





INSPIRED SENIOR LIVING

# February 2024 (2FL)

## Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Black History Month</b></p>		 <p><b>Saturday FEB 10 Lunar Year Dragon</b></p>		<p><b>Black History Month! 1</b></p> <p>10:00 Word Scramble! (MP)  10:00 Doctor Visit! (HO)  10:00 Morning Stretches! (2FA)  10:30 Seated Chair Yoga with Henni! (MP)  11:00 Fit Minds! (2FA)  1:00 Java Music Club! (MP)  1:00 Balloon Badminton! (2FA)  2:00 Afternoon Movie Showing! (2FA)  2:00 Off the Cuff (Group Discussion)! (MP)  2:30 Meditation Group! (FR)  3:30 Hymn Sing! (2FA)  3:30 Bingo! (MP)  4:00 Technology Support by Kizzia! (LB)  4:00 Travelogue: French Riviera: Uniquely Chic! (T)</p>	<p><b>Black History Month! 2</b></p> <p>9:00 Foot Care Clinic! (HO)  10:00 Go 4 Life Walking Group (ML)  10:30 Balloon Badminton! (MP)  10:30 Fitness Class (2FA)  11:00 Seated Fitness Class with Azam! (MP)  11:00 Fit Minds! (2FA)  1:00 Giant Crossword! (MP)  1:00 Balloon Badminton! (2FA)  1:30 Bridge Club for Beginner or an experienced Player! (LB)  2:00 Meet me at the MoMA! (2FA)  2:30 Opera Showing, Operetta Gilbert O Sullivan The Mikado! (LR)  3:00 Meet Me at the MoMA, Paint like an Artist! (MP)  3:00 Java Music Club! (2FA)  7:00 TV Show: Outlander! (T)</p>	<p><b>Black History Month! 3</b></p> <p>2:30 Church Service by Chaplain Jake! (CP)  3:00 Movie Afternoon Showing: Golda! (T)  7:00 Movie Evening Showing: Golda! (T)</p>
<p><b>Black History Month! 4</b></p> <p>9:30 Go 4 Life Walking Group! (ML)  10:00 Fitness Class (2FA)  10:50 Catholic Communion Service! (CP)  1:00 Artful Enrichment! (2FA)  1:30 Chair Zumba Fit Dance by Sara! (MP)  3:30 Bingo! (MP)  7:00 Netflix Series: Bridgerton ! (T)</p>	<p><b>Black History Month! 5</b></p> <p>10:00 Go 4 Life Walking Group (ML)  10:30 Seated Chair Yoga with Henni! (MP)  10:30 Fitness Class (2FA)  11:00 Giant Crossword! (2FA)  1:00 Giant Crossword (MP)  1:30 Bingo (2FA)  2:30 Exercise &amp; Fitness class by Sergio from Circle of Care! (MP)  2:30 Afternoon Tea with Trivia! (2FA)  3:30 Coloring and Music! (2FA)  3:30 Trivia Hour! (CK)  4:00 Java Music Club! (2FA)  7:00 Movie Evening Showing: Robin Roberts Presents: Mahalia! (T)</p>	<p><b>Black History Month! 6</b></p> <p>10:00 Morning Stretches! (2FA)  10:30 Word Scramble (MP)  11:00 Fit Minds! (2FA)  11:00 Morning Stretches by Azam (MP)  1:00 Meditation Group! (MP)  1:00 Noodle and ball fun! (2FA)  1:30 Visit with Chaplain Jake (AL)  1:30 Rummikub Club, Beginner or an Experienced Player! (LB)  2:00 Fit Minds! (MP)  2:30 Artful Enrichment (2FA)  3:00 Java Music Club! (2FA)  3:30 Artful Enrichment! (MP)  3:30 Resident's Volunteer Monthly meeting! (T)  4:00 Friendly Visits! (1:1) (RS)  7:00 Documentary Night: The Greatest Night in Pop story! (T)</p>	<p><b>Black History Month! 7</b></p> <p>10:00 Go 4 Life Walking Group (ML)  10:00 Hair Salon! (SL)  10:30 Fitness Class! (2FA)  11:00 Drum Fit Class! (MP)  1:00 Giant Crossword (MP)  1:30 Bingo! (2FA)  2:30 Exercise &amp; Fitness class by Sergio from Circle of Care! (MP)  2:30 Afternoon Tea with Trivia (2FA)  3:30 Spiritual Study Group with Chaplain Jake! (LB)  3:30 Meet me at the MoMA! (2FA)  4:00 Name that Tune! (2FA)  4:00 Concert Series: Loretta Lynn! (T)  7:00 Movie Evening Showing: My Big Fat Greek Wedding 3! (T)</p>	<p><b>Black History Month! 8</b></p> <p>10:00 Word Scramble! (MP)  10:00 Doctor Visit! (HO)  10:00 Morning Stretches! (2FA)  10:30 Seated Chair Yoga with Henni! (MP)  11:00 Fit Minds! (2FA)  1:00 Java Music Club! (MP)  1:00 Balloon Badminton! (2FA)  1:30 Outing: Gibson House Museum! (OUT)  2:00 Afternoon Movie Showing! (2FA)  2:00 Off the Cuff (Group Discussion) Black History month presentation session1 (MP)  2:30 Meditation Group! (FR)  3:30 Hymn Sing! (2FA)  3:30 Bingo! (MP)  4:00 Technology Support by Kizzia! (LB)  4:00 Travelogue: Qibao: Town of the Seven Treasures! (T)</p>	<p><b>Black History Month! 9</b></p> <p>10:00 Go 4 Life Walking Group (ML)  10:30 Balloon Badminton! (MP)  10:30 Fitness Class (2FA)  11:00 Seated Fitness Class with Azam! (MP)  11:00 Vendor: Mix &amp; Match (ML)  11:00 Fit Minds! (2FA)  1:00 Giant Crossword! (MP)  1:00 Balloon Badminton! (2FA)  1:30 Bridge Club for Beginner or an experienced Player! (LB)  2:00 Shabbat Service by Rabbi Levi! (MP)  2:00 Meet me at the MoMA! (2FA)  3:00 Meet Me at the MoMA, Paint like an Artist! (MP)  3:00 Java Music Club! (2FA)  4:30 Chinese New Year Buffet! (DR)  7:00 TV Show: Outlander! (T)</p>	<p><b>Black History Month! 10</b></p> <p>Happy Chinese New Year!  2:30 Church Service by Chaplain Jake! (CP)  3:00 Movie Afternoon Showing: Blackeyes! (T)  7:00 Movie Evening Showing: Blackeyes! (T)</p>
<p><b>Black History Month! 11</b></p> <p>9:30 Go 4 Life Walking Group! (ML)  10:00 Fitness Class (2FA)  10:50 Catholic Communion Service! (CP)  1:00 Artful Enrichment! (2FA)  1:30 Chair Zumba Fit Dance by Sara! (MP)  3:30 Chinese New Year Celebration, kids Performance from Miss Qin Art Studio! (MP)  7:00 Netflix Series: Bridgerton ! (T)</p>	<p><b>Black History Month! 12</b></p> <p>10:00 Go 4 Life Walking Group (ML)  10:30 Fitness Class (2FA)  10:30 Seated Chair Yoga with Henni! (FR)  11:00 Giant Crossword! (2FA)  1:00 Giant Crossword (CK)  1:30 Bingo (2FA)  2:30 Afternoon Tea with Trivia! (2FA)  2:30 Exercise &amp; Fitness class by Sergio from Circle of Care! (FR)  3:30 Coloring and Music! (2FA)  3:30 Afternoon Tea with Trivia! (CK)  3:30 Trivia Hour! (CK)  4:00 Java Music Club! (2FA)  7:00 Movie Evening Showing: The Miracle Club! (T)</p>	<p><b>Black History Month! 13</b></p> <p>Mardi Gras Day!  10:00 Morning Stretches! (2FA)  10:30 Word Scramble (MP)  11:00 Fit Minds! (2FA)  11:00 Morning Stretches by Azam (MP)  1:00 Meditation Group! (MP)  1:00 Noodle and ball fun! (2FA)  1:30 Visit with Chaplain Jake (AL)  1:30 Rummikub Club, Beginner or an Experienced Player! (LB)  2:30 Artful Enrichment (2FA)  3:00 Java Music Club! (2FA)  3:30 Fit Minds! (MP)  3:30 Artful Enrichment! (MP)  4:00 Friendly Visits! (1:1) (RS)  5:00 Mardi Gras &amp; Black History Months Live Music by Marcus Shawn! (DR)  7:00 Documentary Night: Return to Space! (T)</p>	<p><b>Black History Month! 14</b></p> <p>Happy Valentine's Day! (AL)  10:00 Go 4 Life Walking Group (ML)  10:00 Hair Salon! (SL)  10:30 Fitness Class! (2FA)  11:00 Drum Fit Class! (MP)  1:00 Giant Crossword (MP)  1:30 Bingo! (2FA)  2:30 Exercise &amp; Fitness class by Sergio from Circle of Care! (MP)  2:30 Afternoon Tea with Trivia (2FA)  3:30 Spiritual Study Group with Chaplain Jake! (LB)  3:30 Meet me at the MoMA! (2FA)  4:00 Name that Tune! (2FA)  4:00 Concert Series: Conway Twitty! (T)  5:00 Valentine's day Celebration with live Music performance by Jay! (DR)  7:00 Movie Evening Showing: Valentine Ever After ! (T)</p>	<p><b>Black History Month! 15</b></p> <p>10:00 Word Scramble! (MP)  10:00 Doctor Visit! (HO)  10:00 Morning Stretches! (2FA)  10:30 Seated Chair Yoga with Henni! (MP)  11:00 Fit Minds! (2FA)  1:00 Java Music Club! (MP)  1:00 Balloon Badminton! (2FA)  2:00 Afternoon Movie Showing! (2FA)  2:00 Outing: Shopping at Shoppers Drug Mart 5998 Bathurst St! (OUT)  2:00 Off the Cuff (Group Discussion) Black History month presentation session 2 (MP)  2:30 Meditation Group! (FR)  3:30 Hymn Sing! (2FA)  3:30 Bingo! (MP)  4:00 Technology Support by Kizzia! (LB)  4:00 Travelogue: Ladakh (Northern India)! (T)</p>	<p><b>Black History Month! 16</b></p> <p>10:00 Go 4 Life Walking Group (ML)  10:30 Balloon Badminton! (MP)  10:30 Fitness Class (2FA)  11:00 Seated Fitness Class with Azam! (MP)  11:00 Fit Minds! (2FA)  1:00 Giant Crossword! (MP)  1:00 Balloon Badminton! (2FA)  1:30 Bridge Club for Beginner or an experienced Player! (LB)  2:00 Shabbat Service by Rabbi Levi! (MP)  2:00 Meet me at the MoMA! (2FA)  3:00 Meet Me at the MoMA, Paint like an Artist! (MP)  3:00 Java Music Club! (2FA)  7:00 TV Show: Outlander! (T)</p>	<p><b>Black History Month! 17</b></p> <p>2:30 Church Service by Chaplain Jake! (CP)  3:00 Movie Afternoon Showing: Englishman Who Went Up a Hill and Came Down a Mountain! (T)  7:00 Movie Evening Showing: Englishman Who Went Up a Hill and Came Down a Mountain! (T)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Black History Month! 18</b> 9:30 Go 4 Life Walking Group! (ML) 10:00 Fitness Class (2FA) 10:50 Catholic Communion Service! (CP) 1:00 Artful Enrichment! (2FA) 1:30 Chair Zumba Fit Dance by Sara! (MP) 3:30 Bingo! (MP) 7:00 Netflix Series: The Crown! (T)	<b>Black History Month! Family Day! 19</b> 10:00 Go 4 Life Walking Group (ML) 10:30 Seated Chair Yoga with Henni! (MP) 10:30 Fitness Class (2FA) 11:00 Giant Crossword! (2FA) 1:00 Giant Crossword (MP) 1:30 Bingo (2FA) 2:30 Exercise & Fitness class by Sergio from Circle of Care! (MP) 2:30 Afternoon Tea with Trivia! (2FA) 3:30 Coloring and Music! (2FA) 3:30 Fit Minds! (MP) 4:00 Java Music Club! (2FA) 7:00 Movie Evening Showing: The Notebook! (T)	<b>Black History Month! 20</b> 10:00 Morning Stretches! (2FA) 10:30 Word Scramble (MP) 11:00 Fit Minds! (2FA) 11:00 Morning Stretches by Azam (MP) 1:00 Meditation Group! (MP) 1:00 Noodle and ball fun! (2FA) 1:30 Visit with Chaplain Jake (AL) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 2:30 Artful Enrichment (2FA) 2:30 Food Committee Meeting! (T) 3:00 Java Music Club! (2FA) 3:30 Resident Town Hall Meeting! (T) 4:00 Friendly Visits! (1:1) (RS) 7:00 Documentary Night: Becming! (T)	<b>Black History Month! 21</b> 10:00 Go 4 Life Walking Group (ML) 10:00 Hair Salon! (SL) 10:30 Fitness Class! (2FA) 11:00 Drum Fit Class! (MP) 1:00 Giant Crossword (MP) 1:30 Bingo! (2FA) 2:30 Exercise & Fitness class by Sergio from Circle of Care! (MP) 2:30 Afternoon Tea with Trivia (2FA) 3:30 Spiritual Study Group with Chaplain Jake! (LB) 3:30 Meet me at the MoMA! (2FA) 4:00 Name that Tune! (2FA) 4:00 Concert Series: Rod Stewart - Live From The Troubadour! (T) 7:00 Movie Evening Showing: The Secret: Dare to Dream! (T)	<b>Black History Month! 22</b> 10:00 Word Scramble! (MP) 10:00 Doctor Visit! (HO) 10:00 Morning Stretches! (2FA) 10:30 Seated Chair Yoga with Henni! (MP) 11:00 Fit Minds! (2FA) 1:00 Java Music Club! (MP) 1:00 Balloon Badminton! (2FA) 2:00 Afternoon Movie Showing! (2FA) 2:00 Off the Cuff (Group Discussion)! (MP) 2:30 Meditation Group! (FR) 3:00 Virgin Margarita Time! (CK) 3:30 Hymn Sing! (2FA) 3:30 Bingo! (MP) 4:00 Technology Support by Kizzia! (LB) 4:00 Travelogue: Mongolian Nomads' Ultimate Dilemma! (T)	<b>Black History Month! 23</b> 10:00 Go 4 Life Walking Group (ML) 10:30 Balloon Badminton! (MP) 10:30 Fitness Class (2FA) 11:00 Seated Fitness Class with Azam! (MP) 11:00 Fit Minds! (2FA) 1:00 Giant Crossword! (MP) 1:00 Balloon Badminton! (2FA) 1:30 Bridge Club for Beginner or an experienced Player! (LB) 2:00 Meet me at the MoMA! (2FA) 2:00 Shabbat Service by Rabbi Levi! (MP) 3:00 Meet Me at the MoMA, Paint like an Artist! (MP) 3:00 Java Music Club! (2FA) 7:00 TV Show: Outlander! (T)	<b>Black History Month! 24</b> 2:30 Church Service by Chaplain Jake! (CP) 3:00 Movie Afternoon Showing: The Mirror Has Two Faces! (T) 7:00 Movie Evening Showing: The Mirror Has Two Faces! (T)
<b>Black History Month! 25</b> 9:30 Go 4 Life Walking Group! (ML) 10:00 Fitness Class (2FA) 10:50 Catholic Communion Service! (CP) 1:00 Artful Enrichment! (2FA) 1:30 Chair Zumba Fit Dance by Sara! (MP) 3:30 Bingo! (MP) 7:00 Netflix Series: The Crown! (T)	<b>Black History Month! 26</b> 10:00 Go 4 Life Walking Group (ML) 10:30 Seated Chair Yoga with Henni! (MP) 10:30 Fitness Class (2FA) 11:00 Giant Crossword! (2FA) 1:00 Giant Crossword (MP) 1:30 Bingo (2FA) 2:30 Exercise & Fitness class by Sergio from Circle of Care! (MP) 2:30 Afternoon Tea with Trivia! (2FA) 3:30 Coloring and Music! (2FA) 3:30 Trivia Hour! (CK) 4:00 Java Music Club! (2FA) 7:00 Movie Evening Showing: Julie & Julia! (T)	<b>Black History Month! 27</b> 10:00 Morning Stretches! (2FA) 10:30 Word Scramble (MP) 11:00 Fit Minds! (2FA) 11:00 Morning Stretches by Azam (MP) 1:00 Meditation Group! (MP) 1:00 Noodle and ball fun! (2FA) 1:30 Visit with Chaplain Jake (AL) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 2:00 Monthly Birthday Party with Rosita Stone! (MP) 3:30 Fit Minds! (MP) 3:30 Java Music Club! (2FA) 4:00 Friendly Visits! (1:1) (RS) 7:00 Documentary Night: Home 2 Home! (T)	<b>Black History Month! 28</b> 10:00 Go 4 Life Walking Group (ML) 10:00 Hair Salon! (SL) 10:30 Fitness Class! (2FA) 11:00 Drum Fit Class! (MP) 1:00 Giant Crossword (MP) 1:30 Bingo! (2FA) 2:30 Exercise & Fitness class by Sergio from Circle of Care! (MP) 2:30 Afternoon Tea with Trivia (2FA) 3:30 Spiritual Study Group with Chaplain Jake! (LB) 3:30 Meet me at the MoMA! (2FA) 4:00 Name that Tune! (2FA) 4:00 Concert Series: Joe Cocker: Fire it Up Live! (T) 7:00 Movie Evening Showing: Doom of Love! (T)	<b>Black History Month! 29</b> 10:00 Word Scramble! (MP) 10:00 Doctor Visit! (HO) 10:00 Morning Stretches! (2FA) 10:30 Seated Chair Yoga with Henni! (MP) 11:00 Fit Minds! (2FA) 1:00 Java Music Club! (MP) 1:00 Balloon Badminton! (2FA) 2:00 Off the Cuff (Group Discussion)! (MP) 2:00 Afternoon Movie Showing! (2FA) 2:30 Meditation Group! (FR) 3:30 Hymn Sing! (2FA) 3:30 Bingo! (MP) 4:00 Technology Support by Kizzia! (LB) 4:00 Travelogue: Egypt! (T)		



**Locations Legend**

2nd FLOOR ACTIVITY ROOM (2FA)	Health Office (HO)
MULTIPURPOSE ROOM (MP)	COUNTRY KITCHEN (CK)
THEATER (T)	Any Location (AL)
LIBRARY (LB)	Resident's Suite (RS)
MAIN LOBBY (ML)	SALON (SL)
CHAPEL (CP)	DINING ROOM (DR)
FITNESS ROOM (FR)	Outing (OUT)
	LIVING ROOM (LR)

**Calendar Legend**

- Outing
- Special Program
- Living, Loving, Local
- Signature Program