




INSPIRED SENIOR LIVING

# October 2024

## Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
 <p style="text-align: center;"><b>Breast Cancer Awareness Month</b></p>		<b>Active Aging Week! 1</b> 10:30 Word Scramble (MP) 11:00 Morning Stretches by Azam (MP) 1:00 Noodle and balloon fun! (2FA) 1:00 Meditation Group! (MP) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 1:30 Fit Minds! (MP) 1:30 Visit with Chaplain Jake (AL) 2:30 Bingo! (MP) 3:30 Let's play Bowling! (MP) 7:00 Documentary Night: The real history of England (T)	<b>Active Aging Week! 2</b> Rosh Hashana! 10:00 Go 4 Life Walking Group (ML) 10:00 Hair Salon! (SL) 10:30 Balloon Badminton! (MP) 1:00 Giant Crossword (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)	<b>Active Aging Week! 3</b> Rosh Hashana! 10:00 Doctor Visit! (HO) 10:00 Word Scramble! (MP) 10:30 Seated Chair Yoga with Henni! (MP) 1:00 Java Music Club! (MP) 1:00 Balloon Badminton! (2FA) 2:15 Falling Leaves and Beats with Marcus Schwan! (MP) 3:30 Blowing of the Shofar: Rabbi Levi! (MP) 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)	<b>Active Aging Week! 4</b> Rosh Hashana! 9:00 Foot Care Clinic! (HO) 10:00 Go 4 Life Walking Group (ML) 10:30 Tai Chi Exercise! (MP) 11:00 Balloon Badminton! (MP) 11:00 Drum Fit Class! (2FA) 1:00 Giant Crossword! (MP) 2:30 Social Hours! (CK) 3:30 Blowing of the Shofar with Rabbi Levi! (MP) 4:00 Meet Me at the MoMA, Paint like an Artist! (MP) 4:30 Shana Tova Gathering Dinner! (DR) 7:00 TV Show: Downton Abbey! (T)	<b>Active Aging Week! 5</b> 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)		
		<b>Active Aging Week! 6</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 Prime Series: Tom Clancy Jack Ryan (T)	<b>Active Aging Week! 7</b> 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) 2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care"! (MP) 3:30 Afternoon Tea with Trivia! (MP) 7:00 Movie Evening Showing: Civil War (2024) (T)	<b>Active Aging Week! 8</b> 10:30 Word Scramble (MP) 11:00 Morning Stretches by Azam (MP) 1:00 Noodle and balloon fun! (2FA) 1:00 Meditation Group! (MP) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 1:30 Fit Minds! (MP) 1:30 Visit with Chaplain Jake (AL) 2:30 Bingo! (MP) 3:30 Braids & Beauty with Narjes! (MP) 7:00 Documentary Night: Elizabeth: A Portrait In Part(s) (2022) (T)	<b>Active Aging Week! 9</b> 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 Giant Crossword (MP) 2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care"! (MP) 3:30 Spiritual Study Group with Chaplain Jake! (MP) 4:00 Concert Series: Johnny Cash (T) 7:00 Movie Evening Showing: The Fall Guy (2024) (T)	<b>Active Aging Week! 10</b> 10:00 Doctor Visit! (HO) 10:00 Word Scramble! (MP) 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) 3:15 Bouncing Ball Game! (MP) 3:45 Artful Enrichment! (MP) 4:00 Travelogue: Portugal (T) 6:15 Bingo! (MP) 7:00 Thursday Prime Series: The Empress (T)	<b>Yom Kippur! 11</b> 10:00 Go 4 Life Walking Group (ML) 10:00 Vendor Mix and Match! (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)	<b>Yom Kippur! 12</b> 2:30 Church Service and Sing A Long by Chaplain Jake! (CP) 3:00 Movie Afternoon Showing: A Fistful of Dollars (1964) (T) 7:00 Movie Evening Showing: A Fistful of Dollars (1964) (T)
		<b>Active Aging Week! 13</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 Prime Series: Tom Clancy Jack Ryan (T)	<b>Happy Thanksgiving! 14</b> 10:00 Go 4 Life Walking Group (ML) 10:30 Seated Chair Yoga with Henni! (MP) 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)	<b>Active Aging Week! 15</b> 10:30 Word Scramble (MP) 11:00 Morning Stretches by Vivien! (MP) 11:30 Outing: Lunch at Mastro Roberto Trattoria! (OUT) 1:00 Meditation Group! (MP) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 1:30 Fit Minds! (MP) 1:30 Visit with Chaplain Jake (AL) 2:30 Bingo! (MP) 3:30 Make up Magic Hour with Narjes! (MP) 7:00 Documentary Night: Murder Remembered - Norfolk County 1950 (1997) (T)	<b>Sukkot! 16</b> 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 Giant Crossword (MP) 2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care"! (MP) 3:30 Spiritual Study Group with Chaplain Jake! (MP) 4:00 Concert Series: Doris Day (T) 7:00 Movie Evening Showing: Robin Hood (2010) (T)	<b>Sukkot! 17</b> 10:00 Doctor Visit! (HO) 10:00 Word Scramble! (MP) 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) 3:15 Bouncing Ball Game! (MP) 3:45 Artful Enrichment! (MP) 4:00 Travelogue: Paris (T) 6:15 Bingo! (MP) 7:00 Thursday Prime Series: The Empress (T)	<b>Sukkot! 18</b> 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)	<b>Sukkot! 19</b> 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

## Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sukkot! 20</b> <b>Invisible Disabilities Week!</b> 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)	<b>Sukkot! 21</b> 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) 2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care"! (MP) 3:30 Food Committee Meeting! (MP) 3:30 Technology Support with Pratik! (LB) 7:00 Movie Evening Showing: The Ministry of Ungentlemanly Warfare (2024) (T)	<b>Sukkot! 22</b> 10:30 Word Scramble (MP) 11:00 Morning Stretches by Azam (MP) 1:00 Noodle and balloon fun! (2FA) 1:00 Meditation Group! (MP) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 1:30 Fit Minds! (MP) 1:30 Visit with Chaplain Jake (AL) 2:00 Monthly Birthday Party with Greg Noguera! (MP) 3:30 Bingo! (MP) 7:00 Documentary Night: Airline Disaster: Crash of the Century (2003) (T)	<b>Sukkot! 23</b> 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 Giant Crossword (MP) 2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care"! (MP) 3:30 Spiritual Study Group with Chaplain Jake! (MP) 4:00 Concert Series: Rod Stewart (T) 7:00 Movie Evening Showing: Shotgun Wedding (2022) (T)	<b>24</b> 10:00 Doctor Visit! (HO) 10:00 Word Scramble! (MP) 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) 3:15 Bouncing Ball Game! (MP) 3:45 Artful Enrichment! (MP) 4:00 Travelogue: Seoul (T) 6:15 Bingo! (MP) 7:00 Thursday Prime Series: The Empress (T)	<b>25</b> 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)	<b>26</b> 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)
<b>Happy Grandparent's Day! 27</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 Prime Series: Tom Clancy Jack Ryan (T)	<b>28</b> 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) 2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care"! (MP) 3:30 Resident Town Hall Meeting! (MP) 3:30 Technology Support with Pratik! (LB) 7:00 Movie Evening Showing: Without Remorse (2021) (T)	<b>29</b> 10:30 Word Scramble (MP) 11:00 Morning Stretches by Azam (MP) 1:00 Noodle and balloon fun! (2FA) 1:00 Meditation Group! (MP) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 1:30 Fit Minds! (MP) 1:30 Visit with Chaplain Jake (AL) 2:30 Bingo! (MP) 3:30 Let's play Bowling! (MP) 7:00 Documentary Night: Extraordinary Flights (2017) (T)	<b>30</b> 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 Giant Crossword (MP) 2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care"! (MP) 3:30 Spiritual Study Group with Chaplain Jake! (MP) 4:00 Concert Series: David Bowie (T) 7:00 Movie Evening Showing: On a Wing and a Prayer (2023) (T)	<b>Halloween! 31</b> 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) 1:00 Java Music Club! (MP) 1:00 Balloon Badminton! (2FA) 2:00 Off the Cuff (Group Discussion)! (MP) 2:30 Meditation Group! (FR) 3:15 Harvest Carving Party! (MP) 4:00 Travelogue: The Ancient And Forgotten Empire Of Persepolis (T) 6:15 Bingo! (MP) 7:00 Thursday Prime Series: The Empress (T)	 <p><b>MONDAY</b> <b>OCT 14</b> <b>Thanksgiving</b></p>	



Be Grateful

**Locations Legend**

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

**Calendar Legend**

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