




INSPIRED SENIOR LIVING

October 2024(2FL)

Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;">Breast Cancer Awareness Month</p>		Active Aging Week! 1 10:00 Morning Stretches! (2FA) 11:00 Fit Minds! (2FA) 1:00 Noodle and balloon fun! (2FA) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 1:30 Visit with Chaplain Jake (AL) 2:30 Artful Enrichment (2FA) 2:30 Bingo! (MP) 3:00 Java Music Club! (2FA) 4:00 Friendly Visits! (1:1) (RS) 7:00 Documentary Night: The real history of England (T)	Active Aging Week! 2 Rosh Hashana! 10:00 Go 4 Life Walking Group (ML) 10:00 Hair Salon! (SL) 10:30 Balloon Badminton! (MP) 2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care"! (MP) 3:30 Sweet Tunes for a Sweet Year with Rhonda Silver! (MP) 4:00 Concert Series: Little Richard (T) 7:00 Movie Evening Showing: The Dictator (2012) (T)	Active Aging Week! 3 Rosh Hashana! 10:00 Doctor Visit! (HO) 10:00 Word Scramble! (MP) 10:30 Seated Chair Yoga with Henni! (MP) 12:00 Table social time! (2FA) 1:00 Balloon Badminton! (2FA) 2:00 Hymn Sing! (2FA) 2:15 Falling Leaves and Beats with Marcus Schwan! (MP) 3:00 Painting Group! MOMA (2FA) 3:30 Blowing of the Shofar: Rabbi Levi! (MP) 4:00 Java Music Club (2FA) 4:00 Travelogue: Helsinki, Finland (T) 4:30 Shana Tova Gathering Dinner! (DR) 6:15 Bingo! (MP) 7:00 Thursday Prime Series: The Empress (T)	Active Aging Week! 4 Rosh Hashana! 9:00 Foot Care Clinic! (HO) 10:00 Go 4 Life Walking Group (ML) 10:30 Tai Chi Exercise! (MP) 10:30 Fitness Class! (2FA) 11:00 Balloon Badminton! (MP) 11:00 Drum Fit Class! (2FA) 1:00 Giant Crossword! (MP) 1:00 Bouncing Ball Game! (2FA) 2:00 Afternoon Tea with Trivia (2FA) 2:30 Social Hours! (CK) 3:00 Meet me at the MoMA! (2FA) 3:30 Blowing of the Shofar with Rabbi Levi! (MP) 4:00 Meet Me at the MoMA, Paint like an Artist! (MP) 4:00 Name that Tune! (2FA) 4:30 Shana Tova Gathering Dinner! (DR) 7:00 TV Show: Downton Abbey! (T)	Active Aging Week! 5 2:30 Church Service and Sing A Long by Chaplain Jake! (CP) 3:00 Movie Afternoon Showing: The Last of the Mohicans (1992) (T) 7:00 Movie Evening Showing: The Last of the Mohicans (1992) (T)
		Active Aging Week! 6 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 Prime Series: Tom Clancy Jack Ryan (T)	Active Aging Week! 7 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) 2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care"! (MP) 2:30 Afternoon Tea with Trivia! (2FA) 3:30 Coloring and Music! (2FA) 3:30 Afternoon Tea with Trivia! (MP) 4:00 Java Music Club! (2FA) 7:00 Movie Evening Showing: Civil War (2024) (T)	Active Aging Week! 8 10:00 Morning Stretches! (2FA) 11:00 Fit Minds! (2FA) 1:00 Noodle and balloon fun! (2FA) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 1:30 Visit with Chaplain Jake (AL) 2:30 Artful Enrichment (2FA) 2:30 Bingo! (MP) 3:00 Java Music Club! (2FA) 3:30 Braids & Beauty with Narjes! (MP) 4:00 Friendly Visits! (1:1) (RS) 7:00 Documentary Night: Elizabeth: A Portrait In Part(s) (2022) (T)	Active Aging Week! 9 9:30 Eye Express Clinic! (FR) 10:00 Go 4 Life Walking Group (ML) 10:00 Hair Salon! (SL) 10:30 Fitness Class! (2FA) 10:30 Balloon Badminton! (MP) 11:00 Drum Fit Class! (2FA) 1:00 Bouncing Ball Game! (2FA) 2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care"! (MP) 2:30 Afternoon Tea with Trivia (2FA) 3:30 Meet me at the MoMA! (2FA) 3:30 Spiritual Study Group with Chaplain Jake! (MP) 4:00 Name that Tune! (2FA) 4:00 Concert Series: Johnny Cash (T) 7:00 Movie Evening Showing: The Fall Guy (2024) (T)	Active Aging Week! 10 10:00 Doctor Visit! (HO) 10:00 Word Scramble! (MP) 10:30 Seated Chair Yoga with Henni! (MP) 12:00 Table social time! (2FA) 1:00 Balloon Badminton! (2FA) 2:00 Off the Cuff (Group Discussion)! (MP) 2:00 Hymn Sing! (2FA) 3:00 Painting Group! MOMA (2FA) 3:15 Bouncing Ball Game! (MP) 4:00 Java Music Club (2FA) 4:00 Travelogue: Portugal (T) 6:15 Bingo! (MP) 7:00 Thursday Prime Series: The Empress (T)
Active Aging Week! 13 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 Prime Series: Tom Clancy Jack Ryan (T)	Happy Thanksgiving! 14 10:00 Go 4 Life Walking Group (ML) 10:30 Seated Chair Yoga with Henni! (MP) 10:45 Fitness Class (2FA) 1:00 Giant Crossword (MP) 2:15 Balloon Badminton! (MP) 3:30 Afternoon Tea with Trivia! (MP) 4:30 Season of Thanks Dinner! (DR) 5:00 Melodies of Thanks by Violinist Lucia Bacar! (DR) 7:00 Movie Evening Showing: Paul Blart Mall Cop (2009) (T)	Active Aging Week! 15 10:00 Morning Stretches! (2FA) 11:30 Outing: Lunch at Mastro Roberto Trattoria! (OUT) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 1:30 Visit with Chaplain Jake (AL) 2:30 Bingo! (MP) 3:30 Make up Magic Hour with Narjes! (MP) 4:00 Friendly Visits! (1:1) (RS) 7:00 Documentary Night: Murder Remembered - Norfolk County 1950 (1997) (T)	Sukkot! 16 10:00 Go 4 Life Walking Group (ML) 10:00 Hair Salon! (SL) 10:30 Fitness Class! (2FA) 10:30 Balloon Badminton! (MP) 11:00 Drum Fit Class! (2FA) 1:00 Bouncing Ball Game! (2FA) 2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care"! (MP) 2:30 Afternoon Tea with Trivia (2FA) 3:30 Meet me at the MoMA! (2FA) 3:30 Spiritual Study Group with Chaplain Jake! (MP) 4:00 Name that Tune! (2FA) 4:00 Concert Series: Doris Day (T) 7:00 Movie Evening Showing: Robin Hood (2010) (T)	Sukkot! 17 10:00 Doctor Visit! (HO) 10:00 Word Scramble! (MP) 10:30 Seated Chair Yoga with Henni! (MP) 12:00 Table social time! (2FA) 1:00 Balloon Badminton! (2FA) 2:00 Off the Cuff (Group Discussion)! (MP) 2:00 Hymn Sing! (2FA) 3:00 Painting Group! MOMA (2FA) 3:15 Bouncing Ball Game! (MP) 4:00 Java Music Club (2FA) 4:00 Travelogue: Paris (T) 6:15 Bingo! (MP) 7:00 Thursday Prime Series: The Empress (T)	Sukkot! 18 10:00 Go 4 Life Walking Group (ML) 10:30 Tai Chi Exercise! (MP) 11:00 Balloon Badminton! (MP) 1:00 Giant Crossword! (MP) 2:00 Shabbat Service by Rabbi Levi! (MP) 2:30 Social Hours! (CK) 3:30 Meet Me at the MoMA, Paint like an Artist! (MP) 7:00 TV Show: Downton Abbey! (T)	Sukkot! 19 2:30 Church Service and Sing A Long by Chaplain Jake! (CP) 3:00 Movie Afternoon Showing: Greenland (2020) (T) 7:00 Movie Evening Showing: Greenland (2020) (T)




INSPIRED SENIOR LIVING

October 2024(2FL)

Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sukkot! 20 Invisible Disabilities Week! 9:30 Go 4 Life Walking Group! (ML) 10:00 Fitness Class (2FA) 10:50 Catholic Communion Service! (LB) 1:00 Artful Enrichment! (2FA) 1:30 Chair Zumba Fit Dance by Sara! (CK) 3:30 Bingo! (LB) 7:00 Prime Series: Tom Clancy Jack Ryan (T)	Sukkot! 21 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) 2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care"! (MP) 2:30 Afternoon Tea with Trivia! (2FA) 3:30 Coloring and Music! (2FA) 3:30 Food Committee Meeting! (MP) 3:30 Technology Support with Pratik! (LB) 4:00 Java Music Club! (2FA) 7:00 Movie Evening Showing: The Ministry of Ungentlemanly Warfare (2024) (T)	Sukkot! 22 10:00 Morning Stretches! (2FA) 11:00 Fit Minds! (2FA) 1:00 Noodle and balloon fun! (2FA) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 1:30 Visit with Chaplain Jake (AL) 2:00 Monthly Birthday Party with Greg Noguera! (MP) 3:00 Java Music Club! (2FA) 3:30 Bingo! (MP) 3:30 Artful Enrichment (2FA) 4:00 Friendly Visits! (1:1) (RS) 7:00 Documentary Night: Airline Disaster: Crash of the Century (2003) (T)	Sukkot! 23 10:00 Go 4 Life Walking Group (ML) 10:00 Hair Salon! (SL) 10:30 Fitness Class! (2FA) 10:30 Balloon Badminton! (MP) 11:00 Drum Fit Class! (2FA) 1:00 Bouncing Ball Game! (2FA) 2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care"! (MP) 2:30 Afternoon Tea with Trivia (2FA) 3:30 Meet me at the MoMA! (2FA) 3:30 Spiritual Study Group with Chaplain Jake! (MP) 4:00 Name that Tune! (2FA) 7:00 Movie Evening Showing: Shotgun Wedding (2022) (T)	24 10:00 Doctor Visit! (HO) 10:00 Word Scramble! (MP) 10:30 Seated Chair Yoga with Henni! (MP) 12:00 Table social time! (2FA) 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) 2:00 Hymn Sing! (2FA) 3:00 Painting Group! MOMA (2FA) 3:15 Bouncing Ball Game! (MP) 4:00 Java Music Club (2FA) 4:00 Travelogue: Seoul (T) 6:15 Bingo! (MP) 7:00 Thursday Prime Series: The Empress (T)	25 10:00 Go 4 Life Walking Group (ML) 10:30 Tai Chi Exercise! (MP) 11:00 Balloon Badminton! (MP) 1:00 Giant Crossword! (MP) 2:00 Shabbat Service by Rabbi Levi! (MP) 2:30 Fall Pie Tasting Contest! (CK) 3:30 Meet Me at the MoMA, Paint like an Artist! (MP) 7:00 TV Show: Downton Abbey! (T)	26 2:30 Church Service and Sing A Long by Chaplain Jake! (CP) 3:00 Movie Afternoon Showing: The Burial (2023) (T) 7:00 Movie Evening Showing: The Burial (2023) (T)
Happy Grandparent's Day! 27 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 Prime Series: Tom Clancy Jack Ryan (T)	28 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) 2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care"! (MP) 2:30 Afternoon Tea with Trivia! (2FA) 3:30 Coloring and Music! (2FA) 3:30 Resident Town Hall Meeting! (MP) 3:30 Technology Support with Pratik! (LB) 4:00 Java Music Club! (2FA) 7:00 Movie Evening Showing: Without Remorse (2021) (T)	29 10:00 Morning Stretches! (2FA) 11:00 Fit Minds! (2FA) 1:00 Noodle and balloon fun! (2FA) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 1:30 Visit with Chaplain Jake (AL) 2:30 Artful Enrichment (2FA) 2:30 Bingo! (MP) 3:00 Java Music Club! (2FA) 4:00 Friendly Visits! (1:1) (RS) 7:00 Documentary Night: Extraordinary Flights (2017) (T)	30 10:00 Go 4 Life Walking Group (ML) 10:00 Hair Salon! (SL) 10:30 Fitness Class! (2FA) 10:30 Balloon Badminton! (MP) 11:00 Drum Fit Class! (2FA) 1:00 Bouncing Ball Game! (2FA) 2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care"! (MP) 2:30 Afternoon Tea with Trivia (2FA) 3:30 Meet me at the MoMA! (2FA) 3:30 Spiritual Study Group with Chaplain Jake! (MP) 4:00 Name that Tune! (2FA) 4:00 Concert Series: David Bowie (T) 7:00 Movie Evening Showing: On a Wing and a Prayer (2023) (T)	Halloween! 31 10:00 Doctor Visit! (HO) 10:00 Word Scramble! (MP) 10:30 Seated Chair Yoga with Henni! (MP) 11:00 Vendor Mix and Match! (ML) 12:00 Table social time! (2FA) 1:00 Balloon Badminton! (2FA) 2:00 Off the Cuff (Group Discussion)! (MP) 2:00 Hymn Sing! (2FA) 2:30 Painting Group! MOMA (2FA) 3:15 Harvest Carving Party! (MP) 4:00 Java Music Club (2FA) 4:00 Travelogue: The Ancient And Forgotten Empire Of Persepolis (T) 6:15 Bingo! (MP) 7:00 Thursday Prime Series: The Empress (T)	 <p>MONDAY OCT 14 Thanksgiving</p>	



Be Grateful

Locations Legend

2nd FLOOR ACTIVITY ROOM (2FA)
 MULTIPURPOSE ROOM (MP)
 THEATER (T)
 MAIN LOBBY (ML)
 LIBRARY (LB)
 CHAPEL (CP)
 Health Office (HO)

Calendar Legend

Any Location (AL)
 Resident's Suite (RS)
 SALON (SL)
 COUNTRY KITCHEN (CK)
 DINING ROOM (DR)
 Outing (OUT)
 FITNESS ROOM (FR)

Calendar Legend

Outing
 Special Program
 Living, Loving, Local
 Signature Program