




INSPIRED  
SENIOR LIVING

# March 2024

## Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>10:00 Go 4 Life Walking Group (ML) 1</div> <div>10:30 Balloon Badminton! (MP)</div> <div>11:00 Seated Fitness Class with Azam! (MP)</div> <div>11:00 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>2:30 Church Service by Chaplain Jake! (CP) 2</div> <div>3:00 Movie Afternoon Showing: Anna Karenina! (T)</div> <div>7:00 Movie Evening Showing: Anna Karenina! (T)</div>
<div>World Wildlife Day! 3</div> <div>9:30 Go 4 Life Walking Group! (ML)</div> <div>10:00 Fitness Class (2FA)</div> <div>10:50 Catholic Communion Service! (CP)</div> <div>1:00 Artful Enrichment! (2FA)</div> <div>1:30 Chair Zumba Fit Dance by Sara! (MP)</div> <div>3:30 Bingo! (MP)</div> <div>7:00 Netflix Series: The Crown! (T)</div>	<div>10:00 Go 4 Life Walking Group (ML) 4</div> <div>10:30 Seated Chair Yoga with Henni! (MP)</div> <div>1:00 Giant Crossword (MP)</div> <div>1:30 Bingo (2FA)</div> <div>2:30 Exercise &amp; Fitness class by Sergio from Circle of Care! (MP)</div> <div>3:30 Trivia Hour! (CK)</div> <div>7:00 Movie Evening Showing: Letters to Juliet! (T)</div>	<div>10:30 Word Scramble (MP) 5</div> <div>11:00 Morning Stretches by Azam (MP)</div> <div>1:00 Meditation Group! (MP)</div> <div>1:00 Noodle and ball fun! (2FA)</div> <div>1:30 Visit with Chaplain Jake (AL)</div> <div>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</div> <div>2:00 Fit Minds! (MP)</div> <div>2:30 Opera Showing: The Abduction from the Seraglio, Wolfgang Amadeus Mozart! (T)</div> <div>3:30 Artful Enrichment! (MP)</div> <div>3:30 Resident's Volunteer Monthly meeting! (T)</div> <div>7:00 Documentary Night: The Story of Fleetwood Mac! (T)</div>	<div>10:00 Go 4 Life Walking Group (ML) 6</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>1:30 Bingo! (2FA)</div> <div>2:30 Exercise &amp; Fitness class by Sergio from Circle of Care! (MP)</div> <div>3:30 Spiritual Study Group with Chaplain Jake! (LB)</div> <div>4:00 Concert Series: Alicia Keys! (T)</div> <div>5:00 Dinner Hosted by the General Manager! (PDR)</div> <div>7:00 Movie Evening Showing: The Healer! (T)</div>	<div>9:00 Foot Care Clinic! (HO) 7</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! (MP)</div> <div>1:00 Balloon Badminton! (2FA)</div> <div>1:00 Mackenzi House Rrintshop Tour (19th century newspapers)! (OUT)</div> <div>2:00 Off the Cuff (Group Discussion)! (MP)</div> <div>2:30 Meditation Group! (FR)</div> <div>3:30 Bingo! (MP)</div> <div>4:00 Travelogue: Croatia! (T)</div> <div>4:00 Technology Support by Kizzia! (LB)</div>	<div>Happy International Women's Day! 8</div> <div>9:00 Foot Care Clinic! (HO)</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>2:30 International Women's Day High Tea Party! (DR)</div> <div>3:30 Meet Me at the MoMA, Paint like an Artist! (MP)</div> <div>7:00 TV Show: Outlander! (T)</div>	<div>2:30 Church Service and Communion service by Chaplain Jake! (CP) 9</div> <div>3:00 Movie Afternoon Showing: The Switch! (T)</div> <div>7:00 Movie Evening Showing: The Switch! (T)</div>
<div>The Oscars! 10</div> <div>9:30 Go 4 Life Walking Group! (ML)</div> <div>10:00 Fitness Class (2FA)</div> <div>10:50 Catholic Communion Service! (CP)</div> <div>1:00 Artful Enrichment! (2FA)</div> <div>1:30 Chair Zumba Fit Dance by Sara! (MP)</div> <div>3:30 Bingo! (MP)</div> <div>7:00 Netflix Series: The Crown! (T)</div>	<div>Intergenerational Program Day at Forestview Retirement Residence! 11</div> <div>9:30 Go 4 Life Walking Group (ML)</div> <div>10:00 Intergenerational Art and Craft time! (MP)</div> <div>10:30 Seated Chair Yoga with Henni! (MP)</div> <div>1:00 Giant Crossword (MP)</div> <div>1:30 Bingo (2FA)</div> <div>2:30 Exercise &amp; Fitness class by Sergio from Circle of Care! (MP)</div> <div>3:30 Fit Minds! (MP)</div> <div>7:00 Movie Evening Showing: You hurt my feeling! (T)</div>	<div>10:30 Word Scramble (MP) 12</div> <div>11:00 Morning Stretches by Azam (MP)</div> <div>1:00 Meditation Group! (MP)</div> <div>1:00 Noodle and ball fun! (2FA)</div> <div>1:30 Visit with Chaplain Jake (AL)</div> <div>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</div> <div>2:30 Food Committee Meeting! (T)</div> <div>3:30 Resident Town Hall Meeting! (T)</div> <div>7:00 Documentary Night: Queen - The Making Of A Night At The Opera (Classic Album)! (T)</div>	<div>10:00 Go 4 Life Walking Group (ML) 13</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>1:30 Bingo! (2FA)</div> <div>2:30 Exercise &amp; Fitness class by Sergio from Circle of Care! (MP)</div> <div>3:30 Spiritual Study Group with Chaplain Jake! (LB)</div> <div>4:00 Concert Series: Sting! (T)</div> <div>7:00 Movie Evening Showing: Upgrade! (T)</div>	<div>National Potato Chip Day 14</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! (MP)</div> <div>1:00 Balloon Badminton! (2FA)</div> <div>2:00 Off the Cuff (Group Discussion)! (MP)</div> <div>2:30 Meditation Group! (FR)</div> <div>3:00 Potato Chips Testing! (CK)</div> <div>3:30 Bingo! (MP)</div> <div>4:00 Travelogue: Turkey! (T)</div> <div>4:00 Technology Support by Kizzia! (LB)</div>	<div>10:00 Go 4 Life Walking Group (ML) 15</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>2:30 St Patrick's Day Mocktail Hour! (CK)</div> <div>3:30 Meet me at the MoMA! (MP)</div> <div>7:00 TV Show: Outlander! (T)</div>	<div>2:30 Church Service by Chaplain Jake! (CP) 16</div> <div>3:00 Movie Afternoon Showing: Doris Day in The Pajama Game - A Musical Comedy Classic! (T)</div> <div>7:00 Movie Evening Showing: Doris Day in The Pajama Game - A Musical Comedy Classic! (T)</div>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>St. Patrick's Day! 9:30 Go 4 Life Walking Group! (ML) 10:00 Fitness Class (2FA) 10:50 Catholic Communion Service! (CP) 1:00 Artful Enrichment! (2FA) 2:00 Java Music Club! (MP) 3:30 Bingo! (MP) 7:00 Netflix Series: The Crown! (T)</div> <div>17</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 &amp; Fitness class by Sergio from Circle of Care! (MP) 3:30 Fit Minds! (MP) 7:00 Movie Evening Showing: The Nature of Love! (T)</div> <div>18</div>	<div>Persian New Year! 10:30 Word Scramble (MP) 11:00 Morning Stretches by Azam (MP) 1:00 Meditation Group! (MP) 1:00 Noodle and ball fun! (2FA) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 1:30 Visit with Chaplain Jake (AL) 2:00 Fit Minds! (MP) 3:00 Persian New Year Celebration! (DR) 7:00 Documentary Night: Castles and Palaces of Europe "Piedmont in Italy "!( T)</div> <div>19</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 &amp; Fitness class by Sergio from Circle of Care! (MP) 3:30 Spiritual Study Group with Chaplain Jake! (LB) 4:00 Concert Series: Andrea Bocelli! (T) 4:00 Cruise week Passports Delivery with Mocktails! (BR) 7:00 Movie Evening Showing: Mamma Mia! (T)</div> <div>20</div>	<div>Mediterranean Cruise Week! International Day for the Elimination of Racial Discrimination! 10:00 Doctor Visit! (HO) 10:00 Word Scramble Mediterranean Theme! (MP) 10:30 Seated Chair Yoga with Henni! (MP) 1:00 Java Music Club! (MP) 2:00 Off the Cuff (Group Discussion) Presentation about Croatia "Knock-out beaches" by Chaplain Jake!! (MP) 2:30 Meditation Group! (FR) 3:30 Bingo in Spain! (MP) 4:00 Travelogue: Spain! (T) 5:00 Mediterranean Cruise Week Opening Gala Dinner with Live Music by Greg Noguera! (DR)</div> <div>21</div>	<div>Mediterranean Cruise Week! 10:00 Go 4 Life Walking Group in Morocco! (ML) 10:30 Cruise Theme Balloon Badminton! (MP) 11:00 Seated Fitness Class with Azam! (MP) 1:00 Mediterranean Giant Crossword! (MP) 2:00 Shabbat Service by Rabbi Levi! (MP) 2:30 Time to make your Bracelet! (MP) 3:30 Flagman Presentation about Mediterranean countries flag! (MP) 7:00 TV Show: Outlander! (T)</div> <div>22</div>	<div>Mediterranean Cruise Week! Purim Begins! 2:30 Church Service by Chaplain Jake! (CP) 3:00 Movie Afternoon Showing: Little Italy! (T) 7:00 Movie Evening Showing: Little Italy! (T)</div> <div>23</div>
<div>Mediterranean Cruise Week! Purim Ends! 9:30 Go 4 Life Walking Group in Italy! (ML) 10:00 Fitness Class (2FA) 10:50 Catholic Communion Service! (CP) 11:00 Photo Booth &amp; Mocktails with Italian Music! (BR) 1:00 Artful Enrichment! Leaning Tower of Pisa Coloring1 (MP) 2:00 Mediterranean Cruise Week Open House with live music by Clara Gonzales! (MP) 3:30 Turkish Dance by Sara! (MP) 4:00 Zumba Dance with Sara for the Forestview' s Staff! (MP) 7:00 Netflix Series: The Crown! (T)</div> <div>24</div>	<div>Mediterranean Cruise Week! 10:00 Go 4 Life Walking Group in Turkey! (ML) 10:30 Seated Chair Yoga with Henni! (MP) 11:00 Vendor: Fifth Avenue Collection Jewelry! (ML) 1:00 Mediterranean Giant Crossword! (MP) 1:30 Bingo in Turkey! (2FA) 2:30 Exercise &amp; Fitness class by Sergio from Circle of Care! (MP) 3:00 Turkish Coffee workshop with Denise! (CK) 7:00 Movie Evening Showing: Make me Believe! (T)</div> <div>25</div>	<div>Mediterranean Cruise Week! 10:30 Mediterranean Word Scramble! (MP) 11:00 Morning Stretches by Azam (MP) 1:00 Meditation Group! (MP) 1:00 Noodle and ball fun! (2FA) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 1:30 Visit with Chaplain Jake (AL) 2:00 Mediterranean Monthly birthday Party by Emilio Zarris! (MP) 3:00 Cruise week Chef's Cooking Demo! (CK) 4:00 Fit Minds Mediterranean Theme! (MP) 7:00 Documentary Night: Castles and Palaces of Europe" Loire Valley in France "!( T)</div> <div>26</div>	<div>Mediterranean Cruise Week! 10:00 Hair Salon! (SL) 10:00 Go 4 Life Walking Group in France! (ML) 10:30 Fitness Class! (2FA) 11:00 Drum Fit Class in France! (MP) 1:00 Mediterranean Giant Crossword! (MP) 1:30 Bingo! (2FA) 2:00 Cheese Party! (CK) 2:30 Exercise &amp; Fitness class by Sergio from Circle of Care! (MP) 3:30 Spiritual Study Group with Chaplain Jake Greek Mythology Gods and Heroes! (LB) 3:30 Meet Me at the MoMA! Painting like a Greek Artist! (MP) 4:00 Concert Series: Celine Dion - A New Day (2007) Live In Las Vegas! (T) 5:00 Captain's Farewell Gala Dinner! (DR) 7:00 Movie Evening Showing: Midnight in Paris! (T)</div> <div>27</div>	<div>Mediterranean Cruise Week! 10:00 Doctor Visit! (HO) 10:00 Vendor: Triple Eight Clothing! (ML) 10:00 Word Scramble Mediterranean Theme! (MP) 10:30 Seated Chair Yoga with Henni! (MP) 10:30 Shoppers Drug Mart, located in Sheppard Plaza (598 Sheppard Ave West) (OUT) 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 Welcome back to Canada with Chocolate Dip Fruits! (CK) 3:30 End of Cruise week Bingo! (MP) 4:00 Travelogue: Canada Coast! (T)</div> <div>28</div>	<div>Happy Good Friday! 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) 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>29</div>	<div>2:30 Church Service by Chaplain Jake! (CP) 3:00 Movie Afternoon Showing: This is me... now! (T) 7:00 Movie Evening Showing: This is me... now! (T)</div> <div>30</div>
<div>Happy Easter Sunday! 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>31</div>	<div>Be your best self</div>			<div>Locations Legend</div> <div>MULTIPURPOSE ROOM (MP) THEATER (T) 2nd FLOOR ACTIVITY ROOM (2FA) MAIN LOBBY (ML) CHAPEL (CP) LIBRARY (LB) COUNTRY KITCHEN (CK) Health Office (HO)</div> <div>Any Location (AL) SALON (SL) FITNESS ROOM (FR) DINING ROOM (DR) Outing (OUT) BISTRO (BR) PRIVATE DINING ROOM (PDR) Whole Building (WB)</div>		<div>Calendar Legend</div> <div>Outing Special Program Living, Loving, Local Signature Program</div>