

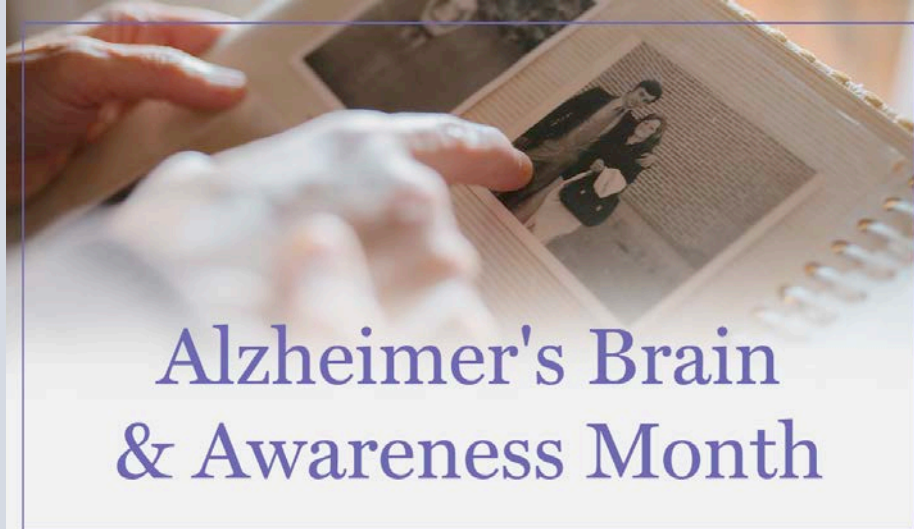



INSPIRED SENIOR LIVING

June 2024

Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Alzheimer's Brain & Awareness Month</p>		 <p>Father's Day</p>				<p>National Accessibility Week! 1 Start of Pride Month! Start of National Indigenous History Month! 3:00 Movie Afternoon Showing: Ashes in the Snow! (T) 7:00 Movie Evening Showing: Ashes in the Snow! (T)</p>
<p>9:30 Go 4 Life Walking Group! 2 (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 season 3! (T)</p>	<p>10:00 Go 4 Life Walking Group 3 (ML) 10:30 Seated Chair Yoga with Henni! (MP) 1:00 Giant Crossword (MP) 1:30 Bingo (2FA) 2:15 Balloon Badminton! (MP) 3:30 Trivia Hour! (CK) 7:00 Movie Evening Showing: Shadows in the Sun! (T)</p>	<p>National Cheese Day! 4 10:30 Word Scramble (MP) 11:00 Morning Stretches by Azam (MP) 1:00 Meditation Group! (MP) 1:00 Noodle and balloon fun! (2FA) 1:30 Visit with Chaplain Jake (AL) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 2:00 Fit Minds! (MP) 3:30 Resident's Volunteer Monthly meeting! (T) 3:30 Artful Enrichment! (MP) 7:00 Documentary Night: Secrets of the Neanderthals (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) 5 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 Bouncing Ball! (MP) 3:30 Spiritual Study Group with Chaplain Jake! (MP) 4:00 Concert Series: Bob Dylan! (T) 7:00 Movie Evening Showing: Two and a Half Men! (T)</p>	<p>10:00 Word Scramble! (MP) 6 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 Travelogue: France " Paris" (T)</p>	<p>National Donut Day! 7 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 and Match! (ML) 1:00 Giant Crossword! (MP) 2:00 Shabbat Service by Rabbi Levi! (MP) 2:30 National Donut Day, Donut Time! (CK) 3:30 Meet Me at the MoMA, Paint like an Artist! (MP) 7:00 TV Show: Downton Abbey! (T)</p>	<p>2:30 Church Service and Sing 8 A Long by Chaplain Jake! (CP) 3:00 Movie Afternoon Showing: The Lady in the Van! (T) 7:00 Movie Evening Showing: The Lady in the Van! (T)</p>
<p>9:30 Go 4 Life Walking Group! 9 (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) 3:00 Piano Performance by Gavin Shapiro! (MP) 4:00 Bingo! (MP) 7:00 Netflix Series: Bridgerton season 3! (T)</p>	<p>10:00 Go 4 Life Walking Group 10 (ML) 10:30 Seated Chair Yoga with Henni! (MP) 1:00 Giant Crossword (MP) 1:30 Bingo (2FA) 2:15 Balloon Badminton! (MP) 3:30 Trivia Hour! (CK) 7:00 Movie Evening Showing: Love, Rosie! (T)</p>	<p>10:30 Word Scramble (MP) 11 11:00 Morning Stretches by Azam (MP) 1:00 Meditation Group! (MP) 1:00 Noodle and balloon fun! (2FA) 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) 7:00 Documentary Night: Giant Grizzlies! (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) 12 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 Bouncing Ball! (MP) 3:30 Spiritual Study Group with Chaplain Jake! (MP) 4:00 Concert Series: The Supremes! (T) 7:00 Movie Evening Showing: The Tourist! (T)</p>	<p>10:00 Word Scramble! (MP) 13 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: Shopping at Shoppers Drug Mart 5998 Bathurst St! (OUT) 2:00 Off the Cuff (Group Discussion)! (MP) 2:30 Meditation Group! (FR) 3:30 Bingo! (MP) 4:00 Travelogue: Istanbul (T)</p>	<p>10:00 Go 4 Life Walking Group 14 (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) 2:30 Opera Showing: Sir Thomas Allen directs Mozart The Marriage of Figaro! (T) 3:00 Meet Me at the MoMA, Paint like an Artist! (MP) 3:30 Father's Day Car Race! (OP) 7:00 TV Show: Downton Abbey! (T)</p>	<p>2:30 Church Service and Sing 15 A Long by Chaplain Jake! (CP) 3:00 Movie Afternoon Showing: Another Father's Day! (T) 7:00 Movie Evening Showing: Another Father's Day! (T)</p>



INSPIRED SENIOR LIVING

June 2024

Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Father's Day! 16 9:30 Go 4 Life Walking Group! (ML) 10:00 Fitness Class (2FA) 10:50 Catholic Communion Service! (CP) 11:30 Father's Day BBQ Buffet Lunch and Belly Dancer! (OP) 1:00 Artful Enrichment! (2FA) 1:30 Chair Zumba Fit Dance by Sara! (MP) 3:30 Bingo! (MP) 7:00 Netflix Series: Bridgerton season 3! (T)	17 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 "With Instructor from Circle of Care"! (MP) 3:30 Trivia Hour! (CK) 7:00 Movie Evening Showing: Oblivion! (T)	18 9:30 Vendor: Loila's Fashion! (ML) 10:30 Word Scramble (MP) 11:00 Morning Stretches by Azam (MP) 1:00 Meditation Group! (MP) 1:00 Noodle and balloon fun! (2FA) 1:30 Visit with Chaplain Jake (AL) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 2:30 Food Committee Meeting! (T) 3:00 Artful Enrichment! (MP) 3:30 Resident Town Hall Meeting! (T) 7:00 Documentary Night: (T)	19 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 "With Instructor from Circle of Care"! (MP) 3:30 Spiritual Study Group with Chaplain Jake! (MP) 4:00 Concert Series: Roy Orbison! (T) 7:00 Movie Evening Showing: Life of Crime! (T)	20 Ice Cream Day! 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)What to Know About Scams ! (MP) 2:30 Meditation Group! (FR) 2:45 Ice Cream time! (CK) 3:30 Bingo! (MP) 4:00 Travelogue: Tibet (T)	21 National Indigenous Peoples Day! 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) 2:30 Fit Minds! (MP) 3:00 Meet Me at the MoMA, Paint like an Artist! (MP) 7:00 TV Show: Downton Abbey! (T)	22 2:30 Church Service and Sing A Long by Chaplain Jake! (CP) 3:00 Movie Afternoon Showing: Little Voice! (T) 7:00 Movie Evening Showing: Little Voice! (T)
23 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 season 3! (T)	24 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 "With Instructor from Circle of Care"! (MP) 3:30 Trivia Hour! (CK) 7:00 Movie Evening Showing: Moving on! (T)	25 10:30 Word Scramble (MP) 11:00 Morning Stretches by Azam (MP) 1:00 Meditation Group! (MP) 1:00 Noodle and balloon 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 Kelly Davies! (MP) 3:15 Fit Minds! (MP) 4:30 Living Loving local Strawberry Buffet! (DR) 7:00 Documentary Night: Mysteries of the Terracotta Warriors (T)	26 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 "With Instructor from Circle of Care"! (MP) 3:30 Spiritual Study Group with Chaplain Jake! (MP) 4:00 Concert Series: Elvis Presley - Aloha from Hawaii! (T) 7:00 Movie Evening Showing: Les Misérables! (T)	27 Canadian Multiculturalism Day 10:00 Word Scramble! (MP) 10:00 Doctor Visit! (HO) 10:30 Seated Chair Yoga with Henni! (MP) 11:15 Outing: Picnic at Earl Bales Park! (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) 3:30 Bingo! (MP) 4:00 Travelogue: Hawaii (T)	28 10:00 Go 4 Life Walking Group (ML) 10:00 Yvonne Elegant Jewelry! (ML) 10:30 Balloon Badminton! (MP) 10:30 Daycare Kids' Visit from Forestview! (ML) 11:00 Seated Fitness Class with Azam! (MP) 1:00 Giant Crossword! (MP) 2:00 Shabbat Service by Rabbi Levi! (MP) 2:00 Baking Club, Cranberry Muffin! (CK) 3:00 Meet Me at the MoMA, Paint like an Artist! (MP) 7:00 TV Show: Downton Abbey! (T)	29 2:30 Church Service and Sing A Long by Chaplain Jake! (CP) 3:00 Movie Afternoon Showing: Gangs of New York! (T) 7:00 Movie Evening Showing: Gangs of New York! (T)
30 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 season 3! (T)				Locations Legend MULTIPURPOSE ROOM (MP) THEATER (T) 2nd FLOOR ACTIVITY ROOM (2FA) MAIN LOBBY (ML) CHAPEL (CP) COUNTRY KITCHEN (CK) Any Location (AL) LIBRARY (LB) SALON (SL) Health Office (HO) FITNESS ROOM (FR) Outing (OUT) OUTSIDE PATIO (OP) DINING ROOM (DR)		Calendar Legend Outing Special Program Living, Loving, Local Signature Program