





INSPIRED
SENIOR LIVING

February 2024

Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Black History Month		 Saturday FEB 10 Lunar Year Dragon		Black History Month! 1 10:00 Word Scramble! (MP) 10:00 Doctor Visit! (HO) 10:30 Seated Chair Yoga with Henni! (MP) 1:00 Java Music Club! (MP) 1:00 Balloon Badminton! (2FA) 2:00 Off the Cuff (Group Discussion)! (MP) 2:30 Meditation Group! (FR) 3:30 Bingo! (MP) 4:00 Technology Support by Kizzia! (LB) 4:00 Travelogue: French Riviera: Uniquely Chic! (T)	Black History Month! 2 9:00 Foot Care Clinic! (HO) 10:00 Go 4 Life Walking Group (ML) 10:30 Balloon Badminton! (MP) 11:00 Seated Fitness Class with Azam! (MP) 1:00 Giant Crossword! (MP) 1:30 Bridge Club for Beginner or an experienced Player! (LB) 2:30 Opera Showing, Operetta Gilbert O Sullivan The Mikado! (LR) 3:00 Meet Me at the MoMA, Paint like an Artist! (MP) 7:00 TV Show: Outlander! (T)	Black History Month! 3 2:30 Church Service by Chaplain Jake! (CP) 3:00 Movie Afternoon Showing: Golda! (T) 7:00 Movie Evening Showing: Golda! (T)
Black History Month! 4 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)	Black History Month! 5 10:00 Go 4 Life Walking Group (ML) 10:30 Seated Chair Yoga with Henni! (MP) 1:00 Giant Crossword (MP) 1:30 Bingo (2FA) 2:30 Exercise & Fitness class by Sergio from Circle of Care! (MP) 3:30 Trivia Hour! (CK) 7:00 Movie Evening Showing: Robin Roberts Presents: Mahalia! (T)	Black History Month! 6 10:30 Word Scramble (MP) 11:00 Morning Stretches by Azam (MP) 1:00 Meditation Group! (MP) 1:30 Visit with Chaplain Jake (AL) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 2:00 Fit Minds! (MP) 3:30 Artful Enrichment! (MP) 3:30 Resident's Volunteer Monthly meeting! (T) 7:00 Documentary Night: The Greatest Night in Pop story! (T)	Black History Month! 7 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) 3:30 Spiritual Study Group with Chaplain Jake! (LB) 4:00 Concert Series: Loretta Lynn! (T) 7:00 Movie Evening Showing: My Big Fat Greek Wedding 3! (T)	Black History Month! 8 10:00 Word Scramble! (MP) 10:00 Doctor Visit! (HO) 10:30 Seated Chair Yoga with Henni! (MP) 1:00 Java Music Club! (MP) 1:00 Balloon Badminton! (2FA) 1:30 Outing: Gibson House Museum! (OUT) 2:00 Off the Cuff (Group Discussion) Black History month presentation session1 (MP) 2:30 Meditation Group! (FR) 3:30 Bingo! (MP) 4:00 Technology Support by Kizzia! (LB) 4:00 Travelogue: Qibao: Town of the Seven Treasures! (T)	Black History Month! 9 10:00 Go 4 Life Walking Group (ML) 10:30 Balloon Badminton! (MP) 11:00 Seated Fitness Class with Azam! (MP) 11:00 Vendor: Mix & Match (ML) 1:00 Giant Crossword! (MP) 1:30 Bridge Club for Beginner or an experienced Player! (LB) 2:00 Shabbat Service by Rabbi Levi! (MP) 3:00 Meet Me at the MoMA, Paint like an Artist! (MP) 4:30 Chinese New Year Buffet! (DR) 7:00 TV Show: Outlander! (T)	Black History Month! 10 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)
Black History Month! 11 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)	Black History Month! 12 10:00 Go 4 Life Walking Group (ML) 10:30 Seated Chair Yoga with Henni! (FR) 1:00 Giant Crossword (CK) 1:30 Bingo (2FA) 2:30 Exercise & Fitness class by Sergio from Circle of Care! (FR) 3:30 Afternoon Tea with Trivia! (CK) 3:30 Trivia Hour! (CK) 7:00 Movie Evening Showing: The Miracle Club! (T)	Black History Month! 13 Mardi Gras Day! 10:30 Word Scramble (MP) 11:00 Morning Stretches by Azam (MP) 1:00 Meditation Group! (MP) 1:30 Visit with Chaplain Jake (AL) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 3:30 Fit Minds! (MP) 3:30 Artful Enrichment! (MP) 5:00 Mardi Gras & Black History Months Live Music by Marcus Shawn! (DR) 7:00 Documentary Night: Return to Space! (T)	Black History Month! 14 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 & Fitness class by Sergio from Circle of Care! (MP) 3:30 Spiritual Study Group with Chaplain Jake! (LB) 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)	Black History Month! 15 10:00 Word Scramble! (MP) 10:00 Doctor Visit! (HO) 10:30 Seated Chair Yoga with Henni! (MP) 1:00 Java Music Club! (MP) 1:00 Balloon Badminton! (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 Bingo! (MP) 4:00 Technology Support by Kizzia! (LB) 4:00 Travelogue: Ladakh (Northern India)! (T)	Black History Month! 16 10:00 Go 4 Life Walking Group (ML) 10:30 Balloon Badminton! (MP) 11:00 Seated Fitness Class with Azam! (MP) 1:00 Giant Crossword! (MP) 1:30 Bridge Club for Beginner or an experienced Player! (LB) 2:00 Shabbat Service by Rabbi Levi! (MP) 3:00 Meet Me at the MoMA, Paint like an Artist! (MP) 7:00 TV Show: Outlander! (T)	Black History Month! 17 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)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Black History Month! 18</div> <div>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)</div>	<div>Black History Month! 19</div> <div>Family Day! 10:00 Go 4 Life Walking Group (ML) 10:30 Seated Chair Yoga with Henni! (MP) 1:00 Giant Crossword (MP) 1:30 Bingo (2FA) 2:30 Exercise & Fitness class by Sergio from Circle of Care! (MP) 3:30 Fit Minds! (MP) 7:00 Movie Evening Showing: The Notebook! (T)</div>	<div>Black History Month! 20</div> <div>10:30 Word Scramble (MP) 11:00 Morning Stretches by Azam (MP) 1:00 Meditation Group! (MP) 1:30 Visit with Chaplain Jake (AL) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 2:30 Food Committee Meeting! (T) 3:30 Resident Town Hall Meeting! (T) 7:00 Documentary Night: Becming! (T)</div>	<div>Black History Month! 21</div> <div>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) 3:30 Spiritual Study Group with Chaplain Jake! (LB) 4:00 Concert Series: Rod Stewart - Live From The Troubadour! (T) 7:00 Movie Evening Showing: The Secret: Dare to Dream! (T)</div>	<div>Black History Month! 22</div> <div>10:00 Word Scramble! (MP) 10:00 Doctor Visit! (HO) 10:30 Seated Chair Yoga with Henni! (MP) 1:00 Java Music Club! (MP) 1:00 Balloon Badminton! (2FA) 2:00 Off the Cuff (Group Discussion)! (MP) 2:30 Meditation Group! (FR) 3:00 Virgin Margarita Time! (CK) 3:30 Bingo! (MP) 4:00 Technology Support by Kizzia! (LB) 4:00 Travelogue: Mongolian Nomads' Ultimate Dilemma! (T)</div>	<div>Black History Month! 23</div> <div>10:00 Go 4 Life Walking Group (ML) 10:30 Balloon Badminton! (MP) 11:00 Seated Fitness Class with Azam! (MP) 1:00 Giant Crossword! (MP) 1:30 Bridge Club for Beginner or an experienced Player! (LB) 2:00 Shabbat Service by Rabbi Levi! (MP) 3:00 Meet Me at the MoMA, Paint like an Artist! (MP) 7:00 TV Show: Outlander! (T)</div>	<div>Black History Month! 24</div> <div>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)</div>
<div>Black History Month! 25</div> <div>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)</div>	<div>Black History Month! 26</div> <div>10:00 Go 4 Life Walking Group (ML) 10:30 Seated Chair Yoga with Henni! (MP) 1:00 Giant Crossword (MP) 1:30 Bingo (2FA) 2:30 Exercise & Fitness class by Sergio from Circle of Care! (MP) 3:30 Trivia Hour! (CK) 7:00 Movie Evening Showing: Julie & Julia! (T)</div>	<div>Black History Month! 27</div> <div>10:30 Word Scramble (MP) 11:00 Morning Stretches by Azam (MP) 1:00 Meditation Group! (MP) 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) 7:00 Documentary Night: Home 2 Home! (T)</div>	<div>Black History Month! 28</div> <div>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) 3:30 Spiritual Study Group with Chaplain Jake! (LB) 4:00 Concert Series: Joe Cocker: Fire it Up Live! (T) 7:00 Movie Evening Showing: Doom of Love! (T)</div>	<div>Black History Month! 29</div> <div>10:00 Word Scramble! (MP) 10:00 Doctor Visit! (HO) 10:30 Seated Chair Yoga with Henni! (MP) 1:00 Java Music Club! (MP) 1:00 Balloon Badminton! (2FA) 2:00 Off the Cuff (Group Discussion)! (MP) 2:30 Meditation Group! (FR) 3:30 Bingo! (MP) 4:00 Technology Support by Kizzia! (LB) 4:00 Travelogue: Egypt! (T)</div>		

Happy Valentines Day

Wednesday
February 14

Be your best self

Locations Legend	
MULTIPURPOSE ROOM (MP)	FITNESS ROOM (FR)
THEATER (T)	Health Office (HO)
2nd FLOOR	COUNTRY KITCHEN (CK)
ACTIVITY ROOM (2FA)	Any Location (AL)
LIBRARY (LB)	SALON (SL)
MAIN LOBBY (ML)	DINING ROOM (DR)
CHAPEL (CP)	Outing (OUT)
	LIVING ROOM (LR)

Calendar Legend
Outing
Special Program
Living, Loving, Local
Signature Program