





INSPIRED SENIOR LIVING

# November 2024(2FL)

## Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center; font-size: 2em; color: #4a5568;">Movember</p>	 <div style="display: flex; align-items: center; justify-content: center;"> <div style="background-color: #f8719d; padding: 5px; margin-right: 10px; text-align: center; color: white;">             FRIDAY NOV 1           </div> <div style="text-align: center;"> <h2 style="margin: 0;">National Gratitude Month</h2> </div> </div>				<p style="text-align: center;">Happy Diwali! <b>1</b></p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Tai Chi Exercise! (MP)</p> <p>11:00 Balloon Badminton! (MP)</p> <p>1:00 Giant Crossword! (MP)</p> <p>2:00 Shabbat Service by Rabbi Levi! (MP)</p> <p>3:00 Festival of Lights Gala "Diwali" with Live Music by Emilio Zarris and Henna Harmony! (MP)</p> <p>4:00 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>7:00 TV Show: The Diplomat! (T)</p>	<p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP) <b>2</b></p> <p>3:00 Movie Afternoon Showing: Blitz (2011) (T)</p> <p>7:00 Movie Evening Showing: Blitz (2011) (T)</p>
<p>9:30 Go 4 Life Walking Group! (ML) <b>3</b></p> <p>10:00 Fitness Class (2FA)</p> <p>10:50 Catholic Communion Service! (CP)</p> <p>1:00 Artful Enrichment! (2FA)</p> <p>1:30 Chair Zumba Fit Dance by Sara! (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Prime Series: Tom Clancy Jack Ryan (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>4</b></p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>10:30 Fitness Class (2FA)</p> <p>11:00 Giant Crossword! (2FA)</p> <p>1:00 Giant Crossword (MP)</p> <p>1:30 Bingo (2FA)</p> <p>2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>2:30 Afternoon Tea with Trivia! (2FA)</p> <p>3:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Coloring and Music! (2FA)</p> <p>3:30 Technology Support with Pratik! (LB)</p> <p>4:00 Java Music Club! (2FA)</p> <p>7:00 Movie Evening Showing: Jurassic World (2015) (T)</p>	<p>10:00 Morning Stretches! (2FA) <b>5</b></p> <p>11:00 Fit Minds! (2FA)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>2:30 Artful Enrichment (2FA)</p> <p>2:30 Bingo! (MP)</p> <p>3:00 Java Music Club! (2FA)</p> <p>4:00 Friendly Visits! (1:1) (RS)</p> <p>7:00 Documentary Night: Track: Search for Australia's Bigfoot (2020) (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>6</b></p> <p>10:00 Hair Salon! (SL)</p> <p>10:30 Fitness Class! (2FA)</p> <p>10:30 Balloon Badminton! (MP)</p> <p>11:00 Drum Fit Class! (2FA)</p> <p>1:00 Bouncing Ball Game! (2FA)</p> <p>2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>2:30 Afternoon Tea with Trivia (2FA)</p> <p>3:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Meet me at the MoMA! (2FA)</p> <p>4:00 Name that Tune! (2FA)</p> <p>4:00 Concert Series: Celine Dion! (T)</p> <p>6:15 Spiritual Study Group with Chaplain Jake! (MP)</p> <p>7:00 Movie Evening Showing: I Care a Lot (2020) (T)</p>	<p>10:00 Doctor Visit! (HO) <b>7</b></p> <p>10:00 Word Scramble! (MP)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>10:30 Vendor: Sunshinecanada! (ML)</p> <p>12:00 Table social time! (2FA)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:00 Hymn Sing! (2FA)</p> <p>2:00 Off the Cuff, Group discussion Run by Hessom! (MP)</p> <p>3:00 Painting Group! MOMA (2FA)</p> <p>3:15 Bouncing Ball Game! (MP)</p> <p>4:00 Java Music Club (2FA)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: The Tourist (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>8</b></p> <p>10:30 Tai Chi Exercise! (MP)</p> <p>11:00 Vendor Mix and Match! (ML)</p> <p>11:00 Balloon Badminton! (MP)</p> <p>1:00 Giant Crossword! (MP)</p> <p>2:00 Shabbat Service by Rabbi Levi! (MP)</p> <p>2:30 Social Hours! (CK)</p> <p>3:30 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>7:00 TV Show: The Diplomat! (T)</p>	<p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP) <b>9</b></p> <p>3:00 Movie Afternoon Showing: Drive (2011) (T)</p> <p>7:00 Movie Evening Showing: Drive (2011) (T)</p>
<p>9:30 Go 4 Life Walking Group! (ML) <b>10</b></p> <p>10:00 Fitness Class (2FA)</p> <p>10:50 Catholic Communion Service! (CP)</p> <p>1:00 Artful Enrichment! (2FA)</p> <p>1:30 Chair Zumba Fit Dance by Sara! (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Prime Series: Tom Clancy Jack Ryan (T)</p>	<p style="text-align: center;">Remembrance Day! <b>11</b></p> <p>10:00 Vendor: Triple Eight Clothing! (ML)</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>10:30 Fitness Class (2FA)</p> <p>10:30 Remembrance Day Ceremony Viewing on TV! (LR)</p> <p>11:00 Giant Crossword! (2FA)</p> <p>1:15 Remembrance Day Service "Lest we forget" (MP)</p> <p>1:30 Bingo (2FA)</p> <p>2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>2:30 Afternoon Tea with Trivia! (2FA)</p> <p>3:30 Coloring and Music! (2FA)</p> <p>3:30 Brain Health "The risk factors of dementia and how healthy lifestyle changes can help improve and maintain the health of presentation by Kasey Okamura! (MP)</p> <p>3:30 Technology Support with Pratik! (LB)</p> <p>4:00 Java Music Club! (2FA)</p> <p>7:00 Movie Evening Showing: Meet the Parents (2001) (T)</p>	<p style="text-align: center;">National Social Hour Day <b>12</b></p> <p>10:00 Morning Stretches! (2FA)</p> <p>11:00 Fit Minds! (2FA)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>2:30 Artful Enrichment (2FA)</p> <p>2:30 Bingo! (MP)</p> <p>3:00 Java Music Club! (2FA)</p> <p>4:00 Friendly Visits! (1:1) (RS)</p> <p>7:00 Documentary Night: Vimy underground (2007) (T)</p>	<p style="text-align: center;">World Kindness Day <b>13</b></p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:00 Hair Salon! (SL)</p> <p>10:00 Vendor: Fifth Avenue Collection Jewelry! (ML)</p> <p>10:30 Fitness Class! (2FA)</p> <p>10:30 Balloon Badminton! (MP)</p> <p>11:00 Drum Fit Class! (2FA)</p> <p>1:00 Bouncing Ball Game! (2FA)</p> <p>2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>2:30 Afternoon Tea with Trivia (2FA)</p> <p>3:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Meet me at the MoMA! (2FA)</p> <p>4:00 Name that Tune! (2FA)</p> <p>4:00 Concert Series: Marvin Gaye (T)</p> <p>6:15 Spiritual Study Group with Chaplain Jake! (MP)</p> <p>7:00 Movie Evening Showing: Me Before You (2016) (T)</p>	<p>10:00 Doctor Visit! (HO) <b>14</b></p> <p>10:00 Word Scramble! (MP)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>12:00 Table social time! (2FA)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>1:30 Outing: Shopping time at Walmart (OUT)</p> <p>2:00 Off the Cuff (Group Discussion)! (MP)</p> <p>2:00 Hymn Sing! (2FA)</p> <p>3:00 Painting Group! MOMA (2FA)</p> <p>3:15 Bouncing Ball Game! (MP)</p> <p>4:00 Java Music Club (2FA)</p> <p>4:00 Travelogue: New Zealand (T)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: The Tourist (T)</p>	<p>9:00 Foot Care Clinic! (HO) <b>15</b></p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Tai Chi Exercise! (MP)</p> <p>11:00 Balloon Badminton! (MP)</p> <p>1:00 Giant Crossword! (MP)</p> <p>2:00 Shabbat Service by Rabbi Levi! (MP)</p> <p>2:30 An Introduction to Diabetes Prevention and Management (with Unison Registered Nurse, Mila Fisch)) (MP)</p> <p>4:00 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>7:00 TV Show: The Diplomat! (T)</p>	<p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP) <b>16</b></p> <p>3:00 Movie Afternoon Showing: Cold Pursuit (2019) (T)</p> <p>7:00 Movie Evening Showing: Cold Pursuit (2019) (T)</p>





INSPIRED SENIOR LIVING

# November 2024(2FL)

## Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Go 4 Life Walking Group! (ML) <b>17</b></p> <p>10:00 Fitness Class (2FA)</p> <p>10:50 Catholic Communion Service! (CP)</p> <p>1:00 Artful Enrichment! (2FA)</p> <p>1:30 Chair Zumba Fit Dance by Sara! (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Prime Series: Tom Clancy Jack Ryan (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>18</b></p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>10:30 Fitness Class (2FA)</p> <p>11:00 Giant Crossword! (2FA)</p> <p>1:00 Giant Crossword (MP)</p> <p>1:30 Bingo (2FA)</p> <p>2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>2:30 Afternoon Tea with Trivia! (2FA)</p> <p>3:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Coloring and Music! (2FA)</p> <p>3:30 Technology Support with Pratik! (LB)</p> <p>4:00 Java Music Club! (2FA)</p> <p>7:00 Movie Evening Showing: The Fighter (2010) (T)</p>	<p>International Men's Day! <b>19</b></p> <p>10:00 Morning Stretches! (2FA)</p> <p>11:00 Fit Minds! (2FA)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>2:30 Artful Enrichment (2FA)</p> <p>3:00 Java Music Club! (2FA)</p> <p>4:00 Friendly Visits! (1:1) (RS)</p> <p>7:00 Documentary Night: Federer Twelve Final Days (2024) (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>20</b></p> <p>10:00 Hair Salon! (SL)</p> <p>10:00 Forestview Holiday Bazaar and Antique Roadshow! (AL)</p> <p>10:30 Fitness Class! (2FA)</p> <p>10:30 Balloon Badminton! (FR)</p> <p>11:00 Drum Fit Class! (2FA)</p> <p>1:00 Bouncing Ball Game! (2FA)</p> <p>2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 1! (FR)</p> <p>2:30 Afternoon Tea with Trivia (2FA)</p> <p>3:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 2! (FR)</p> <p>3:30 Meet me at the MoMA! (2FA)</p> <p>4:00 Name that Tune! (2FA)</p> <p>4:00 Concert Series: Janis Joplin (T)</p> <p>7:00 Movie Evening Showing: Non-Stop (2014) (T)</p>	<p>10:00 Doctor Visit! (HO) <b>21</b></p> <p>10:00 Word Scramble! (MP)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>12:00 Table social time! (2FA)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>1:00 Outing: Museum of Contemporary Art (OUT)</p> <p>2:00 Hymn Sing! (2FA)</p> <p>2:00 Off the Cuff (Group Discussion)! Ways to have Health Aging by Hessom! (MP)</p> <p>3:00 Painting Group! MOMA (2FA)</p> <p>3:30 Food Committee Meeting! (MP)</p> <p>4:00 Java Music Club (2FA)</p> <p>4:00 Travelogue: Ukraine (T)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: The Tourist (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>22</b></p> <p>10:30 Tai Chi Exercise! (MP)</p> <p>11:00 Balloon Badminton! (MP)</p> <p>1:00 Giant Crossword! (MP)</p> <p>2:00 Shabbat Service by Rabbi Levi! (MP)</p> <p>2:30 Social Hours! (CK)</p> <p>3:30 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>7:00 TV Show: The Diplomat! (T)</p>	<p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP) <b>23</b></p> <p>3:00 Movie Afternoon Showing: The Tourist (2010) (T)</p> <p>7:00 Movie Evening Showing: The Tourist (2010) (T)</p>
<p>9:30 Go 4 Life Walking Group! (ML) <b>24</b></p> <p>10:00 Fitness Class (2FA)</p> <p>10:50 Catholic Communion Service! (CP)</p> <p>1:00 Artful Enrichment! (2FA)</p> <p>1:30 Chair Zumba Fit Dance by Sara! (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Prime Series: Tom Clancy Jack Ryan (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>25</b></p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>10:30 Fitness Class (2FA)</p> <p>11:00 Giant Crossword! (2FA)</p> <p>1:00 Giant Crossword (MP)</p> <p>1:30 Bingo (2FA)</p> <p>2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>2:30 Afternoon Tea with Trivia! (2FA)</p> <p>3:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Coloring and Music! (2FA)</p> <p>3:30 Technology Support with Pratik! (LB)</p> <p>4:00 Java Music Club! (2FA)</p> <p>7:00 Movie Evening Showing: The Tomorrow War (2021) (T)</p>	<p>National Cake Day! <b>26</b></p> <p>10:00 Morning Stretches! (2FA)</p> <p>11:00 Fit Minds! (2FA)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>2:00 Monthly Birthday Party with Rosita Stone! (MP)</p> <p>3:00 Java Music Club! (2FA)</p> <p>3:30 Bingo! (MP)</p> <p>3:30 Artful Enrichment (2FA)</p> <p>4:00 Friendly Visits! (1:1) (RS)</p> <p>7:00 Documentary Night: Take Every Wave: The Life of Laird Hamilton (2017) (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>27</b></p> <p>10:00 Hair Salon! (SL)</p> <p>10:30 Fitness Class! (2FA)</p> <p>10:30 Balloon Badminton! (MP)</p> <p>11:00 Drum Fit Class! (2FA)</p> <p>1:00 Bouncing Ball Game! (2FA)</p> <p>2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>2:30 Afternoon Tea with Trivia (2FA)</p> <p>3:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Meet me at the MoMA! (2FA)</p> <p>4:00 Name that Tune! (2FA)</p> <p>4:00 Concert Series: Otis Reding (T)</p> <p>7:00 Movie Evening Showing: Jurassic World: Fallen Kingdom (2018) (T)</p>	<p>10:00 Doctor Visit! (HO) <b>28</b></p> <p>10:00 Word Scramble! (MP)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>12:00 Table social time! (2FA)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:00 Hymn Sing! (2FA)</p> <p>2:00 Resident Town Hall Meeting! (MP)</p> <p>3:00 Painting Group! MOMA (2FA)</p> <p>3:15 Bouncing Ball Game! (MP)</p> <p>4:00 Java Music Club (2FA)</p> <p>4:00 Artful Enrichment! (MP)</p> <p>4:00 Travelogue: Turks &amp; Caicos (T)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: The Tourist (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>29</b></p> <p>10:30 Tai Chi Exercise! (MP)</p> <p>11:00 Balloon Badminton! (MP)</p> <p>1:00 Giant Crossword! (MP)</p> <p>2:00 Shabbat Service by Rabbi Levi! (MP)</p> <p>2:30 Social Hours! (CK)</p> <p>3:30 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>7:00 TV Show: The Diplomat! (T)</p>	<p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP) <b>30</b></p> <p>3:00 Movie Afternoon Showing: Mr. Right (2015) (T)</p> <p>7:00 Movie Evening Showing: Mr. Right (2016) (T)</p>

**TUESDAY**  
**NOV 12**

### National Social Hour Day

**WEDNESDAY**  
**NOV 13**

### World Kindness Day

### Locations Legend

2nd FLOOR	Any Location (AL)
ACTIVITY ROOM (2FA)	Health Office (HO)
MULTIPURPOSE ROOM (MP)	Resident's Suite (RS)
THEATER (T)	SALON (SL)
MAIN LOBBY (ML)	COUNTRY KITCHEN (CK)
CHAPEL (CP)	FITNESS ROOM (FR)
LIBRARY (LB)	Outing (OUT)
	LIVING ROOM (LR)

### Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program