <div>10:00 Hair Salon! (SL)</div> <div>10:30 Fitness Class! (2FA)</div> <div>11:00 Drum Fit Class! (MP)</div> <div>1:00 Ring Toss (2FA)</div> <div>2:00 Afternoon Tea with Trivia (2FA)</div> <div>2:30 Exercise and Falls Prevention by Harun Falls prevention Coordinator! (MP)</div> <div>3:30 Painting Group! MOMA (2FA)</div> <div>3:30 Religious Study with Chaplain Jake! (LB)</div> <div>4:00 Name that Tune! (2FA)</div> <div>4:00 Concert Series: Patsy Cline (T)</div> <div>7:00 Movie Evening Showing: The Lake House! (T)</div>	<div>National Family Caregivers Month! 2</div> <div>9:00 Foot Care Clinic! (SR)</div> <div>10:00 Doctor Visit! (HO)</div> <div>10:00 Morning Stretches! (2FA)</div> <div>10:30 Seated Chair Yoga with Henni! (MP)</div> <div>11:00 Fit Minds! (2FA)</div> <div>1:00 Balloon Badminton! (2FA)</div> <div>2:00 Afternoon Tea with Trivia (2FA)</div> <div>2:00 Off the Cuff (LB)</div> <div>3:30 Hymn Sing! (2FA)</div> <div>4:00 Travelogue: Shanghai (T)</div>	<div>National Family Caregivers Month! 3</div> <div>10:00 Go 4 Life Walking Group (ML)</div> <div>10:30 Outing: Ripley's Aquarium! (OUT)</div> <div>10:30 Balloon Badminton! (MP)</div> <div>10:30 Vendor Mix and Match! (ML)</div> <div>1:00 Giant Crossword! (MP)</div> <div>2:00 Shabbat Service by Rabbi Levi! (MP)</div> <div>3:00 Meet Me at the MoMA, Paint like an Artist! (MP)</div> <div>7:00 TV Show: Outlander! (T)</div>	<div>National Family Caregivers Month! 4</div> <div>2:30 Church Service by Chaplain Jake! (CP)</div> <div>3:00 Movie Afternoon Showing: Mixed by Erry! (T)</div> <div>7:00 Movie Evening Showing: Mixed by Erry! (T)</div>
<div>National Family Caregivers Month! 5</div> <div>Holocaust Education week!</div> <div>10:00 Fitness Class (2FA)</div> <div>10:50 Catholic Communion Service! (CP)</div> <div>1:00 Artful Enrichment! (2FA)</div> <div>2:00 Chair Zumba Fit Dance! (MP)</div> <div>3:30 Bingo! (MP)</div> <div>7:00 Netflix Serie: Lincoln Lawyer (season 2) (T)</div>	<div>National Family Caregivers Month! 6</div> <div>Holocaust Education week!</div> <div>10:00 Go 4 Life Walking Group (ML)</div> <div>10:30 Seated Chair Yoga with Henni! (MP)</div> <div>10:30 Fitness Class (2FA)</div> <div>11:00 Giant Crossword! (2FA)</div> <div>1:00 Noodle and ball fun! (2FA)</div> <div>1:00 Giant Crossword (MP)</div> <div>2:00 Word Game Search! (2FA)</div> <div>2:30 Exercise and Falls Prevention by Harun Fall prevention Coordinator! (MP)</div> <div>3:30 Coloring and Music! (2FA)</div> <div>3:30 Afternoon Tea with Trivia! (MP)</div> <div>4:00 Java Music Club! (2FA)</div> <div>7:00 Movie Evening Showing: Random Hearts! (T)</div>	<div>National Family Caregivers Month! 7</div> <div>Holocaust Education week!</div> <div>10:00 Morning Stretches! (2FA)</div> <div>10:30 Morning Stretches! (2FA)</div> <div>11:00 Fit Minds! (2FA)</div> <div>1:00 Bingo! (2FA)</div> <div>1:30 Visit with Chaplain Jake (AL)</div> <div>2:45 Artful Enrichment (2FA)</div> <div>3:00 Opera Showing: Don Giovanni! (T)</div> <div>4:00 Java Music Club! (2FA)</div> <div>7:00 Documentary Night: ReMastered: Who Shot the Sheriff! (T)</div>	<div>National Family Caregivers Month! 8</div> <div>Holocaust Education week!</div> <div>10:00 Go 4 Life Walking Group (ML)</div> <div>10:00 Hair Salon! (SL)</div> <div>10:30 Fitness Class! (2FA)</div> <div>11:00 Drum Fit Class! (MP)</div> <div>12:00 Outing: Montana's BBQ & Bar! (OUT)</div> <div>1:00 Ring Toss (2FA)</div> <div>2:00 Afternoon Tea with Trivia (2FA)</div> <div>2:30 Exercise and Falls Prevention by Harun Falls prevention Coordinator! (MP)</div> <div>3:30 Painting Group! MOMA (2FA)</div> <div>3:30 Religious Study with Chaplain Jake! (LB)</div> <div>4:00 Name that Tune! (2FA)</div> <div>4:00 Concert Series: Marvin Gaye (T)</div> <div>7:00 Movie Evening Showing: The Out- Laws! (T)</div>	<div>National Family Caregivers Month! 9</div> <div>Holocaust Education week!</div> <div>10:00 Doctor Visit! (HO)</div> <div>10:00 Morning Stretches! (2FA)</div> <div>10:30 Seated Chair Yoga with Henni! (MP)</div> <div>11:00 Fit Minds! (2FA)</div> <div>1:00 Balloon Badminton! (2FA)</div> <div>2:00 Afternoon Tea with Trivia (2FA)</div> <div>2:00 Holocaust Survivor Speaker: Reny! (MP)</div> <div>3:30 Bingo! (MP)</div> <div>3:30 Hymn Sing! (2FA)</div> <div>4:00 Travelogue: New Zealand (T)</div>	<div>National Family Caregivers Month! 10</div> <div>Holocaust Education week!</div> <div>10:00 Go 4 Life Walking Group (ML)</div> <div>10:30 Balloon Badminton! (MP)</div> <div>11:00 Seated Fitness Class with Azam! (MP)</div> <div>1:00 Giant Crossword! (MP)</div> <div>2:00 Shabbat Service by Rabbi Levi! (MP)</div> <div>3:00 Meet Me at the MoMA, Paint like an Artist! (MP)</div> <div>7:00 TV Show: Outlander! (T)</div>	<div>National Family Caregivers Month! 11</div> <div>Holocaust Education week!</div> <div>Remembrance day, Lest we Forget!</div> <div>10:45 Remembrance Day Ceremony Viewing on TV! (LR)</div> <div>2:30 Church Service by Chaplain Jake! (CP)</div> <div>3:00 Movie Afternoon Showing:: The Forgotten Battle! (T)</div> <div>7:00 Movie Evening Showing: The Forgotten Battle!! (T)</div>
<div>National Family Caregivers Month! 12</div> <div>Happy Diwali!</div> <div>10:00 Fitness Class (2FA)</div> <div>10:50 Catholic Communion Service! (CP)</div> <div>1:00 Artful Enrichment! (2FA)</div> <div>2:00 Chair Zumba Fit Dance! (MP)</div> <div>3:30 Bingo! (MP)</div> <div>7:00 Netflix Serie: Lincoln Lawyer (season 2) (T)</div>	<div>National Family Caregivers Month! 13</div> <div>National Family Caregivers Month!</div> <div>10:00 Go 4 Life Walking Group (ML)</div> <div>10:30 Seated Chair Yoga with Henni! (MP)</div> <div>10:30 Fitness Class (2FA)</div> <div>11:00 Giant Crossword! (2FA)</div> <div>1:00 Noodle and ball fun! (2FA)</div> <div>1:00 Giant Crossword (MP)</div> <div>2:00 Word Game Search! (2FA)</div> <div>2:30 Exercise & Fitness class by Sergio from Circle of Care! (MP)</div> <div>3:30 Coloring and Music! (2FA)</div> <div>3:30 Afternoon Tea with Trivia! (MP)</div> <div>4:00 Java Music Club! (2FA)</div> <div>7:00 Movie Evening Showing: All my Life! (T)</div>	<div>National Family Caregivers Month! 14</div> <div>National Family Caregivers Month!</div> <div>10:00 Morning Stretches! (2FA)</div> <div>10:30 Morning Stretches! (2FA)</div> <div>11:00 Fit Minds! (2FA)</div> <div>1:00 Bingo! (2FA)</div> <div>1:30 Visit with Chaplain Jake (AL)</div> <div>2:45 Artful Enrichment (2FA)</div> <div>4:00 Java Music Club! (2FA)</div> <div>7:00 Documentary Night: Miss Americana, Taylor Swift! (T)</div>	<div>National Family Caregivers Month! 15</div> <div>National Family Caregivers Month!</div> <div>10:00 Go 4 Life Walking Group (ML)</div> <div>10:00 Hair Salon! (SL)</div> <div>10:30 Fitness Class! (2FA)</div> <div>11:00 Drum Fit Class! (MP)</div> <div>1:00 Ring Toss (2FA)</div> <div>2:00 Afternoon Tea with Trivia (2FA)</div> <div>2:00 Live Music by Kelly Davies! (MP)</div> <div>3:30 Painting Group! MOMA (2FA)</div> <div>3:30 Exercise & Fitness class by Sergio from Circle of Care! (MP)</div> <div>4:00 Name that Tune! (2FA)</div> <div>4:00 Concert Series: Janis Joplin (T)</div> <div>7:00 Movie Evening Showing: Nowhere! (T)</div>	<div>National Family Caregivers Month! 16</div> <div>National Family Caregivers Month!</div> <div>10:00 Doctor Visit! (HO)</div> <div>10:00 Morning Stretches! (2FA)</div> <div>10:30 Seated Chair Yoga with Henni! (MP)</div> <div>11:00 Fit Minds! (2FA)</div> <div>1:00 Balloon Badminton! (2FA)</div> <div>2:00 Afternoon Tea with Trivia (2FA)</div> <div>2:00 Off the Cuff! (MP)</div> <div>3:15 Bingo! (MP)</div> <div>3:30 Hymn Sing! (2FA)</div> <div>4:00 Travelogue: Ukraine (T)</div>	<div>National Family Caregivers Month! 17</div> <div>National Family Caregivers Month!</div> <div>10:00 Go 4 Life Walking Group (ML)</div> <div>10:30 Balloon Badminton! (MP)</div> <div>11:00 Seated Fitness Class with Azam! (MP)</div> <div>1:00 Giant Crossword! (MP)</div> <div>2:00 Shabbat Service by Rabbi Levi! (MP)</div> <div>3:00 Meet Me at the MoMA, Paint like an Artist! (MP)</div> <div>7:00 TV Show: Outlander! (T)</div>	<div>National Family Caregivers Month! 18</div> <div>National Family Caregivers Month!</div> <div>2:30 Church Service by Chaplain Jake! (CP)</div> <div>3:00 Movie Afternoon Showing: Choose Love! (T)</div> <div>7:00 Movie Evening Showing: Choose Love! (T)</div>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>National Family Caregivers Month! 19</p> <p>10:00 Fitness Class (2FA)</p> <p>10:50 Catholic Communion Service! (CP)</p> <p>1:00 Artful Enrichment! (2FA)</p> <p>2:00 Chair Zumba Fit Dance! (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Netflix Serie: Lincoln Lawyer (season 2) (T)</p>	<p>National Family Caregivers Month! 20</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>10:30 Fitness Class (2FA)</p> <p>11:00 Giant Crossword! (2FA)</p> <p>1:00 Noodle and ball fun! (2FA)</p> <p>1:00 Giant Crossword (MP)</p> <p>2:00 Word Game Search! (2FA)</p> <p>2:30 Exercise & Fitness class by Sergio from Circle of Care! (MP)</p> <p>3:30 Coloring and Music! (2FA)</p> <p>3:30 Afternoon Tea with Trivia! (MP)</p> <p>4:00 Java Music Club! (2FA)</p> <p>7:00 Movie Evening Showing: Identity Thief! (T)</p>	<p>National Family Caregivers Month! 21</p> <p>10:00 Morning Stretches! (2FA)</p> <p>10:00 Vendor: Loila's Fashion (ML)</p> <p>10:30 Morning Stretches! (2FA)</p> <p>11:00 Fit Minds! (2FA)</p> <p>1:00 Bingo! (2FA)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>2:45 Artful Enrichment (2FA)</p> <p>3:30 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>4:00 Java Music Club! (2FA)</p> <p>7:00 Documentary Night: A Secret Love! (T)</p>	<p>National Family Caregivers Month! 22</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:00 Hair Salon! (SL)</p> <p>10:30 Fitness Class! (2FA)</p> <p>11:00 Drum Fit Class! (MP)</p> <p>1:00 Ring Toss (2FA)</p> <p>2:00 Afternoon Tea with Trivia (2FA)</p> <p>2:30 Exercise & Fitness class by Sergio from Circle of Care! (MP)</p> <p>3:30 Painting Group! MOMA (2FA)</p> <p>3:30 Religious Study with Chaplain Jake! (LB)</p> <p>4:00 Name that Tune! (2FA)</p> <p>4:00 Concert Series: Otis Reding (T)</p> <p>7:00 Movie Evening Showing: Just Go with it! (T)</p>	<p>National Family Caregivers Month! 23</p> <p>10:00 Doctor Visit! (HO)</p> <p>10:00 Morning Stretches! (2FA)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>11:00 Fit Minds! (2FA)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>1:30 Outing: Walmart "SmartCentres Thornhill" (OUT)</p> <p>2:00 Afternoon Tea with Trivia (2FA)</p> <p>2:00 Off the Cuff! (MP)</p> <p>3:15 Bingo! (MP)</p> <p>3:30 Hymn Sing! (2FA)</p> <p>4:00 Travelogue: Turks & Caicos (T)</p>	<p>National Family Caregivers Month! 24</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Balloon Badminton! (MP)</p> <p>11:00 Seated Fitness Class with Azam! (MP)</p> <p>1:00 Giant Crossword! (MP)</p> <p>2:00 Shabbat Service by Rabbi Levi! (MP)</p> <p>2:30 Food Committee Meeting! (T)</p> <p>3:30 Resident Town Hall Meeting! (T)</p> <p>7:00 TV Show: Outlander! (T)</p>	<p>National Family Caregivers Month! 25</p> <p>2:30 Church Service by Chaplain Jake! (CP)</p> <p>3:00 Movie Afternoon Showing: Love is in the Air! (T)</p> <p>7:00 Movie Evening Showing: Love is in the Air! (T)</p>
<p>National Family Caregivers Month! 26</p> <p>10:00 Fitness Class (2FA)</p> <p>10:50 Catholic Communion Service! (CP)</p> <p>1:00 Artful Enrichment! (2FA)</p> <p>2:00 Chair Zumba Fit Dance! (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Netflix Serie: Lincoln Lawyer (season 2) (T)</p>	<p>National Family Caregivers Month! 27</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>10:30 Fitness Class (2FA)</p> <p>11:00 Giant Crossword! (2FA)</p> <p>1:00 Noodle and ball fun! (2FA)</p> <p>1:00 Giant Crossword (MP)</p> <p>2:00 Word Game Search! (2FA)</p> <p>2:30 Exercise & Fitness class by Sergio from Circle of Care! (MP)</p> <p>3:30 Coloring and Music! (2FA)</p> <p>3:30 Afternoon Tea with Trivia! (MP)</p> <p>4:00 Java Music Club! (2FA)</p> <p>7:00 Movie Evening Showing: Your Place or Mine! (T)</p>	<p>National Family Caregivers Month! 28</p> <p>10:00 Morning Stretches! (2FA)</p> <p>10:30 Morning Stretches! (2FA)</p> <p>11:00 Fit Minds! (2FA)</p> <p>1:00 Bingo! (2FA)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>2:00 Monthly Birthday Party By Emilio Zarris! (MP)</p> <p>3:30 Artful Enrichment (2FA)</p> <p>4:00 Java Music Club! (2FA)</p> <p>7:00 Documentary Night: Britney vs Spears! (T)</p>	<p>National Family Caregivers Month! 29</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:00 Hair Salon! (SL)</p> <p>10:30 Fitness Class! (2FA)</p> <p>11:00 Drum Fit Class! (MP)</p> <p>1:00 Ring Toss (2FA)</p> <p>2:00 Afternoon Tea with Trivia (2FA)</p> <p>2:30 Exercise & Fitness class by Sergio from Circle of Care! (MP)</p> <p>3:30 Painting Group! MOMA (2FA)</p> <p>3:30 Religious Study with Chaplain Jake! (LB)</p> <p>4:00 Name that Tune! (2FA)</p> <p>4:00 Concert Series: Little Richard! (T)</p> <p>7:00 Movie Evening Showing: Fair Play! (T)</p>	<p>National Family Caregivers Month! 30</p> <p>10:00 Doctor Visit! (HO)</p> <p>10:00 Morning Stretches! (2FA)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>11:00 Fit Minds! (2FA)</p> <p>1:00 Outing: Gibson House Museum! (OUT)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:00 Afternoon Tea with Trivia (2FA)</p> <p>2:00 Off the Cuff! (MP)</p> <p>3:15 Bingo! (MP)</p> <p>3:30 Hymn Sing! (2FA)</p>		



Be Grateful

Locations Legend

2nd FLOOR
ACTIVITY ROOM (2FA)
MULTIPURPOSE ROOM (MP)
THEATER (T)
MAIN LOBBY (ML)
CHAPEL (CP)

SALON (SL)
LIBRARY (LB)
Health Office (HO)
Outing (OUT)
Any Location (AL)
SPA ROOM (SR)
LIVING ROOM (LR)

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program