



INSPIRED SENIOR LIVING

July 2024 (2FL)

Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Happy Canada Day! 1</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>11:30 Canada Day BBQ! (OP)</p> <p>1:00 Giant Crossword (MP)</p> <p>2:00 Canadian Cultural Show! (MP)</p> <p>3:30 Trivia Hour! (CK)</p> <p>7:00 Movie Evening Showing: Goon! (T)</p>	<p>10:00 Morning Stretches! (2FA) 2</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 Canada Day Live Music by Emilio Zarris! (MP)</p> <p>3:15 Java Music Club! (2FA)</p> <p>4:00 Friendly Visits! (1:1) (RS)</p> <p>7:00 Documentary Night: Explosion 1812! (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) 3</p> <p>10:00 Hair Salon! (SL)</p> <p>10:30 Fitness Class! (2FA)</p> <p>10:30 Drum Fit Class! (MP)</p> <p>2:30 Afternoon Tea with Trivia (2FA)</p> <p>2:30 Technology Support by Amy! (LB)</p> <p>2:30 Exercise and Fitness class by Myrill! (MP)</p> <p>3:30 Piano Performance by Natalye! (MP)</p> <p>4:00 Concert Series: Celine Dion! (T)</p> <p>7:00 Movie Evening Showing: Book Club: The next chapter! (T)</p>	<p>10:00 Doctor Visit! (HO) 4</p> <p>10:00 Morning Stretches! (2FA)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>11:00 Fit Minds! (2FA)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>1:30 Outing: Shopping at Shoppers Drug Mart 5998 Bathurst St! (OUT)</p> <p>2:00 Off the Cuff (Group Discussion)! (MP)</p> <p>2:00 Coloring and Social Hour! (2FA)</p> <p>3:00 Hymn Sing! (2FA)</p> <p>4:00 Meeting with Maria "General Manager" regarding Water shut off ! (T)</p> <p>4:00 Let's play Bowling! (2FA)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: The Last Czars! (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) 5</p> <p>10:00 Fitness Class (2FA)</p> <p>10:30 Balloon Badminton! (MP)</p> <p>10:30 Daycare Kids' Visit to Forestview! (ML)</p> <p>11:00 Seated Fitness Class with Azam! (MP)</p> <p>11:00 Fit Minds (2FA)</p> <p>1:00 Giant Crossword! (MP)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:00 Shabbat Service by Rabbi Levi! (MP)</p> <p>2:00 Arts & Crafts (2FA)</p> <p>2:30 African Cooking Demo by Israel! (CK)</p> <p>3:30 Table Social group! (2FA)</p> <p>4:00 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>7:00 TV Show: Downton Abbey! (T)</p>	<p>2:30 Church Service and Sing A Long by Chaplain Jake! (LB) 6</p> <p>3:00 Movie Afternoon Showing: Forget and Forgive! (T)</p> <p>7:00 Movie Evening Showing: Forget and Forgive! (T)</p>
<p>World Chocolate Day! 7</p> <p>9:30 Go 4 Life Walking Group! (ML)</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 Netflix Series: Outlander season 7! (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) 8</p> <p>10:00 Fitness Class (2FA)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>11:00 GIANT Crossword (2FA)</p> <p>11:00 Inga Bedding Back Vendor! (ML)</p> <p>1:00 Giant Crossword (MP)</p> <p>1:30 Bingo! (2FA)</p> <p>2:30 Coloring and Music! (2FA)</p> <p>2:30 Online Whole Body Exercise ! (MP)</p> <p>4:00 Java Music Club (2FA)</p> <p>7:00 Movie Evening Showing: Coming 2 America! (T)</p>	<p>10:00 Morning Stretches! (2FA) 9</p> <p>11:00 Fit Minds! (2FA)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>2:30 Artful Enrichment (2FA)</p> <p>2:30 Opera Showing: Turandot by G. Puccini / Jorge Puerta, Antastasia Boldyreva. Beatrice Benezi / Teatro Colón 2024 (T)</p> <p>3:00 Java Music Club! (2FA)</p> <p>3:00 Bingo! (MP)</p> <p>7:00 Documentary Night: Canada Untold! (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) 10</p> <p>10:00 Hair Salon! (SL)</p> <p>10:30 Fitness Class! (2FA)</p> <p>10:30 Drum Fit Class! (MP)</p> <p>1:00 Bean Bag Toss! (2FA)</p> <p>2:30 Afternoon Tea with Trivia (2FA)</p> <p>2:30 Technology Support by Amy! (LB)</p> <p>2:30 Balloon Badminton! (MP)</p> <p>3:30 Meet me at the MoMA! (2FA)</p> <p>3:30 Spiritual Study Group with Chaplain Jake! (MP)</p> <p>4:00 Name that Tune! (2FA)</p> <p>4:00 Concert Series: Brenda Lee! (T)</p> <p>7:00 Movie Evening Showing: Oklahoma! (T)</p>	<p>10:00 Doctor Visit! (HO) 11</p> <p>10:00 Morning Stretches! (2FA)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>10:30 Vendor: Loila's Fashion (ML)</p> <p>11:00 Fit Minds! (2FA)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:00 Off the Cuff (Group Discussion)! (MP)</p> <p>2:00 Coloring and Social Hour! (2FA)</p> <p>3:00 Hymn Sing! (2FA)</p> <p>3:15 Bouncing Ball Game! (MP)</p> <p>4:00 Travelogue: Canada Coast! (T)</p> <p>4:00 Let's play Bowling! (2FA)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: The Last Czars! (T)</p>	<p>Pecan Pie Day! 12</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:00 Fitness Class (2FA)</p> <p>10:30 Balloon Badminton! (MP)</p> <p>11:00 Seated Fitness Class with Azam! (MP)</p> <p>11:00 Fit Minds (2FA)</p> <p>1:00 Giant Crossword! (MP)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:00 Shabbat Service by Rabbi Levi! (MP)</p> <p>2:00 Arts & Crafts (2FA)</p> <p>2:45 Let's play Bowling! (MP)</p> <p>3:00 Java Music Fun! (2FA)</p> <p>3:30 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>4:00 Table Social group! (2FA)</p> <p>7:00 TV Show: Downton Abbey! (T)</p>	<p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP) 13</p> <p>3:00 Movie Afternoon Showing: Brassed off! (T)</p> <p>7:00 Movie Evening Showing: Brassed off! (T)</p>
<p>9:30 Go 4 Life Walking Group! (ML) 14</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 Netflix Series: Outlander season 7! (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) 15</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>2:15 Balloon Badminton! (MP)</p> <p>2:30 Afternoon Tea with Trivia! (2FA)</p> <p>3:30 Coloring and Music! (2FA)</p> <p>4:00 Java Music Club! (2FA)</p> <p>7:00 Movie Evening Showing: Then Came You! (T)</p>	<p>10:00 Morning Stretches! (2FA) 16</p> <p>11:00 Fit Minds! (2FA)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:30 Visit with Chaplain Jake (AL)</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>3:00 Bingo! (MP)</p> <p>4:00 Friendly Visits! (1:1) (RS)</p> <p>7:00 Documentary Night: The Endless Summer! (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) 17</p> <p>10:00 Hair Salon! (SL)</p> <p>10:30 Fitness Class! (2FA)</p> <p>10:30 Drum Fit Class! (MP)</p> <p>11:30 National Hot Dog Bar Lunch! (DR)</p> <p>1:00 Bean Bag Toss! (2FA)</p> <p>2:30 Afternoon Tea with Trivia (2FA)</p> <p>2:30 Technology Support by Amy! (LB)</p> <p>2:30 Online Whole Body exercise! (MP)</p> <p>3:30 Meet me at the MoMA! (2FA)</p> <p>3:30 Spiritual Study Group with Chaplain Jake! (MP)</p> <p>4:00 Name that Tune! (2FA)</p> <p>4:00 Concert Series: Jerry Lee Lewis! (T)</p> <p>7:00 Movie Evening Showing: 50/50 (T)</p>	<p>10:00 Doctor Visit! (HO) 18</p> <p>10:00 Morning Stretches! (2FA)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>11:00 Fit Minds! (2FA)</p> <p>11:00 Vendor: Fifth Avenue Collection Jewelry! (ML)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:00 Off the Cuff (Group Discussion)! (MP)</p> <p>2:00 Coloring and Social Hour! (2FA)</p> <p>3:00 Hymn Sing! (2FA)</p> <p>3:15 Bouncing Ball Game! (MP)</p> <p>4:00 Travelogue: Argentina! (T)</p> <p>4:00 Let's play Bowling! (2FA)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: The Last Czars! (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) 19</p> <p>10:00 Fitness Class (2FA)</p> <p>10:30 Balloon Badminton! (MP)</p> <p>10:30 Daycare Kids' Visit to Forestview! (LR)</p> <p>11:00 Seated Fitness Class with Azam! (MP)</p> <p>11:00 Fit Minds (2FA)</p> <p>12:30 OUTING: Royal Ontario Museum! (ML)</p> <p>1:00 Giant Crossword! (MP)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:00 Shabbat Service by Rabbi Levi! (MP)</p> <p>2:00 Arts & Crafts (2FA)</p> <p>3:00 Java Music Fun! (2FA)</p> <p>3:00 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>4:00 Table Social group! (2FA)</p> <p>4:00 4 in a Row Game! (CK)</p> <p>7:00 TV Show: Downton Abbey! (T)</p>	<p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP) 20</p> <p>3:00 Movie Afternoon Showing: Palmer! (T)</p> <p>7:00 Movie Evening Showing: Palmer! (T)</p>



INSPIRED SENIOR LIVING

July 2024 (2FL)

Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Ice Cream Day! 21 9:30 Go 4 Life Walking Group! (ML) 10:00 Fitness Class (2FA) 10:50 Catholic Communion Service! (CP) 12:30 Ilse Seetner 99th Birthday Party! (DR) 1:00 Artful Enrichment! (2FA) 1:30 Chair Zumba Fit Dance by Sara! (MP) 3:30 Bingo! (MP) 7:00 Netflix Series: Outlander season 7! (T)	22 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) 2:30 Afternoon Tea with Trivia! (2FA) 2:30 Online Whole Body Exercise! (MP) 3:30 Coloring and Music! (2FA) 4:00 Java Music Club! (2FA) 7:00 Movie Evening Showing: Nyad (T)	23 10:00 Morning Stretches! (2FA) 11:00 Fit Minds! (2FA) 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 Greg Noguera! (MP) 3:15 Java Music Club! (2FA) 4:00 Friendly Visits! (1:1) (RS) 7:00 Documentary Night: Three Identical Strangers. (T)	24 10:00 Go 4 Life Walking Group (ML) 10:00 Hair Salon! (SL) 10:30 Fitness Class! (2FA) 10:30 Drum Fit Class! (MP) 1:00 Bean Bag Toss! (2FA) 2:30 Afternoon Tea with Trivia (2FA) 2:30 Technology Support by Amy! (LB) 2:30 Online Whole Body exercise! (MP) 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: Nat King! (T) 4:30 Living Loving local Buffet, Cherry & Raspberry! (DR) 7:00 Movie Evening Showing: In the Land of Saints and Sinners! (T)	25 10:00 Doctor Visit! (HO) 10:00 Morning Stretches! (2FA) 10:30 Seated Chair Yoga with Henni! (MP) 11:00 Fit Minds! (2FA) 12:00 Outing: Lunch at Szechuan Gourmet Restaurant! (OUT) 1:00 Balloon Badminton! (2FA) 2:00 Off the Cuff (Group Discussion)! (MP) 2:00 Coloring and Social Hour! (2FA) 3:00 Hymn Sing! (2FA) 3:15 Bouncing Ball Game! (MP) 4:00 Travelogue: Paris! (T) 4:00 Let's play Bowling! (2FA) 6:15 Bingo! (MP) 7:00 Thursday Prime Series: The Last Czars! (T)	26 Senior Summer Olympics 2024! 10:00 Go 4 Life Walking Group (ML) 10:00 Fitness Class (2FA) 10:30 Balloon Badminton! (MP) 10:30 Daycare Kids' Visit to Forestview! (LR) 11:00 Seated Fitness Class with Azam! (MP) 11:00 Fit Minds (2FA) 1:00 Giant Crossword! (MP) 1:00 Balloon Badminton! (2FA) 2:00 Shabbat Service by Rabbi Levi! (MP) 2:00 Arts & Crafts (2FA) 2:30 Social Hours! (CK) 3:00 Java Music Fun! (2FA) 3:30 4 in a Row Game! (CK) 4:00 Table Social group! (2FA) 4:00 Meet Me at the MoMA, Paint like an Artist! (MP) 7:00 TV Show: Downton Abbey! (T)	27 Senior Summer Olympics 2024! 2:30 Church Service and Sing A Long by Chaplain Jake! (CP) 3:00 Movie Afternoon Showing: Eagle! (T) 7:00 Movie Evening Showing: Eagle! (T)
28 Senior Summer Olympics 2024! 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: Outlander season 7! (T)	29 Senior Summer Olympics 2024! 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) 2:30 Afternoon Tea with Trivia! (2FA) 2:30 Online Whole Body Exercise! (MP) 3:30 Coloring and Music! (2FA) 4:00 Java Music Club! (2FA) 7:00 Movie Evening Showing: Along came Polly! (T)	30 Senior Summer Olympics 2024! 10:00 Morning Stretches! (2FA) 11:00 Fit Minds! (2FA) 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 Artful Enrichment (2FA) 3:00 Java Music Club! (2FA) 3:00 Bingo! (MP) 4:00 Friendly Visits! (1:1) (RS) 4:30 National Culinary Art Month "Sushi Station with Ian"! (DR) 7:00 Documentary Night: The Octopus Teacher! (T)	31 Senior Summer Olympics 2024! 10:00 Go 4 Life Walking Group (ML) 10:00 Hair Salon! (SL) 10:00 Vendor: Triple Eight Clothing! (ML) 10:30 Fitness Class! (2FA) 10:30 Drum Fit Class! (MP) 1:00 Bean Bag Toss! (2FA) 2:30 Afternoon Tea with Trivia (2FA) 2:30 Technology Support by Amy! (LB) 2:30 Online Whole Body exercise! (MP) 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: Dean Martin! (T) 7:00 Movie Evening Showing: The Last Laugh (T)	 <h3>National Culinary Arts Month</h3>		



Locations Legend

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

Calendar Legend

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