





INSPIRED SENIOR LIVING

November 2024

Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Movember</p>		 <p>National Gratitude Month</p>			<p>Happy Diwali! 1</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) 2</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) 3</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) 4</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</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>3:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Technology Support with Pratik! (LB)</p> <p>7:00 Movie Evening Showing: Jurassic World (2015) (T)</p>	<p>10:30 Word Scramble (MP) 5</p> <p>11:00 Morning Stretches by Azam (MP)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:00 Meditation Group! (MP)</p> <p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>1:30 Fit Minds! (MP)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>2:30 Bingo! (MP)</p> <p>3:30 Let's play Bowling! (MP)</p> <p>7:00 Documentary Night: Track: Search for Australia's Bigfoot (2020) (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) 6</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 Giant Crossword (MP)</p> <p>2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>3:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 2! (MP)</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) 7</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>1:00 Java Music Club! (MP)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:00 Off the Cuff, Group discussion Run by Hessom! (MP)</p> <p>2:30 Meditation Group! (FR)</p> <p>3:15 Bouncing Ball Game! (MP)</p> <p>3:45 Artful Enrichment! (MP)</p> <p>4:00 Travelogue: Shanghai (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) 8</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) 9</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) 10</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>Remembrance Day! 11</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 Remembrance Day Ceremony Viewing on TV! (LR)</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>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>7:00 Movie Evening Showing: Meet the Parents (2001) (T)</p>	<p>National Social Hour Day 12</p> <p>10:30 Word Scramble (MP)</p> <p>11:00 Morning Stretches by Azam (MP)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:00 Meditation Group! (MP)</p> <p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>1:30 Fit Minds! (MP)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>2:30 Bingo! (MP)</p> <p>3:30 Let's play Bowling! (MP)</p> <p>7:00 Documentary Night: Vimy underground (2007) (T)</p>	<p>World Kindness Day 13</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 Giant Crossword (MP)</p> <p>2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>3:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 2! (MP)</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) 14</p> <p>10:00 Word Scramble! (MP)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>1:00 Java Music Club! (MP)</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>2:30 Meditation Group! (FR)</p> <p>3:15 Bouncing Ball Game! (MP)</p> <p>3:45 Artful Enrichment! (MP)</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) 15</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) 16</p> <p>3:00 Movie Afternoon Showing: Cold Pursuit (2019) (T)</p> <p>7:00 Movie Evening Showing: Cold Pursuit (2019) (T)</p>



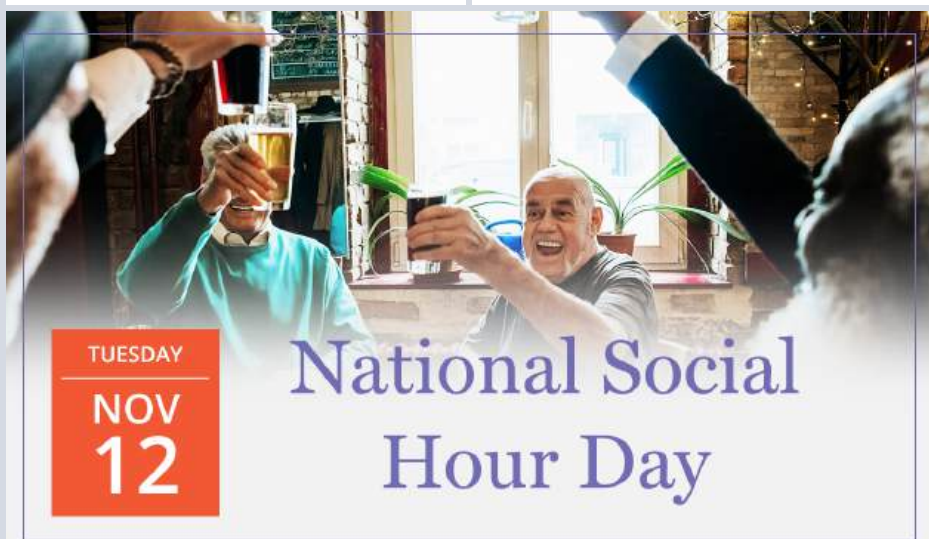
INSPIRED SENIOR LIVING

November 2024

Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Go 4 Life Walking Group! (ML) 17</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) 18</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</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>3:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Technology Support with Pratik! (LB)</p> <p>7:00 Movie Evening Showing: The Fighter (2010) (T)</p>	<p>International Men's Day! 19</p> <p>10:30 Word Scramble (MP)</p> <p>11:00 Morning Stretches by Azam (MP)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:00 Meditation Group! (MP)</p> <p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>1:30 Fit Minds! (MP)</p> <p>4:00 Let's play Bowling! (MP)</p> <p>7:00 Documentary Night: Federer Twelve Final Days (2024) (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) 20</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 Giant Crossword (CK)</p> <p>2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 1! (FR)</p> <p>3:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 2! (FR)</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) 21</p> <p>10:00 Word Scramble! (MP)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>1:00 Java Music Club! (MP)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>1:00 Outing: Museum of Contemporary Art (OUT)</p> <p>2:00 Off the Cuff (Group Discussion)! Ways to have Health Aging by Hesson! (MP)</p> <p>2:30 Meditation Group! (FR)</p> <p>3:30 Food Committee Meeting! (MP)</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) 22</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) 23</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) 24</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) 25</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</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>3:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Technology Support with Pratik! (LB)</p> <p>7:00 Movie Evening Showing: The Tomorrow War (2021) (T)</p>	<p>National Cake Day! 26</p> <p>10:30 Word Scramble (MP)</p> <p>11:00 Morning Stretches by Azam (MP)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:00 Meditation Group! (MP)</p> <p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>1:30 Fit Minds! (MP)</p> <p>2:00 Monthly Birthday Party with Rosita Stone! (MP)</p> <p>3:30 Bingo! (MP)</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) 27</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 Giant Crossword (MP)</p> <p>2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>3:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 2! (MP)</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) 28</p> <p>10:00 Word Scramble! (MP)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>1:00 Java Music Club! (MP)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:00 Resident Town Hall Meeting! (MP)</p> <p>3:15 Bouncing Ball Game! (MP)</p> <p>3:30 Meditation Group! (FR)</p> <p>4:00 Artful Enrichment! (MP)</p> <p>4:00 Travelogue: Turks & 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) 29</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) 30</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

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

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program