




INSPIRED  
SENIOR LIVING

# November 2023

## Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></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 Giant Crossword (MP)</div><div>2:30 Exercise and Falls Prevention by Harun Falls prevention Coordinator! (MP)</div><div>3:30 Religious Study with Chaplain Jake! (LB)</div><div>4:00 Concert Series: Patsy Cline (T)</div><div>7:00 Movie Evening Showing: The Lake House! (T)</div></div>	<div><div>National Family Caregivers Month! 2</div><div>9:00 Foot Care Clinic! (SR)</div><div>10:00 Word Scramble! (MP)</div><div>10:00 Doctor Visit! (HO)</div><div>10:30 Seated Chair Yoga with Henni! (MP)</div><div>1:00 Java Music Club! (LB)</div><div>2:00 Off the Cuff (LB)</div><div>3:15 Fit Minds! (MP)</div><div>4:00 Travelogue: Shanghai (T)</div></div>	<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>	<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>
<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>	<div><div>National Family Caregivers Month! Holocaust Education week! 6</div><div>10:00 Go 4 Life Walking Group (ML)</div><div>10:30 Seated Chair Yoga with Henni! (MP)</div><div>1:00 Giant Crossword (MP)</div><div>2:30 Exercise and Falls Prevention by Harun Fall prevention Coordinator! (MP)</div><div>3:30 Afternoon Tea with Trivia! (MP)</div><div>7:00 Movie Evening Showing: Random Hearts! (T)</div></div>	<div><div>National Family Caregivers Month! Holocaust Education week! 7</div><div>10:30 Word Scramble (MP)</div><div>11:00 Morning Stretches by Azam (MP)</div><div>1:00 Bingo! (2FA)</div><div>1:00 Meditation Group! (MP)</div><div>1:30 Visit with Chaplain Jake (AL)</div><div>2:00 Fit Minds! (MP)</div><div>3:00 Opera Showing: Don Giovanni! (T)</div><div>3:30 Artful Enrichment! (MP)</div><div>7:00 Documentary Night: ReMastered: Who Shot the Sheriff! (T)</div></div>	<div><div>National Family Caregivers Month! Holocaust Education week! 8</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 &amp; Bar! (OUT)</div><div>2:30 Exercise and Falls Prevention by Harun Falls prevention Coordinator! (MP)</div><div>3:30 Religious Study with Chaplain Jake! (LB)</div><div>4:00 Concert Series: Marvin Gaye (T)</div><div>7:00 Movie Evening Showing: The Out- Laws! (T)</div></div>	<div><div>National Family Caregivers Month! Holocaust Education week! 9</div><div>10:00 Word Scramble! (MP)</div><div>10:00 Doctor Visit! (HO)</div><div>10:30 Seated Chair Yoga with Henni! (MP)</div><div>1:00 Java Music Club! (LB)</div><div>2:00 Holocaust Survivor Speaker: Reny! (MP)</div><div>3:30 Bingo! (MP)</div><div>4:00 Travelogue: New Zealand (T)</div></div>	<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>	<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>
<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>	<div><div>National Family Caregivers Month! 13</div><div>10:00 Go 4 Life Walking Group (ML)</div><div>10:30 Seated Chair Yoga with Henni! (MP)</div><div>1:00 Giant Crossword (MP)</div><div>2:30 Exercise &amp; Fitness class by Sergio from Circle of Care! (MP)</div><div>3:30 Afternoon Tea with Trivia! (MP)</div><div>7:00 Movie Evening Showing: All my Life! (T)</div></div>	<div><div>National Family Caregivers Month! 14</div><div>10:30 Word Scramble (MP)</div><div>11:00 Morning Stretches by Azam (MP)</div><div>1:00 Bingo! (2FA)</div><div>1:00 Meditation Group! (MP)</div><div>1:30 Visit with Chaplain Jake (AL)</div><div>2:00 Fit Minds! (MP)</div><div>3:30 Artful Enrichment! (MP)</div><div>7:00 Documentary Night: Miss Americana, Taylor Swift! (T)</div></div>	<div><div>National Family Caregivers Month! 15</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 Giant Crossword (MP)</div><div>2:00 Live Music by Kelly Davies! (MP)</div><div>3:30 Exercise &amp; Fitness class by Sergio from Circle of Care! (MP)</div><div>4:00 Concert Series: Janis Joplin (T)</div><div>7:00 Movie Evening Showing: Nowhere! (T)</div></div>	<div><div>National Family Caregivers Month! 16</div><div>10:00 Word Scramble! (MP)</div><div>10:00 Doctor Visit! (HO)</div><div>10:30 Seated Chair Yoga with Henni! (MP)</div><div>1:00 Java Music Club! (LB)</div><div>2:00 Off the Cuff! (MP)</div><div>3:15 Bingo! (MP)</div><div>4:00 Travelogue: Ukraine (T)</div></div>	<div><div>National Family Caregivers Month! 17</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>	<div><div>National Family Caregivers Month! 18</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></div>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>National Family Caregivers Month! <b>19</b></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! <b>20</b></p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>1:00 Giant Crossword (MP)</p> <p>2:30 Exercise &amp; Fitness class by Sergio from Circle of Care! (MP)</p> <p>3:30 Afternoon Tea with Trivia! (MP)</p> <p>7:00 Movie Evening Showing: Identity Thief! (T)</p>	<p>National Family Caregivers Month! <b>21</b></p> <p>10:00 Vendor: Loila's Fashion (ML)</p> <p>10:30 Word Scramble (MP)</p> <p>11:00 Morning Stretches by Azam (MP)</p> <p>1:00 Bingo! (2FA)</p> <p>1:00 Meditation Group! (MP)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>2:00 Fit Minds! (MP)</p> <p>3:30 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>7:00 Documentary Night: A Secret Love! (T)</p>	<p>National Family Caregivers Month! <b>22</b></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 Giant Crossword (MP)</p> <p>2:30 Exercise &amp; Fitness class by Sergio from Circle of Care! (MP)</p> <p>3:30 Religious Study with Chaplain Jake! (LB)</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! <b>23</b></p> <p>10:00 Word Scramble! (MP)</p> <p>10:00 Doctor Visit! (HO)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>1:00 Java Music Club! (LB)</p> <p>1:30 Outing: Walmart "SmartCentres Thornhill" (OUT)</p> <p>2:00 Off the Cuff! (MP)</p> <p>3:15 Bingo! (MP)</p> <p>4:00 Travelogue: Turks &amp; Caicos (T)</p>	<p>National Family Caregivers Month! <b>24</b></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! <b>25</b></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! <b>26</b></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! <b>27</b></p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>1:00 Giant Crossword (MP)</p> <p>2:30 Exercise &amp; Fitness class by Sergio from Circle of Care! (MP)</p> <p>3:30 Afternoon Tea with Trivia! (MP)</p> <p>7:00 Movie Evening Showing: Your Place or Mine! (T)</p>	<p>National Family Caregivers Month! <b>28</b></p> <p>10:30 Word Scramble (MP)</p> <p>11:00 Morning Stretches by Azam (MP)</p> <p>1:00 Bingo! (2FA)</p> <p>1:00 Meditation Group! (MP)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>2:00 Monthly Birthday Party By Emilio Zarris! (MP)</p> <p>3:30 Fit Minds! (MP)</p> <p>7:00 Documentary Night: Britney vs Spears! (T)</p>	<p>National Family Caregivers Month! <b>29</b></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 Giant Crossword (MP)</p> <p>2:30 Exercise &amp; Fitness class by Sergio from Circle of Care! (MP)</p> <p>3:30 Religious Study with Chaplain Jake! (LB)</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! <b>30</b></p> <p>10:00 Word Scramble! (MP)</p> <p>10:00 Doctor Visit! (HO)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>1:00 Java Music Club! (LB)</p> <p>1:00 Outing: Gibson House Museum! (OUT)</p> <p>2:00 Off the Cuff! (MP)</p> <p>3:15 Bingo! (MP)</p> <p>4:00 Travelogue: Helsinki Finland! (T)</p>	<div><div>SATURDAY NOV 11</div><div>Remembrance Day</div></div>	



Be Grateful

### Locations Legend

MULTIPURPOSE ROOM (MP)  
THEATER (T)  
2nd FLOOR  
ACTIVITY ROOM (2FA)  
MAIN LOBBY (ML)  
LIBRARY (LB)

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

### Calendar Legend

Outing  
Special Program  
Living, Loving, Local  
Signature Program